

The Courtyard Chronicles

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Housekeeping

Bondurant/Pleasant Hill Edition

Managers Message

Wow, spring and summer have been very hot and rainy so far!! With this, I would like to remind everyone of the importance of hydration. Please if you are going outside whether it is to walk the dog, go for a walk yourself or even if you are going out of the building with family please take a drink or popsicle with you. We have popsicles in all the freezers in the building. The freezer in the Country Kitchen is a staff freezer and is always unlocked so you may help yourself at any time. If the supply is ever low just ask the staff and they will be more than willing to help you.

Drinking plenty of fluids during this time is very important to your health and mental wellbeing. It is very important to stay active and enjoy the summer, but safety is always first, please stay hydrated.

Your body has an intricate system of keeping fluids and electrolytes balanced and proper hydration is a main component of this process. In seniors this regulation system may no longer function properly on its own making dehydration more common. You are our family, and together we are a community so let's keep each other safe and enjoy the summer.

Tina Overton,
Manager

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
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Bondurant News

Janet's Corner

What an exciting time it is right now in our community! One of the many new activities I have added is Hand Therapy. It has been a huge success. We had just as many Memory Care residents as we did assisted living and not a complaint to be heard. This will be an ongoing monthly activity from now on.

Our variety of entertainment continues to grow and has been a lot of fun exploring the different acts that are out there. In August, we have the Blank Park Zoo scheduled to visit and they will be bringing a variety of small animals for the residents to touch and see.

Another new activity will be our Day Trip! We will be exploring some of the nice Iowa parks. I hope the humidity and bugs are out of the air by the time we go. I enjoy taking everyone out on our outings and hope you are looking forward to it as much as I am.

Dare to Dreams are picking up as well and please continue to share ideas with myself or any of the staff and talk to families about our program. Every resident deserves a Dare to Dream and together we can make a dream happen.

We hosted our Alzheimer Fundraiser with bush and board designs with about 25 of the public in attendance and raised around \$500.00 for the Alzheimer Association plus got to take home some really neat boards!

In July we will have a water balloon and water gun (war) between residents and coordinators! You will have your chance to soak all of us!! This should be a lot of fun and I know everyone is looking forward to it. Another one of our new activities will be Sunday Tea with mom. Family will be encouraged to visit and have Tea and refreshments with all the moms. I will send out reminders to all the families for this event.

We will be holding a Vitals Clinic within our community once a month. This will consist of every resident waiting in a "waiting room" to have their vitals taken. Our community nurses and I are working together on this to iron out the details prior to the day.

I love how our other daily activities have grown and as everyone can see Memory Care and Assisted Living are becoming more and more combined for most activities and meals which is amazing to see. Everyone is remembering everyone's names and faces all the time. So I end my corner of the newsletter with this friendly reminder; we are all in one building but every resident has a different need for living in our community. Please keep this in mind and keep all thoughts, words, and actions kind, as everyone is fighting a different battle but all deserve LOVE. Thank you all for allowing me to enrich your life.

~Janet Lewis/LEC

Monthly Activities

These activities are held each month

Aroma Therapy

Dollar Tree

Healthy Cooking Class

Pie Day

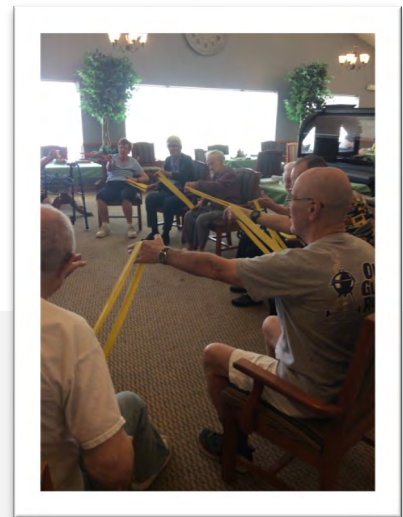
Bingo

Happy Hour Ice Cream Social

Music Therapy

Walmart

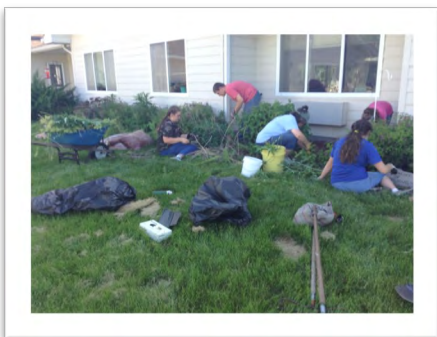
Bondurant Pictures



Pleasant Hill News

Polly's Message

Our social drumming program was a big hit. The residents, families and staff enjoyed the different drums, sounds and the presenter. He was very informative and made it a fun time for everyone. We will have him return again.



