

The Courtyard Chronicles

Courtyard Coordinators

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Housekeeping (P.Hill)

Bondurant/Pleasant Hill Edition

Managers Message

If you sit in the front yard of Courtyard Estates in Bondurant, you will see the sky light up with fireworks from all over the county. It's an amazing sight to see. The show starts at dusk and can run until 10:30 to 11 p.m.

And the fireworks are not just on 4th of July, we could see them from the third fourth and fifth of July. If you get a chance and you can stay up that late, grab a chair a glass of iced tea or lemonade, a bowl of popcorn and prepare to see an awesome fireworks display. The cost is free, we don't have to fight traffic or the crowds, we can sit comfortably in our own yard and enjoy the fireworks.

It always makes me think of our National Anthem: "... and the rockets red glare the bombs bursting in air gave proof through the night that our flag was still there..." during this fireworks extravaganza, we can see our own flag waving. It's a true patriotic moment.

On this 4th of July be happy, enjoy your family and friends, and be safe. Most of all remember to keep the spirit of the 4th of July in mind during our celebrations: "All men are created equal."

Happy fourth to all and now let the sweet corn begin!

- 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

General News

Culinary Corner

Uncle Sam Banana Split

Ingredients

- Ingredients
- 5 fluid ounces heavy whipping cream
- 3 cups vanilla ice cream
- 3 cups chocolate ice cream
- 3 cups strawberry ice cream
- 2 bananas, chopped
- 1 (5.5 ounce) can chocolate syrup
- 7 tablespoons caramel ice cream topping
- 5 tablespoons multicolored candy sprinkles, or to taste
- 2 sparkler fireworks (optional)

Directions

1. Beat heavy cream with an electric mixer in a chilled metal bowl until light and fluffy, 3 to 5 minutes. Set whipped cream aside.
2. Scoop vanilla, chocolate, and strawberry ice cream into a large serving bowl. Sprinkle with bananas and spread whipped cream over bananas and ice cream. Drizzle with chocolate and caramel toppings and scatter candy sprinkles over the sundae. Decorate with lit sparkler fireworks, say the Pledge of Allegiance, and serve.



Birthday's

- Barbara Ostling - July 3rd
- Geneva Robben - July 10th
- Phyllis Kahler - July 17th
- Lois Martin - July 17th
- Lynne Stewart – July 29th
- Jan Sinclair - July 31st



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

Happy 4th of July!!!



General News

Just Ask Sue ...

Do you have those nagging questions that keep you up at night? Or you ask around and nobody seems to have the answer? Well guess what! All you have to do is Just Ask Sue. Do I have all the answers? No. If I don't, I'll make it up. It's still an answer. So jot down those questions you'd like answered and give them to Dianna. They can be anonymous. In following issues of the Chronicles, you could see your question answered by Sue.

This month we have these questions and my best answers.

First question:

Why did Yankee Doodle stick a feather in his cap and call it macaroni?

Answer: I think everyone knows the answer to this one: He's Italian.

Next question:

How much wood could a woodchuck chuck if a woodchuck could chuck wood?

Answer: for this question, I asked Alexa and she told me it was approximately 600 lb of wood. However, when I asked her the follow-up question of how many pickled peppers Peter Piper picked she told me she had no idea. So that one will always remain a mystery.

Final question:

This question has everyone baffled. What is Tina's favorite animal?

Answer: this one was really hard. She loves fancy chickens. She keeps them as pets. They aren't dipped in batter and fried. Ever.

So there you have it. Just Ask Sue and I'll have an answer for you.



General News

B - I - N - G - O



Nurse's Station

Hemochromatosis Awareness Month

What is Hemochromatosis?

Hemochromatosis is an iron disorder in which the body simply loads too much iron. This action is genetic and the excess iron, if left untreated, can damage joints, organs, and eventually be fatal.

There are several types of hemochromatosis. Type 1, also called Classic Hemochromatosis (HHC), is a leading cause of iron overload disease. People with HHC (too much iron) absorb extra amounts of iron from the daily diet. The human body cannot rid itself of extra iron. Over time, these excesses build up in major organs such as the heart, liver, pancreas, joints, and pituitary. If the extra iron is not removed, these organs can become diseased. Untreated hemochromatosis can be fatal.

Iron is an essential nutrient found in many foods. Iron carries oxygen (in hemoglobin) to all parts of the body. Normally, humans absorb about 8-10% of the iron in foods that they eat. People with hemochromatosis (too much iron) can absorb four times more iron than normal.

