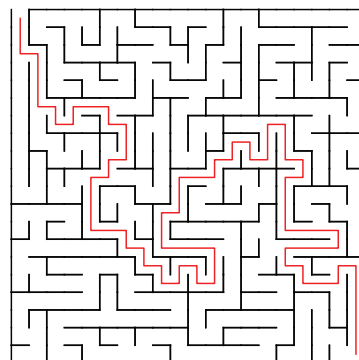




Puzzle Station Answer Key

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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*Courtyard Estates
of Bradford*

Independent/Assisted Living

100 Courtyard Boulevard
Bradford, IL 61421

(309) 897-8316

www.CourtyardEstates.net

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WINTER NEWSLETTER ISSUE



THE BRADFORD BUZZ



January 2024




*Courtyard Estates
of Bradford*

*"Elegant Lifestyle
for Active Seniors"*



Management Team

BRITTANY FRANKLIN
Director

JESI CARLSON
Marketing & Admissions
Coordinator



From the Director's Desk



Dear Tenants, Family, and Friends,
Happy New Year to all!! 2023 sure went by very fast!!! I hope you all had a wonderful Christmas and Happiest New Year!! We have so many fun things planned for this year! I can't wait to see all the great things to come for us here in Bradford. During these winter months it's hard for many to keep the winter blues away. Let us help by joining us in the great room for our daily exercise and activities.

– Brittany Franklin, 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: _____

RESPITE STAYS

Respite stays at Courtyard Estates provide worry-free living that includes:

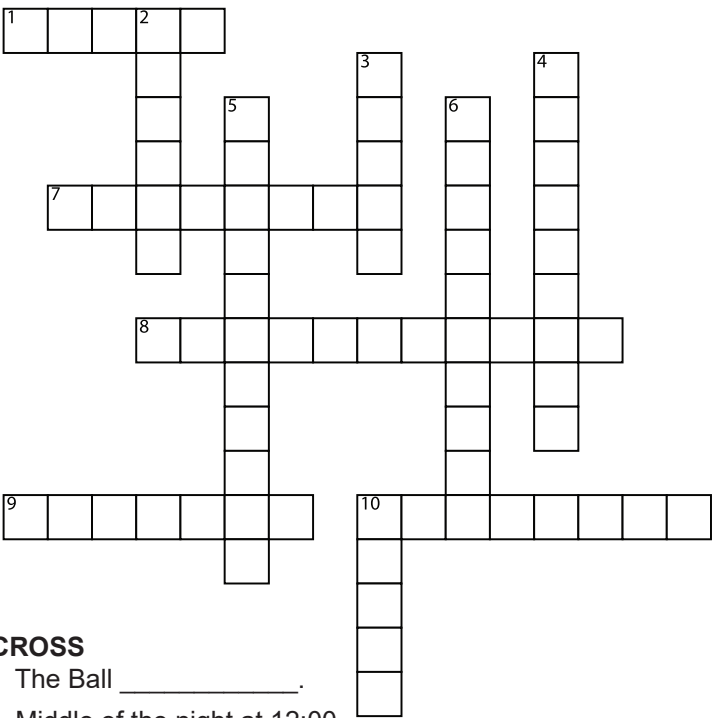
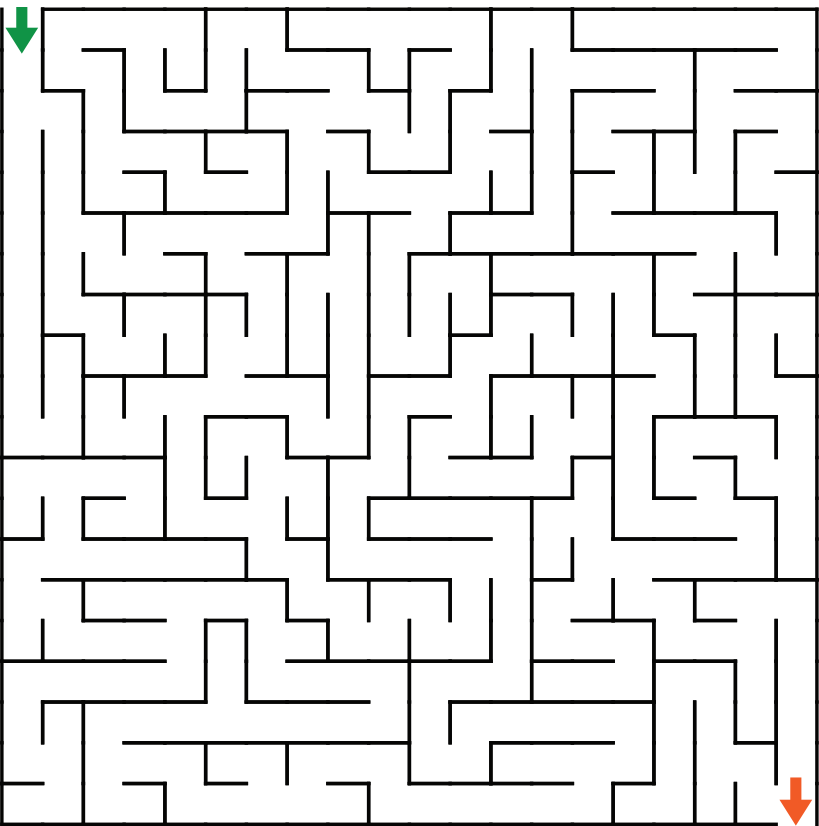
- Private Apartment
- 24 Hour Staff Assistance
- Emergency Call Light System
- Homemade Meals
- Housekeeping/Laundry Services
- Nursing Availability
- Medication Management
- and More!



