



THE SENIOR GAZETTE



CONTENTS

02

Management Team

From the Executive Director's Desk

Message from Events

03

Recipe of the Month

Jack Frost Freezing Your Joints?

04

Last Month at CYE

Message from Marketing

05

Thyroid Awareness

Healthy Skin Aging

06

Alzheimer's Diagnosis

Medicare Fraud Alert

07

Puzzle Station

08

Looking Ahead to February

Puzzle Station Answer Key

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Courtyard Estates of Bushnell

Independent/Assisted Living & Memory Care

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LOOKING AHEAD TO FEBRUARY

FEBRUARY 1ST

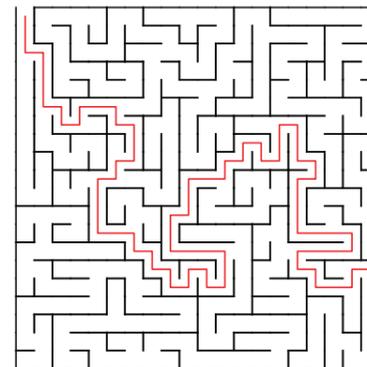
Wear Red for Women's Heart Month. We will take a group photo. We will kick off our St. Jude Fundraiser of Hot Chocolate Bombs. More info will be posted on our Facebook page soon.



Puzzle Station Answer Key

WORD SCRAMBLE

1. HOCKEY
2. SOCKS
3. SKATE
4. MITTENS
5. FIREPLACE



CROSSWORD

ACROSS

1. DROPS
7. MIDNIGHT
8. TIMES SQUARE
9. JANUARY
10. CONFETTI

DOWN

2. PARADE
3. PARTY
4. FIREWORKS
5. NOISE MAKERS
6. RESOLUTION
10. CLOCK

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 facebook.com/bushnellcye

Management Team

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Executive Director

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Marketing & Admissions

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Event Coordinator

JAKE PENDARVIS
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From the Executive Director's Desk

Dear Family and Friends,

January brings a New Year and of course, New Year's Resolutions. I wish everyone luck with the resolution you may have made for 2023. One of my resolutions remains the same as always, to ensure our tenants have a wonderful place to call home. Please let us know if there is anything you think we should do to make our facility better for our tenants and families. Thank you so much to everyone for all of the holiday cards and goodies that we were given during the holidays! I would like to end with a quote I feel is a great thought to bring in this new year with- " Three things in human life are important: the first is to be kind. The second is to be kind. And, the third is to be kind."(Henry James 1843-1916)
- Amy Paulus, Executive Director

SNOW TIME WORD SEARCH

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

- | | | | |
|----------|---------|--------|----------|
| BLIZZARD | FROSTY | IGLOO | SLED |
| COLD | FROZEN | PLOW | SLIPPERY |
| DRIFT | ICEBERG | SHOVEL | SNOWBALL |
| FLURRY | ICICLE | SKIING | SNOWMAN |

WINTER WORD SCRAMBLE

1. KYHCOE:

2. SSKOC:

3. SATEK:

4. IENMSTT:

5. LPERCFIEA:

EVENTS

With the ever-changing COVID guidelines, we have decided to use our Courtyard Facebook and email to update everyone on January Events.

VISITING

Please continue checking in as you enter the facility to visit your loved one. We'll continue to follow the County COVID Rate for our Mask wearing. We will continue to have masks available at the entrance to our facility.



EMAIL

We would love for families to share your email address with us. We can send weekly updates on activities and events. This is also a great way for us to share photos with you. You may drop off your email address on a slip of paper to Amy or Jessica.

