

# THE PRAIRIE PRESS

◆ January 2026



# **SAME DAY**

## *Mental Health Services*

Monday-Thursday

8:30 a.m. - 2:30 p.m.

**1901 E. 1st St.  
Newton, KS 67114**

1102 Hospital Dr.  
McPherson, KS 67460

508 S. Ash St.  
Hillsboro, KS 67063



**PrairieView**

# Pet of the Month



## AUBREY!

Human:  
**Collin Munson**

Favorite Activity:  
**Eating and not  
being held**

Favorite Food:  
**Prime Alfalfa**

Think your pet  
deserves to be Pet of  
the Month?  
Send their cutest pics  
to Whitney at  
[woodwardwf@pvi.org!](mailto:woodwardwf@pvi.org)

# EMPLOYEE SPOTLIGHT



## Michelle Druse DIRECTOR OF DINING SERVICES

### MICHELLE'S JOB RESPONSIBILITIES:

One of my main responsibilities is to provide delicious, nutritious, and eye appealing food, along with a wide variety of food options, and a wonderful dining experience to our clients and staff. I make sure the dining service is enjoyable, warm and welcoming to everyone. Prairie View's clients and staff are well taken care of, for we accommodate to their dietary needs. I cater many meals for the Executive team and other departments for meetings and important events. I take pride in my job and what I do for others. I manage a great team of dietary staff. I enjoy what I bring to the table, as so to speak, in the dining services atmosphere for Prairie View.

### WHAT IS A QUESTION THAT THEY RECEIVE A LOT?

When are we going to have the Chicken Chipotle Ranch Wraps again? Lol

### WHAT TOPIC COULD THEY GIVE A 45-MINUTE TED TALK ON WITH NO PREP?

Healthy eating habits, setting goals in the gym to improve your overall well-being for a better lifestyle.

### WHAT ARE THEY A CONNOISSEUR OF?

I feel I am an connoisseur of food due to my in-depth knowledge, my culinary experiences and trying new items, paying attention to detail and my passionate engagement with food taste and presentation.

# DENIM & DIAMONDS

## Gala and Auction



Prairie View

### JOIN US

on **Saturday, March 21, 2026**, for a night filled with dinner, laughter, and live music, celebrating the life-changing work of Prairie View. Enjoy an evening hosted by Wichita magician Christian Manahl, featuring comedian Jeremy Nunes and music from Hot Club KC!

Feeling lucky? Enter our raffle for just \$20 per ticket for a chance to win a **5-night trip for two to Las Vegas!**

► **BUY TICKETS HERE** ◀



**HOST**

Christian Manahl



**COMEDIAN**

Jeremy Nunes



**MUSIC**

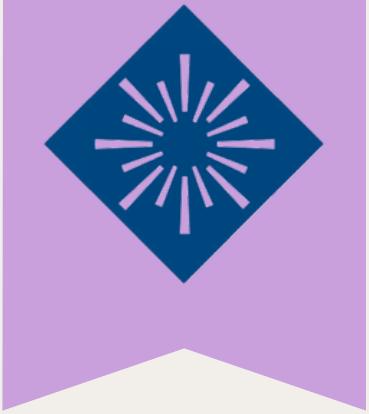
Hot Club KC

# TURNING POINT VS STAFF DODGEBALL



Our recent Turning Point vs. Staff dodgeball matchup brought plenty of excitement and smiles! Events like this create space for our youth to step into their strengths, try something new, and connect with staff in a fun, non-clinical way. We're grateful to everyone who jumped in, showed support, and made the game such a great experience.

# PRAIRIE VIEW IN ACTION



Prairie View donated a crate filled with food, household items, and other essential supplies to the United Way of Harvey and Marion Counties, along with proceeds from a small silent auction. This donation was made to help support individuals and families across our community and ensure resources reach those who need them most. Thank you to everyone who contributed items or participated. We appreciate the opportunity to support the important work United Way does in our region.

Prairie View had a great time decorating our float and taking part in the 2026 Parade of Lights! It was a joy to celebrate the season and be part of such a magical community event. Thank you to 3-2-1 Kawasaki and the Newton Lions Club for making the evening possible.



Take a look at the Christmas ornaments created by our Turning Point residents as a thoughtful expression of gratitude for the support they receive at Prairie View. Each ornament reflects their journey toward healing and well being and serves as a meaningful reminder that compassion, consistency, and care have a lasting impact, especially during the holiday season.

# Prairie View Potluck



Our staff holiday potluck took place during the workday and offered a fun break to celebrate the season together. Team members shared a variety of delicious dishes and enjoyed time connecting with one another. As a small thank you for their dedication throughout the year, all staff received Prairie View branded ornaments in appreciation of their hard work and commitment to the people we serve.

# National Mental Wellness Month

## New Year, Healthy Habits

January is Mental Wellness Month, a time to focus on caring for your mental and emotional well-being as we begin a new year. Mental wellness is not about having everything figured out. It is about building habits that help you feel supported, balanced, and resilient in everyday life.

### Small Habits That Support Mental Wellness



Healthy habits do not have to be big changes to make a difference. Even small steps can help support your mental health.

- Prioritizing rest and healthy sleep routines
- Staying connected with people you trust
- Creating daily routines that bring structure and balance
- Practicing gratitude or mindfulness
- Asking for help when you need it

### Progress Over Perfection

Mental wellness looks different for everyone. Some days may feel easier than others, and that is okay. Progress happens over time, and caring for your mental health is an ongoing journey. Be patient with yourself and start where you are.

### Support Is Available

You do not have to navigate mental health challenges alone. Prairie View offers a range of services and supports for individuals and families at every stage of life. Reaching out for help is a healthy habit and a sign of strength.

This January, we encourage you to focus on habits that support your mental wellness and set a strong foundation for the year ahead.



Prairie View

**WE ARE  
HIRING!**

**MULTIPLE POSITIONS OPEN!**



**APPLY  
NOW**

