



Prairie Vista VILLAGE

Altoona's Continuing Care
Retirement Community

The Village News

Volume 5, Issue 8

August 2017

Summer Updates

Well, hello August! I've said it before and I'll say it again, 2017 is just cruising on by!

The Independent Living Directory is nearly complete and will be distributed soon. Thank you all for your help and cooperation getting this completed! Assisted Living requires permission from the residents/responsible parties, so they currently do not have a directory underway, but I am seeing what I can do for

them.

The leadership team had an idea to create Margarita Monday due to the popularity of Wine Wednesday. It will start the first Monday August 7th and will run every other Monday at 2:30 PM in the coffee shop. As with Wine Wednesday, there will be nonalcoholic drinks offered as well, so stop on down to sip and socialize! Another new activity that debuted recently was Golden Oldies with Jerry

Aldrich as the DJ. Hang out in the dining room every other Thursday (to start) and listen to some of your favorite music records! Location may change to the Assisted Living Dining Room and times may shorten, so look out for flyers indicating changes to the next Golden Oldies night! Thank you all to the residents who contributed to this month's article! I appreciate it! - Andrea

In this Issue:

Summer Updates	1
Hospice Work	1
Summer Activities	2
Violin Concert	2
Lions Club	3
Tai Chi	3
Upcoming Events	4
Celebrations!	4

Hospice Work

Each month a group of residents from Independent Living spend time tying hearts on cards. The cloth hearts are made by a lady who has been doing this for over 5 years and the cards have a message of comfort printed on them. Cut ribbons are thread onto the hearts and then tied onto the cards. In an afternoon they can do 15

to 20 dozen cards. These cards are taken to Taylor House which is in East Des Moines, where they are placed in baskets for people to take. Taylor House is an inpatient hospice facility under UnityPoint. The group has been doing this for almost 3 years. Many thanks to all those participate; you all are awesome.

If you'd like to help, please contact Mary Lou in Independent Living.

- Mary Lou Olauson



Summer Happenings



Left: Kyle, Staci, Roger, and Bob participated in the Altoona Chamber 's Golf Outing at Terrace Hills.



Right: A therapy duck came to visit! Look for him to come again!

Right: Celebrations from the 3rd Anniversary Party! Sno cones, good eats, music, and fun for all!



Above: Staff celebrated National Bomb Pop Day and posed together to make a giant staff bomb pop!

Violin Concert

Prairie Vista Village residents enjoyed a violin concert on Thursday, July 20th. Playing was Gracie McCusker from Manchester, Iowa. She played a variety of music for over an hour. Gracie is 13 years old and will be in the 8th grade. She

has been taking lessons for 2 1/2 years. The violin she played belonged to Mary Lou Olauson's grandfather. Gracie's family was interested in an old instrument, the families connected and the violin has a great new home!



Lions Club



Remember to save your metal tabs from pop and beer cans. You can place them in the little box in the mailroom. The Lions Club takes these to the Ronald McDonald house. The Ronald McDonald house is a place that parents/families can stay if they have a child in the hospital. If you have any questions, contact Lions Club member,

Dennis Crabtree in Assisted Living in apartment #246 or call him at 261-7165. The Lions Club also collects postage stamps both new and used. You may give them to Dennis or place on the ledge outside his apartment. Thank you!

- Dennis Crabtree

Tai Chi

Tai Chi is a Chinese form of exercise/meditation/martial arts. Movements are done slowly, softly, and gracefully with smooth and even transitions. Tai Chi for Arthritis was developed by Dr. Paul Lam and aims to improve balance, muscle strength, mobility, and flexibility thereby preventing falls. It is also good for mental health. In May, classes started here at PVV and most agree that their balance is better. The class consists of warm up exercises, form

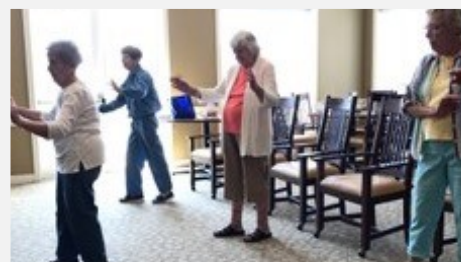
movements, and cool down exercises. Classes are led by a TCHI certified instructor and held twice weekly and last one hour. If you are interested in information contact Mary Lou Olauson at (515) 967-5353 or in Apt. #108.

*Classes are currently held on Wednesday at 9 AM and 10 AM in the Community Room and on Friday at 2 PM in the IL Dining Room. Days and times may be subject to change.



"My sleep is better and helps my balance. The class is very nice and it's important to exercise. You learn something new each time." Christine C..

"I'm now sleeping and breathing better" - Doris A.





2785 1st Ave. South
Altoona, Iowa 50009

Phone: 515-967-8700

Purpose, Passion, and Joy in Life!

Upcoming Events

- **National Night Out at Altoona Christian Church**
August 1, 6 PM
- **Webster the Therapy Duck**
August 4, 18, 25, 10:30 AM in the Health Center
- **Bank of Iowa Ice Cream Social**
August 4, 1:30 PM
- **State Fair Kick Off**
August 10, 2 PM Front Lawn
- **Margarita Mondays**
Starting in August, every other Monday in the Coffee Shop
- **Wine Wednesdays**
Enjoy Wine Wednesdays in the Coffee Shop

Time to Celebrate!

August Birthdays & Anniversaries

Jim Rose—3rd
Andrea DeJoode—5th
George Olauson—6th
Myrtle Kurimski—10th
Howard West—12th
Beverly Walsh—16th
Jerry Aldrich—17th
Naomi Stovall—23rd
Billy Joe Henry—31st

*If you have a birthday or anniversary you would like acknowledged,
please let us know.*



www.PrairieVistaVillage.com