Message from the Event Coordinator

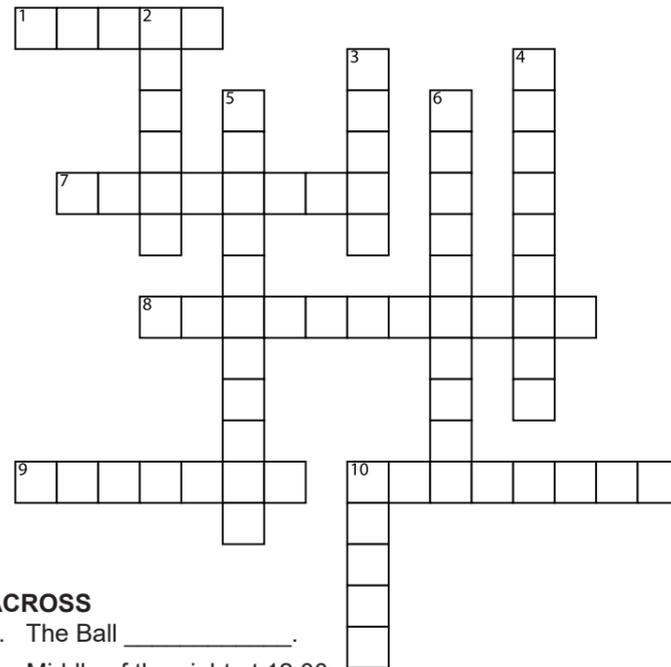
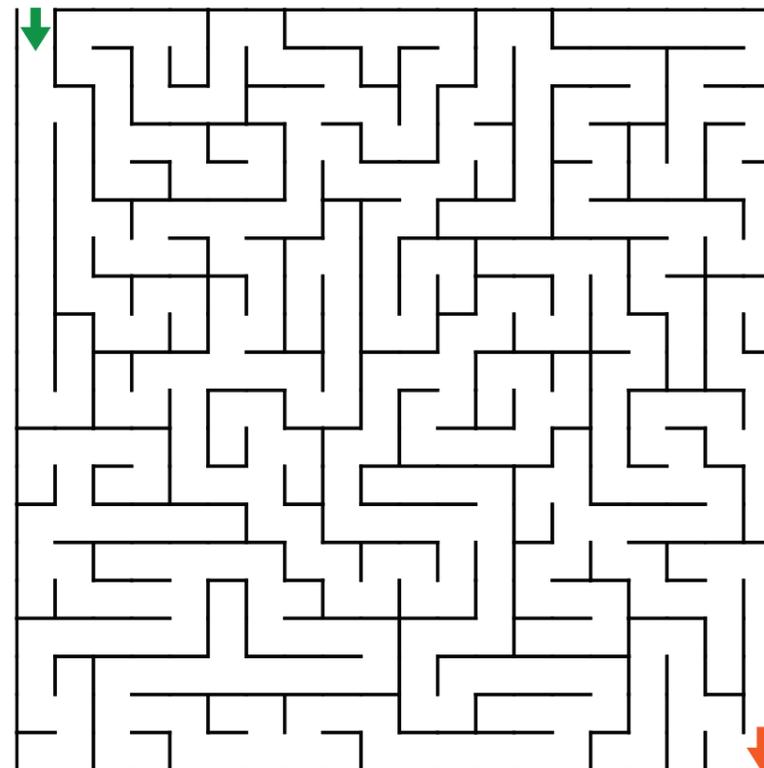
Where oh where did December go?? We had a fun filled month full of one on one activities, small group activities, goodies taken to apartments, fun dress up days, and so much more. I have packed the January calendar full of fun winter activities that can also be delivered to your apartment to complete. If you need my help with contacting your family by facetime, zoom, phone calls or an email just let me know.

Thank you all so much for all of the cards and goodies during the holidays.

Happy New Year!

- Jessica Wright, Event Coordinator

MAZE PUZZLE



ACROSS

- The Ball _____
- Middle of the night at 12:00
- Intersection in NYC that is the site of annual New Year's Eve celebrations
- New Year's Day (Month)
- Small pieces of colored paper or streamers

DOWN

- An organized public procession of people, bands, and floats
- Celebration on New Year's Eve
- A spectacular display of the effects in the sky
- Horns or rattles used to make noise at a party
- That which is resolved or determined
- You check out the time on this device

HYDRATION STATION

We always have iced cold water with fruit in the Parlor and in Betty's Garden. It is very important to stay hydrated.



TENANTS

Willadene Signstock
January 28th

Telling Others About an Alzheimer's Diagnosis

When you learn that someone you care about has Alzheimer's, you may hesitate to tell the person that he or she has the disease. You may also have a hard time deciding whether to tell family and friends. Once you are emotionally ready to discuss the diagnosis, how will you break the news? Here are some suggestions for talking about the disease with others.

Respect the person's right to know

- You may want to protect the person by withholding information. But your loved one is an adult with the right to know the truth. It can be a relief to hear the diagnosis, especially if the person had suspected he or she had Alzheimer's disease.
- In many cases, people who are diagnosed early are able to participate in important decisions about their healthcare and legal and financial planning.
- While there is no current cure for Alzheimer's, life will not stop with the diagnosis. There are treatments and services that can make life better for everyone.

