

7KHQI A

& ! RA . 8

A@<N3 <LEO )!



YOOQA

0 0

LN<EADH?N?KI

7KHQI A

& ! RA . 8

A@<N3 <LEO )!



YOOQA

0 0

LN<EADH?N?KI

KJP<?P )JBKN

- KJPDHU 3 AI EJ@AN

**Director:**  
Cheri Schultz  
directorcr@prairiehillsliving.com  
Office: 319-390-7700  
Cell: 319-329-2305  
**Community Relations Coordinator:**  
Kelly Smith  
welcomecr@prairiehillsliving.com  
Office: 319-390-7700  
Cell: 319-640-2252  
**Culinary Coordinator:**  
Jason Contentos  
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:**  
nurse2cr@prairiehillsliving.com  
Office: 319-390-7700  
Cell: 319-640-2223  
**Assistant Health Care Coordinator**  
**Andrea Mundell**  
nurse2cr@prairiehillsliving.com  
Office: 319-390-7700  
Cell: 319-206-4956

*Refer a friend or family  
member to live here with us  
and receive \$1,500.00 off  
your rent!*

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

January is

**National  
Soup  
Month**



# Prairie Hills Press

\*<JQ<NU " ENPD@<UO

**Happy Birthday to you:**

**Betty W1/2, Dorothy B 1/9,  
Wilma1/9, Elaine 1/19,**

**Marilyn A 1/19 and Mary O 1/23**

**Staff Birthday's**

**Staff Anniversary:**

**Cheri Schutz ( Director) on 1/2  
(8 years)**

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

Professionally Managed by



**Rolling Out the Red Carpet!**



## Novelty Acts

January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts to overcome those challenges keep our brains limber and help slow age-related cognitive decline. Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik’s Cube, it is beneficial whenever we force our brains to overcome a task or learn something new. Our brains find *novelty*, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy. Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty. The crossword puzzles and sudoku found in the daily news certainly challenge our creative thinking, but even these can become routine and lose their novelty. This is why experts believe it is best to challenge your brain with different types of brain teasers. Learning a new board game is one type of challenge. Trying a new sport, practicing a new hobby, or even attempting to learn a musical instrument is another type of brain teaser. Furthermore, trying something new with a group of friends stretches your brain even more because now you must not only overcome a new challenge but also navigate social dynamics. The science is clear that there is no single type of brain teaser that will keep our brains young and sharp. Luckily, society offers an almost infinite variety of experiences that offer novel challenges to our hungry brains.

## Out of the Minds of Babes

American founding father Ben Franklin was renowned as a writer, printer, scientist, inventor, philosopher, and politician. His birthday on January 17 was declared Kid Inventors’ Day so that innovative kids could find inspiration to turn their own inventive dreams into reality. At age 11, Ben Franklin invented the first swim flippers. Chester Greenwood was only 15 when he developed the first earmuffs. And Louis Braille, at age 12, began his work inventing a new language for the blind. Well into the 21st century, kids are still innovating. Fourteen-year-old Sarah Buckel wanted an easy way to decorate her locker. Thanks to her, kids now have magnetic locker wallpaper. Children are the future, and their inventions are bound to improve the way we all live.

## A Recipe for the Kitchen:

### Snowy Kiss Cookies

**Ingredients:**

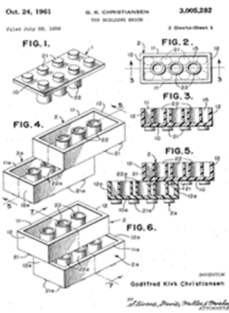
- 1 cup butter, room temperature
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1 3/4 cups flour
- 1 cup finely chopped walnuts
- 36 chocolate kiss candies, unwrapped
- Powdered sugar for coating

**Directions:**

Combine butter, sugar, and vanilla in a large bowl. Stir in flour and walnuts. Cover and chill 1 hour to firm. Preheat oven to 375F. Line a baking sheet with parchment paper. Scoop dough by the tablespoonful and wrap one around each chocolate kiss, covering completely. Place on prepared baking sheet. Bake 12 minutes. Allow to cool slightly on the baking sheet before rolling each in powdered sugar. Makes 2 dozen  
Join us on January 13<sup>th</sup> to try these treats!



## Building Blocks



January 28, 1958, Danish toymaker Godtfred Kirk Christiansen submitted a design to the patent office for a plastic building block known as a “Lego brick.” The toy bricks had been produced since 1949, but their flimsiness and poor sticking power did not make them popular with children. In January 1958, Godtfred gathered his best engineers and sketched some designs to improve their construction, including three inner tubes that would improve the bricks’ sticking power. These three inner “clutch tubes” became the design feature that helped Lego bricks become one of the world’s most iconic and beloved toys. For over 60 years, Lego has produced toys that are affordable, durable, and fun for both boys and girls. The freedom and creativity with which people can build have made Lego bricks attractive to not only kids but also adults all over the world.



## New Visitation Guidelines

In response to successful vaccine distribution and falling numbers of COVID-19 cases, we have updated our visitation and resident outing guidelines to reflect recommendations provided by the Centers for Disease Control (CDC) and the Centers for Medicare and Medicaid Services (CMS).

- ◆ Visitors no longer need to schedule visits.
- ◆ Visits can happen at any time a resident desires visitors. Visits can take place within a residents' apartment regardless of vaccination status.
- ◆ The apartments are the only area you can visit unless you make reservations for areas such as a private dining room or parlor.
- ◆ All visitors are required to screen in as well as use good hand hygiene and wear masks in public areas. You will be asked to leave if you cannot comply with these two safety measures.
- ◆ Please do not come in to visit if you are feeling ill.

Please contact the community if you have any questions.

Name: \_\_\_\_\_

## January Word Search



JANUARY  
WINTER  
NEW YEAR  
RESOLUTIONS  
MLK DAY

CELEBRATION  
COLD  
GLOVES  
SNOWMAN  
JANUS

GARNET  
NEW START  
JULIAN  
GREGORIAN  
WOLF MONTH

