



**Independent/Assisted Living
& Memory Care**
1201 N. Cole Street
Bushnell, IL 61422

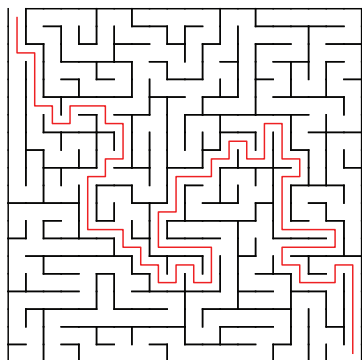
(309) 772-8000
www.CourtyardEstates.net



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

FOLLOW & LIKE US ON FACEBOOK!

Join Our Online Community and Get Exclusive News and Updates!

 facebook.com/bushnellcye

CONTENTS

02

Management Team

From the Executive
Director's Desk

Always Available Menu

From the
Event Coordinator

03

Kitchen News

Birthdays

Upcoming Events

Recipe of the Month

04-05

A Courtyard Christmas

06

Alzheimer's Diagnosis

Thyroid Awareness Month

07

Puzzle Station

08

Puzzle Station
Answer Key

Like Us on Facebook!

(309) 772-8000

www.CourtyardEstates.net

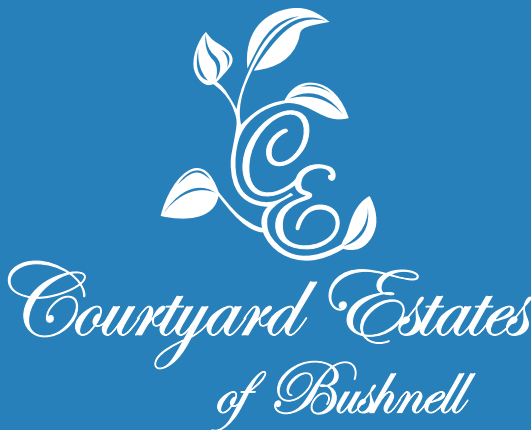
WINTER NEWSLETTER ISSUE



THE SENIOR GAZETTE



January 2024



Management Team

AMY PAULUS
Executive Director

LIZ RHODES
Wellness Director

MADISON WRIGHT
Memory Care Coordinator

JESSICA WRIGHT
Event Coordinator

WILLIAM STOWERS
Marketing & Admissions

SHARON ANDERSON
Kitchen Supervisor

MIKE HOBSON
Maintenance

From the Executive Director's Desk

Dear Family and Friends,

January brings a New Year & of course, New Year's Resolutions. I wish everyone luck with the resolution you may have made for 2024. 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

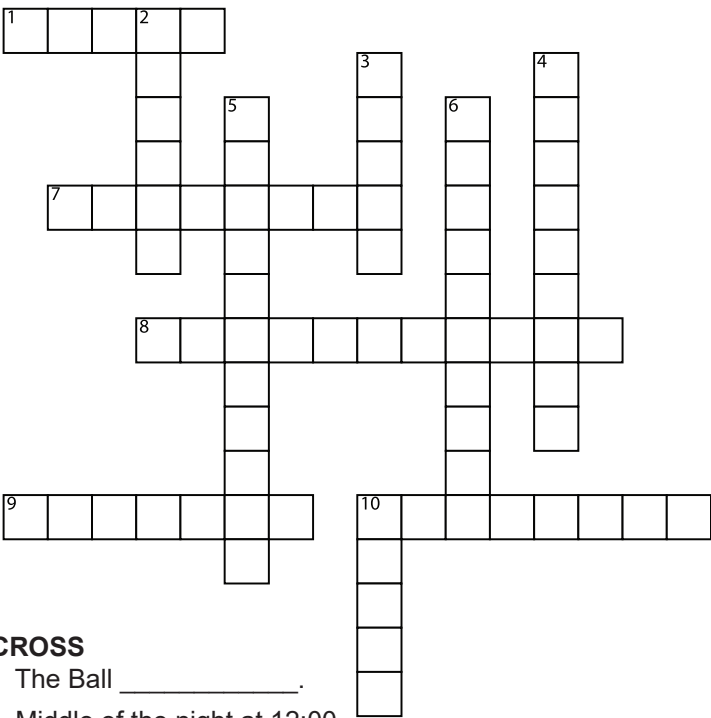
A	W	N	S	T	B	M	Y	W	F	U	L	S	A	S
Z	B	M	A	A	F	T	Z	L	S	U	Q	M	A	L
N	W	M	X	M	S	I	Z	P	G	L	J	Q	C	I
W	O	L	P	O	W	K	R	F	L	U	R	R	Y	P
I	I	N	R	I	K	O	I	D	P	D	B	S	D	P
G	R	F	D	Y	K	G	N	I	B	T	N	B	R	E
L	W	G	E	H	Q	O	L	S	N	O	W	H	A	R
O	M	Y	L	X	D	M	S	V	W	G	G	W	Z	Y
O	S	H	S	W	G	R	E	B	E	C	I	E	Z	Q
M	P	H	J	Q	V	D	A	A	Y	K	L	X	I	J
U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

