



IN THE KNOW

April 2020



"This Month In History"

APRIL

1910: President William Howard Taft throws out the first pitch at the Washington Senators' opening day, starting a tradition of U.S. presidents tossing ceremonial pitches at Major League Baseball games.

1923: Firestone Tire and Rubber Co. begins manufacturing inflatable tires for automobiles.

1954: America gets an appetite for Swanson's new TV dinner. The frozen heat-and-eat meal sold for 98 cents and contained turkey, stuffing, sweet potatoes and peas.

1961: At the Masters Tournament, Gary Player of South Africa becomes the first international winner of the annual golf championship.

1970: Paul McCartney releases his debut solo album and announces that the Beatles are breaking up.

1983: Tokyo Disneyland opens in Japan. It was the first Disney park built outside of the U.S.

2005: Prince Charles, the heir to the British throne, marries Camilla Parker Bowles.

2007: Legendary jazz saxophonist and composer John Coltrane is awarded a posthumous Pulitzer Prize special citation for his music accomplishments.

2019: Using a network of telescopes, astronomers photograph a black hole in space, a feat thought to be impossible.

April Events

April 1st April Fools' Day
April 3rd April Birthday Party
April 14th Resident Meeting
April 15th World Art Day
April 20th Volunteer Recognition Day
April 22nd Earth Day

Prairie Hills Leadership Team

Executive Director Kristine Toms
Office Manager/HR Kayla McKeenan
Marketing Director Robin Bartalos
Director of Nursing Tammy Wonderlich
Assistant Director of Nursing Michele Combs
Director of Dining Services Chrissy Parkey
Maintenance Director Wade Piper
Memory Care Lifestyle Director Chris Wood
Lifestyle Director Teri Lewis

We Love Our Furry Friends!



Practice Good Hand Hygiene

Many people forget the simplest way to ward off illnesses. Medical experts remind us that washing your hands frequently and properly can help prevent illness. This simple, hygienic habit is so important to maintain good health.

Whether at home or out and about, people encounter germs on a constant basis. You can pick up germs from touching various contaminated surfaces, then unknowingly touching your face, especially your eyes, nose and mouth. Keeping your hands clean greatly reduces this risk and the risk of spreading germs to others.

Proper hand-washing takes more than just a quick pass under the faucet. Hands should be lathered with soap, making sure to scrub well between fingers and under fingernails. Continue the process for 20 seconds, about the time it takes to hum the song "Happy Birthday to You" twice. Rinse hands well and dry.

When soap and water aren't available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.



Happy Easter!

It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday.



Farm-Fresh and Festive

Most chickens lay white and brown eggs, but there are a few that produce eggs in several pastel shades—no food coloring required! Ameraucanas and Araucanas are two breeds that lay nothing but blue eggs, and then there are Easter Egger chickens: any mixed-breed chicken that carries the blue egg-laying gene. Easter Eggers can lay various shades of blue, green, brown, pink and yellow eggs.

Wit & Wisdom

"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."
—Vivian Greene

"There are shortcuts to happiness, and dancing is one of them."
—Vicki Baum

"The beauty of dance is being a part of something that is all you, from creation to performance."
—Misty Copeland

"Life is short and there will always be dirty dishes, so let's dance."
—James Howe

"To watch us dance is to hear our hearts speak."
—Hopi proverb

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."
—Alan Watts

"Dancing is creating a sculpture that is visible only for a moment."
—Erol Ozan

"Every day brings a chance for you to draw in a breath, kick off your shoes, and dance."
—Oprah Winfrey

"Any kind of dancing is better than no dancing at all."
—Lynda Barry



Take a Load Off Easter Bunny, You've Been Working Hard This Year!

Meet Olive! Olive is from Des Moines and lived on a farm south of here. Olive had five children consisting of 3 boys and 2 girls. She has 12 grandchildren along with lots of great-grandchildren. Olive loves country music and can often be found attending our music events. Olive also enjoys pet visits and can't wait for Opal and CeCe to come back and see her!



The Easter Bunny Loves You Thiiiiissss MUCH!



Meet John Paul! John Paul is a longtime resident of the south side of Des Moines. He is an avid church-goer at Christ the King. John Paul enjoys cat naps with Harold, his longtime friend and cat. He attends the Nights of Columbus Meeting monthly and enjoys talking on the phone and getting to know new friends. John Paul has wonderful siblings that visit often and he enjoys going out to eat with.



