

VOLUME 2

OCT · NOV · DEC 2014

# Prairie Grove

HEALTH AND REHAB HERALD

| December at a  
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| Guide



DECEMBER

## At a Glance

**Hot Chocolate  
Social**  
December 25<sup>th</sup>



### Christmas Karaoke

December 11th @ 10 am

**Olde Tyme Music**  
December 17th @ 2 pm

**Christmas Movie Marathon**  
December 25th @ 2:00 pm



**Resident  
Christmas Party**  
Dec 17th

### Resident Birthday Party!

December 31st @ 2 pm

A Full activities calendar is available at the front desk, or online at [pghr.net/newsandevents](http://pghr.net/newsandevents)  
Family and Friends are always welcome!

## Woo Pig Souie GAME DAY

Razorback football was off to a slow start this season, however the team continuously gained momentum eventually beating then top 10 ranked team, Ole Miss.

On game days, residents pulled out their buttons, hog snouts, and pom poms, to gather around the television to cheer on the Razorzorbacks. With all the excitement at the end of this season, we are very much looking forward to next football season!



# *Life Long Living*

at Prairie Grove Health & Rehab



Residents carve pumpkins which are placed outside on display for all to see. On Halloween day, we were visited by little trick-or-treaters!



## Fall Fun



November is National Alzheimer's Disease Awareness Month. The staff of PGHR supports the cause by fundraising and participating in the Annual Walk to End Alzheimer's event in NWA. Above Photo-PGHR team warming up.

Health Fairs are a great way to invest back in the community. We recently participated in health fairs at the Lincoln, Farmington, and Prairie Grove Senior Centers.



## Health Fair

## Walk to End Alzheimer's



## From our Kitchen to Yours



### *Cranberry Salad*

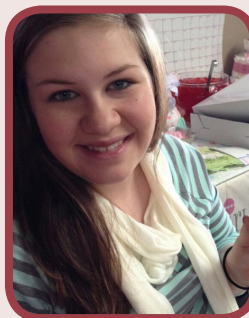
#### Ingredients:

- 1 large box cherry Jello
- 1 can whole cranberry sauce
- 1 small can crushed pineapple
- 1-8 oz. cream cheese; softened
- ½ cup small curd cottage cheese

#### Directions:

- Bring 3 cups of water to boil
- Add Jello
- Stir until dissolved
- Cut up cream cheese
- Add to Jello mix
- Stir until cream cheese dissolves
- Let cool slightly
- Add cottage cheese, pineapple, and cranberry sauce
- Stir to blend well
- Chill in mold or bowl

## Employee Spotlight



Taylor Seitz is a graduate of Farmington High School. Before beginning her career in nursing, she was an employee at Slim

Chickens.

In 2013, she was offered a CNA position here at PGHR. Although she had to go to school to be certified, she was up for the challenge and became a CNA in March of 2013.

Taylor is very reliable and dedicated to her job. She takes very good care of her residents and the residents seem to enjoy time spent with her.

Currently, Taylor is going to school to become an LPN while still working as a CNA and taking care of the residents here at PGHR. We are very glad to have you as a part of our team!

*Merry & Bright*  
**Family Christmas Dinner**  
December 25th at Noon

# Prairie Grove Health and Rehab's Queen's Pageant

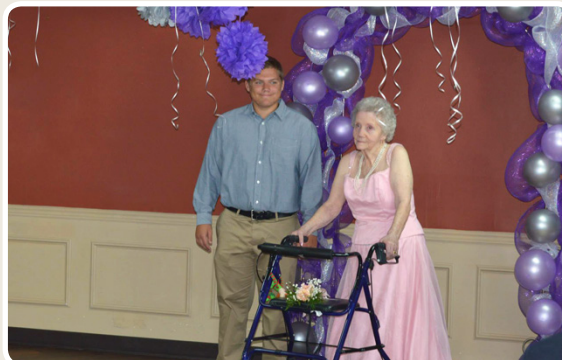


***For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.***

***-Audrey Hepburn***

Once a year we set out to crown our very own Senior Beauty Queen. The Dining hall is decked out in purple trimmings and is full of families admiring as their loved one is escorted out. Prairie Grove Health and Rehabilitation is home to some beautiful ladies, inside and out. Congratulations to 2014 Queen, Priscilla Harvey!

Special "Thank You" to Prairie Grove's National Honor Society students for escorting, and to our judges, Mayor Hudson, PGPD Detective Jeff O'Brien, Linda Wilke, Director of the Senior Center.







## RESIDENT SPOTLIGHT

# Deloris Knowles

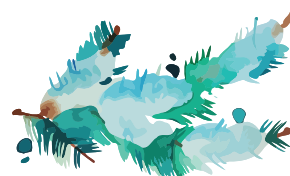
Deloris Knowles has been a resident at our facility since 2000. She brings cheer and laughter to everyone who enters our facility. She participates in many activities, but shopping trips to Wal-Mart are her favorite. She always comes back with new clothes or something to spruce up her room. Deloris also enjoys grabbing some good food while out of the facility shopping-- "you can't shop on an empty stomach!".

Deloris has captured our hearts while living at our facility, the day would not be complete without hearing her voice or laugh throughout the building, we love you Deloris!



## Holiday Gift Guide

### FOR NURSING HOME RESIDENTS



*Gifts to brighten their room*



Hardy house plants, picture frames, paintings, a calendar with birthdays and notable dates of family and friends, collage of family photos, or a seasonal wreath for their door.

*Gifts that touch the heart*



Hand made gifts, a framed poem or art from grandkids, or the most cherished gift, a visit! Tutorial for this vintage photo wreath at [infarrantlycreative.net](http://infarrantlycreative.net)

Music, large piece puzzles, large print books, low vision playing cards, crossword puzzles, greeting cards.

*Gifts for pampering*



Basket of lotions, shaving lotion, luscious robe, gift certificate to the in-house beauty parlor.

*Gifts for staying warm*



Lap afghans or fleece throws, cheerful holiday sweaters, sweat suits, no skid socks/slippers.



*Gifts for fun*



## *Turn Your Paper Sideways: Creative Problem Solving*

While surfing the internet the other day, I found an article with the above title written by Steve Goodier. It caught my attention. To paraphrase his article, he said that sometimes we need to find a new way of thinking. Turning your paper sideways is like looking at a problem from a different angle.

"A father and his daughter were stopped by a flight attendant before boarding their plane. The problem? The little girl was clutching a large bouquet of balloons. In sympathetic tones, the attendant told the child that she would not be permitted to travel with all the balloons. Rules are rules – only one per person.

Father and daughter decided they could each carry one. So with tears in her eyes, the little child selected her two favorite balloons for the flight. But before she could discard the rest, another passenger intervened. "Here, I'll take one" he said.



He quickly saw a solution to the problem and proceeded to give one balloon to anybody in line who would take one. As she disembarked, every balloon was returned to the happy child."

Here was a man who just looked at a problem a different way. Instead of saying, "There's nothing to be done" he turned the paper sideways and the answer was clear.

Is there a problem? When you turn your paper sideways, what do you see?

## **Don't Let FLU SEASON Ruin Your HOLIDAY SEASON**

### *Get Your Flu Shot*



Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently.

Even healthy people can get very sick from the flu and spread it to others. Flu season is from October to March each year. See your health care provider and get your vaccine early.



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# *Prairie Grove*

HEALTH AND REHABILITATION

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