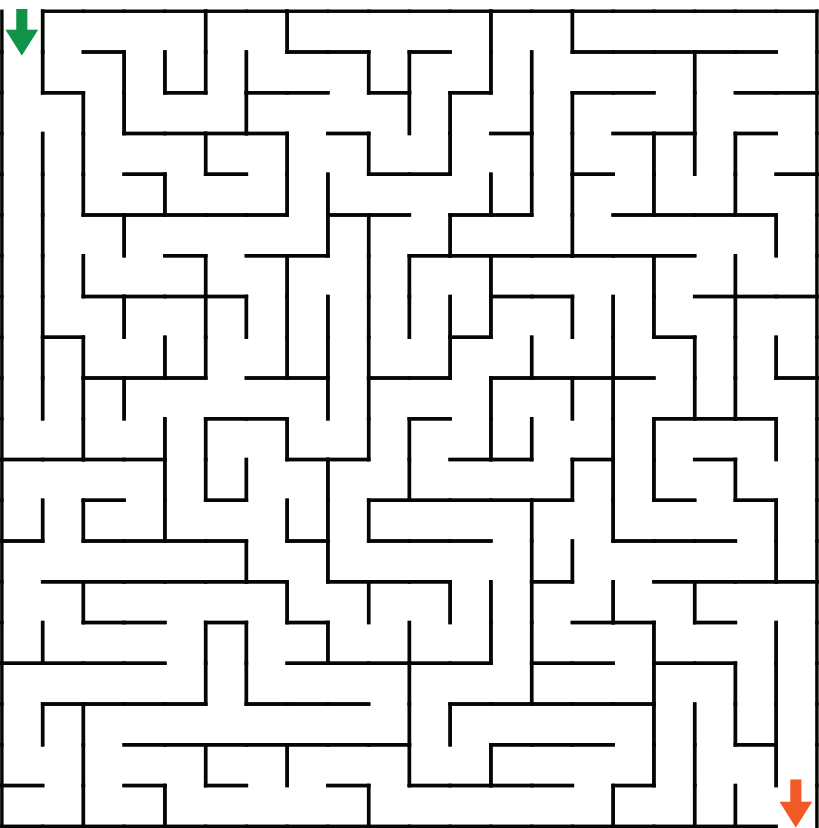
1. KYHCOE: _____
2. SSKOC: _____
3. SATEK: _____
4. IENMSTT: _____
5. LPERCFIEA: _____

HAPPY NEW YEAR CROSSWORD



- 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

MAZE PUZZLE



EMAIL

If you would like to receive our Newsletter via email, please let Amy or Jessica know!

apaulus@petersenhealthcare.net
jwright@petersenhealthcare.net

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.

Always Available MENU

Chicken Strips
with potato wedges

Denver Omelette
with toast or potato cubes

Chicken Noodle
or Tomato Soup
with grilled cheese

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.

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

Happy New Year! - Jessica Wright, Event Coordinator

HAPPY
Birthday
TO YOU

TENANTS

Waneta Huffman - 9/15

STAFF

Kendra Davis - 9/5

Will Stowers - 9/23

Cora Gullidge - 9/28

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’s 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.
- Early diagnosis allows participation in crucial healthcare and legal decisions.
- 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 and social workers who work with people who have Alzheimer’s to plan an approach for discussing the diagnosis.
- Tailor the discussion to the person’s medical condition, emotional state, & decision-making abilities.
- Gradually share the information, gauging the individual’s capacity through their questions and reactions.

Help the person accept the diagnosis.

- Accepting initial confusion and/or denial without further explanation. Gradually share more information if they respond positively.
- Recognize lasting impact of emotions despite potential memory loss. Approach additional details cautiously if the initial discussion upset them.
- Reassure and express commitment to help and give support.

– Melissa Shultz, Memory Care 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. 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.

Thyroid conditions might include: Hashimoto’s thyroiditis, hyper- and hypo- thyroidism, Grave’s

disease, thyroid nodules, and thyroid cancer. 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 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

Kitchen News

Do you have a family favorite recipe you would like to share? Please speak with Sharon and she will get it on the menu. Tenant Food Council Meetings will begin on Wednesday, January 10th at 10am in the Private Dining Room, please come and share your input on the menu.



UPCOMING EVENTS

Winter Warm Up Social

Wednesday, January 17th | 4-6PM

Enjoy various beverages and snacks!

Women’s Heart Month

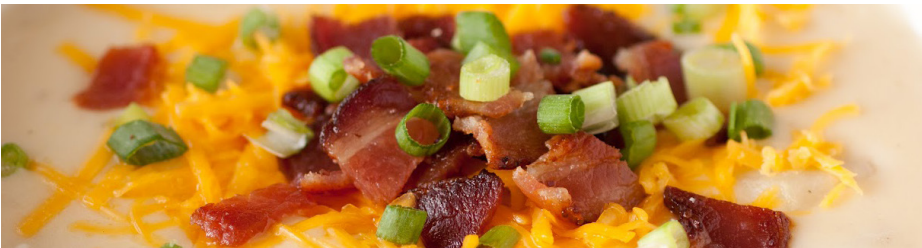
Thursday, February 1st

We’ll kick off our St. Jude Hot Cocoa Bomb fundraiser! More info to be posted on Facebook.

Women’s Heart Month

Friday, February 2nd

Wear RED! We’ll take a group photo.



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. 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.

