

4 HENF >

☉ +5
>=9K09I B-L &



&LN>

I K0BB ABE<K<HF

4 HENF >

☉ +5
>=9K09I B-L &



&LN>

I K0BB ABE<K<HF

HGM0<M&G?HK

* HGMAER O>F B=>K

Director:
Cheri Schultz
directorcr@prairiehillsliving.com
Office: 319-390-7700
Cell: 319-329-2305
Community Relations Coordinator:
welcomecr@prairiehillsliving.com
Office: 319-390-7700
Cell: 319-640-2252
Culinary Coordinator:
Jason Coutentos
culinarycr@prairiehillsliving.com
Office: 319-390-7700
Life Enrichment Coordinator:
Katie Johnson
lifeenrichmentcr@prairiehillsliving.com
Office: 319-390-7700
Maintenance Coordinator:
Junior Covington
maintenancecr@prairiehillsliving.com
Office: 319-390-7700
Health Care Coordinator:
Jenny Tritle
nursecr@prairiehillsliving.com
Office: 319-390-7700
Cell: 319-640-2223
Assistant Health Care Coordinator
nurse2cr@prairiehillsliving.com
Office: 319-390-7700
Cell: 319-206-4956

*Refer a friend or family
member to live here with us
and receive \$1,000.00 off
your rent!*

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

July is

**National
Ice
Cream
Month**



Prairie Hills Press

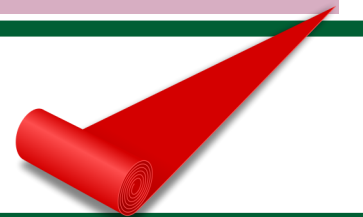
' NER BMA=9RL

**Prairie Hills Cedar
Rapids would like to
Welcome the New Staff
and Residents!**

Happy Birthday to you:
Carol S 7/28 and Lenore 7/30
Staff Birthday's
Jennifer 7/8, and Montana 7/21
Staff Anniversary:

Professionally Managed by 

Rolling Out the Red Carpet!



News from NIT

Experiencing dizziness, vertigo, visual disturbance or imbalance? Vestibular rehabilitation therapy (VRT) may be for you and NIT therapists can help! Evidence has shown that vestibular rehabilitation can be effective in improving symptoms related to many vestibular (inner ear/balance) disorders. Other problems can also arise that are secondary to vestibular disorders, such as nausea and/or vomiting, reduced ability to focus or concentrate, and fatigue. Vestibular rehabilitation consists of 3 types of exercises.

Habituation exercises are used to treat symptoms of dizziness that are produced because of self-motion and/or produced because of visual stimuli. The goal of habituation exercise is to reduce the dizziness through repeated exposure to specific movements or visual stimuli that provokes dizziness.

Gaze Stabilization exercises are used to improve control of eye movements so vision can be clear during head movement. These exercises are appropriate for those who report problems seeing clearly because their visual world appears to bounce or jump around, such as when reading or when trying to identify objects in the environment, especially when moving about.

Balance Training exercises are used to improve steadiness so that daily activities for self-care, work, and leisure can be performed successfully. Exercises used to improve balance should be designed to address an individual’s specific underlying balance problem(s).

Rock-Hard Artwork



July 3 is International Drop a Rock Day, a day when people all around the world will participate in the simple act of painting rocks and leaving their small pieces of artwork in places for others to find and enjoy. These small acts of public art are like small, warm hugs for passersby. While it is easy to find rocks to paint while strolling your neighborhood, landscaping and gardening stores often sell rocks for minimal cost. First, make sure to wash your rock of any dirt and debris. Some choose to apply a basecoat of paint to create a blank canvas, while others love the look of bare rock as a background. Acrylic paint is perfect for painting rocks, but some people choose paint pens for their ease of use. Lastly, applying a spray sealer will ensure that your artwork lasts, but some enjoy the notion that rock art is temporary. When the paint rubs off over time, someone else will get to paint a fresh message or picture.

A Recipe for the Kitchen:

Goosey Pineapple Bars

Ingredients:

- Cooking spray
- 2 cups flour
- 3/4 cup butter, room temperature
- 1/2 teaspoon vanilla extract
- 1 1/3 cups sugar, divided
- 1/2 teaspoon salt, divided
- 4 cups chopped fresh or canned (drained) pineapple
- 1/4 cup cornstarch
- 1 1/2 tablespoons fresh lemon juice
- 1/4 cup slivered almonds

Directions :

Preheat oven to 375°F. Spray a 9-inch square baking pan with cooking spray. 2. Combine flour, butter, vanilla, 1 cup sugar, and 1/4 teaspoon salt in the bowl of a stand mixer. Reserve 1 cup and set aside. Transfer remaining mixture to the prepared baking pan, pressing firmly into the bottom. 3. Bake 18 minutes.

Allow to cool completely on a cooling rack. Leave oven on. 4. Combine pineapple, cornstarch, lemon juice, remaining sugar, and remaining salt in a medium bowl. Pour over the prepared (cooled) crust, spreading evenly. 5. Bake 45–55 minutes. Allow to cool on a cooling rack before cutting and serving. Makes 16 servings

Come and enjoy this yummy treat on July 8th at 3:00pm.



Carving Out a Place in History

On July 14, 1943, George Washington Carver National Monument was dedicated in Missouri, near the birthplace and childhood home of the famed scientist, educator, and humanitarian. This was the first time in American history that a birthplace site was designated as a national monument for someone other than a president and the first national monument to commemorate an African American. Carver’s contributions to agricultural science revolutionized farming in America. He innovated crop rotation and learned to replenish soil nutrients by planting nitrogen fixers such as peanuts, which led him to develop countless peanut-based products, work for which he earned renown as “The Peanut Man.”



4TH OF JULY

WORD SEARCH

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

America

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

Stripes

Summer

United

White