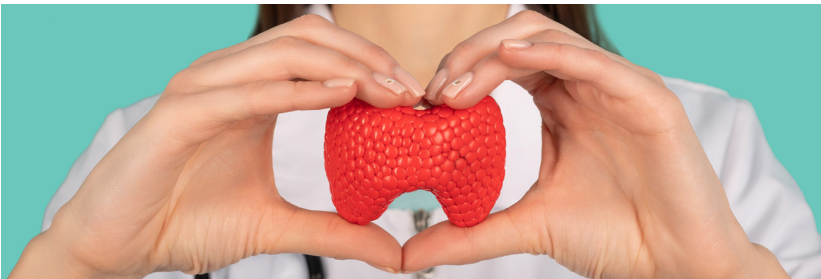
Contact us today to learn more about our respite stay program or schedule a personal tour!

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MAZE PUZZLE



- ACROSS**
1. The Ball _____
7. Middle of the night at 12:00
8. Intersection in NYC that is the site of annual New Year's Eve celebrations
9. New Year's Day (Month)
10. Small pieces of colored paper or streamers
- DOWN**
2. An organized public procession of people, bands, and floats
3. Celebration on New Year's Eve
4. A spectacular display of the effects in the sky
5. Horns or rattles used to make noise at a party
6. That which is resolved or determined
10. You check out the time on this device



OLDER ADULTS AND THYROID DISEASE

What do the following patients over the age of 60 years have in common?

- A 72 year old woman with “fluttering of the heart” and vague chest discomfort on climbing stairs
- An 80 year old man with severe constipation who falls asleep often
- A 65 year old woman who has lost strength in her legs, causing difficulty in climbing stairs; she has recently lost 15 lbs in spite of a very good appetite
- A 78 year old man with hearing loss
- A 75 year old woman who has developed difficulty swallowing and a dry cough, accompanied by hoarseness, weight gain, and dry, itchy skin
- An 84 year old woman in whom a hand tremor has caused her to give up favorite activities. She is so depressed that she will not eat, and she has lost 12 lbs in the last 4 months.

These patients exhibit thyroid gland dysfunction. Patients 1, 3, and 6 show hyperthyroidism, characterized by excess thyroid hormone production. Patients 2, 4, and 5 have hypothyroidism, with reduced hormone production. Hyperthyroidism and hypothyroidism in older patients may mimic other conditions, like gastrointestinal or cardiovascular disorders. A key indicator in elderly patients is a family history of thyroid disease in a close relative.

Hyperthyroidism in the Older Patient

In older patients, hyperthyroidism may manifest with fewer symptoms than in younger individuals. For instance, patient 1 experienced heart fluttering and chest discomfort. Treatment involves antithyroid drugs and radioactive iodine, with surgery rarely recommended due to heightened risks in older patients.

Symptoms and Treatment

While younger patients often exhibit multiple symptoms, the elderly may only present one or two. Patient 6, for example, displayed depression and tremor. Close monitoring during therapy is crucial due to potential co-existing conditions in older patients. Beta-adrenergic blockers may be used, and radioactive iodine is considered for definitive treatment.

Hypothyroidism in the Older Patient

Hypothyroidism is prevalent in patients over 60, often with non-specific symptoms. Memory loss or cognitive decline may be the sole indicators in older individuals. Diagnosis requires suspicion, considering factors like family history or past thyroid treatment.

Diagnosis and Treatment

Decision-making for hypothyroidism treatment depends on symptoms and thyroid-stimulating hormone (TSH) levels. Treatment with synthetic thyroxine begins gradually, with adjustments based on symptoms and TSH levels. Careful consideration is given to the potential impact on the heart and central nervous system in the elderly, with close monitoring for adverse effects.



