



Courtyard Estates

Assisted Living Communities

Issue OCTOBER 2017

AND WHO WILL HELP ME HARVEST THE WHEAT?

Courtyard Coordinators

Tina Overton, Manager
manager1@courtyard-estates.net

Heather Matson, RN
Healthcare Coordinator
nurse2@courtyard-estates.net

Shana Plambeck, LPN
nurse3@courtyard-estates.net

Tina Overton
Community Relations Coordinator
community@courtyard-estates.net

Heather Johnson
culinary@courtyard-estates.net

Janet Lewis
Life Enrichment Coordinator
BDLife@Courtyard-estates.net

Marc Holub
Maintenance Technician
Rebecca Southern
Housekeeping

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.

I would be very surprised if you don't remember the story of "The Little Red Hen". It happens to be one of my favorites, (and not just because she's a chicken)! I love it because the story has such a strong message for this time of year, and it begins with a grain of wheat:

The Little Red Hen found a grain of wheat on her daily walk. She excitedly returned to the barnyard to ask the other animals if they would like to help her plant the wheat and they could enjoy fresh baked bread in the fall. The other animals disagreed with each other, so she planted it herself.

At each stage of growing the wheat: harvesting, threshing, milling into flour, and finally baking the bread, she asked them for help and all they could do was disagree between themselves, thereby leaving all of the work to the Little Red Hen.

As the aroma of freshly baked bread filled the air and it became time to eat the bread, there were no disagreements. All of the barnyard animals were ready for their slice from the loaf.

We planted a lot of wheat this year at CYE, and I am pleased with our harvest:

We raised money for the Iowa Alzheimer's Association (Tally is not yet complete; money is still coming in.)

14 staff volunteers participated in fundraising (This is an excellent example of the dedication of our CYE team! They did this without incentive or requirement, but out of their own generosity.

1 RA is taking advantage of our college tuition reimbursement benefit.

3 RAs are enrolled in college through funding sources outside of our college tuition reimbursement benefit.

One of our employees even paid for extra help to complete the landscaping and clean up in the front of the building out of his own pocket! Yes, that one surprised us too, and we are so grateful.

We also need you if we want a complete harvest! We need to see more family and friends of our residents attend events/activities. It really means so much to them and they enjoy the activity that much more. Whatever time you have to offer, we are happy to accept.

We are looking for donations of plants and shrubs to continue our outdoor beautification in the back courtyard. The Little Red Hen in the story didn't share her bread with those who didn't help. I'm willing to share our bread with anyone who gives of their time.

10 Tips for Reinventing Yourself during September Is Healthy Aging[®] Month:

Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. **(Tip: Don't keep looking in the mirror, just FEEL IT!)**

Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. **(Tip: Stop watching the police reports on the local news.)**

Ditch the downer friends. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.

(Tip: Smile often. It's contagious and wards off naysayers.)

Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling?

(Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)

Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Fix your stance and practice it every day, all day until it is natural. You will look great and feel better.

(Tip: Your waistline will look trimmer if you follow this advice.)

How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. **(Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)**

Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee.

(Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter.

(Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

Get a physical. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

(Tip: For a list of recommended annual health screenings, a great resource is the [My Health Finder](#).)

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This article was came out in September for Healthy Aging Month. We received them too late for our September news letter, but these tips are good to know anytime. So we are applying them in October. For more information, go to: freedomhomehealthcareia.com Thank you for sharing this with us!

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HOW OUR GARDEN GROWS

Crisp. Clean. Cool

Raking leaves into a great big pile and then make a wild dash run and jump into the middle of the leaves. Sitting in the middle of the pile and throwing them into the air until you are covered in leaves.

That's what October is for me. It's also harvest time.

We decided to apply that same concept to our Memory Care residents, but what we are going to do is "harvest" their past and write the story of their lives before Alzheimer's robbed them of their memories. We will need your help to fill in the gaps if you are interested in participating. If you prefer we do not interview your loved one, let Janet know (Our new Life Enrichment Coordinator).

If there is enough interest to purchase a book of the collective stories, we have a contact who might publish it for us. But before we get there, we need to write the stories first!



AND IN OTHER NEWS..

OCTOBER 6TH FLU CLINIC If you haven't completed your insurance paperwork, or have misplaced it, see Shana.



OCTOBER 9TH TRIP TO THE PUMPKIN PATCH AND AY

Cooking Classes will commence on Tuesdays in October! If you like to eat, you will love this class.



OCTOBER 31ST ALTOONA KIDS WORLD 4 year old class has a program for us and then will "trick or treat" door to