
The Courtyard Chronicles

Courtyard Coordinators

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Kourtney Bagley

Maintenance

Saliha Ahmethsevc

Housekeeping

Bondurant/Pleasant Hill Edition

Managers Message

And we are not done yet! We still have more updating and remodeling in the Country Kitchen and Front Foyer areas. Don't be surprised if you walk in one day and you don't recognize the main area. It could be a completely different space of colors and texture.

As the holiday season approaches we have our Thanksgiving Dinner that will be on Tuesday November 6th at 5:30 pm. Please RSVP by November 2nd to either Heather Johnson or Desiree Claypool by November 2nd. We are asking everyone to please bring a perishable food item to donate to Caring and Hands Outreach Center. We are looking forward to seeing you there to meet our new staff!

As we get into the Holiday Season please keep an eye out for updates regarding the plans, activities, and events for the coming season.

- Tina Overton, Manager

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

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Announcements

Meet Sarah Lown

Hello, my name is Sarah Lown and I'm thrilled to be part of the Courtyard family! I grew up right here in Pleasant Hill and have lived here my whole life--except for the years I attended University of Iowa. (Go Hawks!) I obtained a degree and certification in Therapeutic Recreation & Leisure Studies and have worked in this field now for six years.

I am very fortunate to have lots of family in the Des Moines area--including my parents (both retired), an older brother and sister (and their spouses), my grandmother, aunt and cousins and an adorable little niece. I am an animal lover and have three cats (Boots, Lizzy and Joey). I am getting married next April to my fiancé, Hunter Davis. Currently, most of my free time is spent on planning details of my wedding. Other activities I enjoy include reading, going on walks, and just spending time with family and friends.

I look forward to meeting family members of our Courtyard residents and hearing your input and ideas on ways I can best serve your loved ones.

Be sure to stop by and say hello to Sarah! Welcome to the Courtyard Community!

Prairie Meadows Outing

A group of residents spent the day at Prairie Meadows. Thank you again to Prairie Meadows for everything you have done for our communities. The residents enjoyed eating at the buffet and games.

Senior Day

Nothing better than being able to get out and enjoy the weather while it is nice, the stores before they are crowded, and the discounts because we are Seniors. A group of resident's enjoyed an afternoon at Walgreens, where they shopped till they dropped to take advantage of the discount. Best of all they were chauffeured as we sing The Wheels on the bus!

Say THANK YOU!!!

Residents, Families, and Staff ... Don't forget to THANK our home care and hospice staff this month for all they do! Let them know you appreciate all the hard work.

General News

Culinary Corner

Sweet Potato Biscuits

Ingredients

- ◆ 1 package regular active dry yeast
- ◆ 1/4 cup warm water (105°F to 115°F)
- ◆ 1 can (15 oz) sweet potatoes in syrup, drained, mashed
- ◆ 1/2 cup butter or margarine, softened
- ◆ 1/2 cup sugar
- ◆ 1 teaspoon salt
- ◆ 2 1/2 cups Gold Medal™ all-purpose flour
- ◆ 1 teaspoon baking powder



Directions

1. In 1- or 2-cup glass measuring cup, stir together yeast and warm water. Let stand 5 minutes.
2. In large bowl, stir together sweet potatoes and butter. Stir in sugar and salt. Add yeast mixture; stir until smooth. Mix flour and baking powder; gradually stir into potato mixture until well blended. Lightly knead until dough holds together. Shape dough into a ball.
3. Grease large bowl with shortening or cooking spray. Place dough in bowl, turning to grease all sides. Cover loosely with plastic wrap and cloth towel. Let rise in warm place (80°F to 85°F) 2 hours 30 minutes or until doubled in size.
4. Gently push fist into dough to deflate. Grease cookie sheets with shortening or cooking spray. On floured surface, roll dough to 1/2-inch thickness. Cut with floured 2-inch biscuit cutter. On cookie sheets, place biscuits 2 inches apart. Cover; let rise in warm place 2 hours or until doubled in size.
5. Heat oven to 400°F. Uncover biscuits. Bake 12 minutes or until golden. Serve warm

Birthday's

- Jill Warrick - November 2nd
 Mary Schiernbeck - November 8th
 Barb Fox - November 13th
 Larry Hackbarth - November 15th



New Resident's

Welcome to Courtyard Estates

Carol Hawkins
 Steve Crumes
 Judith Lee

Please be sure to stop and hello!!!

