



# PRAIRIE HILLS INDEPENDENCE

ASSISTED LIVING AND MEMORY CARE

Happy **FALL** y'all

## September Activity Highlights

Senior Fitness and Exercise Program

Every Monday, Wednesday and Friday at 10:00AM

Sept. 5: Monthly Vitals Clinic  
Sept. 6: Sept. Birthdays Celebration  
Sept. 8: Iowa/Iowa State Happy Hour  
Sept. 13: Witches Door Sign Craft  
Sept. 14: Resident Activity Meeting  
Sept. 15: Potluck/Lena Adams Sings  
Sept. 16: Dave Wirtz Music  
Sept. 17: Joe Kies Stories & Scriptures  
Sept. 18: Movie at Oelwein Theatre  
Sept. 20: Wizard of Oz Movie  
Sept. 21: Culinary Mtg. w/Residents  
Sept. 22: Jonathan May Magic Show  
Sept. 27: Resident Auction Activity  
Friends/Family Bingo Night  
Sept. 28: Resident Meeting  
Sept. 29: Pizza & Beer Night  
(for Supper)

### CHURCH VISITS

Buchanan County  
Ministerial Association:

Sept. 7: Bob Solon  
Sept. 14: Harry Stimson  
Sept. 21: Erica MacCreagh  
Sept. 28: Larry Thompson

#### Catholic:

Communion Every Thurs.  
Services: 1st Fri./Mo.  
and 3rd Wed./Mo.

#### Lutheran:

Communion 1st Fri./Mo.

#### United Methodist:

Service: 4th Wed./Mo.

SEPTEMBER 2023

# NEWS LETTER

505 ENTERPRISE DR. SW  
INDEPENDENCE, IA 50644

319.334.2000

PRAIRIEHILLSLIVING.COM

*"Embracing Every Moment!"*



Ron S. - Sept. 2

Bill W. - Sept. 14

Shirley Kr. - Sept. 30

### PHI Staff Members:

Gabe Y. - Sept. 12

Amber G. - Sept. 20

Josh K. - Sept. 26



Rick & Kay H.  
and Harlan M.

Follow us on Facebook:  [facebook.com/PrairieHillsIndependence](https://facebook.com/PrairieHillsIndependence)



NATIONAL ASSISTED LIVING WEEK®  
SEPTEMBER 10-16, 2023





*Director, Monique, and Carol Z. smile as they were discussing having the same birth day.*



Join us!

Friends  
& Family  
Bingo Night!

September 27, 2023  
6:00-7:30PM

Awesome prizes provided  
to us by local businesses!  
Bring \$1/person (or more)  
donation for the 2023 Walk  
to End Alzheimer's.



*Health Care Coordinator, Devon, stopped by the Northern Iowa Therapy office to see how Bill C. was getting along with therapy.*

## Director

Monique Eldridge

Happy September! It's the start of the "ber" months! I hope your fall is as beautiful and as colorful as the leaves on the trees start to become! We will soon be decorating our main entrance with some fall décor to brighten the entrance to our beautiful community! If you have any special décor requests, just let us know as we're in the beginning stages of planning and welcome ideas and/or suggestions.

National Assisted Living Week is September 10-16th. On behalf of our entire team, we would like to thank our residents and their families for allowing us the opportunity to care for you or your loved one. It is our privilege to serve you.

During this week, we would also like to take this time to thank all our great community staff team members for their commitment to our residents and their families. It is an honor to have them on our team!

As always, my door is open to questions or concerns that you may have, please stop by!  
Have a great month!



## Health Care Coordinator

Devon Brockmeyer, RN

Hello, Fall! 🍁 While this is my favorite season, I want to discuss another kind of fall with you. September 23rd is Fall Prevention Awareness Day.

As many of you know, falls can lead to major fractures and even death. Let's discuss simple things that we can implement into our daily lives that can help us prevent these events.

Staying active will keep you body strong and able. This can be participating in our exercise program Monday-Wednesday-Friday at 10AM or ambulating to and from meals. Whatever your ability is, forward is forward.

