



#### Mulled Apple Cider

4 cups apple cider / unfiltered apple juice (1 quart)  
2 cinnamon sticks  
4 whole cloves  
4 strips orange peel  
4 oz brandy

Put all of the ingredients except the rum in a small pan and warm over a low heat. Gently bring to almost a simmer and warm for approx 30 minutes without boiling.

Put 1 oz of brandy in the bottom of 4 glasses and top each up with the warm cider, straining off the spices and orange peel as you go. Serve warm.



**Happy Birthday!!**

**Joann 12/01 - Dennis 12/01 - Jeanene 12/13**

**Wanda 12/28 - Janice 12/29**



**December 2020**



*Write a Friend Month*

*Bingo Month*

*Safe Toys and Gifts Month*

**Eat a Red Apple Day  
December 1**

**Hanukkah  
December  
10-18**

**Look for an  
Evergreen Day  
December 19**

**Christmas Day  
December 25**

**Make  
Cut-Out  
Snowflakes Day  
December 27**

### From the desk of Brett

Happy Holidays Everyone,

Although things will be a lot different this year, there is no reason to get down. We will be doing everything we always do at Prairie Hills, plus we are adding fun games and holiday movie nights with hot chocolate and popcorn!



This is a time to meet with family however we can, and with all the modern technology that doesn't have to change too much. Be sure to use the Happy Grams to communicate with your family member or loved one and set up some times to go to a Zoom meeting so you can see them face to face. We will even try to mix in some fun backgrounds, or you can dress up for the call!

Stay Positive and Test Negative!





*We are so thankful for all our Veterans that served!*



**We found a way for you to make your loved one smile. Go to [HappyGram.org](http://HappyGram.org) to send a thoughtful note letting your loved one know that you are thinking of them. You can even include a picture! We will print and deliver your message for you! It only takes a moment to make your loved one's day!**

**If you have any questions about this, call Sadie at 319-334-2000**



## Nursing Corner



Happy Holidays! It's hard to believe that 2020 is almost over, but I am not going to lie, I am not too awful sad to see it go! I had surgery on my right foot in the middle of October, so I was out for about 3 weeks. I am very thankful to all the staff, residents, and Jaybird Senior Living nurses that stepped up while I was gone. To add more fuel to the fire, we are not only dealing with COVID-19, but also flu season. It is more important than ever to make sure we are practicing social distancing, good hand hygiene, and wearing our masks appropriately. We are constantly drilling all these practices into our staff to make sure they, along with our residents, continue to stay healthy. We are testing staff every week currently. It seems so easy to get caught up in everyday life and forget that we have so much to be thankful for. I am so thankful for, not only my family and friends, but my work family also. This includes the staff and residents. Each staff member and resident hold a special place in my heart; maybe it was something they did or said or maybe it was just a smile they gave me when walking by me. I know this year has been extra hard on the residents and their families. Please know that we are doing absolutely everything we can to keep your loved one(s) safe and healthy. Happy Holidays to every single one of you. May you all find JOY and PEACE during this season. One smile or kind word could change a person's life. Please always call if you have questions or concerns.



*Wishing you the joy of family, the gift of friends, and the best of everything in 2020*

*From the staff at  
Prairie Hills  
of Independence!*