PRAIRIE HILLS
at **DES MOINES**
MANAGED BY DIAL SENIOR LIVING

IN THE KNOW

May Events

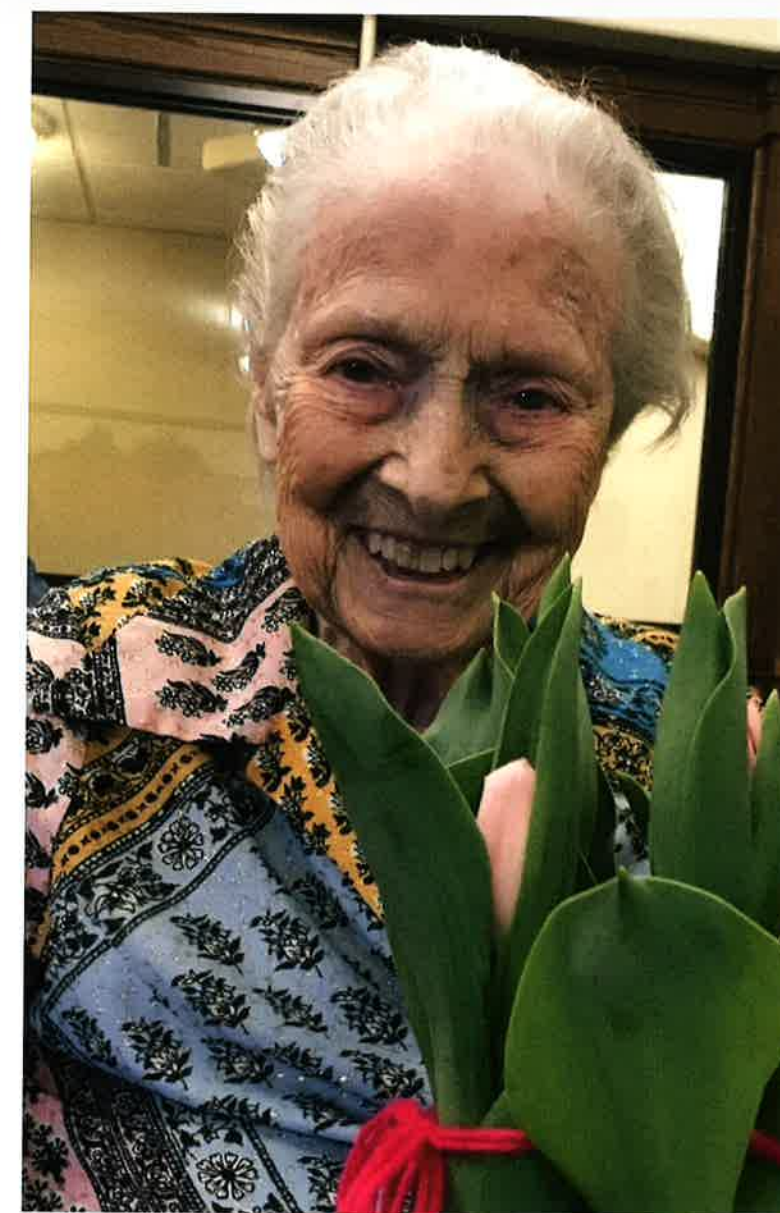
Prairie Hills Leadership Team

Executive Director Kristine Toms
Director of Nursing Tammy Wonderlich
Assistant Director of Nursing Michele Combs
Marketing Director Robin Bartalos
Director of Dining Services Chrissy Parkey
Maintenance Director Wade Piper
Lifestyle Director Teri Lewis
Memory Care Lifestyle Director Chris Wood



April showers bring May flowers!

May 2020





Just Doing Her Job?

In addition to the demanding duties of motherhood, our moms worked second jobs as homemakers, accountants, teachers, scientists, writers, artists, chefs and more. If an award were to be given for Best Mother Ever, millions of women would be recognized because each mother excels in her own way. However, every last one would probably decline the award, saying that she was glad to do whatever she could to give her children the world. The team at our community would like to thank our mothers for their hard work and devotion. We hope your Mother's Day holds all the happiness (and rest) that you deserve!



Mother's Day Recognition

Thank you to all the mothers that reside with us at Prairie Hills. We love and appreciate you!



Saluting the Golden Years

No matter how old you are you should still enjoy a little candy and love from the bunny!



Larry and Sally took a little break from their active lifestyle to enjoy a little bunny love!



A huge thank you to the daughters of Jack and Grace for the Easter baskets. Thanks ladies!



Helloooooo Bunny!



COVID-19 Can't Stop the Easter Bunny!

These times are tough right now but the Easter Bunny was insistent on coming to visit! She (our CNA Jenee) wanted to make sure residents smiled so she hopped into their rooms and danced a little jig too!