Live 2B Healthy

Bondurant and Pleasant Hill

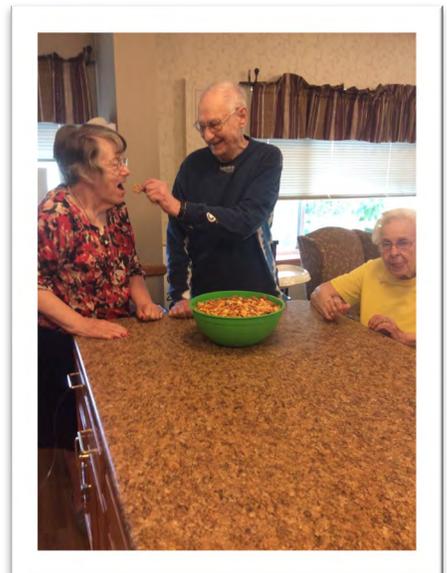
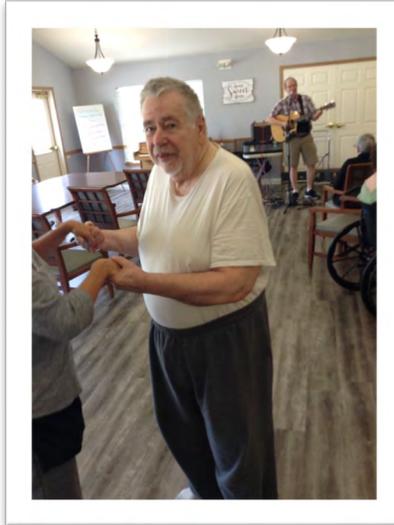
Monday
 Wednesday
 Friday

Calendars

Check the Monthly and Daily Activities Calendar as things are changing due to Residents requests.

We try and accommodate as many as possible!

Pictures



Nurse's Station

November is National Alzheimer's Disease and Family Caregivers Month

Did you know ... President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983. And in 1997 President Bill Clinton first designated November as National Family Caregivers Month.

Why Shine the Spotlight on Alzheimer's Disease?

More than 5 million Americans have Alzheimer's disease, and all Americans are affected by it, either directly or indirectly. This includes those who have been diagnosed with it, who are experiencing symptoms but haven't yet been diagnosed, those who know and love someone with Alzheimer's disease, and everyone else due to the incredible amount of money our country spends on care and research related to the disease.

Additionally, Alzheimer's disease is one of the most expensive conditions in our country, according to the Alzheimer's Association's annual report on 2017 Facts and Figures. How much does it cost? Annually, it's estimated to cost \$259 billion, including direct and indirect costs.

Why Shine the Spotlight on Family Caregivers?

According to the RAND study, people in the United States spend 30 billion hours providing care for family members. These caregivers average about 20 hours a week and their work is valued at \$522 billion a year.

Family caregivers are often juggling multiple roles, including that of partner, parent, adult child, and caregiver. Sixty percent are also in the workforce. They're managing their own health along side that of another person. Without family caregivers, we would have millions of people unable to function and without care.

These caregivers, along with all others, are in need of support and encouragement. Fatigue and stress from being a caregiver can contribute to burnout, and burnout increases the risk of abuse or neglect

Family caregivers are a group of people who deserve our support and encouragement as they go about an often-unseen job of caring for their loved ones.

PLEASE BE SURE SAY THANK OUR HOME CARE AND HOSPICE STAFF

<https://www.verywellhealth.com/national-alzheimers-disease-family-caregivers-month-97733>

Word Search Puzzle

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

Gobble Gobble!

Happy Thanksgiving
from Courtyard Estate

DRESSING
 FAMILY
 FOOTBALL
 FRIENDS
 GATHERING
 GOBBLE
 GRAVY
 MASHED
 MEMORIES
 POTATOES
 SHARE
 SUPPER
 THANKSGIVING
 TURKEY

