



Courtyard Estates

At Cedar Pointe

The Courtyard Chronicle

January 2017

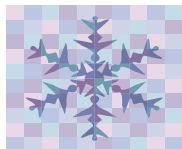
Our mission is to provide an atmosphere of respect, comfort and grace, where quality of life is of the utmost importance.

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Monthly Observances

New Years Day
Martin Luther King Day
National Glaucoma Month
National Polka Music Month
National Soup Month



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I am so excited and blessed to be apart of my new family here in Pleasant Hill. My name is Stephanie DeSchamp and if I have yet to meet you, please feel free to stop in anytime.

A little background about myself and family... We live in Garwin, near Marshalltown on 40 acres of nature. My husband and I won and operate an excavating and field tilling business; MD Construction Inc. for the past 10 years. We have 3 children. Mattie is enrolled in college, Kensie is a junior in high school and Matthew is 11. Matt and I are also the proud owners of 3 labs. We enjoy the outdoors to the fullest. We live to hunt and fish.

I took a break from healthcare about 6 years ago. Before that I had been in the Assisted Living and Hospice industry for approximately 15 years. I come to you with experience, passion, and drive that strives for perfection in all areas of my life. I worked alongside my husband during my "6 year break" in the fields, and in heavy equipment. One would say that my background is quite diverse, but owning and operating a business in the world of heavy equipment really does make quite a statement on resume.

The culture in this community is absolutely genuine and heartfelt. This amazing team that takes care of your loved ones is one of the very best that I have ever experienced. There is a true sense of FAMILY AND LOVE here daily.

Note from Heather:

January is National Glaucoma Awareness Month.

Glaucoma is an eye disorder in which the optic nerve suffers damage, permanently damaging vision in the affected eye(s) and progressing to complete blindness if untreated. It is often, but not always associated with increased pressure of the fluid of the eye. Glaucoma has been nicknamed the “silent thief of sight” because the loss of vision normally occurs gradually over a long period of time, and is often recognized only when the disease is quite advanced. Glaucoma sometimes has a known cause, such as an eye injury, cataracts, scar tissue, or the use of certain medications. But in most cases, the cause is unknown.

Glaucoma can be divided roughly into two main categories, “open angle” and “closed angle” glaucoma. Closed Angle glaucoma can appear suddenly and is often painful. Visual loss can progress quickly, but the discomfort often leads patients to seek medical attention before permanent damage occurs. About 10% of patients with closed angles present with acute angle closure crises characterized by sudden ocular pain, seeing halos around lights, red eyes, very high intraocular pressures, nausea and vomiting, sudden decreased vision, and a fixed, mid-dilated pupil. Open angle, chronic glaucoma tends to progress at a slower rate and patients may not notice they have lost vision until the disease has progressed significantly. The only signs of open-angle glaucoma are gradually progressive visual field loss, and optic nerve changes.

Screening for glaucoma is usually performed as part of a standard eye examination performed by ophthalmologist, orthoptists, and optometrists. It is important to have routine eye examinations.

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 & Julie Davis

Bob Merkley, Chaplin

Therapy Dog Cooper

Scott Wilson

Shining Stars Day Care

Gail Lane



Courtyard Estates Culinary Staff



Slow Cooker Taco Soup

- 2 pounds ground beef
- 1 can of black beans
- 1 1/2 cans of corn
- 1 1/2 cans of chili beans/ liquid
- 1 chopped onion
- 2 cans of diced tomatoes
- 1 can of kidney beans/ liquid
- 2 packages of taco seasoning
- 1 1/2 cans of tomato sauce
- 1 small can of diced green chile peppers
- 2 cups of water

1. Brown ground beef and drain.
2. Place everything in slow cooker, mix to blend. Cook on low setting for about 8 hours.

Culinary Coordinator

A Warm Welcome To Our New Resident

January Announcements & Events

January Signature Activities

MWF– Live 2b Healthy Exercise
 11th ,25th – Massage Therapy
 3,10,17,24,31 – Music
 Therapy
 4,11,18,25 – Pet Therapy

January Birthdays

Doris Morton - 9th
 Doris Rech –14th
 Maurene Grady– 18th
 Miriam



Alzheimer’s Support Group

Will be held every third
 Thursday of each month.
 From 6:00—7:00pm
 “Walk-ins Welcome”
 If you have any questions
 contact
 Polly @ 515-285-9018

A Hello From Polly

December was a busy month with a lot of music and two visits from Santa Claus .Thank-you to the family members for attending our Christmas Dinner. It was a great time with family and good food.

The staff would like to thank all family members for your gifts during this holiday season. We truly appreciate your thoughtfulness.

It is hard to believe another year has gone by. We are looking forward to our scheduled activities and a few special outings in January. If you have any ideas or concerns please feel free to contact me.

Our support group for family members meets the 3rd Thursday of each month at 6pm. We have combined with the group at Courtyard in Bondurant. We will meet January 19th in Bondurant. Please invite your family and friends to join us.

Christmas at Courtyard Estates



