

The Courtyard Chronicles

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Housekeeping Coordinator

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Housekeeping Coordinator

Bondurant/Pleasant Hill Edition

Managers Message

April 16th is National Healthcare Decision Day. This day is about educating and empowering seniors and families about the importance of taking care of your health and planning for your future.

A quarterly council meeting has now been implemented. This meeting will be held in the evenings for our communities. My hope that both family members and residents will both join. Prior to each meeting I will provide an agenda/outline of the meeting. That way you will know ahead of time what will be discussed. I am anticipating the meeting to last no more than 2 hours, as I understand people are busy. If you have anyone has any topics they would like to discuss, please email them to me or drop them off.

The objective of this meeting is to continue the support of our Courtyard Communities and advise to make our families better. We will discuss topics such as Alzheimer's, Dementia, and Mental Illness. During this meeting family members and residents will be also able to ask questions to the management team and bring up any concerns.

I am excited about this council and I look forward to having YOU attend.

- 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

Bondurant News

Janet's Message

Three things we all need: Need for meaning and purpose. Need to give and receive love. Need for forgiveness, hope, and to be creative. This is what I try to give to our residents and family members of Courtyard Estates. I let residents help me with whatever they can and by letting them be involved with passing out papers or updating the activity board. Or even Milt doing the dishes during cooking class! This gives them PURPOSE!

When someone needs a little extra attention, like Janie getting her hair washed. Sally is the first to help hold her hand and sing to her to keep her calm. This is the need to give and receive LOVE!

When Marilyn tells me she is sorry she was so rough on me about driving in the snow, well that is the need for FORGIVENESS.

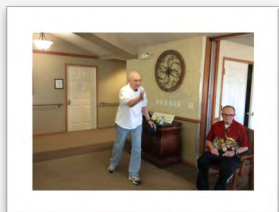
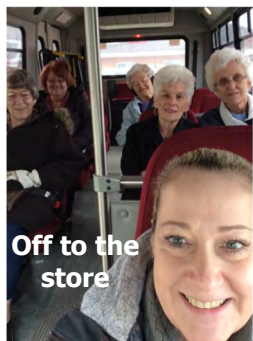
Planning an event calendar and watching the residents look forward to something, that gives them HOPE!
Every Tuesday during cooking class I get to watch them be CREATIVE! (and they are very good at it)

This is the same philosophy that I have with family members as well. Feel free to email me any time If I am not able to help you I will find the person that Our attendance from the families have increased and that is partly due to the simple fact that they are aware of events or meetings. It brings me great joy when I see activities in the evenings

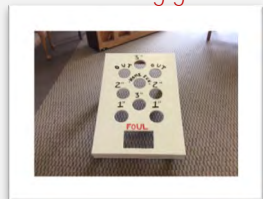
with families and friends. I need to take a minute to give a huge THANK YOU to the family members that have donated or helped within our community. I could not do my job without you!

New and exciting things will be taking place in April. Memory care will be adding new food choices along with improvements here and there. Like the new spa tub that was just installed! This is an excellent addition that all the residents can take full advantage of. April will be kicked off with a visit from Social Drumming. Earth day is also in April so we will be doing some outdoor work and planting. It's time to see some pretty colors.

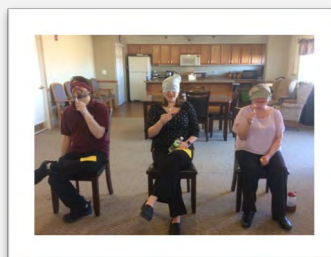
As I was getting ready to write this I had the pleasure of walking Karen down the hall to see her son and the look on her face when he surprised her is the reason why I have the best job in the building. Thank you all for giving me meaning, purpose, love, forgiveness and hope



The residents love playing the new baseball bean bag game! It is a hit!



Do you know your Peanut Butter???



The staff at Courtyard Estates in Bondurant were team players and did a guess the peanut butter brand! The residents had a great time!

