



Courtyard Estates

Assisted Living Communities

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CELEBRATING THE AMERICAN WORKER

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This is a friendly reminder that rent is due on the first day of each month. Late fees do apply. There are also fees for NSF checks.

If you have been consistently late or missed your rent, we may require your account to be on ACH. You will not receive the \$25 sign-up bonus. Stop by Tina's office to get the paperwork.

If there are problems, please talk to us. We will do what we can to help. When we hear nothing, we have only further action to consider after late/unpaid rent or an NSF check. Residents depend on our services, and our services require all rents are paid on time. Thank you.

The summer is officially closing after the Fair, and the school doors ready to open, greeting a new crop of kids into a new grade. Many of them will be dressed in new clothes with a book bag full of new school supplies slung over their shoulder.

If you cruise through Facebook, you will see pictures of freshly scrubbed cherubic faces, but nary a one of the kid who comes home from school.

For me, my kids could walk through the door completely disheveled as long as they are carrying words of character in their backpack. Kindness, respect, nice and any adjective, adverb or split infinitive (!) that enhances them.

Words are very powerful things. They can boost smiles or pain. They can create hope or despair. They can bring joy or destruction.

I often ask myself what my last words might be. Will they be wrapped in kindness, or harsh, mean-spirited and just not nice. I would like to believe the former would apply, but deep down, I fear the latter is more probable.

It's much easier to be unkind, but it doesn't feel good. What feels best is when I know I have said something that has made someone's day better. I savor those moments.

Moving into September, let's make a promise to be kind. I will pass around a "Kindness Pact" to sign stating we will endeavor to keep our words and actions kind to ourselves and each other. You are under no obligation to sign it or participate.

Through-out September (and maybe October) you can earn "Certificates of Kindness" when at least 3 different people (resident or staff) have told me about acts or words of kindness they have observed.

It's up to us to decide what kind of a community we want to be. A Community of Caring brings rewards beyond prizes or gifts. It makes us better people with a heart full of joy.

My name will be at the top of the Pact. Join me on this kindness trail to happiness!

Tina

HOW OUR GARDEN GROWS

THE AMERICAN WORKER WITH ALZHEIMER'S



September is kicked off with Labor Day, the last 3 day weekend of the summer. But its roots go back to a time when the American worker was taken for granted. Nights and weekends were not given at any job; nor was a 40 hour work week. The American worker had to scratch and claw for every small concession their employer was willing to give.

Worse yet, children as young as 5 or 6 were forced to work in dangerous conditions and earning very little for the loss of their childhood. The average work week was seven 12 hour days. That's an 84 hour week. But wages were so low, it took every hour they could give just to barely get by.

As the American worker organized their ranks through unions to improve working conditions, employers, (nor the government), were unwilling to acknowledge the work force as an important contributor during the Industrial Revolution. The railroad laborers went on strike, virtually stopping all railroad traffic in the country.

They made their point, and Labor Day was created to recognize the contribution and achievements the workers have made to the country.

Labor Day had been created as the 'working man's' holiday, and there are still some Labor Day parades around the country. Mostly, it has become a weekend of family picnics, and BBQs. Maybe that's how it should be.

But what it shouldn't be is a failure to remind ourselves of the millions of Americans inflicted with Alzheimer's. They were also part of a workforce who scratched and clawed to make the workplace better for their children and grandchildren. The Americans with Alzheimer's were part of a generation who fought for the Americans with Disabilities Act (an irony in many ways); equal pay for equal work; Family Medical Leave Act, Paid Maternity Leave, with a guarantee of their job back and many other advancements.

Americans with Alzheimer's have forgotten their working background. But we shouldn't. They are just as much a part of Labor Day as every other working American.



THE GREATEST GIFT YOU
CAN GIVE SOMEONE
IS YOUR
TIME.
BECAUSE WHEN YOU
GIVE YOUR TIME,
YOU ARE GIVING A
PORTION OF YOUR LIFE
THAT YOU WILL NEVER
GET BACK.

This month, we are dedicating it to Americans with Alzheimer's workers. We want you to work with us and generate a list of questions to try and capture as much of their work history as possible. I am going to take what we have learned about your loved ones and put it in a 'booklet' so their future generations will not have forgotten they had a great-grandfather who did....this. I am going to dedicate a day for this task; a day when we will talk to our loved ones to discover who they are.

What they can't remember, we cannot let it be forgotten. If not, future generations will remember, "My great-grandfather had Alzheimer's" and the real person he once was will be lost forever.

A TRIBUTE TO THE AMERICAN WORKER: OUR CYE STAFF

DEVIN is an RA who has been with CYE for 3 years. If you blink, you will miss her as she moves quickly to respond to a resident's call or wherever she sees a need: *"I love all of the residents and staff. Everyone is like family! And I love being able to bond and care for others"*

MELA is a one year employee who works as a Resident Assistant (RA). She has a smile that lights a room and a CYE delight. She can put you completely at ease when she responds to a page: *"I love the residents and my fellow employees. We are like family together."*

SHANA is our LPN and Memory Care Coordinator. She's a great nurse and gives you complete confidence in her assessment when she is needed. The Garden residents have stolen her heart: *"I LOVE my residents!"*

TERESA'S passion for seniors comes through everything she does. If it can be done, she will find a way to do it. Ever cheerful, she is like a mama bear protecting her cubs when it comes to her residents: *"I love working and helping people especially seniors. I want to try and make things better for them. Some of them don't have family who visits and I like to be that family person they can depend on."*

LAUREN is a relatively new hire, but it's evident she has been bitten by the senior/Dementia/Alzheimer's bug and found her calling: *"I have a passion for people and that's the reason I work here"*

CURT is our new Maintenance Technician who can pick up any ball and get it thru the hoop. He does more than maintenance. He also drives the bus, works on the grounds, assists residents with great pleasure: *"I love the residents."*

JANET is our housekeeper and more. She transports residents to appointments and assists with community activities and events. She never hesitates to drop what she's doing and pick up a new task when asked. *"I love working around people. And I completely love my position. I can make my own schedule and hours (within consideration) and that helps me balance work and home life."*

AMERICANS are one of the hardest working worker force in the world. We work longer hours and quality matters. Our CYE employees are a typical American employee who works hard and takes pride in their performance. Here are a few of our employees who told us what they like about their job and working at CYE.

There is a common theme among our staff: Helping others, a love of the residents, and a sense of Family,

Senior Living is only as good as the people who work there, Based on that criteria, CYE is Number 1.