



# PRAIRIE SENIOR

at Citizens Health

## ***LEADERSHIP TEAM***

### **Medical Director**

Dr. Kara Kuhlman, MD

### **Administrator**

Rhonda Barton

### **Director of Nursing**

Tina Schritter

### **Assistant Director of Nursing**

Deanna Schmidtberger

### **Risk Manager**

Jake Reinert

### **Social Services Director**

Emily Dietz

### **Activity Director**

Christina Palmer

### **Dietary Manager**

Jeri Jacobs

### **Environmental Services Director**

Wendaly Barraza

### **Resident Care Coordinator**

Heather Sowers

### **Plant Operations**

James Carney

### **Contact us**

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[www.cmciks.com/senior-living](http://www.cmciks.com/senior-living)



QuotesPics.net

## *Winter is Coming*

*Notes from the desk of Ken Bergren (Plant Ops)*

The holiday season can be full of fun, family and tinsel, but there are also potential hazards as well. One of those can be the winter weather and icy driveways and sidewalks. Please be careful coming and going from Prairie Senior. This year we are offering **Valet Service** to our resident families. Drive up to the door and our office staff will find someone to park your car.

**When decorating for the holidays we need to be mindful of the fire codes that are in place to protect your loved ones.**

Those include: no natural vegetation or other flammable decorations, no candles, open flames, extension cords or electric heaters. Christmas lights have to have a UL tag on the cord. All electrical devices must be checked by our Plant Operations staff before use at Prairie Senior.

If you have questions about the valet service or fire regulations please talk to Rhonda Barton, Emily Dietz or our Plant Operations staff.



# Funfilled Activities for the Month of November

Thanksgiving is falling on Thursday, November 22, this year. We will be scheduling transportation by appointment only. Please contact Christina for further information.



## Farmers Café

Thursday, November 15<sup>th</sup> If you are interested in helping to sponsor donuts please contact the activity department at 785-460-1416.



October was a busy month for us! Fall festivities all month long and to end the month we went all out for Halloween. A special thanks to the 2<sup>nd</sup> and 4<sup>th</sup> grade classes for putting on a costume parade for our residents on Halloween day. As we gear towards the holidays please look for our family oriented fun we have planned for all to enjoy!

-Christina Palmer, Activity Director

## Activity Schedule is Busy

Take a look at the new additions to the activity calendar. There are many new and improved activities and yet some of the good ole favorites. Activities are offered numerous times throughout the day and on Monday, Wednesday and Friday evenings.

## Thanksgiving Day RSVPs

We ask that any facility room reservations, extra meals and transportation requests are made by no later than Thursday, November 15<sup>th</sup> to help us plan accordingly. Please contact Christina at 785-460-1416 to make reservations.

# Inventory of Possessions

As the weather changes and more layers are needed, we would like to remind you of a few helpful tips for your loved one's belongings. All new items **must** be dropped off for labeling. There is a drop cabinet located near the nurses station by the recycling bins. On the side of the bin are bags for placing your items in, as well as blank inventory sheets that you can use to record any new items or items that are being removed. The SSD will collect items and sheets daily to update your loved one's chart. Please help us keep track of your loved one's belongings. If you have any questions regarding this process, please contact Emily Dietz at 785-460-1422. Your cooperation is appreciated for efficient inventory and labeling of clothing!



## SAVE THE DATE

for our Christmas Party

TUESDAY, DECEMBER 18TH



# *Fun Facts about November*

- It is the last month of the fall season
- November in the Northern Hemisphere is similar to May in the Southern Hemisphere
- Elections are held in the United States on the Tuesday after the First Monday in November
- The third Thursday of November is the Great American Smokeout. Smokers are encouraged by the American Cancer Society to stop smoking on this day.
- American Football is the main sport watched in the United States during this month.
- Most, if not all, of the leaves have fallen off the trees by the end of November.
- Veterans Day is held on the anniversary of the end of World War I (November 11<sup>th</sup>) to honor US veterans and victims of all wars.
- November is National Alzheimer's Disease Awareness Month.



## *Administrator's Corner* *Rhonda Barton*

As I start my new adventure with Prairie Senior I have been very happy with the warm welcome I have received from all the staff at Citizens Health/Prairie Senior and the residents and their family. While I am putting names with all the new faces I see, it warms my heart to know how kind people are with helping me remember which names go with which faces. I thank you all for being so kind and helpful.

As fall quickly comes upon us, we find ourselves running trying to keep up. Whether it be raking leaves, football games or baseball playoffs we seem to forget about the little things. I hope we remember to sit back and enjoy the beautiful colors of the turning leaves and the special times we spend with our loved ones making memories. The time change is coming up soon and we will find ourselves adjusting to the sun going down earlier.

At Prairie Senior we have embraced the meaning of fall. Residents are enjoying the cooler weather and baking cookies daily for visitors. Please feel free to help yourselves to a fresh baked cookie from the basket in the lobby. We want to invite everyone to join us for our monthly "Farmer's Café" every third Thursday. If you haven't been, come see what you are missing. Residents, staff, family, and friends gather together in the dining room to enjoy coffee, company, conversations, fresh rolls and donuts. All are welcome to join us!

### FROM THE BUSINESS SIDE

We offer AUTO BILL PAY!!

If you have not enrolled yet, please talk to Emily Dietz, SSD. This will save you the hassel of sending a check every month.

VOLUNTEERRS ARE ALWAYS NEEDED AND VERY MUCH APPRECIATED. With holiday season just around the corner, we need extra hands on deck for all the fun activities we have planned.