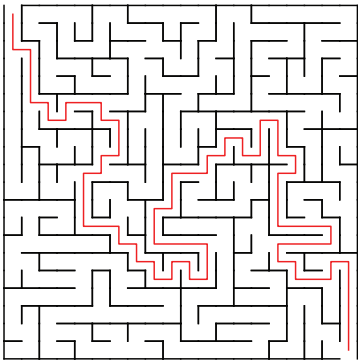




Puzzle Station Answer Key

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/cyegreenvalley



*Courtyard Estates
of Green Valley*

Independent/Assisted Living

13516 Townline Road
Green Valley, IL 61534

(309) 348-1548

www.CourtyardEstates.net

CONTENTS

02

Management Team
From the Director's Desk
Apartment Openings

03

Recipe of the Month
The Eyes Have It Article

04-05

Activity Calendar
Fun Facts
Quote of the Month

06

Older Adults and
Thyroid Disease

07

Puzzle Station

08

Puzzle Station
Answer Key

Like Us on Facebook!

(309) 348-1548

www.CourtyardEstates.net

WINTER NEWSLETTER ISSUE



THE COURTYARD
CHRONICLE



January 2024




*Courtyard Estates
of Green Valley*



*"Elegant Lifestyle
for Active Seniors"*

Management Team

JENNIFER HARTLEY
Director

KENDRA EDENBURN
Business Office Manager



From the Director's Desk

Dear Tenants, Families and Friends,

It is finally here! Happy New Year 2024!

Why is January 1st celebrated as a new year?

It was Roman Dictator Julius Caesar who reformed the Calendar after coming to power. He instituted January 1 as the first day of the year, partly to honor the month's namesake: Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future.

As we look back at our past here at Courtyard Estates of Green Valley, we smile at the cherished moments and we are very grateful for each of you!

Looking forward to our future, we hope to flourish as a community and have more cherished moments.

– Jennifer Hartley, *Director*

SNOW TIME WORD SEARCH

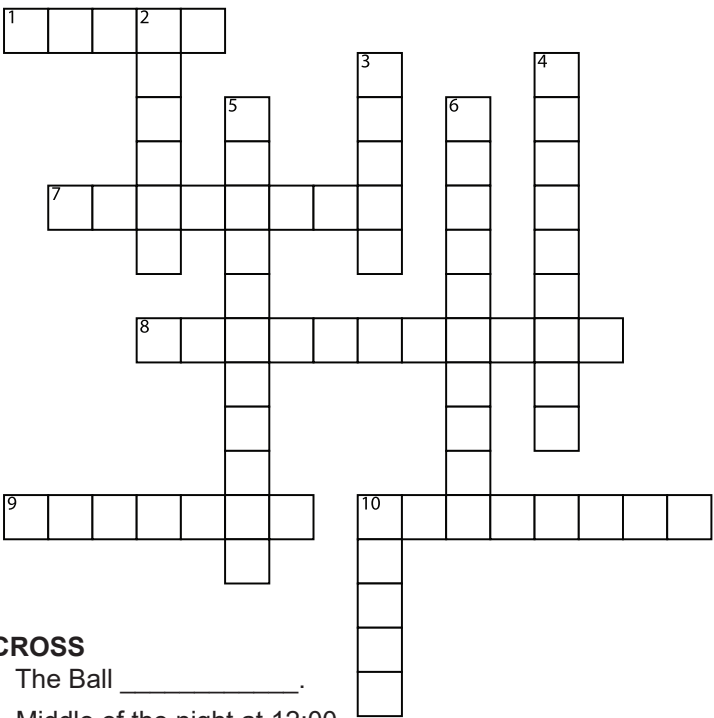
A	W	N	S	T	B	M	Y	W	F	U	L	S	A	S
Z	B	M	A	A	F	T	Z	L	S	U	Q	M	A	L
N	W	M	X	M	S	I	Z	P	G	L	J	Q	C	I
W	O	L	P	O	W	K	R	F	L	U	R	R	Y	P
I	I	N	R	I	K	O	I	D	P	D	B	S	D	P
G	R	F	D	Y	K	G	N	I	B	T	N	B	R	E
L	W	G	E	H	Q	O	L	S	N	O	W	H	A	R
O	M	Y	L	X	D	M	S	V	W	G	G	W	Z	Y
O	S	H	S	W	G	R	E	B	E	C	I	E	Z	Q
M	P	H	J	Q	V	D	A	A	Y	K	L	X	I	J
U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

We Have Apartment Openings!

Courtyard Estates provides all the comforts of home as well as health maintenance, security, and a full range of care services.