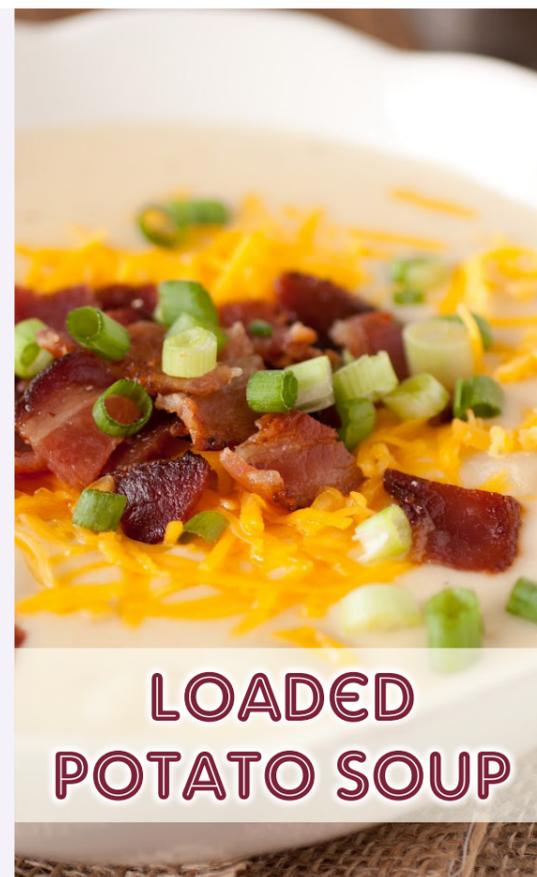
Plan how to tell the person

- Talk with doctors, social workers and others who work with people who have Alzheimer's to plan an approach for discussing the diagnosis.
- Shape the discussion to fit the person's emotional state, medical condition and ability to remember and make decisions.

- Don't provide too much information at once. Listen carefully to the person. They often signal the amount of information they can deal with through their question and reactions. Later, you can explain the symptoms of Alzheimer's and talk about planning for the future and getting support.

Help the person accept the diagnosis

- The person may not understand the meaning of the diagnosis or may deny it. Accept such reactions and avoid further explanations.
 - If they respond well, try providing additional information.
 - The person with Alzheimer's may forget the initial discussion but not the emotion involved. If telling them upsets them, hearing additional details may trigger the same reaction later.
 - Reassure your loved one. Express your commitment to help and give support. Let the person know that you will do all you can to keep your lives fulfilling.
 - Be open to the person's need to talk about the diagnosis and his or her emotions.
 - Look for nonverbal signs of sadness, anger or anxiety. Respond with love and reassurance.
 - Offer to attend a support group together.
- Melissa Shultz, *Memory Care Coordinator*



LOADED POTATO SOUP

INGREDIENTS

- 1 package (12 oz) bacon
- 1 1/2 cups chopped onion
- 6 cups chicken broth
- 2 lb baking potatoes, peeled, cubed
- 2/3 cup butter
- 3/4 cup all-purpose flour
- 4 cups milk
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 cup diced cooked ham
- 1 container (8 oz) sour cream
- 2 1/2 cups (10 oz) shredded sharp Cheddar cheese
- 3/4 cup sliced green onions

DIRECTIONS

In 12-inch skillet, cook bacon over medium heat 6-7 min. or until crisp; drain on paper towels. Crumble bacon; set aside. Reserve 2 TBSP drippings in skillet. Cook onion in bacon drippings over medium-high heat 6 min. or until almost tender. In 6-quart Dutch oven, mix onion, broth and potatoes. Heat to boiling; reduce heat. Cook 10 min. or until potatoes are very tender. Meanwhile, in same skillet, melt butter over low heat. Stir in flour with whisk until smooth. Cook and stir 1 min. Gradually stir in 2 cups of the milk. Pour milk mixture into potato mixture. Add remaining 2 cups milk, the salt and pepper. Cook over medium heat, stirring constantly with whisk, until mixture is thickened and bubbly. Stir in ham, half of the bacon, the sour cream, 2 cups of the cheese and 1/2 cup of the green onions. Cook until thoroughly heated and cheese is melted. Evenly top individual servings with remaining bacon, 1/2 cup cheese and 1/4 cup green onions.

AVAILABLE MENU



Chicken Strips
with Potato Wedges



Denver Omelet
with Toast or
Potato Cubes



**Chicken Noodle
or Tomato Soup**
with Grilled Cheese

DID YOU KNOW?

Courtyard Estates offers the following:

- In-house Therapy Services
- Respite/Short Term Stays
- Nursing Services
- Nutritious Meals

**JACK FROST
FREEZING
YOUR JOINTS?**

With colder weather, joint pains and stiffened muscles are the most common health problem plaguing the lives of older adults. For many arthritis patients, pain, swelling, stiffness, fatigue and other common arthritis symptoms are harder to control during the winter. Colder weather makes it difficult for older adults to complete normal, everyday tasks.

Find relief with these tips:

- Dress warmly
- Hydrate
- Exercise
- Take warm baths
- Use heating pads/ heated blankets

Weakened joints and an unsteady gait can increase the risk for falls in older adults. Reduce your risk by increasing physical activity and introducing a healthy diet.

Courtyard Estates offers healthy interventions and programs that can benefit those suffering from arthritis pain. Contact us today to learn more.