Monthly Activities

These activities are held each month

Healthy Cooking Class

Walmart

Music Therapy

Happy Hour Ice Cream Social

Dollar Tree

Aroma Therapy

Bingo

Pie Day

Pleasant Hill News

Polly's Message

We are excited for spring to get here. We have some really special activities for April. We are getting ready to start planting flowers in our garden planters on the patio, so if you have any ideas about what we should plant please feel free to let me know. Many of our residents are anxiously waiting for warmer weather and sunshine to enjoy. We are ready to be outside for some much needed fresh air.

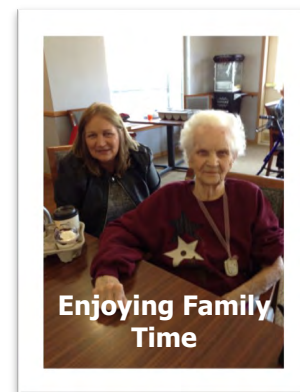


We will be planning to go on a few bus rides. We sure do love going out on an adventure.

The Adventure Life church kids will be singing for us on Wednesday April 4th at 6:45pm. They are a great group of kids with some special music.

A magician will be coming on Friday April 6th at 1:00pm. We hope to have as many family and friends join us.

We are also planning to go to Village Inn for pie on the 3rd Wednesday of each month. We will be partnering with our Courtyard community in Bondurant. Who does not like pie?



The Alzheimer's Association is having their annual conference on Tuesday, April 10th. It is an excellent educational conference for family members. If you are wanting more information, please contact me or the Alzheimer's office at 515-440-2722.

If you have an activity idea or would like to help with anything, please contact me. We appreciate family input and interaction.

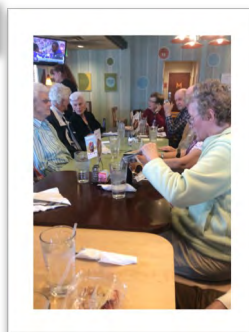
Monthly Activities

These activities are held each month

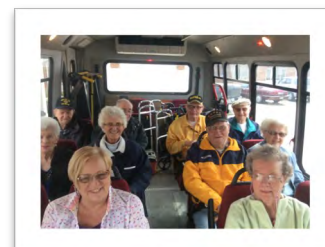
Music Speaks
Tuesday and Friday

Massage Therapy
2nd and 4th Saturday

Bible Study Group



Pie Day - This month we will have the pleasure of joining our Hawthorne Community when they go to Village Inn for pie! We are really looking forward to joining them!



General News

Culinary Corner

Strawberry Pineapple Lemonade Bars

Crust: 1 Cup butter (2 Sticks, Softened)
 ½ cup Sugar
 2 cups flour
 Pinch of salt

Filling: 3 cups Sugar
 5 eggs
 ½ cup lemon juice
 ¾ cup unsweetened pineapple juice
 1 1/3 cups all-purpose flour
 Pinch of salt
 4 cups strawberries (frozen)
 Icing sugar for dusting



Instructions: 1. Preheat oven to 350 Spray with Non-stick spray using 12x16" pan
 2. Crust Combine butter, sugar, & salt in a stand mixer. Add flour and beat until just combined
 3. Press evenly in bottom of pan. Bake 10-15 mins, until crust feels slightly dry on top.
 4. combine sugar, eggs, flour, juices & salt in large bowl with whisk. Puree berries in a blender. Press through a sieve or fine mesh strainer into the bowl with egg mixture. Whisk to combine. Pour into crust and bake 30-45 mins until filling is completely set.
 5. cool completely before cutting into bars (in the fridge for a couple of hours) Dust with icing sugar if desired.

-Heather Johnson

We still need your FAVORITE recipes to finish our cook book. Help US gather your families recipes so we can create our 1st Annual Cookbook. Please give your recipes to Janet or Polly!

