

The Courtyard Chronicles

Manager

Tina Overton

manager1@courtyard-estates.net

Bondurant Coordinators

Janet Lewis

Life Enrichment Coordinator

BDLife@Courtyard-estates.net

Marcus Holub

Maintenance Technician

Kourtney Bagley

Housekeeping Coordinator

Pleasant Hill Coordinators

Polly Johnston,

Life Enrichment Coordinator

phlife@courtyard-estates.net

Mohammad Ghnem

Maintenance Technician

Saliha Ahmethsevc

Housekeeping Coordinator

Both Locations Coordinators

Heather Matson, RN

Healthcare Coordinator

Nurse2@courtyard-estates.net

Shana Plambeck, LPN

Assistant Healthcare Coordinator

nurse3@courtyard-estates.net

Desiree Claypool

Marketing Coordinator

community@courtyard-estates.net

Heather Johnson

Culinary Coordinator

Culinary1@courtyard-estates.net

Bondurant/Pleasant Hill Edition

Managers Message

We are extremely excited that the N2I machines and TV's are setup and ready to use. Every resident will have their own personal page. This system is very versatile, and families will be able to send videos or pictures directly to the resident's personal page. This software is easy to use, and we can't wait for all our family members to interact with each other.

Can't make it today to visit your loved one, that is okay because you can send them a video directly just to say "hi" or let them know you are thinking about them.

I would like to take a minute to thank the Comito Family, Crosspoint Church, and Prairie Meadows for making this possible to have such an amazing tool for our communities to use.

I have a couple of reminders for all the residents and their families. First, we are putting together a cookbook for the communities, that the residents and family members will be able to purchase. But we need to get your recipes.

Second, don't forget spring cleaning is just around the corner. So, start cleaning out those closets and anything else you don't use.

- Tina Overton

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

Bondurant
601 Hawthorne Crossing Drive SE
Bondurant, Iowa 50035
Phone: 515.468.6214

Pleasant Hill
6132 NE 12th Avenue
Pleasant Hill, Iowa 50327
Phone: 515-285-9108

Additional News

Janet's Corner

As February comes to a close, I look back and reflect on all the fun we had. Even though some moan about exercise class every Monday, Wednesday and Fridays our instructor really does make us laugh and we all love her. Exercise keeps us moving. Our cooking class is growing by leaps and bounds and is always good for a belly laugh! It is just like watching our own families at home cook. Milt is the perfect dishwasher and sometimes he is even willing to be the taste tester. Cooking class has gotten more residents out of their rooms and makes us feel more and more like family.

Trips to Walmart have gotten bigger with participation and the residents can't get enough of Walmart. They love to get out and see new and exciting things.

Our daycare group from Bondurant is always a welcome event every other Tuesday! The kids call the residents Grandma and Grandpa and hugs are always a must when the kids are in the building. A hug from a child is always the best medicine!! It is great to see our Memory Care with the kids, it takes them back to a time when their own children were little.

I would like to say a big "THANK YOU" to all the residents for participating and being open to new and exciting adventures with me and for making me feel like part of the family.



In March we will kick off the month with a magic show. As the weather permits we will be doing more outside, and we plan to stop for some ice cream from time to time! We are ready for SPRING!



As a reminder, we are a pet friendly community and pets are always welcome so when visiting don't hesitate to bring them in.

Polly's Note

Spring will be here soon and we are really looking forward to the warmer weather. We are very excited about our communities Easter Egg Hunt on Saturday March 24th at 11:00 a.m. We hope that you will invite all of your family and friends to enjoy a few hours of fun and food with us.

I would like to thank our family and friends that joined us for our Valentine's Day was last week and our resident's had such a great time. We spent time together playing games, having great food. The residents loved the flower they received. It was a very special day.

As the weather gets warmer you can expect more outings in the community. We know how important it is to get outside and get fresh air.

We had the pleasure of having some puppy love and visit our residents this past month. It is such a rewarding feeling seeing how much love and joy it brings to our residents having animals come and visit. Pets are always welcome.

We enjoy getting active during the week with, Live 2B Healthy and Morning Moves. Live 2B is held on Monday, Wednesday, and Friday morning and Morning Moves are on Tuesday and Thursday mornings. Please feel free to stop by and join us.

Have an activity that you want to do, please feel free to contact me and let me know. We appreciate any and all activity ideas from the residents and family members.



Additional News

Desiree's Corner

Please join me at the following events. We have two different opportunities this month to get together as a group. Open to everyone and we hope to see you there.

Memory Support Group

Thursday, March 15th from 6-7PM

Courtyard Estates at Hawthorne Crossing
601 Hawthorne Crossing Dr. SE
Bondurant, IA 50035



We understand there are obstacles faced for those living with Alzheimer's disease; you are not alone. The intention with this group is to increase awareness and understanding about Alzheimer's disease and other related dementias, as well as offer help and support for the people affected, such as loved ones and caregivers.

Lunch and Learn

March 5th at 11:30AM

National Nutrition Month With St. Croix Hospice

Courtyard Estates at Hawthorne Crossing
601 Hawthorne Crossing Dr. SE
Bondurant, IA 50035

Lunch provided by Courtyard Estates (served at Noon)

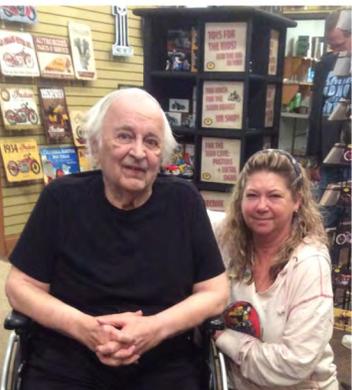


The food you eat can be the most powerful form of medicine. Join us to learn more about proper nutrition and discover how good nutrition can help you feel healthy, happy, and comfortable.