FRAUD ALERT! Tips to Help Prevent Medicare Fraud

- **Be mindful of who you are speaking to on the phone.** Scammers sometimes pretend to be from Medicare, Social Security, law enforcement, etc. They may ask you for personal information order to keep your benefits or to keep you out of jail. These threats are not legitimate.
- **You have the right to say no** and end the call.
- **Never** send your Social Security number, Medicare number, or banking information to solicitors.

DECEMBER DECOR AT COURTYARD ESTATES



Message from Marketing/Admissions

Fitness Tips to Stay Healthy During the Cold Months

January can be one of the coldest months of the year. Most people, including myself, would rather stay home where it is warm. But staying inside tends to lead to unhealthy habits and not getting the exercise you need. Here are a few tips to stay healthy during the cold months.

- **Dance Party.** You can find dance videos online and dance along with them. This is good for the mind, body and soul.
- **Traditional Exercise.** Traditional exercise can be adapted for senior safety. A couple of examples are chair squats and planks.
- **Chair Yoga.** Yoga is another form of fitness that is good for the body and soul. Chair yoga is just as effective as traditional forms of yoga.
- **Tai Chi.** This is known to improve core strength, endurance and flexibility.
- **Strength Training.** Doing strength training a couple times a week will help keep your muscle mass from declining that could lead to falls. Resistance bands and small weights are safe for seniors and are affordable.

Living in an assisted living community you will have the space to get your exercise in. Joining the daily exercise activity and walking the halls are a couple of great ways to stay fit and active plus you can stay warm by not having to go out into the bitter cold weather to go to the local Gym to get your exercise. **Give me a call today to see what living in our community is all about.**

– Mandy Fawcett, Marketing & Admissions Coordinator

National Thyroid Awareness Month

I hope you all had a wonderful holiday! As we ring in the New Year, we observe **National Thyroid Awareness Month**. The thyroid gland is a small, butterfly-shaped gland near the base of the neck (just below the Adam's apple). Even though the thyroid is fairly small, it plays an important part in the function of many important organs, the heart, brain, liver kidneys and the skin.

Approximately 15 million Americans have thyroid problems that have gone undiagnosed. One way for early detection is a self neck exam. This can help you find lumps or enlargements in the neck.

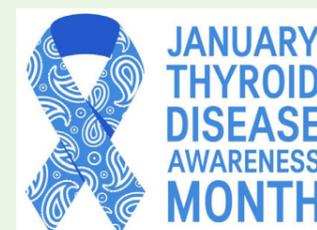
Thyroid conditions can include:

- Hashimoto's Thyroiditis
- Thyroid Nodules
- Hyperthyroidism
- Thyroid Cancer
- Hypothyroidism
- Grave's Disease

Two common diseases of the thyroid are hypo and hyperthyroidism. **Hypothyroidism** is when the thyroid gland does not produce enough thyroid hormone. Symptoms can include fatigue, poor concentration, dry skin, constipation, hair loss, and many others. **Hyperthyroidism** is when the gland is overactive and produces too much thyroid hormone. Some common symptoms may include nervousness, anxiety, rapid heart rate, hand tremors, excessive sweating, weight loss, sleep problems and many other symptoms.

Happy New Year!!

– Liz Rhodes, Wellness Director



Healthy Skin Aging

Your skin changes with age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. But there are things you can do to protect your skin and make it feel & look better.

DRY SKIN AND ITCHING

Many older people suffer from dry spots on their skin, often on their lower legs, elbows, and lower arms. **There are many possible reasons for dry skin, such as:**

- Not drinking enough liquids
- Spending too much time in the sun
- Smoking
- Feeling stress
- Losing sweat and oil glands, which is common with age

Some medicines can make skin itchy. Because older people have thinner skin, scratching can cause bleeding that may lead to infection. Talk to your doctor if your skin is very dry and itchy.

Some ways to help dry, itchy skin are:

- Use moisturizers (such as lotions, creams, or ointments), every day
- Use milder soap
- Use warm water over hot water
- Try using a humidifier, an appliance that adds moisture to a room

BRUISES

Older people may bruise easier than younger people. It can take longer for these bruises to heal. Some medicines or illnesses may also cause bruising. Talk to your doctor if you see bruises and don't know how you got them.

WRINKLES

Over time, skin begins to wrinkle. Ultraviolet (UV) light from the sun can make the skin less elastic. Gravity can cause skin to sag and wrinkle. Certain habits, like smoking, also can wrinkle the skin.

AGE SPOTS AND SKIN TAGS

Age spots are flat, brown spots often caused by years in the sun. Using sunscreen may prevent more age spots.

Skin tags are small growths of skin that have a raised surface and are usually flesh-colored. They become common as people age, especially for women.

Age spots and skin tags are harmless, although sometimes skin tags can become irritated. If your age spots or skin tags bother you, talk to your doctor about having them removed.

Source: www.nia.nih.gov/health/skin-care-and-aging