Next, be sure we are wearing the right shoes. Be sure they fit well and have nonskid soles. Certain hazards can be removed such as loose rugs and other clutter that can be a tripping hazard. Be sure lighting in hallways/bathrooms are ample. Motion lights can be beneficial.

Lastly, be sure to use assistive devices. These can be anything from your ambulation device such as a cane or walker, handrails, grab bars, and allowing staff to assist when/if needed.

Fall prevention starts with an honest conversation with ourselves on when/if we require intervention. There are many other interventions we can navigate together. If you'd like to know more stop in and see me.



# Birthday Celebrations with Friends and Cookies!



Prairie Hills Independence folks enjoy getting together to celebrate friends birthdays! (L to R): Dee R., Harriet S., Carol Z., Mary W., Donna R. and Audrey K.



We celebrated Bill C.'s 93rd birthday with a big sugar cookie!



Carol Z. celebrated her 91st birthday in August.



Beverly S. celebrated her 90th with family in the PHI library.



Dorothy J. celebrated her 99th birthday in August! Wow!



We celebrated with Mary W. on her 81st birthday with a cookie!



We gathered for ice cream sandwiches to celebrate PHI folks with August birthdays. (L to R): Dorothy J., Marie V., Helen D., Shirley K., Betty K. and Beverly S.





Norma W. and her friend enjoyed seeing the Country Steppers.

## *It's Always a Full House when the Country Steppers Visit!*



We had fun watching the Country Steppers! (L to R): Angie P., Loretta H., Mary W., Jeanne H., Donna R., (guest), Audrey K., Delores B., Beverley S., Don G., Doug M., Leona K., Marie V., Carol Z., (guest), Mary P., Louise T., Harriet S. and Anna Mae D.



Helen D., Harlan M., Shirley K., Betty K. and Resident Assistant Emily liked the Country Steppers.



Prairie Hills Independence's community room was packed full to watch the Country Steppers for a Wild West get-together!



Enjoying the Country Steppers! (L to R): Harlan M., Betty K., Marian B., RA Ella, Shirley K., RA Emily, Karen M., Lowell K., JoAnn W., Angie P., Bill W., Jeanne H., (guest), Donna R., Loretta H., Don G., Doug M., Beverley S., Dee R., Leona K., Marie V., Delores B. and Mary P.



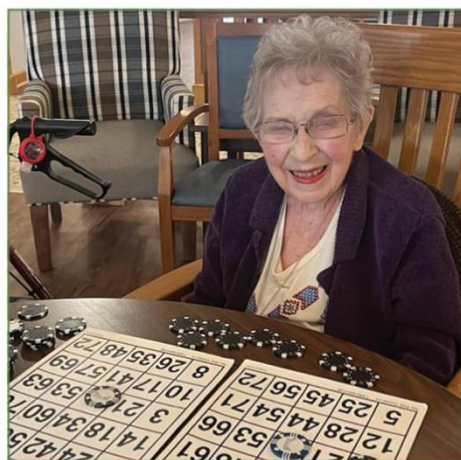
Kate R. and Jeanne H. had fun watching the Country Steppers.



# Bingo, Bus Rides, Coloring and Cards with Friends!



Prairie Hills Independence folks sure do love Bingo!  
(L to R): Donna R., Beverley S., Mary W. and Marian B.



Shirley K. was smiling and ready to play some Bingo!



Harriet S. was happy to play Bingo today!



Janis W. likes to sit down to do some relaxing adult coloring.



We're ready to go for a bus ride!  
(L to R): Lowell K., Loretta H., Carol Z., Bill W. and Donna R.



Activity Assistant, Bob, gives the "thumbs up" and ready to go!



These folks got together for an afternoon card game. (L to R): Anna Mae D., Audrey K. Helen D., Loretta H. and Don G.



# Wild West Party to Celebrate National Senior Citizen Day!



Donna R. had fun dressing up for her Wild West photo! Hands up!



These cowgirls were ready to hear Luke Thomas sing. (L to R): Mary W., Carol Z., Donna R. and Louise T.



Cowboy Wendell O. and his sweet lady, JoAnn F. were looking good!



