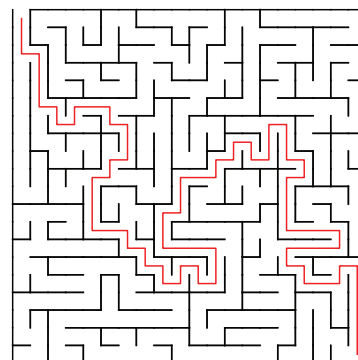




Puzzle Station Answer Key

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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WINTER NEWSLETTER ISSUE



THE GALVA GAZETTE



January 2024




*Courtyard Estates
of Galva*

*"Elegant Lifestyle
for Active Seniors"*



Management Team

- DENISE FOX
Director
- AMY ROBERTS
Wellness Director
- SHEENA MURPHY
Activity Director
- MACY SENDERS
Dietary Manager
- NICOLE ROUCH
Housekeeping Manager

From the Director's Desk



We've had SUCH a busy December! So many fun things going on. We had a beautiful Harp performance, we had our tree trimming party, tenant Christmas party, dress up week, tenant VS staff games, poker night and a visit from father Christmas. As always we post all these events on our facebook page for everyone to see, so check our page! Some of us like snow, others not so much. I feel the older I get the less I like it. Although it is beautiful to look at from the comfort and warmth of home. We hope everyone had a Merry Christmas and happy New year to come.

–Denise Fox, Director

Message from the Wellness Director

January is here. So far we have had a mild winter. They are calling for a very cold start of the new year. We are here at Courtyard plan to stay nice a warm inside as much as possible!

January is Glaucoma Awareness Month. I would like to remind everybody that eye care is important. Glaucoma is a group of eye conditions that damage the optic nerve. The optic nerve sends visual information from your eye to your brain and is vital for good vision. Damage to the optic nerve is often related to high pressure in your eye. But glaucoma can happen even with normal eye pressure.

Glaucoma can occur at any age but is more common in older adults. It is one of the leading causes of blindness for people over the age of 60.

Many forms of glaucoma have no warning signs. The effect is so gradual that you may not notice a change in vision until the condition is in its later stages. Regular checkups can catch any issues before they become a serious problem.

–Amy Roberts, Wellness Director

Message from the Activity Director

Hello my name is Sheena Murphy, I have started my 1st month as the new activities director. I am very excited about this new adventure. I have several hobbies include making shirts, & crafting. My husband's name was Brian, he passed away in 2012. We have 2 children, Madison and Braden. I have a dog named Buster and a cat named Bot. In spare time I really enjoy photography. I tend to specializes in family and senior portraits. I have been loving watching the tenants enjoy the entertainment that comes into the building. I love seeing all the smiles on their faces.

