

219 S. Cedar St.
Tipton, IA 52772



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Prairiehillsliving.com

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July Birthdays

July 12th: Darlene B!

July 18th: Mike M!

July 23rd: Kate S!

July 27th: Laura "Lee" T!

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

Prairie Hills News

Notable Days

- July 1st: National Postal Worker Day!
- July 3rd: National Chocolate Wafer Day!
- July 4th: Independence Day!
- July 5th: National Graham Cracker Day!
- July 7th: National Strawberry Sundae Day!
- July 8th: National Freezer Pop Day!
- July 9th: National Sugar Cookie Day!
- July 11th: National Blueberry Muffin Day!
- July 12th: National Pecan Pie Day!
- July 13th: National French Fry Day!
- July 14th: National Mac & Cheese Day!
- July 15th: National Gummi Worm Day!
- July 21st: National Hot Dog Day!
- July 23rd: National Vanilla Ice Cream Day!
- July 25th: National Hot Fudge Sundae!
- July 26th: National Coffee Milkshake Day!
- July 27th: National New Jersey Day!
- July 28th: National Milk Chocolate Day!
- July 30th: National Cheesecake Day!



Thank you for those that joined our Anniversary Celebration!
Above: Brent shows off his prize he won for just showing up!

Professionally Managed by 

Embracing Every Moment



Celebrating 10 Years!

One decade; 10 years; 120 months; 521 weeks; 3,650 days; 87,600 hours; 5,256,000 minutes; 315,400,000 seconds.

I take my 10 year work anniversary at Prairie Hills to thank each of you for being a part of our family and making my last 10 years so enjoyable. Today, I reflect back to the first day of my career at Prairie Hills in July of 2011. At that time, I had just turned to healthcare after taking care of my grandmother in her home. This experience made me realize how important it is to have someone available always to provide the best care that every senior deserves. On Monday, July 11th, 2011, while I sat through my new hire orientation, I never imagined being where I am today, doing what I love.

Thank you for the endless laughter, joy, friendship, and loving memories. I can't wait for what the next 10 years has in store for us!

-Amy McAtee, Director



Community Resource Corner by Shari Slaton

Independence Day is almost here and we love participating in Tipton's parade! This year's theme is "Hometown Heroes". Be sure to wave at the Prairie Hills Team Members and Residents!

[7/6 3-4pm Pie Social Drive-Thru](#)

Who doesn't like swinging through our circle drive for homemade goodness?! The first Tuesday of each month-- be sure to add it to your monthly calendar.

[Mark your calendars July 19th—July 23rd we need your help to fill the bus with Back to School Supplies. You can drop your donations of school supplies off any time during the week.](#)

July Fun

- 1.) Do they have a Fourth of July in England?
- 2.) What would you say if everyone in America sneezed at the same time?
- 3.) Where was the Declaration of Independence signed?
- 4.) What's the most patriotic tea?
- 5.) What isn't lazy on the Fourth of July?



1.) Yes, they also have a 5th and 6th of July. 2.) God Bless America! 3.) On paper! 4.) Liber-Tea! 5.) Fire-Works!

June in Pictures



Top row left to right: Lois poses with her prize from the Anniversary Drive Thru Lunch. A beautiful afternoon allowed reading club to meet outside and enjoy the fresh air while finishing our book. Delores W. and Kathy pose with their popcorn and margaritas on a Friday afternoon. Every week has a featured drink for happy hour. Bottom row left to right: Life Enrichment Coordinator, Andrea, prepares food for the Anniversary Drive Thru Lunch. Black Cows aka, Root Beer Floats, were a hit on a hot afternoon. Residents enjoyed fun conversation and their Black Cows. Virginia waves as she enjoyed her Black Cow.

Healthcare Corner with Lynzie Wurr

July is UV Safety Awareness Month

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

Things you can do to minimize your risk that comes with sun exposure.

- 1.) Cover Up– Wear a hat, sunglasses, long sleeves etc.
- 2.) Stay in the shade.
- 3.) Choose the right sunscreen.
- 4.) Use the right amount of sunscreen.