These gals got away with the loot! Show girl, Beverley S. holds the cash, Dee R. was slinging the guns and Marian just giggled!



The PHI folks gathered to listen to music with Luke Thomas. (L to R): JoAnn W., Helen D., Joan D., Henry E., Bill C., JoAnn F., Wendell O., Harriet S., Don G., Jeanne H., (guest), Anna Mae D., Shirley K., Loretta H., Marlys N. and (guest).



Harriet S. looked pretty even though she just robbed the bank!



# Country Fun with Friends and Musician Luke Thomas!



Dee R., Karen M., Marian B., Mary P., Dorothy J., Life Enrichment Coordinator Molly and Beverley S. enjoyed the music by Luke Thomas (and his Australian accent)!



"Dusty Boots" Loretta H. and "The Teacher" Helen D. are WANTED for "having too much fun!"



Even the coordinator team got in on the "Outlaw" fun! (L to R): CRC Sarah Z., HCC Devon B., HSL Courtney L., LEC Molly K. and Director, Monique E.



Show girls, Mary W. and Carol Z. were stealing all the loot!



Our entertainer, Luke Thomas, had a little fun after the show!



The Wild West Party was fun! (L to R): Harriet S., JoAnn F., Wendell O, Don G., Loretta H., Betty K. Janis W., Anna Mae D., Jeanne H., (guest), Shirley K., (guest), Marlys N., Darlene H., Kate R., Lowell K., Leona K., (guest), Bill W.



## *Patio Time with Friends, Watermelon and Puzzles!*



*Don G. sure enjoyed fresh watermelon for an afternoon snack!*



*These gals are double the fun! Marian B. and Helen D. enjoyed some watermelon on the patio for National Watermelon Day!*



*Kate R. looked like she approved of the fresh watermelon treat!*



*Janis W. was happy to celebrate National Watermelon Day!*



*Ron S. had some yummy watermelon for a snack.*



*Loretta H. and JoAnn W. enjoy gathering to put puzzles together and for some fresh watermelon too!*



*Bill W. had some watermelon out on the patio on this nice day.*



# Old West Trivia Happy Hour and Gold Rush Crafting!



The gals had a good time getting together to make "Gold Rush" glitter coasters. (L to R): Shirley K., Marian B., Mary W., Delores B., Anna Mae D., Louise T. and Dee R.



Dee R. and Marian B.'s "Gold Rush" coasters were so pretty!



We had a big group gather for Dorothy J.'s 99th birthday and cake along with Old West Trivia during Happy Hour.



Delores B. and Donna R.'s coasters really shimmer in the light!



Mary W. and Louise T. were happy with the way their coasters looked.



Louise T., Mary W., Anna Mae D. and Donna R. stirred and poured their "Gold Rush" glitter coasters, the next day they could see their creations after the resin hardened.



# *National Banana Split Day is Worth Celebrating!*



*Shirley K. enjoyed her banana split, especially the ice cream!*



*What do you do on National Banana Split Day? Well, we EAT banana splits of course! Bill W. and Don G. enjoyed theirs.*



*Lowell K. thought this was a great way to celebrate Banana Split Day!*



*Marlys N. was all for celebrating with banana splits today!*



*Jeanne H. was all smiles for this ice cream treat!*



*These were happy faces for National Banana Split Day! (L to R): Beverley S., Donna R., Ron S., Mary W. and Marian B.*



*JoAnn W. and Loretta H. enjoyed their banana splits too!*



## Community Relations Coordinator

*Sarah Zimmerman*

Happy Fall, Y'all! I hope you have been enjoying our activities and meeting our new residents! Thank you for your "welcoming spirit" as we all remember our first days at Prairie Hills.

Just a reminder for those that maybe don't know, we will give you a \$1500 bonus for referring a friend to move into our community! After they reside here for 30 days, you will see that bonus applied to your monthly invoice. Ask me for the details!

The third Wednesday of every month, I host a Caregiver Support Group at the Independence Library from 6-7PM. If you are caring for someone with memory loss and need support from those who do too, please join me on September 20th.

I will be hosting a "Friends & Family Bingo Night" every month. Invite your friends and family to join us this month on September 27 from 6-7:30PM!



