

Volume

2903 F Ave NW  
Cedar Rapids, IA



Issue 11

319-390-7700  
prairiehillscr.com

Volume 3

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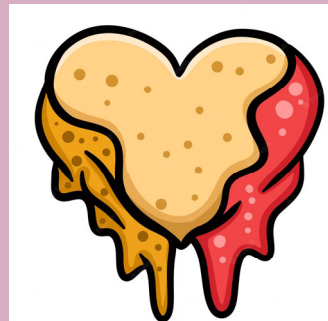
## Monthly Reminder

*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.**

November is

**Peanut  
Butters  
Lover Month**



# Prairie Hills Press

## July Birthdays

### Happy Birthday to you:

**Louis 11/16, Wanelle 11/22, Suzie S 11/23,  
Ken 11/26**

### Staff Birthday's

**Erin 11/6, Brandi 11/17, Regina 11/28,  
Kristi 11/28**

### Staff Anniversary:

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

Professionally Managed by 

**Rolling Out the Red Carpet!**





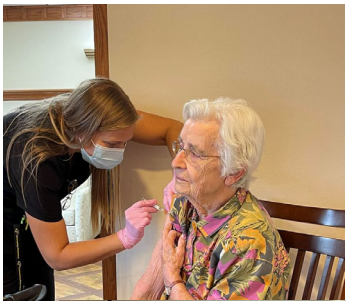
# News from NIT

November is the month we celebrate being thankful, thankful for our veterans and thankful for many other important things in our lives. As Physical, Occupational and Speech therapists, we are well known for assigning exercises. So, it seems appropriate this month, that we assign a home exercise program consisting of a different kind of exercise, the exercise of gratitude. Here are a few exercises for you to try in the month of November. Journaling-Each day write down a few things you are grateful for. Gratitude Jar-Find a jar, decorate the jar and write down 3 things each day you are grateful for and place the slips of paper in the jar. Soon you will have a full jar that reminds you of all the things you are grateful for. Gratitude rock-Use the rock as a symbol to remind yourself of what you have. Carry it in your pocket or leave it somewhere you will see it throughout your day. Every time you touch or see it, think about 1 thing you are grateful for. Gratitude tree-Put stones or marbles in a vase and stick a tree branch/twig in the middle. Cut out leaves from colored paper. Write the things you are grateful for on the leaves. Hang the leaves from the branches to complete your gratitude tree. Gratitude box-A great way to share your feelings and gratitude for others. Start with a box and write down your messages of gratitude on slips of paper. You can make this by yourself or add messages from others to put in the box to fill it up. Wrap up the box and give to someone special. Collage-Take a picture of one thing you are grateful for every day of the week. After a given period, put all your pictures together in a collage and put somewhere you can be reminded of all the things you are thankful for. We, at NIT, are very thankful for the facilities, residents and families that we work with every day!

## A Smashing Idea



Every Halloween, millions of pumpkins are sold for decorations and to be carved as jack-o'-lanterns, but what happens to all those pumpkins when Halloween is over? According to government statistics, most of the 1.3 billion pounds of pumpkin produced every year ends up in landfills. This refuse produces methane gas, a greenhouse gas considered 20 times more harmful than carbon dioxide. Luckily, there are plenty of options when it comes to discarding leftover pumpkins. Pumpkins, of course, are meant for eating, and not just in pies. Pumpkin is delicious in muffins, custards, and soups, and seeds can be roasted and salted for a savory snack. Pumpkin seeds can also be planted so that next year you can harvest pumpkins in your own backyard for free! A pumpkin patch also makes for a great Halloween display. As an added bonus, pumpkin flowers are a great source of food for pollinating insects. Pumpkins are also a tasty treat for animals. You could choose to leave pumpkin scraps for local scavengers like squirrels and raccoons, but you might prefer to donate your pumpkins to a local farm. Pumpkins are a great forage food for farm ruminants like cows, sheep, and goats. Every November, Idaho Springs, Colorado, hosts an event called the Scraps-to-Soil Pumpkin Smash, a public pumpkin-smashing party. Participants choose their method of demolition—slingshots, baseball, bats, giant mallets, even pumpkin catapults. The goal isn't to relieve post-Halloween or pre-Thanksgiving stress but to convert pumpkins to compost. While every part of a pumpkin—skin, meat, stem, and seeds—is compostable, seeds are often hardy enough to overwinter, so composters have to make sure that composting temperatures reach 150 degrees for three days. Unless, of course, you don't mind



## Wrong or Right?

On November 29, as you enter the frantic holiday shopping season, don't be surprised if a store clerk tells you that you're wrong, for it is The Customer Is Wrong Day. This day was conceived as a day to empower store workers so that they would not be bullied by customers. The saying "the customer is always right" was coined by Harry Gordon Selfridge, founder of the London-based department store Selfridges, in 1909 as a motto to emphasize the importance of good customer service. But is the customer always right? Perhaps it is best to remember that nobody is right all the time—not the customer, an employee, or even a manager.







## 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.

## November Word Search



### Words to Find

- Autumn
- Fall
- Family
- Feast
- Leaves
- Native (Americans)
- November
- Pilgrims
- Turkey
- Veterans
- Voting
- Windy

