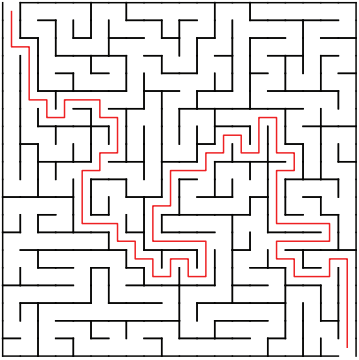




Puzzle Station Answer Key

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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Supportive Living
160 E. Walnut Street
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(309) 647-6400

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WINTER NEWSLETTER ISSUE



THE COURTYARD
CHRONICLE



January 2024




*Courtyard Estates
of Canton*



*“Affordable Living
for Active Seniors”*

Management Team

SHELLY ROBBINS
Director

AMBER PETTY
Wellness Director

RAE LEA WEAVER
Business Office Manager

LORI MARTIN
Marketing & Admissions

AMY SMITH
Event Coordinator

REBEKAH EWING
Dietary Manager

ROBERT MASON
Maintenance Director

CORI & KENDRA
Transportation

From the Director's Desk

I would like to wish everyone a HAPPY NEW YEAR! Each new year offers an exciting opportunity for a fresh start and new beginnings, which is probably why we all look forward to New Year's Eve/Day so much. No matter what your goals are for the up coming year or how many New Year's resolutions you plan on making for 2024, ringing in the start of a new year is a moment to acknowledge. One, to celebrate all of your experiences from 2023; and two, to welcome the new year ahead. We are so grateful that you could be here to celebrate the holidays with us and share in all the good cheer! May our hopeful wishes follow you home and warm you through the new year.

– Shelly Robbins, *Director*

Message from Marketing & Admissions

HAPPY NEW YEAR! I hope everyone enjoyed the Holidays. January is National blood donor month. Blood donations are typically used to help patients fight cancer, blood disorders, and traumatic injuries. Go out and today and help support blood donor's month.

– Lori Martin, *Marketing & Admissions Coordinator*

Message from the Event Coordinator

Hello 2024! I would like to take this opportunity to share a little about myself. Some of you may already know me but for those that do not, my name is Amy Smith & I am the new Event Coordinator here at Courtyard Estates of Canton. I am forty-one, I have two daughters and was born and raised right here in Canton. I have five years of experience doing all kinds of activities. I'm so excited to be doing what I love and to be able to share my knowledge and experiences with everyone here. I have a lot of new and exciting ideas to share but with that being said please know my door is always open so if you have any new ideas or suggestions I would love to hear them. I want to wish everyone a happy and healthy New Year and I am looking forward to getting to know everyone. Let's make 2024 a year to remember!