Undiagnosed and untreated hemochromatosis (too much iron) increases the risk for diseases and conditions such as:

- Diabetes mellitus
- Irregular heart beat or heart attack
- Arthritis (osteoarthritis, osteoporosis)
- Cirrhosis of the liver or liver cancer
- Gall bladder disease
- Depression
- Impotence
- Infertility
- Hypothyroidism
- Hypogonadism
- Some cancers

Mismanaged iron in the brain has been observed in autopsies of people with neurodegenerative diseases: Alzheimer's, early onset Parkinson's, epilepsy, multiple sclerosis, and Huntington's disease.

Caucasians are the people most at risk for the classic type of hemochromatosis. More than one million Americans have the genes for this type. However, there are other gene combinations that result in hemochromatosis regardless of a person's ethnicity. It is estimated that as much as or more than 16 million Americans have some degree of elevated iron and are at risk for the same diseases that occur in people with the untreated classic type: bone and joint disease, cirrhosis, liver cancer, diabetes, hypothyroidism, hypogonadism, infertility, impotence, depression, or premature death due to liver or heart failure.

Word Search Puzzle

4TH OF JULY WORD SEARCH

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

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|-------------|-----------|--------------|-----------|--------|
| America | Fireworks | Independence | Red | United |
| Blue | Flag | July | Sparklers | White |
| Britain | Fourth | Liberty | Stars | |
| Celebrate | Freedom | Parade | Stripes | |
| Declaration | Holiday | Picnic | Summer | |

Mix Up Puzzle

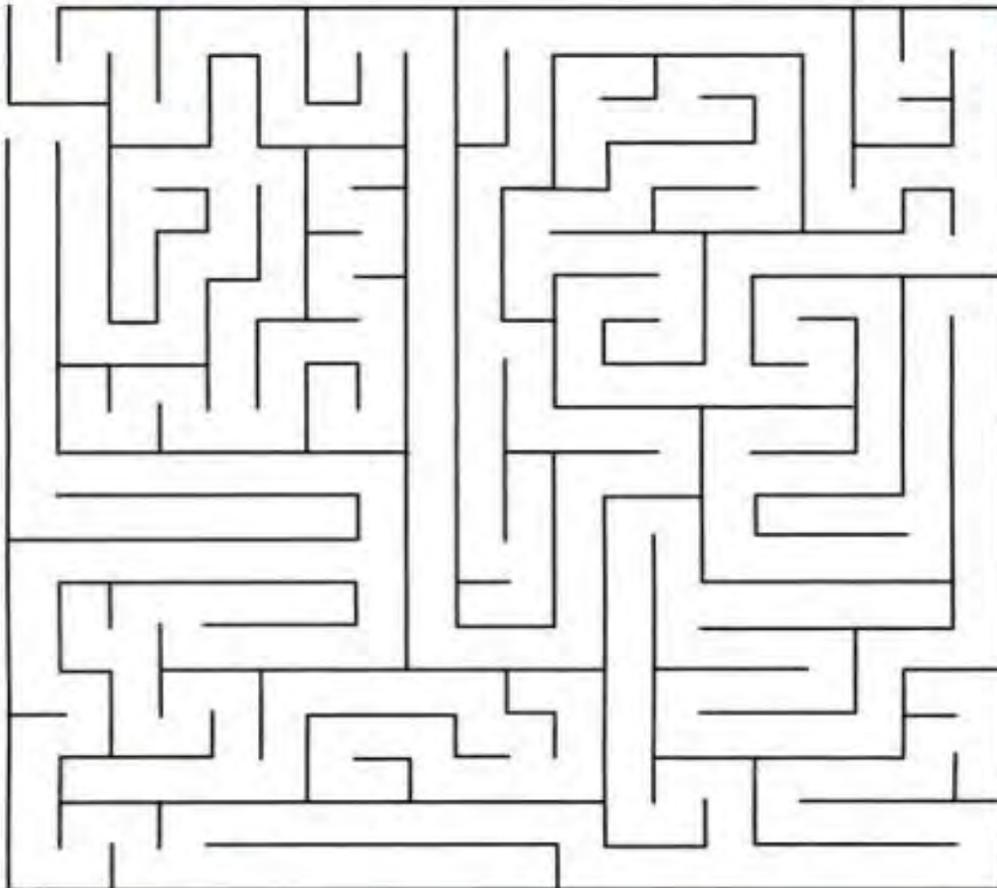
4th of July MAZE



Start



Finish



Can you help Andy get his STAR back ?