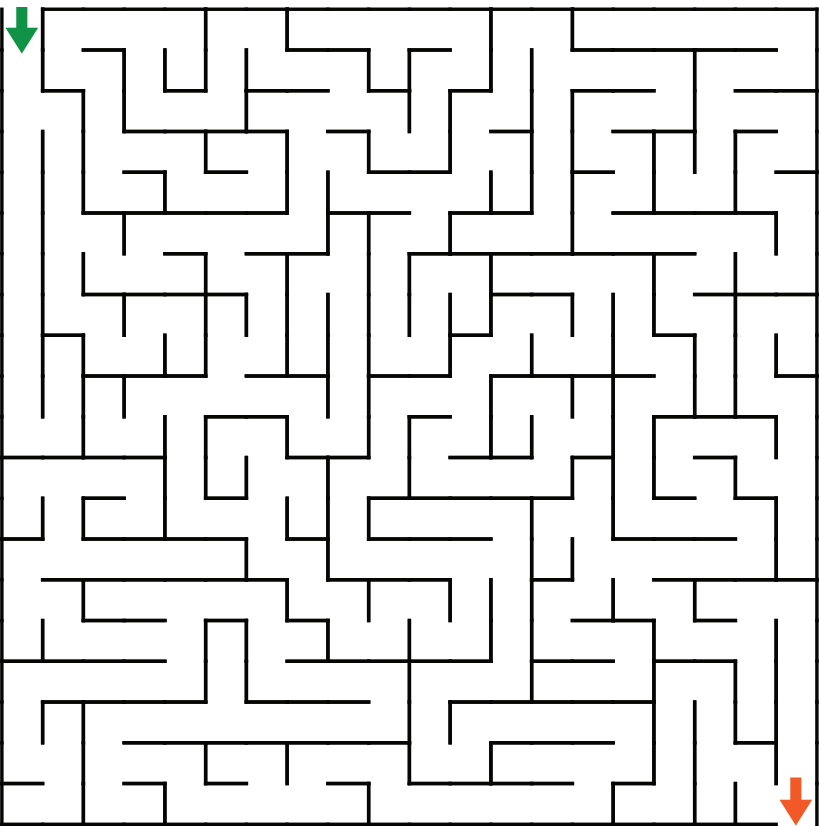
–Sheena Murphy, Activity Director

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

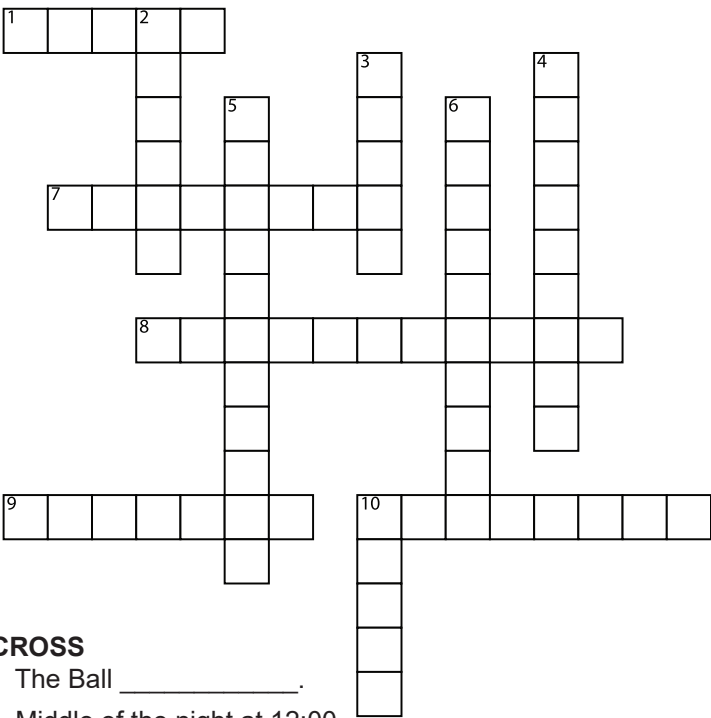
MAZE PUZZLE



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

Business Spotlight: The Rambling Rose

The Rambling Rose is a business here in Galva owned and operated by Katy Mertz. She bought the former Enchanted Florist in 2021 from Teri Werkheiser and it became the Rambling Rose. She named the shop after her 1962 Rambler station wagon. They are a full service flower shop. Katy will fill your every need from life's milestones to the unexpected that life may throw at you. The Rambling Rose carries flowers, houseplants, dish gardens, gifts, candles, sympathy gifts, wreaths and some home décor. Katy offers same day delivery from Galesburg to Princeville and everywhere in between. This flower shop is here to serve the community.



Tenant Spotlight

Janet Vermeire grew up in Buda, IL. She has two brothers and two sisters. Janet worked for Illinois Power doing office work for years. What she remembers most about her job is during a big snowstorm everyone lost power, and they sent the linemen out on snowmobiles to fix it. She was married to Bernard and they had 2 children, Kevin and Denise. They lived on a farm in Sheffield, IL where they had a farm dog named Teddy. When Janet was a child she helped her father on the farm by milking the cows and tending to the chickens. Janet came to Courtyard because her friend suggested it and when they came to visit it was really nice. She said the staff is friendly and fun. She enjoys the entertainment that comes into the building.