NO BAKE PEANUT BUTTER CHEX BARS

Makes 24 servings

INGREDIENTS

- 6 cups Rice Chex Cereal
- 1 ½ cups peanuts, roughly chopped
- 1 cup brown sugar
- 1 cup light corn syrup
- 1 cup creamy peanut butter
- 1 Tablespoon vanilla
- ½ teaspoon salt
- 1 cup milk chocolate chips

DIRECTIONS

1. Grease a 9 x 13 inch pan. Mix the cereal and peanuts in a large bowl.
2. In a medium saucepan, stir together the brown sugar and corn syrup over medium heat. Bring the mixture to a boil for 1 minute. Then remove from heat and stir in the peanut butter, vanilla, and salt. Stir until the mixture is smooth.
3. Pour the peanut butter mixture over the cereal mixture. Toss carefully with a wooden spoon until all of the cereal is covered.
4. Transfer the mixture into the prepared 9 x 13 inch pan and press down gently. Cool for about 20 minutes.
5. Melt the chocolate chips in the microwave stirring every 20 seconds until completely melted and smooth. Drizzle over the cooled bars. Let chocolate cool.
6. Cut into bars and enjoy!

The Eyes Have It: Facts Seniors Should Know About Glaucoma

As individuals age, vision can be impacted by conditions like macular degeneration, cataracts, & glaucoma, increasing the risk of blindness if untreated.

Understanding Glaucoma

Elevated eye pressure can damage the crucial optic nerve, impeding light and compromising vision due to fluid buildup. Glaucoma is noteworthy for potentially occurring even with normal eye pressure.

Risk Factors and Prevention


Certain risk factors increase susceptibility to glaucoma, including age, African descent, diabetes, migraines, high blood pressure, and a family history of the disease. Preventive measures include regular eye exams, with frequency based on age and risk factors.

Taking Action for Eye Health

Addressing glaucoma requires prompt medical attention. Prescribed eye drops and surgical treatments can help manage the condition. Lifestyle measures such as regular exercise and a nutritious diet contribute to eye health as well.



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>New Year's Day</i> 1 Morning Exercise 10am New Year Craft 1pm	Morning Exercise 2 10am Salon Day 9am Jeopardy 1pm Connect four 6pm	Morning Exercise 3 10am Dominoes 1pm Wheel of Fortune 6pm	National Spaghetti Day! 4 Morning Exercise 10am Badminton 1pm Snowball fight 6pm	Morning Exercise 5 10am Bingo 1pm Movie & Popcorn 6pm	Morning Exercise 6 10am Guess who? 1pm Kickball 6pm
Morning Exercise 7 10am UNO 1pm Checkers 6pm	Morning Exercise 8 10am Jenga 1pm Ring Toss 6pm	Morning Exercise 9 10am Salon Day 9am Price is Right 1pm	Morning Exercise 10 10am Beach ball toss 1pm Shuffle board 6pm	Morning Exercise 11 10am Corn hole 1pm Kickball 6pm	Morning Exercise 12 10am Scrabble 1pm Bingo 6pm	Morning Exercise 13 10am Hillbilly Golf 1pm Balloon Battle 6pm
Morning Exercise 14 10am Memory Game 1pm Chutes & Ladders	<i>MLK Jr. Day</i> 15 National Hat Day! Morning Exercise 10am Checkers 1pm Snowball fight 6pm	Morning Exercise 16 10am Salon Day 9am Sorry board game 1pm	Morning Exercise 17 10am Kerplunk 1pm Bunco 6pm	Morning Exercise 18 10am Deal or No Deal 1pm UNO 6pm	National Popcorn Day! 19 Morning Exercise 10am Bingo 1pm Movie & Popcorn	Morning Exercise 20 10am Rubix game 1pm Price is Right 6pm
Morning Exercise 21 10am Je Du Dames 1pm Badminton 6 pm	Morning Exercise 22 10am kickball 1pm Hillbilly Golf 6pm	National Pie Day! 23 Morning Exercise 10am Salon Day 9am Ring Toss 1pm Clue board game 6pm	Morning Exercise 24 10am Balloon Battle 1pm Rummy 6pm	National opposite Day! 25 Morning Exercise 10am Connect four 1pm	Morning Exercise 26 10am Memory Game 1pm Bingo 6pm	National Chocolate Cake Day! 27 Morning Exercise 10am Jeopardy 1pm Kerplunk 6pm
Morning Exercise 28 10am Scrabble 1pm Guess who? 6pm	Morning Exercise 29 10am Yatzee 1pm Cornhole 6pm	Morning Exercise 30 10am Salon Day 9am Wheel of Fortune 1pm Beach ball toss 6pm	National Backward Day! 31 Morning Exercise 10am Chutes & Ladders 1pm			

January Fun Facts

- The first New Year's ball drop in New York City started in 1908.
- In January 1946, the first United States Computer was built in Pennsylvania at the Moore School of Engineering.
- The History Channel was launched in January 1995.
- Generally, January is the coldest month of the year in the Northern Hemisphere.
- In the U.K., some people practice "Dry January." This is a movement to encourage people to quit drinking alcohol for the month in order to encourage public health.
- The name of the full moon occurring in January is the wolf moon.

**If it does not
challenge you,
it does not
change you.**

—Fred DeVito

 facebook.com/cyebadford