Residents Birthday's

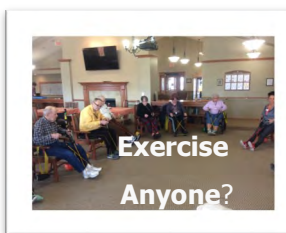
April 2nd – Donald Smith April 12th – Joni DeMatteis
 April 7th – Sally Nichols April 16th – Peggy Luse
 April 26th – Karen Collins April 20th – Janice Jontz
 April 20th – Wanda Pederson

Employee Birthday's

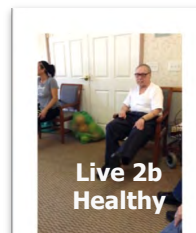
April 6th – Carolyn Sziber
 April 21st – Nicole Beardsley
 April 23rd – Michael Ruden



Live 2B Healthy



Bondurant
 Monday, Wednesday, Friday
 Pleasant Hill
 Monday, Wednesday, Friday



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 or Polly

This months meal of choice is
 Meat: Tenderloin
 Potato: French Fries
 Vegetable: Corn
 Dessert: Chocolate Cake

In Loving Memory of our Residents

Extending our heartfelt sympathy to your family
 Forever in our thoughts. You will be missed

Violet "Vi" Benson
 Joseph Berger



Joseph Francis Berger
 April 26, 1935 - March 1, 2018

Nurse's Station

Quick Information Women's Eye Health

April is Women's Eye Health and Safety Month. Did you know that more women suffer from visual impairments than men? One reason why women are affected is because they tend to live longer. Women are also affected by hormonal factors, according to the National Eye Institute (NEI). According to the NEI, 3.6 million Americans age 40 and older who suffer from visual impairment, including blindness, 2.3 million are women. Some other risk factors for visual impairment in women are age, smoking, poor nutrition, obesity. How can you make sure that you are taking care of your own eyes? Here are some tips:

- See An Eye Doctor
- You should make regular eye exams a part of your health routine. Prevent Blindness America recommends that everyone should have a comprehensive eye exam by age 40, if not earlier, and follow up care as recommended by an eye doctor.
- Ask Your Eye Doctor About Dry Eye
- Did you know that dry eye affects an estimated 3.2 million American women and 1.6 million American men over age 50? Asian and Hispanic women are more likely to be affected by symptoms of dry eye syndrome. If you are a woman who suffers from dry eye, make sure to ask your eye care practitioner about **Cooper Vision's Proclear lenses. They are the only contact lenses with FDA clearance for the claim: "may provide improved comfort for contact lens wearers who experience mild discomfort or symptoms relating to dryness during lens wear."**
- Eat An Eye Healthy Diet
- Eating a well-balanced diet is important for your eyes and overall health. Several studies have suggested that vision loss may be reduced by certain vitamins and other nutrients. Carotenoids such as lutein and zeaxanthin are thought to provide some eye protection. These can be found in dark, leafy greens; egg yolks; broccoli; and some yellow/orange vegetables. Omega-3 fats also may be important for eye health and can be found in walnuts, certain fish and flax. Try adding some of these foods to your diet.
- Stay Active
- Staying active also can improve your eye and overall health. Getting regular, moderate physical activity can reduce your risk of developing problems that can lead to eye disease. Aim for 30 minutes of moderate physical activity most days of the week.
- Protect Your Eyes
- **Protect your eyes from injury. The sun's ultraviolet (UV) rays can damage your eyes. Be sure to wear a hat with a brim or sunglasses labeled "UV absorption up to 400nm" or "Meets ANSI UV Requirements" when out in the sun. Wear protective eye gear to prevent mishaps when working with chemicals or machinery or playing sports.**

Desiree's Corner

Please join us 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.

Support Group

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

April 2nd at 11:30AM
 Bondurant Family Dentistry
 Courtyard Estates at Hawthorne Crossing
 601 Hawthorne Crossing Dr. SE
 Bondurant, IA 50035

Lunch provided by Courtyard Estates (served at Noon)

Word Search Puzzle



APRIL FOOL'S Day APRIL 1st



Filling Easter Eggs

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APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



Marilyn's birthday