Our Services & Amenities

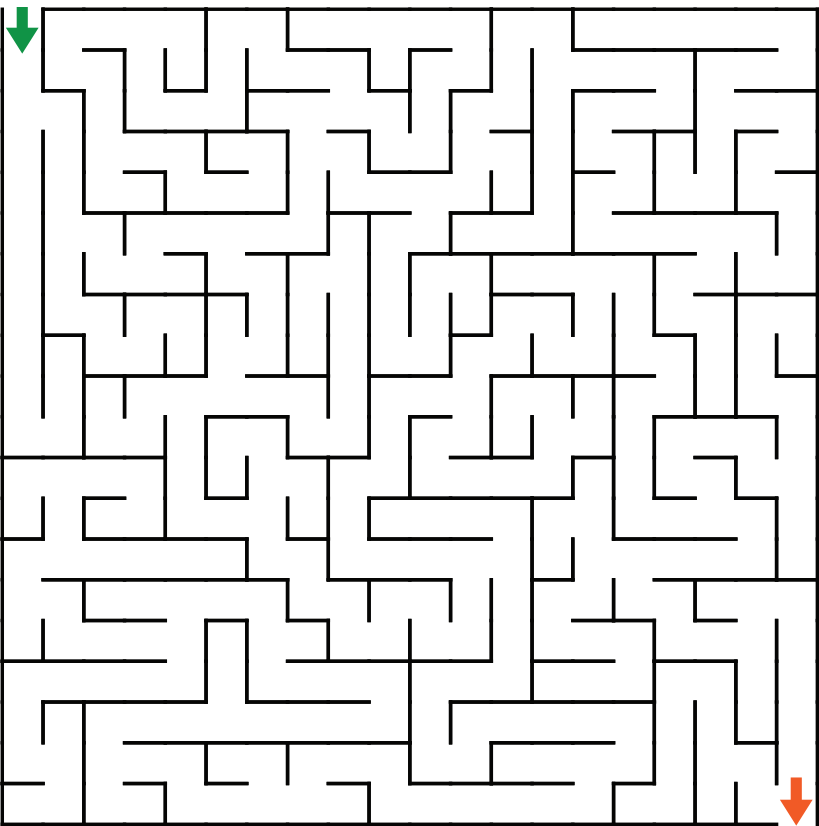
- Small, Home-like Setting
- Safe, Secure Environment
- Housekeeping Services
- Laundry Services
- Individual Suites
- Home-cooked Meals
- Activities & Social Outings
- Much More!



13516 Townline Road
Green Valley, IL 61534
courtyardestates.net

Call for more information or to set up your personal tour at (309) 348-1548!

MAZE PUZZLE

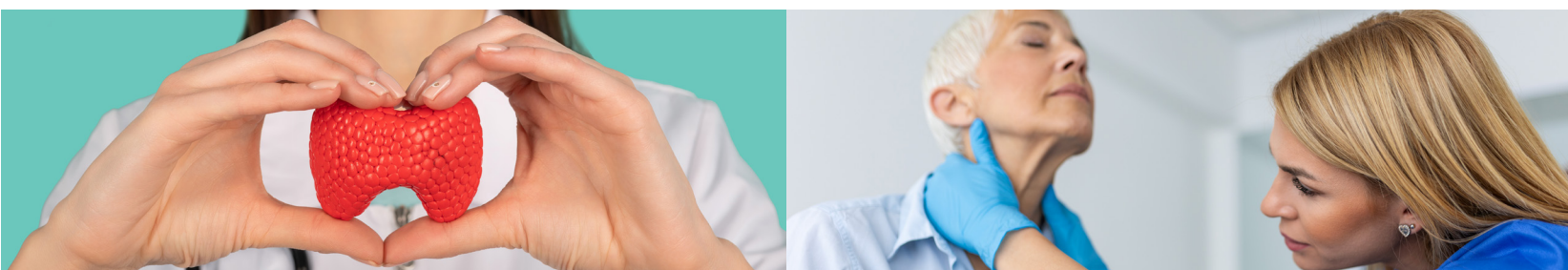


NEWSLETTER
EMAILS

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) 348-1548**

HYDRATION
REMINDER

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



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
ALL ACTIVITIES SUBJECT TO CHANGE!	<i>New Year's Day</i> 1 HAPPY NEW YEAR! Stretch 8AM	Stretch 8AM 2 11 AM Services w/ Bill & Sandy	8 AM Hair Salon 3 w/ Bradley 10AM Stretch	Stretch 8AM 4 Puzzles 2PM	Stretch 8AM 5 Bingo 2PM	6
9AM Bible Study 7	Stretch 8AM 8 Ball Toss 2PM	Stretch 8AM 9 11 AM Services w/ Bill & Sandy	8 AM Hair Salon 10 w/ Bradley 10AM Stretch	Stretch 8AM 11 Puzzles 2PM	Stretch 8AM 12 Memory Magic 2PM National Hot Tea Day!	13
9AM Bible Study 14	<i>MLK Jr. Day</i> 15 Stretch 8AM Hot Chocolate Social 2PM National Hat Day!	Stretch 8AM 16 11 AM Services w/ Bill & Sandy	8 AM Hair Salon 17 w/ Bradley 10AM Stretch	Stretch 8AM 18 Tenant Council Meeting 2PM	Stretch 8AM 19 Bingo 2PM	20
9AM Bible Study 21	Stretch 8AM 22 Crafts Day 2PM	Stretch 8AM 23 11 AM Services w/ Bill & Sandy	8 AM Hair Salon 24 w/ Bradley 10AM Stretch	Stretch 8AM 25 Puzzles 2PM	Stretch 8AM 26 Pastor Larry First Baptist Church of Manito 2 PM	27
9AM Bible Study 28	Stretch 8AM 29 Hot Chocolate Social 2PM	Stretch 8AM 30 11 AM Services w/ Bill & Sandy	8 AM Hair Salon 31 w/ Bradley 10AM Stretch			

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/cyegreenvalley