

Friends make the best neighbors

Refer a friend to Prairie Hills and receive a month's rent for move in. Speak with Jim or Cindy for details.



REMINDER: In the Activity Room, we have a wonderful selection of books from the Camanche Public Library. Remember that you must return them when you are finished reading them. There will be tickets in the book, please sign it and leave it on Becky's desk. We really appreciate the CPL for their lending library.

Marion R-11th

Modena F-14th

Barb K-22nd

Sunday Services:
Until we are able to resume our Sunday services we would like to encourage you to bring your bible and join in for some fellowship. We will be meeting in the library at 1pm on Sundays for our very own resident led worship.

Happenings at the Hills

Cindy Reid, Director Becky Hull, Life Enrichment Coordinator



Celebrating March

Irish American Heritage Month

Women's History Month

Optimism Month

International Women's Day
March 8

St. Patrick's Day
March 17

World Poetry Day
March 21

Passover
March 27–April 4

International Laundry Folding Day
March 30

Staff Birthday's
J.C 3/1
Lakin J 3/9
Ashley W 3/10
Renee P 3/13
Ariel S 3/30

Staff Anniversaries
Nicole P, 2 years
Alicia J, 5 years
Jessica S, 1 year

March into the World of Crafting

Crafting is a \$44 billion industry in America, with people of all ages and backgrounds taking part in pastimes like knitting, scrapbooking, quilting, making homemade jewelry, and even reupholstering furniture. As both Craft Month and Knitting and Crochet Month, March boasts a number of crafting holidays, such as International Scrapbooking Day on March 4, Children's Craft Day on March 14, and Worldwide Quilting Day on March 20. Whether you craft as an outlet for your creative impulses or to earn money on the side, March provides ample opportunities to create something unique.

Personalization might be crafting's most alluring attribute. Even if two crafters follow the same pattern or set of instructions, no two people will knit the very same scarf or build identical birdhouses. Each and every handcrafted item is a unique reflection of its maker, and these personal touches are often what make handcrafted gifts so special. Crafting has long been considered the domain of older generations, yet younger generations, particularly millennials, are being drawn to crafting and other creative hobbies specifically because they can personalize their creations. In a world of mass-produced goods, millennials enjoy making unique items that bear their initials or display symbols or icons that are personally meaningful. And just as younger generations have started taking up crafting, the crafting industry is changing to accommodate a new generation of crafters.

The longtime fabrics and craft retailer Joann recently opened a new Creator's Studio store where young crafters can gather to take classes, share ideas, and rent machines to finish projects. Younger crafters have also inspired technological breakthroughs in crafting. It is not uncommon for crafters to sketch designs on digital tablets, cut materials with lasers, or create pieces on 3D printers. Yet no matter how newfangled the creative process has become; one thing has stayed the same: there is still nothing more thoughtful or special than a homemade gift.

Dare to Dream



Marilyn’s son Doug was to perform in the upcoming play at Circa 21 theater in the Quad Cities. Due to circumstances beyond our control Marilyn wouldn’t be able to go see his performance and she has always been so proud to watch Doug’s talents on stage. As a Dare to Dream event we decided to bring Doug and his performance here to Prairie Hills virtually for his mother as well as all of her friends to view on our big screen. Oh there was a wonderful crowd, they enjoyed refreshments and everyone really enjoyed watching “Rocky Top, Candy Mountain.” Marilyn beamed with pride this day and we can all say that it was a job well done.

St. Patrick’s Day Sins



The very first St. Patrick’s Day parade was held in Boston in 1737, and it seems as if we’ve been wearing green and eating corned beef and cabbage on March 17 ever since. But some of the most beloved St. Patrick’s Day traditions are not traditional at all. For example, the Irish don’t eat corned beef. It was Irish Americans who began eating beef in the 19th century. In Ireland, Irish bacon or lamb stew is the dish of choice on the holiday. Long before green was the color of the Emerald Isle, St. Patrick was associated with the color blue. As the political divide grew between Britain and Ireland, the Irish adopted the color green as a symbol of independence. Perhaps most shocking of all, St. Patrick’s real name wasn’t Patrick at all, but Maewyn Succat. Nor was he from Ireland but born in Britain under the rule of the Romans. Was St. Maewyn Italian?



Some Art Therapy is good for the soul and the imagination. Creating is always fun and there is never a wrong way to do it. Here we have a couple artists at work.



Healing by Color



March is Color Therapy Month, which means that it is a month to recognize that colors have the capacity to heal. The notion that colors have the power to heal dates all the way back to ancient Egypt, where sun-activated solariums constructed with multicolored glass panes were used for therapeutic purposes. Colors evoke different responses in people. Some colors are stimulating, others soothing. Colors can influence decision-making, mood, appetite, emotions, and energy levels. The goal of color therapy is to use color and light in ways that ease stress and promote well-being. While some are skeptical, others point to how light therapy is used to combat seasonal affective disorder. Blue light is also used to treat neonatal jaundice in newborns. Green light may reduce pain.

Every week we have been visiting a new country and sampling snacks from that region. Come join the fun and see what it is all about.