We have planted our vegetables and been enjoying our courtyard area this summer. We welcomed families and residents to relax and enjoy the beautiful outdoors. We had a 4-H group help with cleaning up an area in our courtyard. It was fun to see them working and interacting with our residents.

We have a special and unique opportunity at all of our Senior Housing communities called "Dare to Dream". We are wanting ideas from you of something your family member has enjoyed doing in the past or something new that they would like to do that is above and beyond their daily routine. Please send me your ideas and we can work together to make those dreams come true.



Our monthly family support group meets on the 3rd Thursday of each month in Bondurant. We will be meeting on Thursday July 19th at 6pm. Please join us for education and support in our journey with dementia.

Monthly Activities

These activities are held each month

Bible Study Group
Wednesday

Massage Therapy
2nd and 4th Saturday

Music Therapy
Tuesday and Friday

General News

Culinary Corner

Star-Spangled Sundaes

Ingredients

- ◆ caramel topping
- ◆ hot fudge topping
- ◆ whipped cream
- ◆ maraschino cherries
- ◆ star sprinkles
- ◆ gummy bears
- ◆ multicolored sprinkles
- ◆ M&M's
- ◆ nonpareil sprinkles

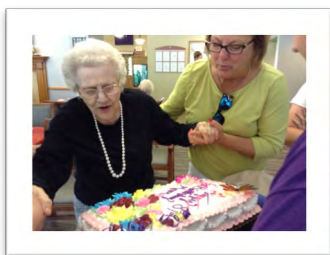


How to Make It

Step 1: Start with the essentials: caramel topping, hot fudge topping, and a canister of whipped cream.

Step 2: Add a sprinkle of July Fourth color: maraschino cherries, star sprinkles, gummy bears, multicolored sprinkles, M&M's, and nonpareil sprinkles. Add a sprinkle of July Fourth color

Step 3: Make it spectacular!



Residents Birthday's

- July 3rd - Barb O.
- July 10th - Geneva R.
- July 17th - Lois M.
- July 29th - Lynne S.
- July 31st - Jan S.



New Resident's

Welcome to Courtyard Estates

Bill Harless

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 request to Janet or Polly. This months meal of choice is

- Dinner:** Spaghetti with Meat Sauce
- Vegetable:** Lettuce Salad
- Dessert:** Cheesecake

In Loving Memory of our Residents

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

Janice Jontz

Nurse's Station

Walk to End Alzheimer's

Courtyard Estates in Pleasant Hill will be participating in the annual Walk to End Alzheimer's on August 25, 2018 at the State Capitol in Des Moines, Iowa. The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. When we participate in Walk, our fundraising dollars fuel their mission-related initiatives of care, support and research. In addition, our actions, both through fundraising and participating in the event, help to change the level of Alzheimer's awareness in our community. We will be doing fundraisers to raise funds for this event. Currently we are doing a Penny Drive. We have a container at the desk in the main lobby where we are collecting loose change. All funds will go towards the Walk. If you are interested in being a part of the walk or donating to the Walk please contact me for further information. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death.



Desiree's Corner

Alzheimer's Association Walk Fundraising

Last year between our two communities we were able to raise a total of \$5,484! This year our goal is \$5,600 we are asking for your assistance to help us reach our goal. Donate to the cause by stopping by one of our communities or by mailing a check to one of our communities made out to the Alzheimer's Association.

Memory Support Group

Thursday, July 19th

6:00 PM -7:00 PM

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.

Speaker Series

Join us for an education provided by the

Alzheimer's Association

July 30th at 1:30 PM

Courtyard Estates at Hawthorne Crossing

This education designed for anyone who would like to know more about Alzheimer's disease and related dementias. The workshop includes information on the symptoms and effects of the disease, how Alzheimer's affects the brain, causes and risk factors, how to find out if it is Alzheimer's disease, the benefits of early detection, how to address an Alzheimer's diagnosis, stages of the disease, treatment, hope for the future, and ways the Association can help. Free event and open to the public.

Word Search Puzzle



July Fourth Word Search



ADAMS
 AMERICA
 BARBECUE
 COLONIES
 CONGRESS
 DECLARATION
 EQUALITY
 FIREWORKS

FOURTH
 FREEDOM
 HOTDOGS
 INDEPENDENCE
 JEFFERSON
 JULY
 LIBERTY

NATION
 PARADE
 REVOLUTION
 RIGHTS
 STATES
 THIRTEEN
 UNITED