

The Courtyard Chronicles

Pleasant Hill Edition

Courtyard Coordinators

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Managers Message

We have had an extremely cold Winter season this year and as we make it through the rest of this cold season we will soon be approaching Spring! The Spring season is the time to start thinking about airing out your house from the long winter season and cleaning. Everyone loves a little Spring Cleaning right! It's never to late to start thinking about decluttering. We want to let the families know that if your loved ones have furniture, clothing, or anything at all that they want to get rid of, then will be the time. We will be doing our own Spring Cleaning and want to help our communities and families clean too. We will dispose any of your unwanted items that you might want to get rid of or that just don't get used anymore. We really want to partner with you and help clean your families home. Once we get closer to Spring we will have more details.

Also, a friendly reminder that rent is due on the 5th of each month. If rent is late then we will have to apply a penalty for each month you are past due. So to avoid having a late charge and remembering to pay rent on time each month we do have an ACH option. We are offering a one time \$25 discount if you sign up for ACH. If you are interested in signing up, which I strongly encourage you to for the ease of not having to worry each month about paying on time and getting a penalty, please stop by my office and I can help you.

- Tina Overton

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

Nurse's Station

Quick Information Heart Disease

February is American Heart Month, and unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States. Every year, 1 in 4 deaths is caused by heart disease. These conditions are also leading causes of disability preventing people from working and enjoying family activities. What is heart disease you may ask? Heart disease is a simple term used to describe several problems related to plaque buildup in the walls of the arteries, or atherosclerosis. As the plaque builds up, the arteries narrow, making it more difficult for blood to flow and creating a risk for heart attack or stroke. Heart Disease is a silent killer and it is very important to make sure you routinely visit your physician for your heart-healthy check-up.

The American Heart Association (AHA) offers ten ways to love our hearts that include:

1. Be active. AHA recommends at least 30 minutes of moderate to vigorous physical activity a day.
2. Eat smart. Enjoy a diet low in sodium, saturated fat and trans fat, and rich in fruits, vegetables, fiber-rich whole grains, and monounsaturated fat and polyunsaturated fat.
- 3. Don't smoke. Talk to your healthcare provider about smoking cessation programs in your area.**
4. Know your numbers. Write down your blood pressure, cholesterol, glucose and body mass index. Discuss with your doctor healthy numbers for you and how to help keep your heart healthy.
5. De-stress. Stress can cause us to overeat, be sedentary or engage in other health-risk behaviors like smoking, all of which can increase your risk of developing heart disease. Take control of stress by meditating, writing in a journal or going for a brisk walk.
6. Maintain a healthy weight. Excess weight can increase your risk of developing heart disease. Losing even a small amount of weight can help to decrease your risk.
7. Evaluate your risk. Age, gender, race/ethnicity, family history and other medical conditions can all increase your risk of developing heart disease. Know which factors affect you and what you can do to reduce them.
8. Listen to your heart. When warning signs pop up, pay attention to them. By visiting a doctor early, your chances of avoiding a serious condition increase.
9. Know the facts. Read up on heart disease. By knowing the culprit, you will be better prepared to help prevent and fight it.
10. Follow up regularly. Keep track of your heart health and risk factors by visiting your doctor regularly.



Additional News

Polly's Corner

We will be having a Valentines party on Wednesday, February 14th at 2:00pm. All families are invited to come.

We are looking for volunteers for many of our activities. If you have an interest, please see me. We would love to have you help us out.

As a reminder mail is delivered daily. We have determined it works best for the mail person to leave the mail with me and I will distribute to families. If there is a special place you would like for me to put the mail, please let me know.

We have a family support group that meets once a month. It is a great opportunity for family members to share and learn about the dementia journey. Please join us on Thursday, February 15th at 6pm at Courtyard Estates in Pleasant Hill. - Polly Johnston



Desiree's Corner

This Winter: Don't Hibernate! Use these diet and exercise tips to stay healthy during the winter months.

Maintaining proper diet and exercise routines is also necessary to ward off illness. It is estimated that up to 20% of the United States population gets the cold or flu each year. Wintertime presents a higher likelihood to develop cold and flu than during any other season. **Here are some winter diet and exercise tips to show you how to stay healthy and fit during winter's colder months:**

1. Calm Your Carb Cravings

The cold season tends to ignite our cravings for more carbs and comfort foods. Why? After you consume these delicious treats, your serotonin levels rise, making your brain think you are happier. And as the day wears on, your carb cravings get stronger and stronger. To counter this, try eating a protein-packed breakfast to keep your energy levels up throughout the day. If by the time the afternoon rolls **around you're still craving sweets or carbs, be sure to have low-fat and healthy snacks on hand.** However, if you can, finding a way to increase your serotonin levels without food is the best way to beat the carb cravings.

2. Add Omega 3 Fatty Acids

Omega 3 fatty acids are a healthy type of fat that are naturally found in many food types including fish, plant seeds and nuts. Omega 3 fatty acids are great for reducing joint pain and stiffness as they are a natural anti-inflammatory. Studies have also shown that omega 3 fatty acids help lower levels of depression, which people commonly feel during the shorter days of winter.

3. Eat More Fiber

Soluble fiber found in apples, oats and nuts is an important way to decrease inflammation and boost immune system function. Soluble fiber also helps reduce cholesterol levels in the body and aids in weight loss and protection against diabetes. This is an especially important winter health tip for seniors who require a high-fiber diet to protect their digestive systems.

4. Plan Your Exercises a Week in Advance

Try to stick to a weekly exercise plan so you don't put off your regular exercise activities. Choose your exact workout routines, activities or exercises for each day and how long they will be. If you can, line up your workout schedule with a friend to encourage each other to stick with it and stay motivated. Join us at Courtyard Estates every Monday, Wednesday, and Friday at 9:45AM for our Live2B Healthy exercise program. This exercise program is provided for those living in our community as well as complimentary for the public.

- Desiree Claypool

Announcements and Events

Lunch and Learn

Please join us for our FIRST Lunch and Learn of 2018!

Monday, February 5th at 11AM
Courtyard Estates at Hawthorne Crossing
601 Hawthorne Crossing Dr. SE
Bondurant, IA 50035

Special Guest—Tisa Johnson, Senior Transitioning Services.

Learn about right sizing your home, organizational tips, and how Senior Transitioning Services could help make your transition to our community easier.

Alzheimer's Support Group

Please Join Us...
Held every third Thursday of each month.
From 6:00pm-7:00pm
"Walk-ins Welcome"
If you have any questions contact
Polly @ 515-285-9108

Monthly Activities

Monday, Wednesday, Friday - Live 2B Healthy Exercise
Every Tuesday & Friday - Music Therapy
Every Wednesday - Pet Therapy

Welcome To Cedar Pointe

Geneva Robben
Shirley Vannatta
Fred Sangster

February Birthday's

February 7th - Frances
February 16th - Dave

Thank YOU to our Special Volunteers

Adelphi Baptist Church
Prairie City Church of the Brethren
Altoona Christian Church
Bob Merkley, Chaplin
Therapy Dog Cooper
Cynda Schut
Will Toomey



In Loving Memory of our Residents

Extending our heartfelt sympathy to your families
Forever in our thoughts. You will be missed
Maurene Grady, 78

Word Search Puzzle

VALENTINE
HEART
KISS
HUG
LOVE

RED
CANDY
CARD
CUPID
FLOWERS

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