

Recipe Roundup– Apple Butter Continued

to make sure a crust is not forming at the bottom.

Cook until thick and smooth (about 1 to 2 hours). A small bit spooned onto a chilled (in the freezer) plate will be thick, not runny.

You can also cook the purée on low heat, stirring only occasionally, but this will take much longer as stirring encourages evaporation. (Note the wider the pan the better, as there is more surface for evaporation.)

As an alternative to stovetop cooking you can cook the purée uncovered in a microwave, on medium heat setting to simmer, for around 30 minutes. If you do this, monitor the cooking every 5 or 10 minutes. Microwaves vary in their power.

CANNING

6 Sterilize canning jars: There are several ways to sterilize your jars for canning.

You can run them through a short cycle on your dishwasher.

You can place them in a large pot (12 quart) of water on top of a steaming rack (so they don't touch the bottom of the pan), and bring the water to a boil for 10 minutes.

Or you can rinse out the jars, dry them, and place them, without lids, in a 200°F oven for 10 minutes.

7 Pour the apple butter into hot, sterilized jars and seal. If you plan to store the apple butter un-refrigerated, make sure to follow proper canning procedures.

Before applying the lids, sterilize the lids by placing them in a bowl and pouring boiling water over them. Wipe the rims of the jars clean before applying the lids.

I use a hot water bath for 10 minutes to ensure a good seal.

As the jars cool, you should hear the lids "popping" as they seal the jars.

November 2019

6132 NE 12TH Av-
Pleasant Hill,
IA50327



601 Hawthorne
Crossing Dr SE,
Bondurant, IA 50035

The Courtyard Chronicles

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We are always looking for volunteers! Join us for events or outings, or simply visit with our residents who need a friend! Contact Sarah Davis or Diana Webb (see contact info on front) to discuss opportunities!

Upcoming Fun

Monday, Wednesday, Friday

9:45 AM Bondurant Live 2 Be Healthy Exercise Class
10:45 AM Pleasant Hill

Mon/Fri 1PM Bondurant
Tues./Thurs 2PM Pleasant Hill Music Speaks

1st and 3rd Tuesday 10 AM
Bondurant
1st and 3rd Wednesday, 10 AM
Pleasant Hill Massages with Chad

November 3rd Daylight Savings Ends (Fall back)

November 5th Election Day

November 11th Veteran's Day Program

November 17th Bus Trip to Arts and Craft Show (Pleasant Hill)

November 21st Thanksgiving Family Dinner 5:30pm

November 28th Thanksgiving

November 29th Black Friday

All activities subject to change at any time to meet the ever-changing needs and desires of the residents who live here.

Welcome Home!



Mike Redling
Theresa Buckingham
Roger and Josephine Rhoads



Resident Birthdays

- November 2- Jill Warrick
- November 8- Mary Schiernbeck
- November 9- Palma Cramer
- November 11- Florence Hill
- November 13- Barb Fox
- November 15- Larry Hackbarth
- November 23- Max Cummings

Staff Birthdays

- November 10- Dianna Webb
- November 20- Jenna Ahmetasevic
- November 25- Sarah Davis
- November 28- Chris Davis
- November 29- Ashley Gilbert

In Loving Memory



Professionally Managed by



Thanksgiving Family Meal

Courtyard Estates would like to invite all families to join staff and residents for our annual Thanksgiving meal. Both buildings will have their Thanksgiving meal November 21st. The kitchen will start to serve residents and families at 5:30pm.

To make sure that we have the correct amount of food, we ask that families RSVP no later than November 18th. Please RSVP's to Dianna if your love one lives at Bondurant, or Sarah for Pleasant Hill.

We look forward to seeing everyone!



Community Check in- Getting to know Mary

My name is Mary Essex, I am the Registered Nurse and Health Care Coordinator for both Courtyard Estates Pleasant Hill and Bondurant. I have been a nurse for nearly 22 years. I have specialized in Dialysis, Infusion, Surgery and Home Care throughout my career. Landing at Courtyard Estates has been a Blessing and a Joy for me. I enjoy my job but really enjoy all the colorful Residents. Prior to being a nurse, I was a Beautician and an Executive Administrator. Needless to say, "Nursing" is my calling.

I am from Boston, Mass (go Pats! And all the Boston Teams) and a family of 6 Italian/Irish siblings. Since I was an Army Brat I was able to move all over and see the world before my Dad retired in El Paso, TX where I finally was able to go to one school for 4 years, High School.

I met my ex-husband in Houston, TX and since he is from Iowa we decided to move here to raise our children, James, Jessica and Bradley who are all adults now. The biggest Joy in my Life are my four grandchildren, Maria, Cailin, Aubrey and Brooklyn - all girls!! When I am with them the world stands still.

It is a Joy to be a part of the Courtyard Estates Team and taking care of and enjoying all the Residents and their families.



Veteran's Day by Cheryl Dyson

On Veterans Day we honor all, Who answered to a service call. Soldiers young, and soldiers old, Fought for freedom, brave and bold, And all of them deserve our pride We're proud of all the soldiers who, Kept thinking of red, white and blue. They fought for us and all our rights, They fought through many days and nights. And though we may not know each name, We thank ALL veterans just the same.

Recipe Roundup– Apple Butter

Prep time: 20 minutes Cook time: 2 hours

Makes a little more than 3 pint jars

INGREDIENTS

4 lbs of good cooking apples (we use Granny Smith or Gravenstein)

1 cup apple cider vinegar

2 cups water

Sugar (about 4 cups, see cooking instructions)

Salt

2 teaspoons cinnamon

1/2 teaspoon ground cloves

1/2 teaspoon allspice

Zest and juice of 1 lemon

Special equipment:

1 wide 8-quart pan (Stainless steel or copper with stainless steel lining)

A food mill or a chinois sieve

A large (8 cup) measuring cup pourer

6-8 8-ounce canning jars

PREPARING THE FRUIT

1 Cut the apples into quarters, without peeling or coring them. (Much of the pectin is in the cores and flavor in the peels). Cut out damaged parts.

FIRST STAGE OF COOKING

2 Cook the apples: Put the quartered apples into large pot, add the vinegar and water, cover, bring to a boil, reduce heat to simmer, cook until apples are soft, about 20 minutes. Remove from heat.

PURÉE APPLES AND ADD THE SUGAR AND SPICES

3 Purée the apples through a food mill or chinois: Ladle apple mixture (cooked apples and liquid) into a chinois sieve (or food mill) and using a pestle force pulp from the chinois into a large bowl below.

4 Add sugar, spices, lemon rind, and juice: Measure resulting puree. Add 1/2 cup of sugar for each cup of apple pulp. Stir to dissolve sugar. Add a dash of salt, and the cinnamon, ground cloves, allspice, lemon rind and juice. Taste and adjust seasonings if necessary.

SECOND STAGE OF COOKING

5 Cook the apple mixture, stirring often: Cook the apple sugar mixture uncovered in a large, wide, thick-bottomed pot on medium low heat, stirring often to prevent burning. Scrape the bottom of the pot while you stir

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