

5815 S.E. 27th St.
Des Moines, IA 50320

\$500.00
**Off Rent For a Referral
with a Deposit**

Phone: (515)256-9143
Fax: (515)287-2945

5815 S.E.27th St.
Des Moines, IA 50320

Prairie Hills
Assisted Living-Memory Care
Des Moines, Iowa 50320

Phone: (515)256-9143
Fax: (515)287-2945

Leadership Team

- *Executive Director [Robin Bartalos](#)
directordm@prairiehillsliving.com
- *Assistant Director [Subash Acharya](#)
assistantdm@prairiehillsliving.com
- *Dir. Of Nursing
nursedm@prairiehillsliving.com
- *Healthcare Coordinator [Traci Metzger](#)
nurse2dm@prairiehillsliving.com
- *Life Enrichment [Teri Lewis](#)
lifenrichmentdm@prairiehillsliving.com
- *MC Life Enrichment [Chris Wood](#)
memorydm@prairiehillsliving.com
- *Maintenance [Wade Piper](#)
maintenancedm@prairiehillsliving.com
- *Culinary [Jon Dobbs](#)
culinarydm@prairiehillsliving.com
- *Community Relations [Scott Thompson](#)
welcomedm@prairiehillsliving.com

Resident Birthdays

Phyllis S. 8-7
Mary H. 8-15
Mary S. 8-16
Bob G. 8-31



Employee Birthdays

Bishnu R. 8-21
Chris W. 8-29

Prairie Hills Gazette

Notable Aug. Events

8-6 Birthday Party
8-13 State Fair Social
Music by the Porters
8-18 Cow Chip Toss
8-19 Butter Cow Day
8-20 Blue Ribbon Food
8-25 Wine Wednesday
8-30 Prairie Meadows



Ways to Beat the Heat

- Stay Hydrated Drink lots of Water
- Stay in a Nice Cool Place
- Take Frequent Breaks
- Slow Down
- Cool Towel on Neck
- Soak feet in Cool Water

July 4th Fun



Fried Apples

1/2 C. butter cubed

6 med. Unpeeled apples

3/4 C. sugar divided

3/4 t. ground cinnamon

Vanilla ice cream (optional)

Melt butter, add apples, 1/2 C. sugar

Stir to mix cover cook 20min. Until tender

Add cinnamon and remaining sugar

Cook 10 min. more

Serve with ice cream and enjoy!



I want to stay in contact with you all during these socially distant times. So, we are implementing a weekly Wednesday Zoom meeting at noon, please attend if possible.

directordm@prairiehillsliving.com is inviting you to a scheduled Zoom meeting.

Weekly: [https://zoom.us/meeting/tJ0qce-aqjstEteN9HA1zty51Sr8MQGrnikH/ics?icsToken=98tyKuChqT0sGNCVtxGERox5B4_oM-rwiGJaj7dYskbNlnFJdhqjZ9FQap9ON8re](https://zoom.us/join/https://zoom.us/meeting/tJ0qce-aqjstEteN9HA1zty51Sr8MQGrnikH/ics?icsToken=98tyKuChqT0sGNCVtxGERox5B4_oM-rwiGJaj7dYskbNlnFJdhqjZ9FQap9ON8re)

Join Zoom Meeting Meeting ID: 997 6624 0783 Passcode: vWxn6i
<https://zoom.us/j/99766240783?pwd=RlNlSEJiMnJaM1pnMTN3WTFQSGZidz09>

We also have other dept Coordinators joining , if you might have questions for them too.

