219 S. Cedar St. Tipton, IA 52772



563-886-1584 Prairiehillsliving.com 219 S. Cedar St. Tipton, IA 52772



Contact Information

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May Birthdays

May 14th: Morgan H. May 17th: Jean E. May 21st: Donna W. May 25th: Annette L. May 26th: Marty C.

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

Prairie Hills News



Above: Residents enjoy attending Live2BHealthy.

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Embracing Every Moment

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Notable Days

May 1st: May Day!
May 2nd: National Lemonade Day!
May 3rd: National Montana Day!
May 4th: National Orange Juice Day!
May 5th: Cinco de Mayo
May 6th: National Beverage Day!
May 8th: National Have a Coke Day!
May 13th: National Fruit Cocktail Day!
May 14th: National Buttermilk Biscuit Day!
May 15th: National Chocolate Chip Day!
May 16th: National Mimosa Day!
May 17th: National Idaho Day!
May 19th: National Devil's Food Cake Day!
May 21st: National Pizza Party Day!
May 24th: National Wyoming Day!
May 26th: National Senior Health & Fitness Day!
May 28th: National Hamburger Day!
May 31st: National Utah Day!
May 31st: Memorial Day!



Welcome Lynzie!

Please help me in welcoming Lynzie Wurr, RN as Prairie Hills at Tipton's Healthcare Coordinator!

Lynzie joins our team with experience in long-term care and in the hospital setting. Lynzie's favorite part about being a nurse is helping individuals and watching them flourish.

When Lynzie is not working, she enjoys spending time with her family, being outdoors, baking and especially taking trips to Colorado for hiking.

I've known Lynzie since elementary school and there is no doubt that she will work in

partnership to lead our community culture that acts with compassion and integrity.

As you are able, please take a moment to introduce yourself to Lynzie, and join me in welcoming her to the supportive, innovative, and fun team environment of Prairie Hills at Tipton!

Life Enrichment Corner

The month of April brought a new activity for the residents to enjoy. We started YouTube armchair travel at 1:00 on Friday afternoons. So far we have had the pleasure of traveling to Australia, Iceland and Turkey. It has been a lot of fun learning and exploring countries that we might not typically think about venturing to. We enjoy some basic facts about the language, typical foods eaten, type of government, coat of arms the countries flag and some of the most popular tourist destinations to visit. Once we've learned the basics we enjoy watching the Expoza YouTube channel on the selected country. The activity has lead to lots of exciting discussions.

May brings Mother's Day and to help celebrate we are bringing in Studio 30 from Stanwood to assist residents in completing fresh flower arrangements on May 5th prior to Mother's Day. Kelly from Studio 30 will instruct residents how to arrange flowers then the residents can take them back to their apartments to enjoy!

A big thank you to UCC Youth Group for the assistance with our yard work!



May is Melanoma/Skin Cancer Detection and Prevention Month. Melanoma is a specific kind of skin cancer. It begins in skin cells called melanocytes. Melanocytes produce melanin, the substance that gives your skin color. Only about 1% of skin cancers are melanomas. Melanoma is also called malignant melanoma or cutaneous melanoma. When melanoma is diagnosed in the early stages, most people respond well to treatment. But when not caught early, it spreads easily to other parts of the body.

Early signs and symptoms of Melanoma are:

1.) Changes to an existing mole

2.) The development of a new, unusual growth on your skin.

For additional information on melanoma, treatment options, more in depth symptoms, pictures etc. please visit: https://www.healthline.com/health/skin-cancer/melanoma

Community Resource Corner

May is a busy month! We start off with May Day- It's not something that happens much anymore but I fondly recall Grandma Virginia helping my sister and I put together small bags of popcorn and candy to leave on the neighbors porches. I'm pretty sure grandpa's hands were being slapped out of the treat bowl numerous times during preparation.

Teacher Appreciation Day is May 4th and Nurses Week is the 6th-12th. Be sure to thank those who have impacted so many in remarkable ways.

Special observances close to our hearts also include Mother's Day on the 9th and Memorial Day May 31st.

I want to wish our friends, families and business partners a blessed blooming month.

If you can find time, remember our drive-thru Pie Social on Tuesday, May 4th from 3-4PM.

May Fun



- 2.) Why was the bunny happy?
- a bird. What am I?
- 5.) What does a flower bomb sound like?
- 6.) What do bears need in spring?

1.) Mother's Day! 2.) Because somebunny loved him. 3.) A Kite. 4.) I don't bee-lieve it! 5.) KaBLOOM! 6.) The bear necessities!



1.) What day in spring has the most children?

3.) I don't have wings, but I can fly. I have a tail. I am very colorful. I am not

4.) What did the bird say when he saw the bees dancing?