## Life Enrichment Coordinator

*Molly Kremppes*

Happy September! I'm ready for fall and football season as I'm sure you are too! This month we will be "Fall-owing the Yellow Brick Road!" with lots of themed activities.

We start out with our Monthly Vitals Clinic on September 5th, to keep up-do-date with any changes since last month. If you ever have any concerns, stop by Devon's office to see her.

On September 6th, we will celebrate with our friends with September birthdays with a sweet treat in the community room. That following Friday, September 8th, join us in your favorite Iowa or Iowa State colors/attire for a tailgating Happy Hour.

On September 11th, we will kick off National Assisted Living Week by having a different dress-up day each day! See the back page of this newsletter for the theme of the day. We will end the week on September 15th, with a potluck for residents and employees and enjoy music with Lena Adams!

On September 13th, we will make a witch door sign for the afternoon craft. Dave Wirtz will come to entertain us on September 16th and John Kies will come on September 17th, to share stories and scriptures.

We will travel to the Oelwein Theatre on September 18th to see a movie on the big screen! Then join us in the community room on September 20th at 2PM for popcorn and the iconic movie "The Wizard of Oz."

On Friday, September 22, we "journey to see the wizard" as we will be entertained by comedy and magic with Jonathan May. Join us in the community room for fun and refreshments!

We are looking forward to many fun things in September!



*Community Relations Coordinator, Sarah, stopped by Kent H.'s apartment to get a photo with him.*

**Journey  
to see the  
Wizard!**



**Jonathan May**  
Magician & Comedy Show

**September 22 @ 2PM**  
Community Room

**Refreshments  
& Fun!!!**



*Life Enrichment Coordinator, Molly, stopped by to say "hi!" to Leona K. as she was out walking in the halls.*



Professionally Managed By:



## Coordinators

Director

**MONIQUE ELDRIDGE**

directorindy@prairiehillsliving.com

319.332.8022

Health Care Coordinator

**DEVON BROCKMEYER, RN**

nurseindy@prairiehillsliving.com

319.334.0566

Community Relations Coordinator

**SARAH ZIMMERMAN**

welcomeindy@prairiehillsliving.com

319.334.8659

Life Enrichment Coordinator

**MOLLY KREMPGES**

lifeenrichmentindy@prairiehillsliving.com

Culinary Coordinator

**JESSICA PETERSON**

culinaryindy@prairiehillsliving.com

Maintenance Coordinator

**ALEX PETERSEN**

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senior living *reimagined*



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DELIVERED MON. THRU FRI.

Culinary Coordinator

*Jessica Peterson*

Happy September! With the fall months upon us, we will be adding some soups to the menu per your request. We will also be getting our fall/winter menus updated for the season.

Meet with me in the library on September 21st at 2PM to discuss meal ideas with me.

I appreciate any comments!

We will enjoy resident favorite, pizza for supper night, on September 28 along with your beverage choice of beer, wine or soda.



Culinary Coordinator, Jessica, stopped by to say "hi!" to new resident, Rick H.

Maintenance Coordinator

*Alex Petersen*

Welcome Fall! We will soon be seeing cooler weather. If you need help adjusting your thermostat to heat instead of cool, just let me know and I can do that for you!

If you ever need anything fixed in your apartment, please let me or staff know, and I will get that repaired for you.

September is always the reminder that the winter months are on the way. Enjoy every day until the temperatures change!



Maintenance Coordinator, Alex, is a bit taller than Kay H. (ha!ha!)

**National Assisted Living Week: Sept. 10-16, 2023**

**Fun dress up days - everyone is welcome to participate!**

Sept. 11: Wear red, white and blue - in honor of Patriot Day - 9/11

Sept. 12: Wear your favorite hat - big, small, funny or serious!

Sept. 13: Wear crazy socks, the crazier the better!

Sept. 14: Wear the color orange - we are bright, happy and joyful!

Sept. 15: Wear your favorite sports team shirt - football, baseball, etc.



*Our Deepest Sympathies go out to the families  
in the passing of their dear loved ones and our friends,  
Gary Kanne and Norma Westemeier.*

