

Volume

2903 F Ave NW
Cedar Rapids, IA



Issue 3

319-390-7700
prairiehillscr.com

Volume 4

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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.**

March is

Women's
History
Month



Prairie Hills Press

March Birthdays

Happy Birthday to you:

Martha 2/23, Laith 2/24 and Milo 2/25

Staff Birthday's

Katie 3/14, Laura 3/15

Staff Anniversary:

Mary (Kitchen) 1 year on 2/15

Katie (LEC) 4 years on 2/21

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

Professionally Managed by 

Rolling Out the Red Carpet!



News from NIT

“Oh, the Places You’ll Go!”
By Dr. Seuss

You have brains in your head.
You have feet in your shoes.

You can steer yourself any direction you choose.
You’re on your own. And you know what you know.
And YOU are the guy who’ll decide where to go.

I’m sorry to say so but, sadly, it’s true.
And hang-ups can happen to you...

And when you’re in a Slump, you’re not in for much fun.
Un-slumping yourself is not easily done...

Your mountain is waiting, so...get on your way!

Here are a few of our favorite lines from the famous Dr. Seuss book.
When Dr. Seuss refers to un-slumping, he is referring to picking yourself up, wiping yourself off, and demonstrating resilience by taking action to reach your goals.

Let NIT help you! We offer Physical, Occupational and Speech Therapy in-house 5 days a week with over 50 specialized programs to individualize your care. Reach out to the NIT therapy team to learn more!

A Riveting History

During World War II, six million women joined the American workforce to support the war effort and fill the roles of men who had shipped off to fight. In honor of these women, March 21 has been designated Rosie the Riveter Day, in homage to the denim-clad everywoman who graced the posters and propaganda of the era. The story of Rosie the Riveter is multi-faceted. It begins with a song entitled “Rose the Riveter” written by Red Evans and John Jacob Loeb in 1942. In the tune, Rosie is an assembly-line worker. While the character of Rosie is likely based on a real person, the true identity of

Rosie is in dispute. There are several candidates: Rosina Bonavita, who worked on Convair aircrafts; Rosalind Walter, who built F4U Corsair fighter planes; Adeline Rose O’Malley, who was a riveter for Boeing; and Rose Will Monroe, who built B-24 bombers. Monroe later gained fame for her role as Rosie the Riveter in a short film promoting the war effort. The most popular image of Rosie the Riveter during wartime came from Normal Rockwell. On his cover of the *Saturday Evening Post* from May 29, 1943, a buff woman wears blue overalls and goggles with a riveter in her lap. She eats a sandwich and steps on a copy of Hitler’s *Mein Kampf*. The name *Rosie* is inscribed on her lunch pail, linking her with the popular song. The most famous depiction of Rosie the Riveter was never called Rosie. J. Howard Miller’s illustration of a jumpsuit-clad, polka-dot bandana-wearing, bicep-flexing woman exclaiming “We Can Do It!” was used to improve worker morale at Westinghouse Electric. The poster likely hung on factory walls for a couple of weeks in February of 1943 before being lost to history. It was only rediscovered in 1982. Miller’s illustration has since come to embody Rosie the Riveter as an American cultural icon. Today, Rosie is not a figure of war propaganda but has new life as a symbol of feminine strength.



The Power of Parks

After being stuck in the house all winter, stretch your legs on March 30, take a Walk in the Park Day, by strolling through your favorite local park. Parks are vital public resources. They have been proven time and again to increase property values, improve local economies, and decrease crime. Most importantly, they offer opportunities for people to get outside! They are public spaces for people to gather. Fields, trails, and courts offer opportunities for people to exercise and get healthy. Natural landscapes filled with trees and flowers not only provide valuable habitat for animal life and clear air but they offer tranquil retreats for visitors. Spending time surrounded by nature reduces stress, improves mood, and increases happiness.





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.



Spring



N G V S L C T J E D F P Z O R L B
E T O I P H R A S B I J E D M V G
L Z R M T A O C N I A R G T Y Q N
I P E J S N Y K F W H S L A I F I
A Y B E G M D E P T E Q E W C K R
D S O K R E N T Y L W H J B U I P
M U P H T B I L D E N O C Z A F S
K N T C D A W D G P L D B G P L M
F S E I R Z U N O S A E S N U B L
W H Z N A P R S M Y T L F M I W S
P I F C L E A N I N G E B H K A V
T N U I B M V R Z O F R C A W H R
M E D P H C R A M B E K L N S T G
X L F J Y A S N G L S H O W E R S
H B R E A K O P L V C Z U F Y D K
C F T X M U B A S I L W D H G N E
W I H P E D L J R Y Q B S A O X R

APRIL	BASEBALL	BREAK
BREEZE	CLEANING	CLOUDS
JACKET	KITE	MARCH
MAY	PICNIC	PUDDLES
RAINBOW	RAINCOAT	SEASON
SHOWERS	SPRING	SUNSHINE
THAW	UMBRELLA	WINDY



Tree Valley Academy