
The Courtyard Chronicles

Courtyard Coordinators

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Maintenance

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Housekeeping

Bondurant/Pleasant Hill Edition

Managers Message

You may have noticed some changes in our activities and transportation services. We have hired some new staff members, we are going to make some changes in our activities to better the quality of life of our residents.

Our transportation services are going to be improved. We have hired someone to not only doing transports but also assist the activities coordinator. The transportation will cover both the Bondurant and Pleasant Hill Communities.

My plan is to have this ready to roll out very soon.

Our October Resident Council Meeting we will give everyone an update on what our plans are. This will be an important meeting to attend. I hope to see you there.

- 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
Phone: 515-285-9108

General News

Culinary Corner

Halloween Chex® Mix

Ingredients

- 8 oz white chocolate baking bars, coarsely chopped
- 4 cups Corn Chex™ or Rice Chex™ cereal
- 2 cups bite-size pretzel twists
- 1/2 cup raisins
- 1 cup candy corn
- 1/4 cup Betty Crocker™ orange and black candy decors



Directions

1. In large microwavable bowl, microwave chopped baking bars uncovered on High 1 minute 30 seconds to 2 minutes 30 seconds, stirring every 30 seconds, until melted and smooth.
2. Gently stir in cereal, pretzels and raisins until evenly coated. Stir in candy corn and decors.
3. Spread on waxed paper or foil until cool and chocolate is set, about 30 minutes. Break into chunks. Store loosely covered.

Activities

We have some fun things planned for October! And we will be passing around details once they are finalized... stay tuned!!!

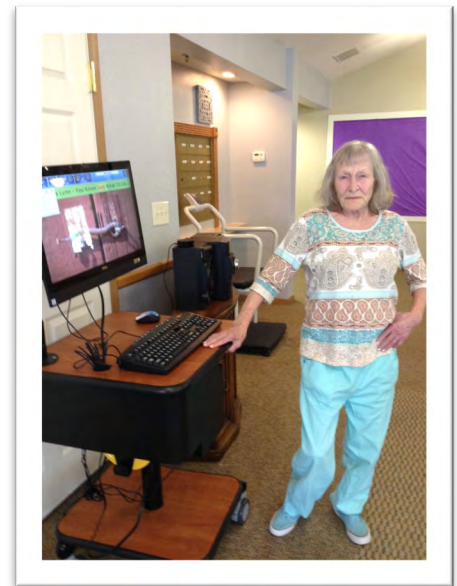
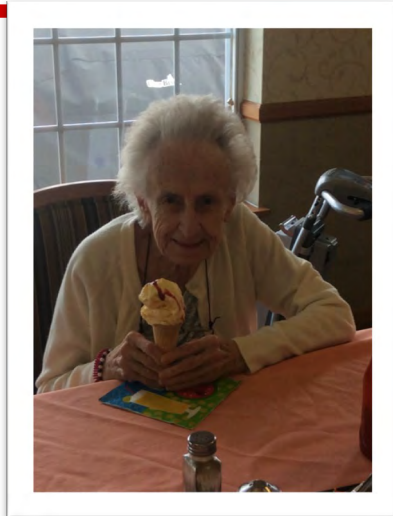


Please make sure you read your calendar. Times and activities have changed. And as always the activities calendar is always subject to change

Have you gotten your flu shot??? If you missed the clinic please contact Alanna or Heather as soon as possible regarding your flu shot!



Pictures



Nurse's Station

Breast Cancer Awareness Month

Breast cancer is one of the more prevalent types of cancer among women, the only other type of cancer that is more prevalent is lung cancer. According to BreastCancer.org, 1 in 8 women will develop invasive breast cancer at some point in her life – that's a little over 12%. Invasive breast cancer is the most dangerous, because it can quickly spread from the breast to the healthy tissue in the surrounding areas through the blood and lymphatic system. The stages of breast cancer of I through IV are invasive.

Another type of breast cancer is non-invasive, which means it's still localized to one area in the breast. There are two kinds of non-invasive or "in situ" breast cancer, and those are ductal carcinoma in situ (DCIS), and lobular carcinoma in situ (LCIS). DCIS is a precancerous lesion, and if not removed, it can become invasive. LCIS won't become invasive, but it still increased the risk of the development of breast cancer if left alone.

What You Can Do for Early Detection

According to the Breast Cancer Resource Directory of North Carolina, if you are over the age of 40, you should get a mammogram every year, as well as a clinical breast exam by your doctor. If you are in your 20s and 30s, you should get a clinical breast exam every 3 years. This is also when it's recommended that you start doing self breast exams once a month. According to NationalBreastCancer.org, 40% of detections are from self breast exams.

Mammograms are the most important form of early detection, however, because they will catch the breast cancer when it is much smaller, than when you can feel a lump from a self exam. If the cancer is caught while it's in the smallest stages, it will be much easier to treat, and with a much better prognosis. According to EarlyDetectionPlan.org, when breast cancer is caught in the earliest stages, the 5-year survival rate is 98%.

OCTOBER IS
BREAST CANCER
AWARENESS MONTH



<https://www.oxygenconcentratorstore.com/blog/october-is-breast-cancer-awareness-month-what-you-should-know/#>

Word Search Puzzle

Halloween Word Search

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

CANDY
 GHOSTS
 MASK
 PUMPKINS
 TRICK

COSTUMES
 GOBLIN
 MUMMY
 SKELETON
 TREAT