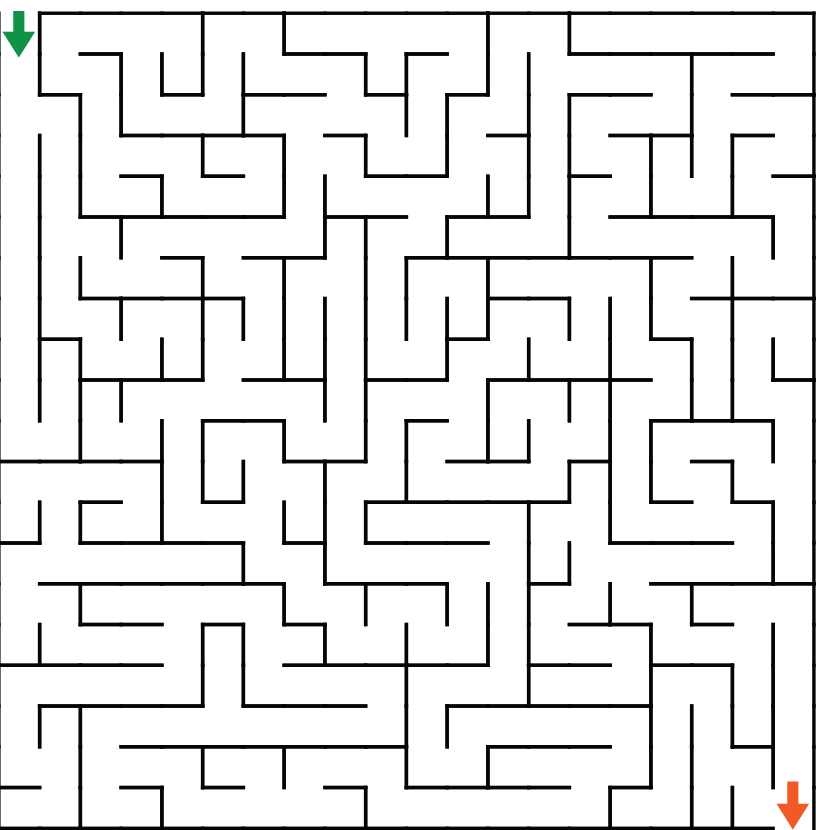
– Amy Smith, *Event Coordinator*

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

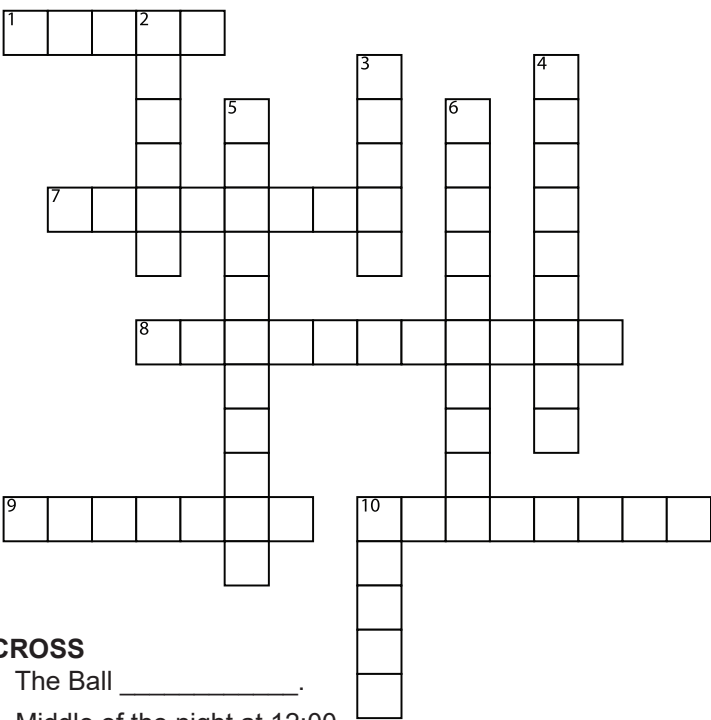
MAZE PUZZLE



WINTER WORD SCRAMBLE

- KYHCOE:
- SSKOC:
- SATEK:
- IENMSTT:
- LPERCFIEA:

HAPPY NEW YEAR CROSSWORD



- 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

Message from the Wellness Director

Cheers to another year of health and happiness! January is also Glaucoma awareness month. What is glaucoma? There are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

— Amber Petty, Wellness Director

HAPPY
Birthday
TO YOU

Tenants

- Jeanette H-1/6
- Barb H-1/6
- Mary Jane M-1/8
- Helen D- 1/9
- Beatrice M-1/18
- Melinda M-1/22
- Lillian B-1/22

Employees

- Cori -1/17

NOW HIRING!

We're looking for a

CNA & LPN

to join our team at Courtyard Estates!

To apply, contact us at: (309) 647-6400 or online at: PetersenHealthCareJobs.com

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HYDRATION REMINDER

Drink lots of fluids. It is very important to stay hydrated!

NEWSLETTER EMAILS

If you would like to receive a newsletter via e-mail, please provide your email address by visiting our front desk or calling us at: **(309) 647-6400**



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
Employee Birthdays: Cori -1/17	<i>New Year's Day</i> 1 HAPPY NEW YEAR!	9AM- Exercise 2 10AM-Bible Study 1PM-Crafts 2:30PM-Trivia	10AM- Exercise 3 1030AM- Page Turners 130PM- Dominoes	10AM- Church 4 130PM-Yahtzee 3PM- Cards	10AM- Exercise 5 1030AM- Page Turners 130PM- BINGO	130PM- Movie 6
130PM- Movie 7	10AM- Exercise 8 1PM- Resident Council 230PM- Painting	10AM- Bible Study 9 130PM- Balloon Toss	10AM- Exercise 10 1030AM- Page Turners 130PM- Movies & Popcorn	10AM- Church 11 130PM- Cards/Games	10AM- Exercise 12 1030AM- Page Turners 130PM- BINGO	130PM- Movie 13
130PM- Movie 14	<i>MLK Jr. Day</i> 15 10AM- Exercise 130PM-Did you know?-MLK Jr	10AM- Bible 16 Study 130PM- Crafts	110AM- Exercise 17 1030AM- Page Turners 130PM-Making Noodles	9AM- Cooking 18 10AM- Church 130PM- Cards/Games	10AM- Exercise 19 1030AM- Page Turners 130PM- BINGO	130PM- Movie 20
130PM- Movie 21	10AM- Exercise 22 130PM- Button Craft	10AM- Bible Study 23 130PM- Dominoes 230pm_ Snack Social	10AM- Exercise 24 1030AM- Page Turners 130PM-Nails	10AM- Church 25 130PM- Movie & Popcorn	10AM- Exercise 26 1030AM- Page Turners 130PM- BINGO 5	130PM- Movie 27
130PM- Movie 28	10AM- Exercise 29 130PM- Hangman Game	10AM- Bible 30 Study 130PM- Pitch	10AM- Exercise 31 1030AM- Page Turners 130PM- Yahtzee	Resident Birthdays: Barb H-1/6 Jeanette H - 1/6 Mary Jane M-1/8 Helen D- 1/9	Resident Birthdays: Beatrice M-1/18 Melinda M-1/22 Lillian B-1/22	

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