

7KHQI A

& !RA . 8

A@<N3 <LEO )!



YOOQA

0 0

LN<ENAEHIO?N?KI

7KHQI A

& !RA . 8

A@<N3 <LEO )!



YOOQA

0 0

LN<ENAEHIO?N?KI

KJP<?P )JBKN

**Director:**

Cheri Schultz  
directorcr@prairiehillsliving.com  
Office: 319-390-7700  
Cell: 319-329-2305

**Community Relations Coordinator:**

Tyler Grabe  
welcomocr@prairiehillsliving.com  
Office: 319-390-7700  
Cell: 319-640-2252

**Culinary Coordinator:**

Mary Jones  
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:**

Sarah Hebert  
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

- KJPDHU 3 AI EJ@AN

*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.**

June is

National Zoo  
and  
Aquarium  
Month



# Prairie Hills Press

\*QJA " ENPD@<UO

**Happy Birthday to you:**

Arlene 6/1, Arlen 6/4, Jean 6/7,  
Joyce 6/8

**Staff Birthday's**

Junior 6/22

**Staff Anniversary:**

Amanda R 6/1 (Resident Assistant)  
Regina 9 yrs on 6/28 (Resident Assistant)

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

Professionally Managed by



Rolling Out the Red Carpet!



# News from NIT

Did you know that NIT therapists offer a bladder improvement program? Our specially trained therapists lead participants through an innovative clinical pathway that combines traditional techniques with cutting edge technology. The result is a predictable, reproducible improvement in bladder control.

**Case Study results:**

- 33% of participants ELIMINATED daytime incontinence
  - 66% of participants decreased the number of incontinence products used each day by an average of nearly two products used each day
  - 86% of participants decreased nighttime incontinence
  - 43% ELIMINATED nighttime incontinence
  - 60% of participants decreased the number of trips to the bathroom and improved safety/decreased fall risk
  - 100% of participants were satisfied with the program and would recommend to a friend
- Additional benefits:** improved skin integrity, decreased bladder infection potential, decreased cost of bladder products, increased desire to do social events in and out of home, increase core strength.

Reach out to the NIT team of therapists with any questions or interest regarding the bladder improvement program.

-NIT offers free wellness screenings for all residents and works closely with nursing to identify residents that may need therapy services. The ultimate goal is to keep the residents healthy by catching those little issues before they become bigger problems (falls, pain, injuries, etc). This keeps the residents out of the hospital and skilled nursing facilities and in their homes at Prairie Hills. In turn, this helps maintain census at Prairie Hills.

-NIT services encompass home health-outpatient-wellness focus. We offer home health services to allow residents a less intense level of therapy and also as another option when they have a copay for outpatient therapy services. Our uniqueness is the in-house outpatient services we offer. This is popular with residents and families as residents can receive therapy more frequently (up to 5x/wk) than allowed by the home health model of delivery (typically 1-2x/wk) and still in their home/Prairie Hills.

-NIT offers free in-services to Prairie Hills staff and/or residents with various educational topics as determined by NIT staff and/or Prairie Hills staff.

## On Eagle’s Wings

On June 20, 1782, a picture of a bald eagle with wings outstretched was proposed to the U.S. Congress as the Great Seal of the United States. Not everyone accepted the bald eagle as the national bird, and a debate raged for years after its selection. Benjamin Franklin famously objected: “I wish the bald eagle had not been chosen as the representative of our country; he is a bird of bad moral character; like those among men who live by sharpening and robbing, he is generally poor, and often very lousy. The turkey is a much more respectable bird and withal a true, original native of America.” Franklin’s objections would be overruled, and in 1787, the eagle was officially adopted as America’s national emblem. America was not the first country to use an eagle as its symbol: the ancient Roman Empire and the First Persian Empire both used eagles to denote strength and glory.

# A Recipe for the Kitchen:

## Easy Kringle Danish

**Ingredients:**

- 1 (14.1-ounce) package refrigerated piecrusts, softened as directed on the box
- 2/3 cup plus 3 tablespoons chopped pecans, divided
- 1/3 cup brown sugar • 3 tablespoons butter, room temperature
- 1/2 cup powdered sugar • 1/4 cup vanilla
- 2–3 teaspoons milk

**Directions**

1. Preheat oven to 375F.
2. Unroll one of the piecrusts and place on a cookie sheet. Set aside. Save the remaining piecrust for a different recipe.
3. Combine 2/3 cup pecans, brown sugar, and butter in a medium bowl. Sprinkle over one half of the piecrust, allowing a 3/4-inch edge. Brush the edge with water and fold other half of piecrust over the filling. Using a fork, press the edges to seal.
4. Bake 17–22 minutes.
5. Combine powdered sugar, vanilla, and 2–3 tablespoons milk (gradually depending on desired consistency) in a small bowl. Drizzle evenly over the warm kringle. Sprinkle evenly with 3 tablespoons pecans. Allow to cool before cutting and serving.

Makes 8 servings

Join us for this tasty treat on June 16

## Marrying Traditions

Wedding bells will be ringing all through the month of June. After all, it is the most popular month for couples to be married. Some say it is because June’s pleasant weather is best for a wedding, but this tradition has roots far deeper than any meteorologist could predict. The month of June was named for the Roman goddess Juno, whose domain was marriage, childbirth, and family. As the patron goddess of Rome and all the Roman Empire, she was called *Regina*, or “Queen,” and was part of a powerful triumvirate of gods that included Jupiter, king of the gods, and Minerva, goddess of wisdom, justice, and military strategy. Of the three, Juno was worshipped as the protector of the empire, and particularly as a protector of women. Roman women went so far as to call their souls *junos*, believing that they each possessed a small bit of their beloved *Regina*’s spirit. June, unsurprisingly, was considered the most auspicious month to be married. Historical evidence suggests that June might have been a popular month for marriage even before the time of the Romans. The Celts celebrated their springtime fertility ritual of Beltane on the cross-quarter holiday of May 1. Cross-quarter days were astronomical holidays that fell between quarter days, the equinoxes and solstices. It was a Beltane tradition for young couples to pair and plan for a wedding on the next cross-quarter day, which would not arrive until August three months later. Impatient young couples, eager to wed, would often not wait until August and instead marry in mid-June on the following quarter day, the day of the summer solstice. In this way, June became a traditional month for marriage. It might come as no surprise that the following springs often coincided with a baby boom for couples married the previous June. This only provided more evidence of spring’s powerful fertility as Earth sprang back to life with its blooming flowers and leafing trees







## 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: \_\_\_\_\_

## June Word Search



JUNE

FATHERS DAY

CELEBRATE

FIREFLIES

GRADUATION

STRAWBERRIES

SUMMER

VACATION

FLAG DAY

CAMP

SOLSTICE

WEDDINGS

LONGEST DAY

BEACH

D DAY



© Monsterwordsearch.com

