

The Courtyard Chronicles

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Bondurant/Pleasant Hill Edition

Managers Message

May is such a special month for all of the Mothers in our communities. Mother's Day is a time to remember the mother's from our past, present, and future. We all know someone who is a mom. Being a mom is something that changes our lives for the better. Knowing this kind of love is so special and never forgotten.

Mom's teach us so many things throughout our lives. As we pay tribute to all of the Mother's this month, if you have the time please stop and talk with our residents within our communities and ask them to share stories with you about their mom or even about being a mom. You never know who's life you might touch.

Happy Mother's Day to all of the MOM! You are truly amazing women.

- 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

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Pleasant Hill

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General News

Culinary Corner

Lemon Cupcakes

Ingredients

- 3 cups self-rising flour
- 1/2 teaspoon salt
- 1 cup unsalted butter, at room temperature
- 2 cups white sugar
- 4 eggs, at room temperature
- 1 teaspoon vanilla extract
- 2 tablespoons lemon zest
- 1 cup whole milk, divided
- 2 1/2 tablespoons fresh lemon juice, divided
- Lemon Cream Icing
- 2 cups chilled heavy cream
- 3/4 cup confectioners' sugar
- 1 1/2 tablespoons fresh lemon juice

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Line 30 cupcake pan cups with paper liners.
2. Sift the self-rising flour and salt together in a bowl. In another bowl, beat the unsalted butter and sugar with an electric mixer until light and fluffy. Beat in the eggs one at a time, beating each egg until incorporated before adding the next. Mix in the vanilla extract and lemon zest.

3. Gently beat the flour mixture into the butter mixture, one third at a time, alternating with half the milk and half the lemon juice after each of the first 2 additions of flour. Beat until just combined; do not over mix.
4. Fill the prepared cupcake liners with batter 3/4 full, and bake in the preheated oven until a toothpick inserted in the center comes out clean, about 17 minutes. Let the cupcakes cool in the pans for about 10 minutes before removing them to finish cooling on a rack.
5. To make the icing, beat the cream in a chilled bowl with an electric mixer set on Low until the cream begins to thicken. Add the confectioners' sugar and lemon juice, a little at a time, beating after each addition, until fully incorporated. Increase the mixer speed to High, and beat until the icing forms soft peaks, about 5 minutes. Spread on the cooled cupcakes. Refrigerate leftovers

Birthday's

- Mildred Schaper - May 5th
- Vivian Naber - May 7th
- Francene Ingersoll - May 8th
- Barbara Pierce – May 8th
- Virginia Porter – May 12th
- Fred Sangster – May 14th
- Marilyn Douglas - May 15th
- June Patton - May 19th
- Carolyn Hull– May 26th
- Lola Pals – May 26th
- Sac Lam - May 28th



Please make sure to say Hi to all of our new staff members and residents!

Live 2B Healthy

Bondurant and Pleasant Hill

- Monday
- Wednesday
- Friday

May Flowers



Tribute to Mom's

My Mom was from the South. She told of her taking lunches to her grampa who had a still in the hills.

She had to cross a foot bridge with a sleeping alligator below. She was very quiet because of fear.

My Mom was a little different than other Moms but I didn't realize this until I was older.

We grew up eating okra, bush puppies, corn bread, biscuits & other things northerners had not heard of up back then. My Dad grew stuff in the garden for us. Never knowing bread she thought it was cake.

She came to La. at age 15 with an older sister. She only stayed in school one day because of the mixed race.

She grew up with a "mammy" taking care of her but didn't like the segregation there.

When I got older I ask her "do you think the Lord will have separate places for that race"? Mom said "do you think the Lord will keep me from heaven"? I told her "Mom you better think about that"! That ended her prejudice!

She never drove. We would take the bus to town, pay all the bills, have lunch, go to exercise then ride home with Dad. At about 13 yrs. of age I got to do the bill paying but some of the rest.

My uncle said my Dad was drawn to her like a moth to a flame. History repeated itself --- that's how my Mom was to me.

Flaxenck Jones-Quinn

Tribute to Mom's

My mother was a great cook! One of her favorite things to cook was fried chicken!

-Ceone A.

I have an older bother and an older sister. I have a twin sister and we look just alike. We would trick my mother because sometimes she couldn't tell us apart. She never had anymore children after me and my twin sister.

- Barb B

My mom would drive 3 hours to show up at my school just to have lunch with me when I was in grade school. Just seeing her face made my whole week.

- Carmen H

My mother would put her false teeth in a clear drinking glass of water and place the glass back in the cabinet. My date needed a drink of water, opened the cabinet to get a glass and there was my mom's teeth!!

- Janet C

My mom ran 2 miles with 2 broken knee cups in basic training. She went to war and is my hero.

- Kourtney J

Many years ago my dad bought an old model A car. It had no top, so my dad built a metal top for it. Soon after getting in they found out the seats were full of bees. The seats had to be removed. My mom had an idea for the new seats. She went into the house and got 25 gallon buckets, set them firmly for front seats. She disappeared again going back into the house. When she returned she had a beautiful fox fur coat, climbed in the Model A car upon the bucket and became my mom the fancy dressed bucket lady

- Jan Sinclair

My mother and I were like oil and vinegar. If she told me to put the silverware in soapy water first, I did it last. I held the iron directly the opposite of her instructions. She said small stitches to embroider, mine were long. And the Grand Master of everything defiant, if she liked something, I immediately hated it. Sometimes she would mess with me and say, "Susan, I love this coat." "I don't". "Yeah,, you're right, it's not very cute at all." "Let me see it again, I didn't look at it very close. Yes, I think this is the one," Mother would grin and say, "It looks adorable on you!" I took the coat off and threw it on a hanger. "I HATE this coat!" And there it was, the coat my mother picked up and said, "This is the ugliest coat I have ever seen!" As she went to replace it on the rack, I grabbed it and said "I LOVE this coat!" Mother pleaded and begged me not to buy the coat. Getting a new coat was a big deal! I didn't have to wear my brother's hand me down coat for the first time. I wore it to school the next day and everyone laughed and made fun of me. I never wore the coat again. I went to school without. The coat hung in the closet until my mother died, It really was an ugly coat.

