Puzzle Station Answer Key

WORD SCRAMBLE

1. HEROES
2. SACRIFICE
3. REMEMBRANCE
4. SALUTE
5. SERVICE

ABOUT COURTYARD ESTATES OF CANTON

Courtyard Estates provides all the comforts of home as well as health maintenance, state-of-the-art security and a full range of care services. The community offers maintenance and worry-free living that allows you to focus on family, companions, leisure and activities. Our services & amenities include:

- Safe & Secure Environment
- Individual Suites
- Housekeeping Services
- Home-Cooked Meals
- Medical Transportation
- Much More!

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Courtyard Estates of Canton

Supportive Living
160 E. Walnut Street
Canton, IL 61520

(309) 647-6400
www.CourtyardEstates.net

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MAY 2023 NEWSLETTER ISSUE

THE COURTYARD CHRONICLE

Courtyard Estates of Canton

Management Team

SHELLY ROBBINS
Director

AMBER PETTY
Wellness Director

KENDRA SMITH
Business Office Manager

REBEKKA KEEFAUVER
Marketing & Admissions

HEATHER RADWAN
Event Coordinator

MICAH WAKEFIELD
Dietary Manager

ROBERT MASON
Maintenance Director

RACHEL WILLIAMS
Transportation

From the Director's Desk

Let's celebrate the gorgeous month of May! The birds are chirping, the flowers are blooming, the garden is growing, and the sun is warm on our face. May 5th is Cinco de Mayo; this day celebrates the victory of the Mexican army over the French army at the Battle of Puebla in 1862. It is a celebration for us to enjoy Mexican food. I hope the month of May is the best month yet!

– Shelly Robbins, *Director*

Message from Marketing & Admissions

Hello Everyone! We have a few things going on out in the community this month. Starting on May 15th, we will be holding a Cheesecake Fundraiser! You can place your orders by calling us at 309-647-6400 or stopping at our front desk. Money will be due at the time of order or within 48 hours of placing the order and we will only be accepting cash for them. You will be able to pick up your orders between June 26th and June 30th. We are also celebrating National Nurse's Week this month by not only recognizing our own amazing nurses but some of the nurses in our community. We are so grateful to have the amazing healthcare community that we have here in Canton, so if you get the chance to thank a nurse this month, please do!

– Rebekka Keefauver, *Marketing & Admissions Coordinator*

NEWSLETTER EMAILS

If you would like to receive our newsletter via e-mail, please provide your email address by visiting our front desk or calling us at:
(309) 734-9355

MOTHER'S DAY WORD SEARCH

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

APPRECIATE	GIFTS	JOY	MOTHER
COMFORT	GUIDANCE	KISSES	NURTURE
FLOWERS	HUGS	LAUGHTER	TENDER
FORGIVING	JEWELRY	MATERNAL	WISE

MEMORIAL DAY WORD SCRAMBLE

1. E O S H E R:

2. E C S I R I F A C:

3. B E N E R A E M M C R:

4. T L E S A U:

5. C E I R E S V:

Planting your Spring Garden

For the Garden of Your Daily Living

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.

Plant Three Rows of Peas
1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant Four Rows of Squash
1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant Four Rows of Lettuce
1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No Garden is Complete without Turnips
1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To Conclude our Garden, We must Have Thyme
1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Message from the Event Coordinator

We are having a Mother's Day brunch on Friday, May 12, 2023 here at CYE of Canton for our ladies and their guests from 9:30 – 11:30 AM. PLEASE RSVP by 5/7/23 by calling 647 – 6400. The official Mother's Day holiday began when a woman named Anna Jarvis held a memorial service for her own mother on May 12, 1907. (Anna's mother died in 1905.) President Woodrow Wilson made Mother's Day official in 1914. The activity department is looking for donations of new or gently used large piece puzzles that are 300 and 500 pieces, plus we are looking for donations of bird seed. Amber Petty, Rebecca Billingsley and Trish Depperman donated BINGO prizes. Annie Poindexter donated supplies to make Easter cards. Rich Eaves donated sewing materials for our pin purses and activity supplies. Traditions Hospice sponsored BINGO, First Baptist Church provided ministry services, and Calvary Baptist sang and provided ministry. Margaret Wright and Helen Depperman made a monetary donation towards BINGO prizes. Dave Bergland and Shirley Thurman made a monetary donation for the activity fund. A HUGE Thank you to everyone who donated towards the activity department! We couldn't do this without you!!!

– Heather Radwan, *Event Coordinator*

Message from the Dietary Manager

Dear Residents,

I hope this message finds you in good health and enjoying the beautiful month of May. As the Dietary Manager of our wonderful community, I wanted to take a moment to update you on some of the exciting things happening in our kitchen this month.

With summer just around the corner, our team has been working hard to create delicious and nutritious meals that will keep you feeling your best. We are excited to introduce some new menu items, including grilled chicken, hot tuna melts & a refreshing strawberry spinach salad.

As always, we strive to provide balanced meals that meet the dietary needs of our residents. We offer a variety of options for those with specific dietary restrictions, including gluten-free, low-sodium, & vegetarian dishes. Our team is always happy to accommodate any individual requests or preferences.

