

The Courtyard Chronicles

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Bondurant/Pleasant Hill Edition

Managers Message

There is no doubt the Holiday Season is approaching. All you need to do is visit any resident and you will hear the sound of a Hallmark Christmas Movie. All Hallmark movies are basically the same; same plot, same kind of character, same ending that has become a test on Facebook or any other social media. For example, what is the new Father Christmas movie this year (Marrying Father Christmas) or what has become a common name of a female character in a movie (Melanie).

Probably the best theme of a Hallmark movie is however one of faith, one of hope, one of kindness, and one of love. To each other making the world just a little bit better for at least 30 day of the year.

My challenge to all of you is to find ways to keep that Christmas spirit and magic alive 12 months of the year; a card, a few kind words, a plate of cookies, or a warm hand shake with a smile. At some point the (things) in life mean very little and what's left is love.

Happy Holidays

- 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: 515.957.8399

Pleasant Hill

6132 NE 12th Avenue

Pleasant Hill, Iowa 50327

Phone: 515.285.9108

Announcements

Caring Hands Outreach Center-Food Drive

Some of you may have noticed the white bins located just inside our entryways in both locations. We are currently asking for non-perishable food items to benefit those in need. These food items will directly benefit individuals who visit the Caring Hands Outreach Center in Altoona. We will be collecting donations through the holidays and into 2019.

Memory Support Group

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

Thursday, December 20th from 6-7pm



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.

Tax Season will be approaching

Did you know that you may qualify for a tax deduction if you live in an Assisted Living community? Section 213 of the Internal Revenue code allows deductions for medical care for an individual, spouse, or dependent if the expense exceeds 7.5% of the taxpayer's adjusted gross income. The monthly fee of an Assisted Living Community is a medical expense. If the main reason for living in an Assisted Living community is for medical care, then that cost is a deductible medical expense. Please consult your tax advisor on this rule if you feel this would apply to your situation.



**A Very JOLLY HOLLY Holiday Season
from Our Family to Yours!!!**



General News

Culinary Corner

Pecan Pie Cookies



Ingredients

- ◆ 1 prepared single pie crust homemade or purchased, I used Pillsbury
- ◆ 2 tablespoons butter melted
- ◆ 1/2 cup pecans chopped
- ◆ 1/3 cup packed brown sugar
- ◆ 1/4 cup corn syrup
- ◆ 2 eggs
- ◆ 1/8 teaspoon salt

Optional

- ◆ 1/4 cup semi sweet or milk chocolate chip for decorating

Directions

Preheat oven to 400 degrees F.

Combine butter, pecans, brown sugar, corn syrup, salt and eggs. While constantly stirring, cook on the stovetop over medium-low heat just until thickened. (You don't want it dry, just slightly thickened, about the consistency of pudding). Remove from heat and set aside.

Unroll dough and using a 3" cookie cutter, cut out circles. Gently fold about 1/8-1/4" up on the edges.

Spoon 1 tablespoon of the pecan mixture into each circle.

Place on a parchment lined pan (it's important to line it) and bake 8 minutes or until filling is just set. Remove from oven and cool on a wire rack.

Optional

Place chocolate chips in a small Ziploc bag (use brand name, the store brands tend to leak). Microwave about 15 seconds or until mostly melted. Snip off a tiny corner of the baggie and drizzle chocolate over the cookies. Cool until set.

Birthday's

- Tom Quinn - December 13th
- Anna Halsted- December 15th
- Doris Coe - December 18th
- Diane Douglas- December 18th
- James Hutchins- December 24th
- Darlene Quinn- December 28th



New Resident's

Welcome to Courtyard Estates

Palma Cramer

Please be sure to stop and hello!!!

Live 2B Healthy

Bondurant and Pleasant Hill

Monday
Wednesday
Friday

Holiday Dinner

**Please join on for our
Christmas Dinner**

**Pleasant Hill
December 13th 6:00 PM**

**Bondurant
December 20th- 6:00 PM**



Nurse's Station

How to prepare for Cold and Flu Season

Did you know ... Most grown-ups have two to four colds a year.

And Did you know ... The single best way to avoid getting a cold, aside from becoming a hermit, is to wash your hands. A lot. Use soap and wash them in water for 20 seconds. It's cheap and easy and more effective than alcohol-based hand sanitizers; but if you don't have soap and water, sanitizers will do in a pinch

Before the virus knocks you and your family out, try these tips to prepare for colds and flu. If you're lucky, they may also prevent at least some of your family from getting sick.

