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February 2019 Edition

PRAIRIE SENIOR



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Visitor Parking & Assistance

We are one month closer to spring but still in the winter season. We are still experiencing winter weather which may leave us with icy driveways and sidewalks. If you are in need of assistance walking into the facility from your car, please call our main number and one of our staff will be happy to assist you.

At Prairie Senior we do not limit the number or the times that our residents may entertain visitors.

Visitors are always welcome!



The Five Love Languages

How to better connect with an aging person!

*In February, we celebrate Valentine's Day, the day of love. This month's article focuses on a highly recommended book, *The Five Love Languages* by Gary Chapman. I think this theory can be utilized by not only those loving their aging parent, but also our staff connecting with residents on how each one best responds & their preferences towards their care and choices.*

Maybe you have heard of Gary Chapman's book called *The Five Love Languages*. In the book, he explains that he sees five primary ways in which people extend love to one another. Usually, each person favors one, or maybe two, of the five. According to Chapman's analysis, a person will feel

most loved when they are spoken to in their love language. When caring for aging parents, it can be fruitful to consider their love language. You may be set on giving them lots of quality time, but maybe what they crave most is a word of affirmation. Perhaps you don't know how much they would appreciate a handwritten card, a bouquet of flowers, or a

framed photograph, or how much a hug or a hand on their arm while you visit might be appreciated.

The five love languages that the author describes are: words of affirmation, quality time, gifts, acts of service, and physical touch. Chapman says that people tend to give in the same language in which they like to receive.

Consider each of the languages and try to observe how your parent tended to show love towards you when you were growing up, and try to say *I love you* back in their language. This book is great to relate to not only your aging parents, but to anyone you share a relationship with to better love them in their language!

**“Love is a choice
you make
every day.”**

Gary Chapman

Christmas Party >>>



My InnerView: *A Letter from the Administrator*

Dear Friends and Families,

At Prairie Senior we are committed to providing your loved one with excellent care and service. In order to gauge how well we are doing, “My InnerView,” an independent outside resource, has been commissioned to conduct a satisfaction survey of our residents. We are asking for assistance from our residents in completing the short survey which is designed to give us feedback on levels of satisfaction with the care and service we provide.

Our residents’ input will help us in two very important ways. It will help us identify opportunities for improvement, and it will help us to identify areas in which our associates have achieved excellence in the care and service they deliver.

Sometime in March or early April, My InnerView will send an independent interviewer to our facility to conduct the satisfaction survey with residents who have been previously chosen. This letter is to inform you that your loved one may be participating in the survey.

If you have any questions, please feel free to contact myself or our survey champion, Emily Dietz, at 785-462-8295.

Best regards,

Rhonda Barton

Prairie Senior Administrator

For more information about this survey, go to www.myinnerview.com/satisfaction



Join Our Team!

Prairie Senior currently has RN, LPN and CNA positions available. Join our team and help make a difference in our residents’ lives!

Apply within, or contact Rhonda or Deanna @ 785-462-8295 for more information.



Cold & Flu Season

We ask that during this flu and cold season, if you are experiencing ANY symptoms, please refrain from visiting. We want to do our best to ensure you and your loved ones are protected from sickness. Thank you in advance for your cooperation!

SAVE the DATES

Check out the events coming up for the month of February!
Please keep in mind all activities are subject to change. If you would like to volunteer – please let us know! Contact us at 785-462-8295 and ask for Activities. We would love to have you help us in any way you are able to!



Farmers Café

Thursday, Feb. 21st
10:00AM

Sponsored by
*College Drive Assembly
Women's Ministry*



BINGO STORE

OPENS

**Friday,
Feb. 15th
@ 10:00AM**



Catholic Mass

**Tuesday,
February 19th**

10:00AM



Valentine's Day

We will have cookies & punch for all on Valentine's Day from 2-4pm! This is a simple come & go, not a formal party. Stop by to share some love with a resident and get a sweet treat for yourself!



PRAIRIE SENIOR
at Citizens Health

CONTACT US
1625 S. Franklin Avenue,
Colby, KS 67701
Phone: (785) 462-8295
Fax: (785) 460-1435