After meeting Larry Hackbarth it doesn't take long to see he has a love for motorcycles. So I knew right away where he needed to go the National Motorcycle Museum. On January 29th we headed on our adventure. Larry couldn't stop talking about all the different motorcycles. We had lunch at Mcotto's in Anamosa, Iowa. Our waitress even worked at the museum after talking with her, we knew we were headed to the right place. Once we got to the museum Larry had the pleasure of having a personal tour guide, Karla Wanerus. She took Larry throughout the museum and gave him the history along the way. After talking with Karla, I learned that her father passed away from Alzheimer's. Memories were made that day and hearts were touched.

Just a Reminder ... this program is open to everyone. Please share your ideas with Janet or Polly. Dream really can come true!!!



Nurse's Station

Quick Information Colorectal Cancer



March is Colorectal Cancer Awareness Month. Colorectal Cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer, or colon cancer, occurs in the colon or rectum. Colon cancer, when discovered early, is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly successful. If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented.

It's important to know what to watch for. In its early stage, colorectal cancer usually produces no symptoms but the most likely warning signs include:

- Changes in bowel movements, including persistent constipation or diarrhea, a feeling of not being able to empty the bowel completely, an urgency to move the bowels, rectal cramping, or rectal bleeding
- Dark patches of blood in or on stool, or long, thin, "pencil stools"
- Abdominal discomfort or bloating
- Unexplained fatigue
- Loss of appetite, and/or weight loss
- Pelvic pain, which occurs at later stages of the disease

If you should notice any of these warning signs it is important to visit with your Doctor. It is important to get screened regularly as per your Doctor's advice. There are also some other things you can do to help lower your risk of getting Colon Cancer. These things include: Being physically active, maintaining a healthy weight, not drinking too much alcohol, and not smoking.

If you have any questions please stop by my office or give me a call! - Heather



Valentines Day Fun!

Our Valentine's Day party was a success. Enjoy a few pictures from the day. Introducing our King and Queen ..

Milt and Sally!!! Congrats to both of you!!!



Residents Meal Choice

We want to give residents the opportunity to help with what's on the menu. If you have a special meal you would like, Please submit your requests to Janet Lewis .

This months meal of choice is

Meatloaf

Mash Potatoes with gravy

Carrots

Banana Cream Pie



Announcements and Events

Easter Egg Hunt - Bondurant

Saturday, March 24
At 11A.M. to 1 P.M.
Easter Egg Hunt will start promptly at 11 A.M.

With Special Guest:
The Easter Bunny

Bring Your Own Basket!
Age Groups 12 months - 10 Years
Join us for pictures with the Easter Bunny & Face Painting

Easter Egg Hunt - Pleasant Hill

Saturday, March 24
At 11A.M.
Join us for appetizers after the Easter Egg Hunt
Bring Your Own Basket!

We need YOUR Favorite recipe!!!

Courtyard will be publishing a cookbook and are hoping for a recipe from every resident. So dust off your recipe box and dig through to find your favorite. Please give your recipe to Janet or Polly

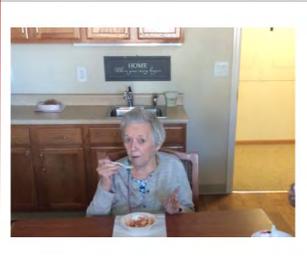
Check with your insurance company to see if you have Silver Seekers, for an opportunity for a discount. If you do please reach out the Exercise Instructor and they can assist you.

Welcome to Courtyard Estates

Karen Collins
Walter Harbert
Virginia Porter

Residents March Birthday's

- March 6th - Marilyn Wilson
- March 15th - Helen Merryfield
- March 17th - Gerald Ross
- March 21st - Wilma Wallace
- March 24th - Bob Franker
- March 25th - Ron Ostling
- March 26th - Darlene Doty

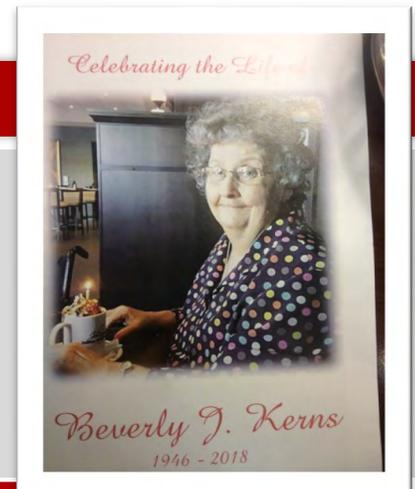


Staff March Birthday's

- March 13th - Salina Campos

In Loving Memory of our Residents

Extending our heartfelt sympathy to your family
Forever in our thoughts. You will be missed
Beverly Kerns, 72



Word Search Puzzle

L L Y K C U L C M Q P H B S R
 F E R R N P F E O T S O N M J
 N P G O C Z Q L X I V A N Y L
 C E K E N H H T R Y K V Y S W
 K W E Q N K M I C E Y Q S B N
 E C R R S D W C S E G G R K N
 D D O Q G O F C I I W G A Z V
 X S J R B N K M F P N O B K I
 S U D N M S W U Z M B J U C J
 U Q I N U A H C E R P E L I I
 E A G O L D H F H A X O H R G
 R I X M N Z A S A H K Y T T O
 I R E L A N D P L C B V B A L
 D P Z I S J N D C C W A A P U
 N Y A X F E M H Z K S D E V J

CELTIC
 CHARM
 GOLD
 GREEN
 IRELAND
 IRISH
 JIG
 LEGEND

LEPRECHAUN
 LUCKY
 PATRICK
 POT
 RAINBOW
 SHAMROCK
 SNAKES

