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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.

October is

Adopt a Shelter Dog Month



Prairie Hills Press

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

Happy Birthday to you:
Estaline 10/9, Bob A 10/17, Herb 10/17

Staff Birthday's
Tina 10/29 (RA)

Staff Anniversary:
Jenny (HHC) 1 year 10/26

Professionally Managed by



Rolling Out the Red Carpet!



News from NIT

October is Physical Therapy month! This is a great chance for Physical Therapists across the nation to spread the good word and to help everyone understand and appreciate the impact of physical therapy. Physical therapy not only helps improve the quality of lives, but also helps many people maintain their independence. People recover faster from injuries and illness with the help of physical therapy. Going a step further, NIT physical therapists also help prevent injury and illness with their proactive approach to wellness. We particularly support the power of self-awareness. The more you pay attention to your physical habits, the more likely we can help you change it and prevent aches and injuries. NIT Physical therapists offer specialized programs relating to, but not limited to, balance/falls, strength, mobility, pain, pre- and post-op surgical procedures, vestibular, Parkinson, lymphedema, ergonomics, joint protection and personalized fitness/wellness programs.

Bigfoot's Big Moment

In 1958, a northern California newspaper published a letter in which local loggers described their discovery of massive 16-inch-long footprints in the California wilderness. The loggers called the unknown creature who had left the prints "Big Foot," and readers of the newspaper became instantly fascinated with the story. That local story, originally published as a fun, Sunday morning entertainment piece, spread to newspapers across the country. Quite suddenly, the legend of Bigfoot was born. It wasn't until October 20, 1967, that the Bigfoot legend reached a fever pitch. Two rodeo cowboys from Yakima, Washington, Roger Patterson and Bob Gimlin, ventured into the northern California wilderness in the hopes of capturing hard evidence of the creature. Patterson had long held a fascination with the mysterious Bigfoot. He had spent much of the previous decade interviewing Bigfoot believers, compiling their stories, and exploring and mapping the creature's supposed territories. Despite Patterson's earnest belief in Bigfoot's existence, no one was more shocked than he when he and Gimlin stumbled upon a large, hairy, bipedal, apelike figure stomping through northern California's remote forests. Patterson was able to dismount his horse and film Bigfoot for about a minute, capturing the now-famous shot of Bigfoot midstride. He and Gimlin tracked the creature for a few miles and made plaster casts of its massive footprints before losing it. The men believed that they had struck Bigfoot gold, that they possessed the evidence needed to prove Bigfoot's existence. The scientific community, however, was not impressed with the footage. Many believed the film had been a hoax and Bigfoot just a man in a costume. Yet other scientists have trouble debunking the film and dismissing its veracity. For the rest of their lives, Patterson and Gimlin argued that their experience and the film were genuine, giving hope to the many Bigfoot believers worldwide.



A Recipe for the Kitchen:

Perfect Pumpkin Chip Bread

Ingredients:

- Cooking spray
- 1 2/3 cups flour
- 1 cup brown sugar
- 1/2 cup sugar
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1 (15-ounce) can pumpkin puree
- 1/2 cup canola oil
- 2 large eggs
- 1 cup chocolate chips

Directions

1. Preheat oven to 350°F. Spray a standard-size loaf pan with cooking spray.
2. Combine flour, brown sugar, sugar, pumpkin pie spice, baking soda, salt, and baking powder in a large bowl.
3. Combine pumpkin puree, oil, and eggs in a small bowl. Stir into flour mixture. Stir in chocolate chips. Transfer to the prepared baking pan.
4. Bake 60–70 minutes. Allow to cool 10 minutes before cutting and serving. Makes 12 servings

Don't Be Scared

Each October, scarecrows begin to appear in and around the village of Pietrebais in Belgium. In some years, hundreds of scarecrows appear. In others, a scant dozen or fewer. No one knows why or how the tradition began 21 years ago in the year 2000, but it is a tradition that has continued ever since. In the 1500s, it was common for farmers to hire guards to protect their crops from animal pests and thieves. The guards sometimes slept in the fields in straw huts or stood watch on wooden platforms. But as farms grew, farmers could no longer afford to employ vast numbers of guards. They began instead to use human-like watchers. These first scarecrows were erected in the spring, topped with animal skulls or fashioned out of rotting vegetables, or hung on crosses in the image of Christ's crucifixion. They served one purpose: to scare pests like crows away from valuable crops. It seems that these scarecrows have earned a spooky reputation ever since. But in Belgium, there is no need to fear. The scarecrows are often dressed like happy or silly villagers welcoming visitors to Pietrebais.



Join Us on October 28th to try this yummy bread



October Word Search



<p>October Harvest Halloween Pumpkin Leaves</p>	<p>Rake Scarecrow Corn Maze Hayride Fall</p>	<p>Autumn Orange Red Brown Yellow</p>
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