



# Courtyard Estates

*At Cedar Pointe*

## The Courtyard Chronicle

### August 2016

Our mission is to provide an atmosphere of respect, comfort and grace, where quality of life is of the utmost importance.

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### Monthly Observances

- Iowa State Fair Month**
- National Sandwich Month**
- National Parks Month**
- Summer Fun Month**

I used to dread the month of August because it meant that summer was almost over and I had to go back to school. Now I don't dread it as much, I more look forward to it because it means that Fall is right around the corner. Fall is my favorite season because I can spend so much time outside watching the leaves change color and I don't overheat (as a redhead that's always a concern for me). August is Family Fun Month and Golf Month, my two favorite "hobbies". I golfed Division I for Drake University so I love that there is an entire month dedicated to the sport. And of course, I love to spend time with my little family and my family here at Courtyard Estates. We will be hosting a Luau Party on August 5<sup>th</sup> that is open to all friends and family. We will be having Aloha Wind, a Hawaiian dance group come and perform for us and teach **us** a few moves! We hope you can make it. We'd love to see everyone!

--Chelsey Stalker, Manager

## Note from Heather:

Courtyard Estates in Pleasant Hill will be participating in the annual Walk to End Alzheimer's on September 17, 2016 at the State Capitol in Des Moines, Iowa. The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. When we participate in Walk, our fundraising dollars fuel their mission-related initiatives of care, support and research. In addition, our actions, both through fundraising and participating in the event, help to change the level of Alzheimer's awareness in our community. We will be doing fundraisers to raise funds for this event. Currently we are doing a Penny Drive. We have a container at the desk in the main lobby where we are collecting loose change. All funds will go towards the Walk. If you are interested in being a part of the walk or donating to the Walk please contact me for further information. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death.



**FIND A CURE  
FOR ALZHEIMER'S  
DISEASE**  
*Someone I Love Is Waiting....*

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# **THANK YOU FOR ALL THAT YOU DO!**

**Adelphi Baptist Church**

**St. Joseph's Catholic Church**

**Live 2 B Healthy Exercise**

**Green Thumbs Massage**

**Music Speaks Music Therapy**

**Altoona Christian Church**

**Steve Davis**

**Bob Merkley, Chaplin**

**Therapy Dogs Lexie & Cooper**

**Scott Wilson**

**Shining Stars**

**Day Care**





## August Announcements & Events

<p><b><u>August Signature Activities</u></b></p> <p style="text-align: center;"><b>M,W,F– Live 2B Healthy Exercise</b></p> <p style="text-align: center;"><b>8,22– Massage Therapy</b></p> <p style="text-align: center;"><b>2,9,16,23,30 – Music Therapy</b></p> <p style="text-align: center;"><b>3,10,17,24,31– Pet Therapy</b></p>	<p><b><u>August Birthdays</u></b></p> <p style="text-align: center;"><b>4th Pat Root</b></p> <p style="text-align: center;"><b>10th Marianne A.</b></p> <p style="text-align: center;"><b>20th Lois Hatcher</b></p> <p style="text-align: center;"><b>23rd Doris Griffin</b></p> <p style="text-align: center;"><b>26th Art Husted</b></p> <p style="text-align: center;"><b>27th Ronnie Vols</b></p>	<p><b><u>Alzheimer’s Support Group</u></b></p> <p style="text-align: center;"><b>Will be held every third Thursday of each month.</b></p> <p style="text-align: center;"><b>From 6:00pm-7:00pm</b></p> <p style="text-align: center;"><b>“Walk-ins Welcome”</b></p> <p style="text-align: center;"><b>If you have any questions contact</b></p> <p style="text-align: center;"><b>Polly @ 515-285-9013</b></p>
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### Polly’s Corner

July seemed to fly by. We were able to go on a few outings, even though the weather was hot. We have been going to the weekly programs at Doanes Park in Pleasant Hill. It is fun to see the kids and entertainment.

We are excited about our Luau coming up on Friday, August 5th. We will be experiencing a Hawaiian meal and entertainment by Aloha Wind. You will see some special Polynesian dancers. We hope you will be able to join us for the fun.

.Please pick up a copy of the monthly calendar and newsletter at the table near the front door. If you have any ideas or suggestions, contact me anytime. We appreciate your commitment and support.

Our support group for family members meets the 3rd Thursday of each month. We are combining with the group at Courtyard in Bondurant. This month we will meet on Thursday, August 18th at Courtyard in Bondurant at 6pm. Please join us for education and support.

Gayla Gilliland  
Community Relations Coordinator  
community@courtyard-estates.net  
515-250-0222

### REMEMBERING FOR THOSE WHO CAN'T

This year's "Light Up the Night" was full of fun, (a hiccup or two!) and a whole lot of heat! And the total raised... **\$4,186!!!** I have so many people to thank, (and many more I probably "owe"! ) who helped us raise these funds - Thank you *more*.

We all share in the challenges and the impacts Alzheimer's has on too many lives. The need to raise funds to further research and raise awareness is critical if we want to find a cure.

So - We will wear our purple and don elephant suits! We will sit in the heat if we must! We will continue to "Light Up the Night" in purple balloons until the skies are a purple hue and raindrops are the soft petals of forget-me-nots.



It is up to us to  
**REMEMBER FOR THOSE WHO  
CAN'T**

We will do more than remember for those who can't. We will never forget why we once wore the purple that found the cure. Thank you, again. More.



*Join us in the Walk to End Alzheimer's on September 17, 2016 and unite in a movement to reclaim the future for millions.*

