

Volume 1

2903 F Ave NW
Cedar Rapids, IA
52405



Issue 3

319-390-7700
prairiehillscr.com

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Monthly Reminder

*Refer a friend or family
member to live here with us
and receive \$500.00 off
your rent!*

**All transportation must be
scheduled 72 hours in
Advance.**

August is....

National Picnic Month



Prairie Hills Press

Happy Work Anniversary

Madeline 3 years on 8/10
(kitchen)

Welcome to

Prairie Hills Cedar Rapids:

Joan moved in on July 24th
Loretta moved in on July 29th

August Birthdays

Happy Birthday to you:

Dorothea 8/1 , Carol 8/12,
Mike M 8/18, Don 8/24,
Helen K 8/27 and Pam 8/26

Happy Birthday to Staff:

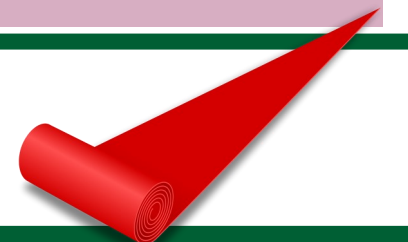
Kristie 8/2
Angie 8/18
Cheri 8/21



Professionally Managed by



Rolling Out the Red Carpet!



Speeding Ticket Joke

So there was this female business executive who was late for a meeting. She is going 65 on a street where the speed limit is 40. A cop pulls her over and says “ma’am, can I please see your license?” She says “I’m sorry, officer, but I got it revoked two years ago for drunk driving.” His brow furrows and he straightens up. “Well, can I please see the registration of your car?” She says “I stole the car and I killed the driver; he’s in the trunk.” “Ma’am, DON’T MOVE, I’m calling for backup.” He mutters furiously into his walkie-talkie... Five minutes later, half the squad pulls up, the Chief of Police walks over to the woman’s window. “Ma’am, can I see your license?” he asks sternly. “Of course, officer,” she smiles demurely and pulls out a license from her purse. He squints warily at it. “This looks legitimate,” he mumbles. “Can I see the registration to this car?” She pulls it out of the glove compartment and hands it to him. “Ma’am, stand back!” He bangs open the trunk of the car and flinches: but it was completely empty... The woman brandishes a finger at the first cop and says accusingly, “And I’ll bet that liar told you I was speeding too!!”

“MY DRIVING RECORD IS NOT EXEMPLARY, BUT I HAVE NEVER HAD A SPEEDING TICKET OVER 100 M.P.H. I CAN SAY THAT UNEQUIVOCALLY.”

CARL HIAASEN

© Lifehack Quotes

Culinary Corner with Mary

Chicken Salad with Bacon, Lettuce and Tomato

Servings 6

Preparation time 15mins

INGREDIENTS

3 cups chopped cooked chicken breast
5 slices bacon
2 stalks celery, chopped
1 cup chopped fresh tomato
3/4 cup mayonnaise
1 tablespoon chopped fresh parsley
2 tablespoons chopped green onion
1 teaspoon lemon juice
1 dash Worcestershire sauce
Salt and pepper to taste
12 leaves romaine lettuce
1 avocado - peeled, seeded and sliced



PREPARATION

Step 1

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble.

Step 2

Stir chicken, bacon, tomato, and celery together in a bowl.

Step 3

Whisk mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt, and black pepper together in a bowl until dressing is smooth. Pour dressing over chicken mixture; toss to coat. Refrigerate until chilled, at least 30 minutes.

Step 4

Stir chicken mixture and serve over romaine lettuce leaves; garnish with avocado slices. Enjoy!

Community Relations Coordinator

August is known for many things, including the dog days of summer, National Watermelon Day (Aug. 3) and National Smile Week (Aug. 5-11). I love to smile, so wearing a mask has been hard on me. No one knows if I am smiling or not. Please know that I always am.

There are many other fun facts associated with summer's last full month. No, I don't want summer to end.

Babies born in the beginning of the month claim the zodiac's fire sign, Leo. Leos are natural born leaders known for their generosity. Leos are known to be dramatic, creative and outgoing. People born in August fall under the sun zodiac signs of Leo and Virgo. Virgos have acute attention to detail and are the people most likely to dedicate themselves to serving. They also are loyal, hardworking and analytical. I am a Leo...hear me ROAR! It seems almost

suited that I am a spirit animal...Lions are the king of the jungle as they are dominant, strong, and crave attention. Who me?

August has two birthstones: peridot and sardonyx. Peridot is among the oldest known gemstones and is green in color. Sardonyx, which is lesser known, is a white and brown banded gemstone once believed to have mystical powers. I think that my eyes have some green in them to match my birthstone, and I might even have some mystical powers!!

