

VOLUME 3 · ISSUE 1

# Prairie Grove

HEALTH AND REHAB HERALD



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# Spring FORWARD

## UPCOMING EVENTS

**Coloring Easter Eggs**  
April 3<sup>rd</sup> at 9:30 am

**Easter Egg Hunt**

April 5<sup>th</sup>  
at 2 pm



**Trivia**

Tuesdays at 10 am

**Mandolin Music**

April 15<sup>th</sup> at 2:00 pm



**Movie & Popcorn**

Saturdays  
at 2:00 pm

**BINGO**

Mon, Wed, Fri at 2 pm

**Parachuting**

April 30<sup>th</sup> at 9:30 am

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!

## BAAA-Baby Lamb

What better way to celebrate the beginning of spring than with a baby animal?! Resident's enjoyed seeing the baby lamb get fed from a bottle, and snuggling its soft, white wool.

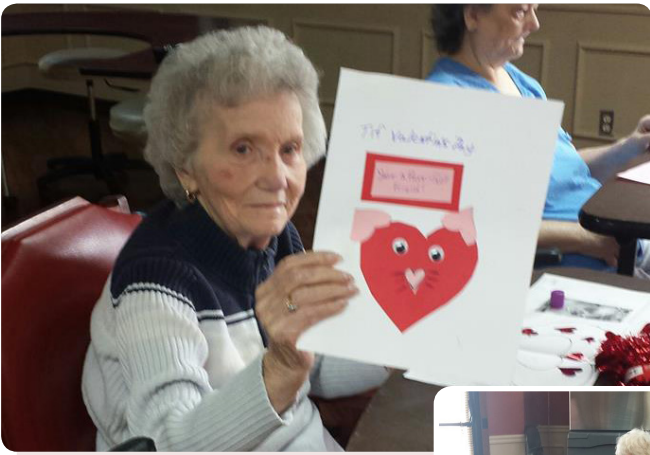


A fun fact about lambs is that they can walk minutes after they are born. This is so they can eat and follow the flock.



# Life Long Living

at Prairie Grove Health & Rehab



On February 14th, we celebrated those we love... our residents! Residents crafted valentine cards, and there was an appearance by Cupid!

Be Mine, Valentine?



It must have been the luck of the Irish that led us to finding a pot of gold at PGHR on St. Patrick's Day. Betty Hawkins (photographed above) found \$10 during the treasure dig. We made clover crafts, enjoyed festive treats, and dressed in lots of green-- no pinching here!

Luck of the Irish

No themed Mexican meal would be complete without a Mariachi band dawning sombreros and mustaches! Residents enjoyed a Mexican feast of all their favorites: tacos, nachos, enchiladas, rice and beans.



Mexican Day



## From our Kitchen to Yours



### CHUNKY Potato Soup

#### Ingredients:

- Chunky Potato Soup
- 3 tablespoons Butter or Margarine
- ¼ Cup All-Purpose Flour
- 4 Cups of Milk
- 2 Cups Diced Potatoes
- ½ Cup Minced Onion
- ½ to ¾ Cup Teaspoon Salt
- ¼ to ½ Teaspoon Freshly Ground Pepper

#### Directions:

Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; stir in potatoes, onion, salt and pepper. Cook over medium heat, stirring frequently, until mixture is thickened and potatoes are done. Yield: 5 cups

#### Microwave Directions:

Place butter in a 2-quart casserole. Microwave at HIGH for 50 seconds or until melted. Add flour, stirring until smooth. Gradually add milk, stirring well. Add potatoes, onion, salt and pepper. Microwave at HIGH for 16 to 18 minutes or until mixture is thickened and potatoes are done, stirring twice.

## *Rich in History*

Prairie Grove is a town that is rich in history. We love when our residents share this history and their memories of long lives lived in our town.

Below are photographs of the McCuistion Home on W. Bush Street—one from 1905 and one as it looks today. For more history, follow along with the City of Prairie Grove on Facebook.



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*and the ones you love.*



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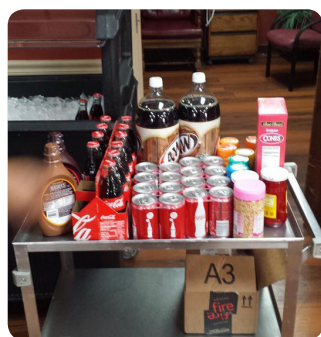
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# Let's Go TO THE HOP

In February, we flashed back to a favorite time in history when the Prairie Grove Health and Rehab dining room was transformed into a 50s style diner. From poodle skirts and leather jackets to classic cars and juke box tunes, residents and staff enjoyed the throwbacks. Even our boxer Bristol, our therapy dog, wore a poodle skirt!

Residents enjoyed root-beer floats, Bluebell ice-cream sundaes, and classic coca-cola in glass bottles.





# James Head Memorial

This sweet smile is one that we miss very much around our building. Mr. James Head came to live with us almost a year ago, and during his time here, he became like family.

Mr. Head was both charming and gregarious- ready to entertain anyone who would listen. His smile would light up a room and he had a laugh which livened our halls and was contagious to passers-by. He was often found in the parlor, playing games with friends, or in the dining hall-- he very much enjoyed a hot meal!

In his early years, Mr. Head worked hard as a Truck Driver. He was a family man- married with children and step children, and now, grandchildren. They were by his side when he passed on March 8, 2015. He will be deeply missed by many.



*We Welcome*  
**WARMER WEATHER**



*Groundhog Day*



When will we learn that the Ground Hog's shadow doesn't lie? On February 2<sup>nd</sup>, Punxsutawney Phil saw his shadow signaling six more weeks of winter. We sure are glad to have that behind us!

*First day of Spring*



March 20<sup>th</sup> Marks the first day of Spring! Flower's and Trees are blooming, bees and butterflies are pollinating, and we've never been happier for seasonal allergies.

On March 8<sup>th</sup>, Prairie Grove Health and Rehab moved our clocks forward. While "springing forward" is never easy, with are thrilled for longer days!

*More Sunshine!*



Longer days mean more sunshine, and sunshine is good for the soul.

*Gardening*



Gardening is a favorite pastime for many of our residents. It's the perfect time to plant in our courtyards.



*Time Changes*





## Therapy Notes: Make Your Home Safer

*About half of all falls happen at home, here are some tips to make your home safer:*

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in the cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce the glare.
- Have handrails and lights put in on all staircases.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.



### WHEN A JEDI COMES FOR A VISIT

When a Jedi comes to your home for a visit, there are lots of smiles, but if you look closer you can see a child-like sense of awe. When a Jedi visits, they will probably bring their lightsabor-- which of course, is totally cool is it's in the hands of a skilled wielder. When a Jedi visits, it will probably make you want to watch the entire Star Wars series.





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# *Prairie Grove*

HEALTH AND REHABILITATION

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