In addition to our regular menu, we will be hosting a special Mother's Day Brunch on Friday, May 12th. We encourage all of our residents to bring their family and friends to join us for a delicious meal and to celebrate the special women in our lives.

Thank you for entrusting us with your dietary needs. We strive to make sure that every meal is enjoyable, nutritious and served with a side of love.

– Micah Wakefield, *Dietary Manager*

Message from the Wellness Director

Everyone falls sometimes, but falling can have dire consequences for the elderly. Fall statistics show the seriousness of the problem. According to the CDC:

About three million seniors are treated for injuries from falls each year.

Roughly 20 percent of falls cause head injuries, broken bones or other serious damage.

Many falls can be prevented. Simple changes in your daily habits and environment can help you move through the world with more confidence. For example:

Wear nonslip shoes (even inside): You may have been taught that wearing shoes inside is bad manners, but studies confirm that shoes are safer for seniors than bare feet, socks or slippers. Get up slowly: If you have to get out of bed at night, first move to a seated position & place both feet on the floor with your hands at the edge of the bed. Then, sit for a minute or two before you push yourself up from the bed to walk. Stay hydrated: Dehydration in elderly people can be a risk factor for falls, in part because it can lead to confusion and disorientation. If you're not sure how much water you should be drinking in a day, talk to your doctor. Avoid carrying too much: Do not carry heavy objects up and down stairs. Use a cart or ask staff for help if you have a lot to carry. Place a light source near your bed: Many falls happen when seniors get up at night. A nightlight in the bathroom is also a good idea. Evaluate your rugs: Get rid of small throw rugs or replace them with slip – proof rugs. Alert staff of any spills right away: Even a small spill on the floor can pose a hazard if you've forgotten about it. Let staff know, so we can clean it up for you. Use slip – proof mats in all showers and tubs: Falling in the bathroom is a common cause of injury, regardless of age.

As we grow older, we lose up to 30 percent of our muscle strength each decade unless we actively work to maintain it. Our flexibility also decreases. Having good strength, balance and flexibility can mean the difference between recovering from a misstep and experiencing a major fall and possible injuries. Also, making these small changes to your home environment can reduce your fall risk, so you can stay active and safe.

– Amber Petty, *Wellness Director*

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.

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday! (Staff) Jessica Cockerill 5/2 Ryleigh Watson 5/10	1 10AM - Exercise 10:30AM - Walking Club 1PM - Resident Council Meeting 3PM - Calvary Baptist	2 10AM - Bible Study 1:30PM - Gardening Group	3 10AM - Exercise 10:30AM - The Page Turners 1:30PM - Crafts	4 10AM - Church 1:30PM - Nail Art	5 10AM - Exercise 10:30AM - The Page Turners 1:30PM - BINGO	6 1:30PM - Movie National Nurse's Week
7 1:30PM - Movie National Nurse's Week	8 10AM - Exercise 10:30AM - Walking Club 1:30PM - Washers National Nurse's Week	9 10AM - Bible Study 1:30PM - Craft Fair National Nurse's Week	10 10AM - Exercise 10:30AM - The Page Turners 1:30PM - Sewing Circle National Nurse's Week	11 10AM - Church 1:30PM - Making Sugar Scrubs National Nurse's Week	12 9:30 - 11:30AM Mother's Day Brunch 2PM - BINGO National Nurse's Week	13 1:30PM - Movie
Mother's Day 14	15 10AM - Exercise 10:30AM - Walking Club 1:30PM - Bags	16 10AM - Bible Study 1:30PM - Gardening Group	17 10AM - Exercise 10:30AM - The Page Turners 1:30PM - Rummy Card Group	18 10AM - Church] 1:30PM - Nail Art	19 9:30AM - Cornbread & Coffee 10AM - Exercise 10:30AM - The Page Turners 1:30PM - BINGO National Transportation Day	20 1:30PM - Movie
21 1:30PM - Movie	22 10AM - Exercise 10:30AM - Walking Club 1:30PM - Mexican Dominoes	23 10AM - Bible Study 1:30PM - Cooking	24 10AM - Exercise 10:30AM - The Page Turners 1:30PM - Crafts	25 10AM - Church 1:30PM - Popcorn & Movie 3PM - Dinner Outing	26 10AM - Exercise 10:30AM - The Page Turners 1:30PM - BINGO	27 1:30PM - Movie
28 1:30PM - Movie	29 *Memorial Day* 10AM Exercise 10:30AM The Page Turners 1:30PM Movie	30 10AM - Bible Study 1:30PM - Gardening Group	31 10AM - Exercise 10:30AM - The Page Turners 1:30PM - Sewing Circle	Happy Birthday! (Residents) Judy Wheeler 5/7 Jim Quick 5/12 Margaret Wright 5/15	Floy Lopeman 5/22 Dorothy Francis 5/27	Petersen Health Care

Tenants

Judy Wheeler 5/7

Jim Quick 5/12

Margaret Wright 5/15

Floy Lopeman 5/22

Dorothy Francis 5/27

Employees

Jessica Cockerill 5/2

Ryleigh Watson 5/10

COURTYARD COMICS

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