

The Courtyard Chronicles

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Bondurant/Pleasant Hill Edition

Managers Message

CLEANING – YES, THERE WILL BE SPRING!

Glancing out my window, there is nothing but snow, hungry birds, and slush. If you have empty bird feeders, please ask for help. Don't try and wade through the snow alone! Be very very careful if you are walking through slush, and be extra careful when you enter the building.

That's enough of Old Man Winter talk. Spring is coming, so let's turn our attention to Spring Cleaning! The information about Spring Cleaning in our communities is just now coming out.

If you have large items such as furniture, area rugs, etc., you do not want to keep and plan to throw away, talk to me first. We have residents, especially in Memory Care, who do not have a lot of family or resources for furniture, but do have many needs. If it can be re-used for another resident, it helps his or her quality of life and keeps it out of the waste fill. (We cannot accept used mattresses).

We will have more information in our April Newsletter.

Let's think Lean Clean & Green!

- 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
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Pleasant Hill, Iowa 50327
Phone: 515.285.9108

General News

Culinary Corner

Millionaire Shortbread

Ingredients

Shortbread Layer

- 1 c. (2 sticks) butter, softened
- 1 c. granulated sugar
- 1 tsp. pure vanilla extract
- 2 1/4 c. all-purpose flour
- 1/2 tsp. kosher salt

Caramel Layer

- 2 (11-oz.) packages caramel squares
- 1/2 c. heavy cream

Chocolate Layer

- 2 c. semisweet chocolate chips
- Flaky sea salt, for garnish

Directions

- Preheat oven to 300°. Line a 13"-x-9" pan with parchment paper and spray with cooking spray. Make shortbread layer: Cream softened butter with sugar until light and fluffy. Add flour and vanilla and mix until a bread crumb texture forms.
- Press mixture into a prepared pan and prick all over with a fork.
- Bake until lightly golden, 30 minutes. Let cool completely.
- Make caramel layer: in a small saucepan over medium-low heat, stir caramels and cream together until melted, 10 minutes. Pour over cooled shortbread crust.
- Make chocolate layer: Melt chocolate in microwave in 30 second intervals and stir until smooth. Pour over caramel layer.
- Refrigerate 20 minutes until firm, then slice into bars. Top with flaky sea salt.



Birthday's

- Robert Jennings - March 4th
- Madeline Harne - March 11th
- Helen Merryfield - March 15th
- Gerald Ross - March 17th
- Robert Franker - March 24th
- Roland Ostling - March 25th
- Ruth Doty- March 26th



New Resident's

Welcome to Courtyard Estates!

Jean Stajcar

Please be sure to stop and hello!!!

Live 2B Healthy

Bondurant and Pleasant Hill

Monday

Wednesday

Friday

Saint Patrick's Day



Nurse's Station

The Facts on Sodium and High Blood Pressure

Everybody has sodium in their diet; it's a fact of life. Sodium is an essential nutrient. Some of us, however, may be getting too much, and often we aren't even aware of where it's hiding in the foods we're eating. Learn why lowering your sodium intake may benefit your health.

Sodium Intake Adds Up

The good news first: Salt has many uses. It raises the boiling point of water, tenderizes meats and enhances the flavor of many foods. The bad news is that table salt contains 2,300 milligrams of sodium per teaspoon. For most people and children 14 years and older, the recommendation is to limit sodium to less than 2,300 milligrams per day. For those with existing blood pressure or other health concerns, the recommendation may be even lower.

It would be difficult to consume that much sodium in one concentrated bite. Instead, sodium intake adds up throughout the day. And based on estimates by the Centers for Disease Control and Prevention, less than 30 percent of the average Americans' daily intake comes from adding salt to food at the table. Salt in processed and ready-to-eat foods delivers the majority of sodium in our diets.

Sodium is prevalent in many of the foods we eat and in excess can be harmful to our health. However, a number of studies show that decreasing sodium intake can lower blood pressure. Consuming less than 2,300 milligrams of sodium per day can have an additional impact of lowering blood pressure, especially when combined with the Dietary Approaches to Stop Hypertension, or DASH, eating plan, a fruit and vegetable-centered diet that is lower in sodium and fat. Good sources of potassium — an important mineral of the DASH diet which has been shown to help decrease blood pressure — include potatoes, sweet potatoes, squash, beans and orange juice.

Sodium's Hidden Sources

Beware: Sodium isn't only in salty snacks or the table shaker. Many of the already prepared foods and meals you consume at restaurants, cafes and grab-and-go items at grocery stores have sodium, because it's an inexpensive way to add flavor and is an effective way to preserve foods. Even foods with low to moderate sodium content can lead to a high sodium diet if you consume too much of them. Topping the list for highest percentage of our daily sodium consumption are items such as bread, cold cuts and cured meats, pizza, fresh and processed poultry, soups, sandwiches (including burgers), cheese and pasta.

How to Reduce Sodium Intake

The best way to combat high sodium in your daily diet is to watch your intake of highly processed foods. Read the Nutrition Facts label and look for the Daily Value of sodium in the foods you eat. And consider these satisfying options to keep sodium under control: fruits and vegetables, unsalted nuts, legumes and whole grains (including brown rice, oats and barley).

Additional ways to lower sodium intake:

- ⇒ Get more natural sources of potassium in your diet by including additional servings of fruits and vegetables.
- ⇒ Watch portion sizes, especially when it comes to already prepared foods.
- ⇒ Limit cured foods, including cold cuts and sausages.
- ⇒ Rinse canned foods or look for no-salt added varieties.
- ⇒ Choose lower sodium packaged foods.
- ⇒ Remove the salt shaker from the table.
- ⇒ Increase your intake of whole grains such as brown rice, quinoa, oats, bulgur, whole-wheat pasta and bread, wild rice and popcorn.
- ⇒ Include beans, peas and more plant-based sources of protein.
- ⇒ Substitute crackers and chips with a small amount of unsalted nuts.

Word Search Puzzle

St. Patrick's Day Word Search

Search for the words hidden up, down, left and right.



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



CLOVER
GREEN
LEPRECHAUN
POTATO

DUBLIN
IRELAND
LUCK
SHAMROCK

FAIRY
JIG
MARCH
STEW



Mix Up Puzzle

St. Patrick's Day Mix Up



Color the shamrock!

CAOKRSHM

LYCKU

GRNEE

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HIIRS

PEARELHUCN

GDLO

WIRBOAN

TPO

VEROCL



1	2	3	4	5

6	7

3	8	7	9	10	11	12

13

14	15	5