1. **Stock up on supplies.** Be ready before cold and flu season starts. Load up on tissues, hand soap, hand sanitizer, and paper towels.
2. **Check your medicine cabinet.** Make sure it contains pain relievers, fever reducers, and any other medications you use when your family is fighting colds or the flu, like decongestants or cough syrups. Review the correct doses based on age and weight. Check to see if any medications overlap or interact. Test your thermometer to make sure the batteries still work. Clean your humidifier.
3. **Be strict about washing hands.** Germy hands spread colds and the flu. Tell your family to scrub their hands well with soap for 20 seconds. Tell kids to wash for as long as it takes to sing "Happy Birthday" twice. Make sure you do it, too!
4. **Plan for sick days.** You may need some days off. Even if you don't get sick, you may need to take care of your sick kids. Start thinking about it now: What's your office policy for sick days? Will you have to take unpaid days off?
5. **Line up support.** You may need outside help. See if any family members can watch the kids if they're home sick from school. Or ask a neighbor if they can take the kids to soccer and dance if you're laid up in bed.
6. **Disinfect.** You don't need to spend all day spraying every surface with disinfectant. You may just want to disinfect some heavily touched items -- like doorknobs, remote controls, and phones -- each day.
7. **Switch to paper goods.** If everyone's sick, use paper towels instead of hand towels in the bathroom. Switch out glasses for paper cups, and toss them after one use. You'll be less likely to swap germs.
8. **Fill the fridge and pantry.** Stock up on some easy-to-make foods for lunches and dinners, in case you need a few days to rest and recover without cooking. Have some favorite drinks and snacks on hand for your kids. Include some (healthy) comfort foods like chicken soup and PB&J.
9. **Rest.** Whether you're trying to recover from a cold or flu, or trying to avoid it, get plenty of sleep. Get your kids to bed on time, too.
10. **Get your flu shot.** One of the best ways to help keep the flu away from your home is to make sure your whole family gets vaccinated.

Our goal is to help you stay healthy this cold and flu season!

<https://symptoms.webmd.com/cold-flu-map/get-ready-cold-flu-season>

Mad Libs

MERRY CHRISTMAS!

MAD LIBS

Dear Santa,

I HAVE BEEN A VERY _____ THIS YEAR! I ALWAYS HELP MY
ADJECTIVE NOUN
 _____ WITH CHORES AROUND THE _____ - IT'S MY JOB TO
RELATIVE NOUN
 _____ THE _____ AND TAKE OUT THE _____ EVERY DAY.
VERB NOUN NOUN

I REALLY HOPE THAT I AM ON THE _____ LIST THIS YEAR! I HAVE DONE A LOT
ADJECTIVE
 OF _____ THINGS, SO I THINK THAT I DESERVE IT! I EVEN HELPED
ADJECTIVE
 _____ FEED THEIR _____ WHILE THEY WERE ON VACATION IN
PERSON ANIMAL
 _____!
LOCATION

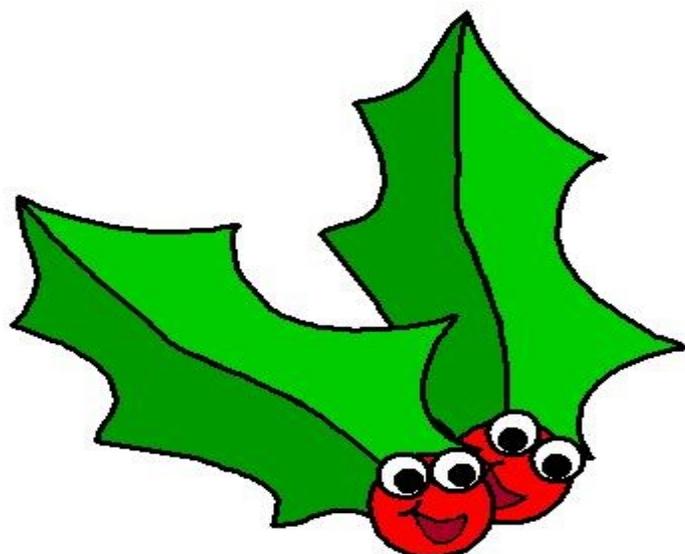
I HAVE A FEW _____ WISHES THIS YEAR, AND I WOULD LOVE
ADJECTIVE HOLIDAY
 TO SEE A _____ NEW _____ UNDERNEATH THE TREE WITH MY NAME
ADJECTIVE NOUN
 ON IT! IT WOULD MAKE ME THE HAPPIEST _____ ON THE _____!
NOUN NOUN
 OH, AND IF YOU COULD PUT A _____ INSIDE OF MY STOCKING,
ADJECTIVE NOUN
 THAT WOULD BE _____ TOO! MERRY _____!
ADJECTIVE HOLIDAY

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Word Search Puzzle

Christmas Word Search

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



candycane
 chimney
 Christmas
 cookies
 cranberries
 elves
 family
 holly
 lights
 mistletoe

ornament
 presents
 reindeer
 Rudolph
 Santa
 sleigh
 stockings
 stuffing
 tinsel
 turkey