

219 S. Cedar St.
Tipton, IA 52772



563-886-1584
Prairiehillsliving.com

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March Birthdays

March 9th: Dwain M.

March 12th: Judy K.

March 14th: Ginger F.

March 16th: Delores W.

March 29th: Barb P.

All Activities and Events are
subject to change. Please refer to
LifeShare or Facebook for
updates on changes.

Prairie Hills News



Above: Judy showed off her
Mardi Gras mask and beads
before enjoying her Mardi
Gras snacks.

Notable Days

March 1st: National Peanut Butter Lover's Day and Na-
tional Pig Day!
March 2nd: National Banana Cream Pie Day and National
Dr. Seuss Day!
March 3rd: National Soup It Forward Day!
March 5th: National Employee Appreciation Day!
March 6th: National Oreo Cookie Day!
March 7th: National Cereal Day!
March 8th: National Peanut Cluster Day!
March 9th: National Meatball Day!
March 11th: National Funeral Director and Mortician
Recognition Day and National Johnny Appleseed Day!
March 12th: National Plant a Flower Day!
March 14th: National Pi Day and National Potato Chip
Day!
March 15th: National Napping Day!
March 17th: St Patrick's Day!
March 20th: National Ravioli Day!
March 28th: National Black Forest Cake Day!

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Embracing Every Moment



Life Enrichment Corner

The month of February was a busy one. Groundhog’s Day, Super Bowl Party, Valentine’s Day, President’s Day, Mardi Gras and finally Ash Wednesday kept us busy. Puxatawney Phil saw his shadow predicting 6 more weeks of winter. We didn't let Phil dampen our spirits though. We appreciated our delivery of flowers from the Tipton Greenhouse on Valentine’s Day and enjoyed our delicious shrimp lunch. For President’s day we kept busy exercising our minds with presidential trivia. On Mardi Gras we kicked up our heels and enjoyed some strawberry and apple King Cakes and delicious hurricane punch. We are all longing for some warm weather in the coming months so we can start bus rides again and enjoy some outdoor time. Thank you to the Girl Scout troop and to the sweet grand children that dropped off Valentine’s Day cards for each of the residents. The cards brightened our day!



Above left to right: Mary, Delores W., and Marilyn pose with their Mardi Gras masks. We enjoyed apple and strawberry King Cakes and hurricane punch for snack.

Health Care Coordinator Corner

March is Nutrition Awareness Month. Nutrition is important at all ages but especially important as we age. Some tips to help you start eating right are:

- 1.) Make half your plate fruits and vegetables.
- 2.) Make at least half your grains whole.
- 3.) Switch to fat-free or low fat milk, yogurt and cheese.
- 4.) Vary your protein choices.
- 5.) Limit sodium, saturated fat and added sugars.
- 6.) Stay well hydrated.
- 7.) Enjoy your food but be mindful of portion sizes.
- 8.) Cook more often at home, where you are in control of your food.
- 9.) Be physically active your way.
- 10.) Consult a registered dietitian nutritionist.

For additional information on limiting sodium, sugars, and helpful health tips please visit:
www.eatright.org

Director Memo

We’ve had a great start to the year 2021 at Prairie Hills Tipton: Residents and Team Members were offered the first and second dose of the Moderna vaccine; we continue to schedule family and friend visits in our visiting booth; we are staying cozy and warm despite the extremely cold temperatures outside. To top it off, we are getting new carpeting throughout our building. Our residents have been very patient as this project gets completed. As a reminder - indoor controlled visits are allowed if the county positivity rate is under 10%. Remember the steps: the family member will call to make the scheduled appointment; no more than 2 family members at a time; children must meet the PPE requirements; screening and full PPE worn during the entire visit; designated areas only. At this time, there are no visits allowed in the resident apartments. If your loved one has received both doses of the vaccine, do these rules still apply? YES! Federal and State guidelines have not changed!

If you would like to be added to the e-mail update list, please email me at directortipton@prairiehillsliving.com and I will get you added!

Community Resource Corner

PIE SOCIAL IS BACK!

March 2nd from 3-4pm be sure to loop our circle drive for your slice of pie, *to-go*.
Tell your friends!



Monday, April 5th from 11:30am-12:30pm Prairie Hills is hosting an Easter Monday Lunch drive-thru.
More details to come in April’s newsletter.

March Fun

1. What falls during March but never gets hurt?
2. Can February March?
3. Why is March the most popular month to use a trampoline?
4. What’s Irish and comes out during March?
5. Why are oak trees so forgiving?
6. Why is everyone so tired on April 1st?
7. What do you call a fake diamond in Ireland?



1. The rain. 2. No, but April May! 3. It's spring-time! 4. Paddy O'Furniture! 5. Every March they "turn over a new leaf". 6. Because they've just finished a long, 31 day March. 7. A Sham-rock!