

The Courtyard Chronicles

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Bondurant/Pleasant Hill Edition

Managers Message

It's the start of the new year and many of us look back on the things we did, things we wished we had done, and things we wished we hadn't.

And as many of us begin or continue those New Year's Resolutions that we made, for many it is leading a healthier lifestyle; this is especially true the older you get and the less active you may become because of it. January kicks off with several different events, all promoting and bringing awareness to keeping you fit and healthy.

While we are very excited to see what 2019 will bring for our Courtyard Estate communities. We will also continue to make improvements throughout each community.

We welcome all the changes to come for 2019, there are lots of places to turn too for support, information and inspiration, including our staff. So as we start the new year, we are excited to see what this year has in store!

Happy New Year

- 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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General News

Culinary Corner

Swedish Nuts Recipe



Ingredients

- 1 pound pecan halves
- 2 egg whites
- 1 cup sugar
- 1/2 to 1 teaspoon cinnamon
- Pinch salt
- 1 teaspoon vanilla (preferably homemade)
- 1/2 cup butter

Directions

Preheat oven to 325 F. Beat the egg whites until frothy. Add salt, then sugar, one tablespoon at a time, beating until stiff peaks form; stir in cinnamon, salt, and vanilla. Fold nuts into the meringue. Melt butter in 15x10 inch jellyroll pan. Spread coated nuts over butter.

Bake 30 minutes, stirring every 10 minutes, until nuts are light brown and all butter is absorbed. Cool and store in airtight container.

Birthday's

- Steve Crumes - January 1st
- Sharon Dearden - January 7th
- Ordie White - January 8th
- Doris Morten - January 9th
- Chieko Boyce - January 16th
- Walter Harbert - January 24th
- Inez Casey - January 21st



New Resident's

Welcome to Courtyard Estates

Judy James, Florence Hill, Donald Bodenstedt

Please be sure to stop and hello!!!

Live 2B Healthy

Bondurant and Pleasant Hill

- Monday
- Wednesday
- Friday

Happy New Year!!!



Nurse's Station

How to prepare for Cold and Flu Season

January: the beginning of a new year, the month everyone decides to go back to the gym or get in shape, the month for changes, the month for new beginnings. January is also the month that has been deemed Thyroid Awareness Month. This is the time when the thyroid gland gets some much needed coverage. Unfortunately, not everything circulating or being shared out there in the cyber universe is correct so we will use this time, in honor of Thyroid Awareness Month, to share some information regarding the little gland.

Thyroid 101

The thyroid is a small gland located in the base of your neck that is part of the endocrine system. This tiny gland has a big job and nobody disputes that! The gland is responsible for various functions including the metabolism, regulating body temperature, cognitive function, digestion, and much more. To make it easy, the thyroid affects the entire body and when it is not working properly you will definitely feel the effects.

Thyroid Problems

Many people are somewhat familiar with the condition known as hypothyroidism; this typically describes the condition where the thyroid gland is in a sub-optimal state and is not producing enough of the thyroid hormones necessary for the body to function, but hypothyroidism is also linked to thyroid conversion issues (the inactive form, T4, is not converting to the active form, T3) and transport issues. While this condition counts for many people that are suffering from thyroid dysfunction, there are various other conditions, as well. These conditions include hyperthyroidism (thyroid gland in an over-active state), Graves' disease and Hashimoto's disease (autoimmune diseases), goiter (thyroid enlargement), thyroid nodules (growths on the thyroid gland that can be caused by another condition, i.e. Hashimoto's), and thyroid cancer.

Dysfunction Symptoms

The symptoms of course vary depending on the condition, but there are many warning signs that something is not right. There are over 300 symptoms that indicate thyroid dysfunction, the most common ones being,

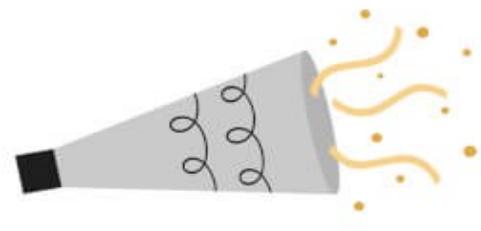
- ◆ Cold hands/feet (hypothyroidism)
- ◆ Dry skin (hypothyroidism)
- ◆ Unexplained weight gain (hypothyroidism)
- ◆ Unexplained weight loss (hyperthyroidism)
- ◆ Loose bowels/diarrhea (hyperthyroidism)
- ◆ Vision issues (Graves' disease)
- ◆ Difficulty swallowing (goiter/thyroid nodules)
- ◆ And much, much more!



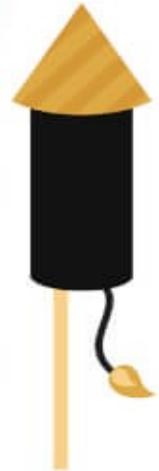
<https://www.nahypothyroidism.org/spread-awareness/>

Word Search Puzzle

HAPPY NEW YEAR!



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



Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers