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.



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!

Message from the Dietary Manager

BBRRR! It is winter! Gone are the warm days sitting in the sun. Christmas is over and we had another good year. I hope all had a very Happy Holidays! We have some plans coming up in January. We will be having Happy hour on Fridays as usual. I hope to make some tasty treats for our Tenants. We will also be hosting our Chili Dinner on the 26th at 5PM. It is open to all. The cost is \$10.00. The meal will include a salad, chili, cornbread, and a dessert. There is nothing like good chili to warm a body on a cold night. I hope to see a lot of people there. Please RSVP by the 18th. And as always, my door is open for any suggestions. Have a wonderful month.

—Macy Senders, Dietary Manager




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) 932-2600**

HYDRATION REMINDER

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

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>New Year's Day</i> 1 9AM Bible Study	10:15 Exercise 2 11:00 AM Yahtzee 2:00 PM Musical Hangman	10:15 Exercise 3 11AM Trivia 1PM Thorin 2PM Bingo -Hair Salon Day-	10:15 Exercise 4 11AM Craft 1PM Karaoke 2PM Spinners	9:00 AM Arm Chair Yoga 5 10:15 Exercise 2PM Happy Hour 6PM Movie Night	10:15 Activity of choice 6 5PM Lawrence Walk
10:30 AM Sunday School 7 1:00 PM Church Service	8 9:00 AM Bible Study 10:15 Exercise 11:00 AM Uno 2:00 PM Volleyball	10:15 Exercise 9 11:00 AM Board Game 2:00 PM Geneseo Kitchen Band	10:15 Exercise 10 11AM Craft 2PM Bingo	10:15 Exercise 11 1PM Karaoke 2PM Spinners 6PM Music by Patrick Sloan -Hair Salon Day-	9:00AM Arm Chair Yoga 12 10:15 Exercise 2PM Happy Hour 6PM Movie Night	10:15 Activity of Choice 13 5PM Lawrence Walk
10:30 Sunday School 14 1:00PM Church Service	<i>MLK Jr. Day</i> 15 9:00 AM Bible Study 10:15 Exercise 11:00 AM UNO 2:00 PM Volleyball	10:15 Exercise 16 11:00 AM Coloring 2:00 PM Wheelchair\Walker Cleaning	10:15 Exercise 17 11AM Yahtzee 2PM Bingo -Hair Salon Day-	10:15 Exercise 18 11:00 AM Craft 1PM Karaoke 2PM Spinners	9:00 AM Arm Chair Yoga 19 10:15 Exercise 2PM Happy Hour 6PM Movie Night	10:15 Activity of Choice 20 5PM Lawrence Walk
10:30 Sunday School 21 1:00 PM Church Service	9:00 AM Bible Study 22 10:15 Exercise 11AM UNO 2:00 PM Volleyball	10:15 Exercise 23 11:00 AM Trivia 2:00 PM Musical Hangman	10:15 Exercise 24 11AM Craft 2PM Candy Bingo -Hair Salon Day-	10:15 Exercise 25 11:00 Yahtzee 1PM Karaoke 2PM Spinners	9:00 AM Arm Chair Yoga 26 10:15 Exercise 2PM Happy Hour 5PM Chili Supper	10:15 Activity of Choice 27 5PM Lawrence Walk
10:30 Sunday School 28 1:00 PM Lawrence Walk	9:00 AM Bible Study 29 10:15 Bible Study 11AM UNO 2:00 PM Volleyball 6:00 PM Music by Patrick Sloan	10:15 Exercise 30 11:00 AM Board Game 2:00 PM Musical Hangman	10:15 Exercise 31 11AM Coloring 2:00 PM Bingo -Hair Salon Day-			

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

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