

# The Courtyard Chronicles

## Courtyard Coordinators

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## Bondurant/Pleasant Hill Edition

### Managers Message

With the snow and the cold weather, we have had to make some adjustments with our outdoor outings. Our weekly Wal-Mart trips will be weather permitting. Our priorities are our residents. Excessive cold weather, snow, and ice will postpone these trips. We will make every effort to make this outing, but residents come first. We will let residents know what the make-up day will be.

This will apply to any trip we have scheduled. We know how much you look forward to these trips. We enjoy providing them. But safety first!

When our Sr. Housing contact made their annual review, one of the suggestions Allison made was to try different 'tiers' of food to see what we like. Martin Brothers, our Food Supplier, would sponsor this. I think it is an excellent idea and we will plan to organize this activity for our residents. It will make a nice indoor activity.

February, the Month of Love; We are planning to share our love with everyone who has shared their love and generosity to us. **Happy Valentines Day**

- 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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**Pleasant Hill**  
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# General News

## Snow Removal

When the snow falls, our snowplow contractor clears the parking lot, the street, and sidewalks. By morning, the wind has already blown the snow back across the parking lot, the sidewalks, and the streets. It gives the impression we have not plowed or shoveled at all. The wind can be brutal in the country where we live.

Here are some safety tips I would like to suggest when entering and leaving the building:

1. When coming out of your car, place one foot out carefully until you are sure you can leave your car safely. If you have a passenger with you, walk together.
2. Just as black ice can be on the roads, it can also be on the parking lot. Exit carefully, placing one foot out first, testing the ground beneath you so that it is not slippery and then walk slowly to the building.
3. Walk carefully and slowly on the sidewalks. The sidewalks are shoveled each night, but by morning, it can be covered with snow again. We shovel the snow in the morning, but it does take time. We throw ice melt across the sidewalks first thing in the morning, but it can still be slippery.

Our best advice is to test the ground below you before you put both feet in or out of your car. Walk slowly across the sidewalks and parking lot. Additionally, WEAR BOOTS! Besides keeping your feet warm, they are also safer to walk across the snow. BEWARE! there is nothing that truly is safe to walk across the ice; just walk slowly and take your time.

## Activities

February is the month of love, and what a better time to have a party full of gifts and games! After all, "It's Never Too Late to Have A Party!"

A party full of gifts and games, we are planning to have an afternoon of fun. It is also our opportunity to thank Prairie Meadows for the grant. With this grant, it allowed us to purchase the In2L equipment, 3 TVs, 3 Amazon Fire Sticks, and 2 Portals. As a big THANK YOU for their generosity, we would like you to pose for a picture with the PM logo and THANK YOU with the screen behind us.

# General News

## Culinary Corner

### Valentine Night Strawberries

"Strawberries stuffed with lightly-sweetened cream cheese and walnuts are perfect for that romantic evening. They go great with champagne! Pecans also work well in this recipe."

#### Ingredients

- \* 20 fresh strawberries
- \* 1 (3 ounce) package cream cheese, softened
- \* 2 tablespoons chopped walnuts
- \* 1 1/2 tablespoons confectioners' sugar

#### Directions

Dice two strawberries and set aside. Cut the stems off of each of the remaining strawberries, forming a base for strawberries to stand on. Starting at the pointed ends and cutting most of the way, but not completely through the stem end, slice each strawberry into four wedges.

Beat the cream cheese until fluffy; stir in the diced strawberries, walnuts, and powdered sugar. Spoon or pipe about a teaspoon of mix into each strawberry.



## Super Bowl LIII

**February 3, 2019**  
 New England Patriots  
 Vs.  
 LA Rams

## Birthday's

- Franciss Buckingham - February 7th
- Sue Comito - February 12th
- David Tobey - February 16th
- Milton Pueschel - February 16th



## New Resident's

### Welcome to Courtyard Estates!

Please be sure to stop and hello!!!

## Live 2B Healthy

### Bondurant and Pleasant Hill

Monday  
 Wednesday  
 Friday

## Valentines Day



# Nurse's Station

## National Heart Month

Cardiovascular disease continues to be the leading cause of death in the U.S. According to the National Education Program (NCEP) guidelines, 50% of people who have a heart attack have normal cholesterol. Other factors are involved including inflammation, oxidative stress and autoimmune disease of the vascular system. I gathered some interesting research about this number 1 killer. Here it goes:

1. We only need 10 minutes of brisk exercise a day to reduce heart attack risk by nearly 50%. Thirty minutes cuts the risk by 75%
2. There is a 50% reduction in heart attack risk 1 year after a smoker quits the habit.
3. Spending more than 4 hours a day in front of a computer or television can double ones's risk of a heart attack.
4. While genetics plays a role, one international study found that 90% of the risks associated with heart disease are within our control (blood pressure, physical activity, smoking, diet).
5. Best way to survive a heart attack is recognize the symptoms, call 911, and chew (not swallow) an aspirin while waiting.
6. Recognize the symptoms: Over 70% of women have flu-like symptoms and NO chest pain at all! Others can feel chest pressure, squeezing or tightening that can radiate down the left arm, jaw or between the shoulders. Many people have nausea, indigestion, lightheadedness, sweating, shortness of breath and exhaustion.
7. Stress is considered an underlying factor in 70% of heart disease. Research shows that 1 single episode of anger increases the risk of a heart attack by 230%.
8. According to the American Heart Association, 19% of men and 26% of women over age 45 die within 1 year of having their first heart attack.
9. Best time to get to the hospital after the onset of heart attack symptoms is 1 hour. The typical time is 3-4 hours. The more time it takes, the more heart muscle dies.
10. Cardiovascular disease starts in your teens and 20's. Autopsy reports from Korean War vets and Vietnam vets showed people just 18-20 years old had extensive coronary heart disease. The fact that childhood obesity has more than tripled in the past 30 years clearly shows the urgency and seriousness of this growing health problem.

Take good care of your heart...



# Word Search Puzzle

Try this *SMART HEART* word search:

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

LOVE	SWEET	ARROW	RED	FOURTEEN
CUPID	KISS	BOW	LACE	FEBRUARY
CANDY	PARTY	HEARTS		
VALENTINE				