The official flower for August is the gladiolus. These vertical-growing flowers were named from the Latin "gladius," meaning a sword. No wonder my Mom likes to plant gladiolus bulbs every year. She is a bit upset with the squirrels this year though, they have been digging up her glad bulbs!

Fans of Elvis Presley mourn each August 16th, the day the famed singer died in 1977. I have always gotten a kick out of Elvis, and I love his music!

Angie Mikkelson, Community Relations Coordinator at Prairie Hills Cedar Rapids Assisted Living was born to Junior and Dolores Mikkelson in Prairie du Chien, WI on Friday, August 18th!! Happy Birthday to me!! There happens to be a resident of Prairie Hills who is my

Birthday Buddy and shares this day with me, do you know who that might be?

August 26th is Women's Equality Day, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States. You GO Girl!!

Although civil rights activist Martin Luther King, Jr., is honored in January, when he was born,

he is best known for his famed "I have a dream" speech, which was given on August 28, 1963. I have watched Martin Luther King, Jr.'s "I have a dream" speech, and it gives me chills! Very

Community Relations Coordinator

powerful!

If that wasn't enough FUN, here are a few more!!

Aug. 1-7: International Clown Week

Aug. 8: "National Sneak Some Zucchini onto Your Neighbors' Porch Day"

Aug. 10: National S'mores Day

Aug 12: Vinyl Record Day

Aug. 13: International Left-Handers Day

Aug. 17: International Geocaching Day

Aug. 17: World Honeybee Day

Aug. 25: Kiss-and-Make-Up Day

May you enjoy August with me & remember to always celebrate your Birthday!! Make a Wish, have your Cake & Eat it too!! No matter how old I get, I still Enjoy Celebrating ME!! & YOU TOO!! HAPPY BIRTHDAY!! ~ **Angie Mikkelson**

Life Enrichment Coordinator

Flower Power

August 28 is Daffodil Day, a day celebrating this beautiful flower. The ancient Greeks, who called the flower a narcissus, acknowledged its beauty in their myths. A man named Narcissus was so taken with his own beauty that, after seeing his reflection in a pool of water, he stopped to admire himself. He was so obsessed with his beauty that he could not pull himself away from his own reflection. Alas, he died at the water-side, and in his place grew the first daffodil. It is from this myth that we get both the flower's name and the word *narcissist*, a word for those who admire themselves too much. But why shouldn't daffodils admire themselves? They are beautiful, after all. And because they are some of the first flowers to bloom in the spring, they are also associated with rebirth, renewal, new beginnings, and hope. For this reason, daffodils have become a potent symbol of hope in the fight against cancer. Cancer councils around the world use Daffodil Day to raise funds to support life-saving cancer research. To celebrate this day we will be making some flower arrangements on August 18th and 26th.

Katie

August 21st is National Senior Citizens Day!

Happy
Senior Citizens
Day!

For all the light you bring into
the lives of others, take time
out to enjoy and celebrate.

WEATHER

B R A I N B O W N O B W E E G J L K T D
M A S S O S L E E T E L T P A A L Q E H
S Q R Y J A R F S C H A I S P W U N M U
U H R O D T L A R T M E M Z P R O G P M
E Y C D M K H O V I R R R G Z I N R E I
E G O Z E E F U L A O A C M T A I R R D
C R N P T H T C N T T C T A O Z R V A I
U O D R E A W E S D W M T O C M E D T T
M M E E O I A C R E E I O W S I E V U Y
U E N S R L T Y N I P R N S D P R T R C
L T S S O N E C V I H D T D P V H R E M
O E A U L W R L C W S U N N Y H G E U R
N R T R O Y E E W V K Z R J A N E X R S
I E I E G R R P F O G G Y R I A W R V E
M S O L Y P R C L O U D Y N I Q N R E Q
B M N S T R A T U S L L T E B C O Q V G
U O V E R C A S T B X H M F R P A X W T
S G Z Y N C L K W G G Q Y Z A V M N A A
M E V A P O R A T I O N K V O S U E E O
K Q E N E R G Y L T R O P O S P H E R E

WORD SEARCH

AIR
ATMOSPHERE
BAROMETER
BLIZZARD
CIRRUS
CLIMATE
CLOUDY
CONDENSATION
CUMULONIMBUS
CYCLE

ENERGY
EVAPORATION
FOGGY
FORCE
GAUGE
HAIL
HEAT
HUMIDITY
HURRICANE
HYGROMETER

LIGHTNING
MASS
METEOROLOGY
OVERCAST
PRECIPITATION
PRESSURE
RAINBOW
SLEET
SMOG
STORM

STRATOSPHERE
STRATUS
SUNNY
TEMPERATURE
THERMOMETER
THUNDER
TROPOSPHERE
VAPOR
WATER
WIND