Saturday

Memory Care

Birthdays

Betty O. 2nd

Activities are Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Happy Birthday Ida E. 5 10:00 Dominoes 11:00 Catholic Service 12:00 Daily Devotion 2:00 Treasured Talks <small>Palm Sunday</small>	6 9:30 Beanbag Ball Practice 10:00 Wii Bowling 11:00 One 2 Ones 12:00 Daily Devotion 1:00 Trip to Walmart 3:30 Word Play	7 9:30 Beanbag Ball Practice 10:00 Morning Movie 11:00 Exercise Group 12:00 Daily Devotion 2:00 Bingo 3:00 Caramel Popcorn Day	8 <small>April Fools' Day</small> 9:30 Nail Day/Piano Music 11:00 One 2 Ones 12:00 Daily Devotion 2:00 Bible Study 2:30 Adult Coloring Day 3:30 Skip Bo Card Game <small>Passover Begins</small>	1 Happy Birthday Pam D. 2 9:30 Beanbag Ball Practice 10:00 Bingo 11:00 Exercise Group 12:00 Daily Devotion 12:45 Afternoon Movie 3:30 Who Am I...	3 9:30 Beanbag Ball Practice 10:00 Wii Bowling 11:00 One 2 Ones 12:00 Daily Devotion 2:00 Monthly Birthday Party 3:00 Puzzles	4 10:00 Coffee Club 12:00 Daily Devotion 2:00 Movie & Popcorn 4:00 Beanbag Ball Practice
12 10:00 Dominoes 11:00 Catholic Service 12:00 Daily Devotion 2:00 Afternoon Movie <small>Easter Sunday</small>	13 9:30 Beanbag Ball Practice 10:00 Wii Bowling 10:30 Angels Home Care 11:00 One 2 Ones 1:00 Trip to Walmart 3:00 Yahtzee	14 Happy Birthday Maxine N. 14 9:30 Beanbag Ball Practice 10:00 Calendar Time 11:00 Exercise Group 1:00 Resident Meeting 2:00 Bingo 3:00 Turtle Sundaes	15 9:30 Nail Day/Piano Music 10:00 Shelby's Massage Day 12:00 Daily Devotion 1:00 Trip to Thrift Store 2:00 Bible Study 3:30 Hangman	16 9:30 Beanbag Ball Practice 10:00 Trivia 12:00 Daily Devotion 1:00 NIT Exercise Group 2:00 Bingo 6:00 Monthly Support Group	17 <small>Good Friday</small> 9:30 Cooking Club (MC) 10:00 Wii Bowling 11:00 One 2 Ones 12:00 Daily Devotion 2:00 Happy Hour Music By Old Spice	18 10:00 Coffee Club 12:00 Daily Devotion 2:00 Movie & Popcorn 4:00 Beanbag Ball Practice
19 10:00 Dominoes 11:00 Catholic Service 12:00 Daily Devotion 2:00 Treasured Talks	20 9:30 Beanbag Ball Practice 10:00 Wii Bowling 11:00 One 2 Ones 12:00 Daily Devotion 1:00 Trip to Dollar Tree 3:00 St. Croix Sing Along	21 9:30 Beanbag Ball Practice 10:30 Christ The King Service 11:00 Exercise Group 12:00 Daily Devotion 2:00 Bingo 3:00 Ice Cream Social	22 9:30 Nail Day/Piano Music 11:00 One 2 Ones 12:00 Daily Devotion 1:00 Trip to Walmart 2:00 Bible Study 3:30 The Name Game <small>Earth Day</small>	23 9:30 Beanbag Ball Practice 10:00 Morning Movie 12:00 Daily Devotion 1:00 Deacon Tony 2:00 Jelly Beans & Bingo 3:00 Word Play <small>Ramadan Begins</small>	24 9:30 Crafts (MC) 10:00 Wii Bowling 11:00 One 2 Ones 12:00 Daily Devotion 2:00 Resident Spotlight 3:00 Puzzles <small>Arbor Day</small>	25 10:00 Coffee Club 12:00 Daily Devotion 2:00 Movie & Popcorn 4:00 Beanbag Ball Practice
26 10:00 Cribbage 11:00 Catholic Service 12:00 Daily Devotion 2:00 Pretzel Day	27 9:30 Beanbag Ball Practice 10:00 Wii Bowling 11:00 One 2 Ones 12:00 Daily Devotion 1:00 Trip to Prairie Meadows 3:30 Lost & Found	28 9:30 Beanbag Ball Practice 10:00 Let's Color 11:00 Exercise Group 12:00 Daily Devotion 2:00 Bingo 3:00 Ice Cream Floats	29 9:30 Nail Day/Piano Music 11:00 One 2 Ones 12:00 Daily Devotion 1:00 Mystery Trip 2:00 Bible Study 3:30 Hangman	30 9:30 Beanbag Ball Practice 10:00 Crafts 12:00 Daily Devotion 1:00 NIT Exercise Group 2:00 Bingo 3:00 Chat with A Nurse	 <p> April Birthdays Pam D. April 2nd Ida E. April 5th Maxine N. April 14th </p>	