- Sue Comito

Pictures



Happy
Easter!!!



Nurse's Station

Get In the Know about Mental Health Awareness Month

May is Mental Health Awareness Month. In an effort to clear up common misconceptions and promote increased awareness, we present 15 important facts about mental health.

Millions of Americans quietly battle mental health issues each year. Mental Health Awareness Month aims to destigmatize this condition by encouraging open conversations as well as developing and implementing effective methods for treatment.

We hope that these 15 facts about mental health will encourage you to discuss these issues with those you care about.

- ◆ One in five Americans has experienced some form of mental illness, with one in 25 experiencing serious mental illness, such as bipolar disorder or schizophrenia.
- ◆ Suicide accounts for over 800,000 deaths globally each year, with over 41,000 in the U.S. alone. It is the second leading cause of death worldwide for 15-29 year olds.
- ◆ The rate of mental health disorders doubles for those who have been to war or lived through a major disaster.
- ◆ People with a mental health issue are generally nonviolent. In fact, only 3-5% of violent acts can be attributed to people with a serious mental illness.
- ◆ Many factors can lead to mental illness, including genetics, physical illness or injury, and traumatic life experiences.
- ◆ Many people do not seek treatment for mental illness due to the associated stigma. Only 44% of adults with diagnosable mental illnesses receive treatment.
- ◆ Treatment for mental health problems doesn't only consist of prescribed or OTC medication. Therapy, yoga, meditation and holistic treatments can all help to assuage symptoms.
- ◆ By addressing risk factors such as trauma, it is possible to prevent certain mental health disorders, especially in children and adolescents.
- ◆ Improving mental health services in low- to medium-income countries is not as costly as some may think. An investment of only \$2-4 per capita would have a major impact on millions of lives.
- ◆ Each year, serious mental illnesses cost the U.S. almost \$200 billion in lost earnings.
- ◆ 50.5% of adults in the U.S. who have had a problem with substance abuse also suffer from mental illness.
- ◆ 20% of youth have a mental health condition, with one in 10 young people having experienced a period of major depression.
- ◆ Members of the LGBTQ community are twice as likely as straight individuals to have a mental health condition.
- ◆ 70-90% of people who seek proper treatment for mental health disorders witness a significant reduction in symptoms.
- ◆ Last but not least: most people living with mental illness lead productive lives despite their challenges.



Word Search Puzzle

Mother's Day Word Search

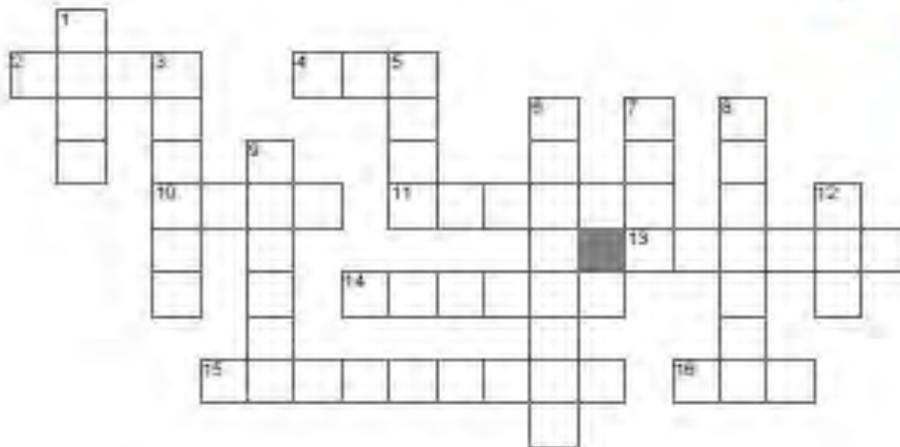
Happy Mother's Day!

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

- Caring
- Roses
- Honor
- Inspiration
- Respect
- Children
- Son
- Happy
- Devoted
- Home
- Sunday
- Gifts
- Thank You
- Giving
- Love
- Kisses
- Cake
- Memories
- Hugs
- Card
- Beautiful
- Celebrate
- Grandmother
- Laugh
- Heart
- Family
- Mother
- Holiday
- Fun
- Daughter

Mix Up Puzzle

Mother's Day Crossword



ACROSS

- 2. A piece of writing that expresses emotions using words that rhyme.
- 4. Squeeze someone tightly in one's arms, to express affection.
- 10. Make it easier for Mom to do something.
- 11. An expression of gratitude.
- 13. Day of the week we celebrate Mother's Day.
- 14. Looking after those unable to care for themselves.
- 15. Give Mom a surprise and do this for her this morning.
- 16. Happy Mother's _____.

DOWN

- 1. An intense feeling of deep affection.
- 3. Woman who gives birth or who has the responsibility of care for children.
- 5. Another word for a present.
- 6. The quality of being friendly, generous, and considerate.
- 7. Touch with the lips as a sign of love.
- 8. Mom's Mother
- 9. The seed-bearing part of a plant.
- 12. The fifth month of the year.

POEM	MOTHER	HELP	KISS
GIFT	MAY	FLOWER	GRANDMA
CARING	SUNDAY	HUG	KINDNESS
THANKS	BREAKFAST	DAY	LOVE