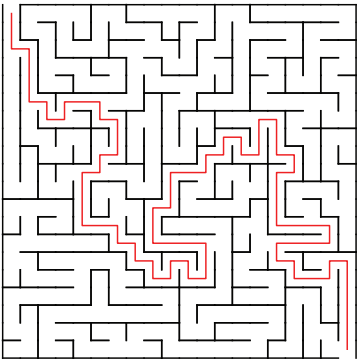




Puzzle Station Answer Key

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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Puzzle Station
Answer Key

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WINTER NEWSLETTER ISSUE



THE COURTYARD
CHRONICLE



Independent/Assisted Living

100 Harvest View Lane
Herscher, IL 60941

(815) 426-2000

www.CourtyardEstates.net

Management Team

BARBARA ZELL
Director

TBA
Wellness Director

MICHELE RATTIN
Business Office Manager

TBA
Marketing & Admissions

KIM SMITH
Activity Director

KARIE MARTIN
Dietary Manager

JAMES BUSHEY
Maintenance Supervisor

From the Director's Desk

Happy New Year, it is a time to reflect on the things that made your year special; for me it was being able to spend time with the tenants and their families. Over the past year I have learned so much about each of you and I am enthusiastic to learn more. My goal for the New Year is to keep improving and to work hard to accomplish new goals.

May 2024 be filled with positive thoughts and find us all happy and healthy.

Blessing to 2024.

– Barb Zell, Director

RESPITE STAYS

Respite stays at Courtyard Estates of Herscher 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!

100 Harvest View Lane, Herscher, IL • (309) 426-2000

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

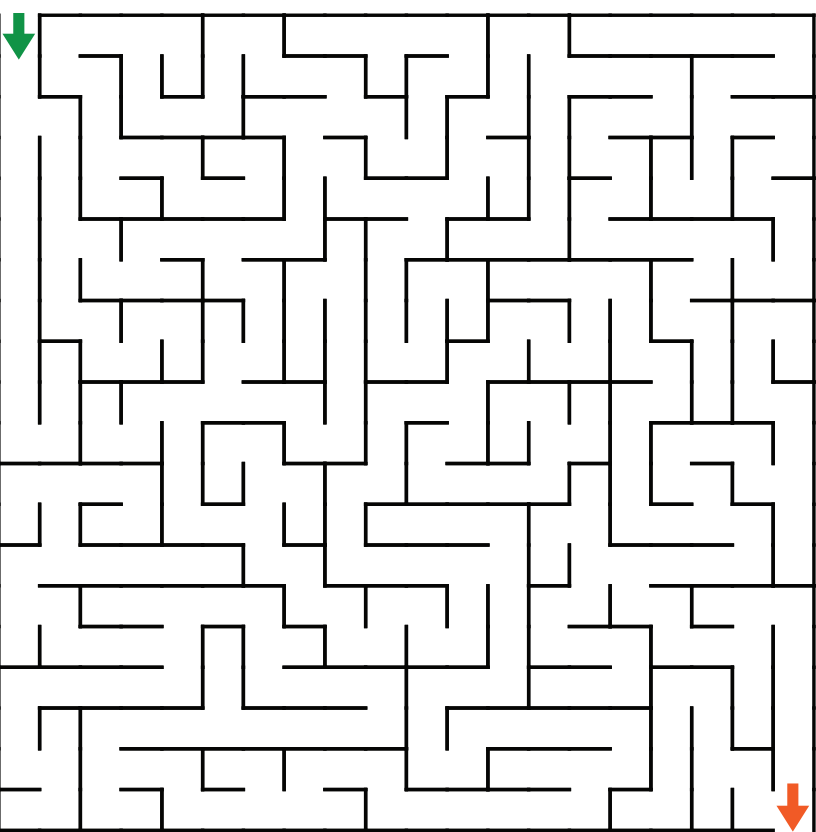
BLIZZARD
COLD
DRIFT
FLURRY

FROSTY
FROZEN
ICEBERG
ICICLE

IGLOO
PLOW
SHOVEL
SKIING

SLED
SLIPPERY
SNOWBALL
SNOWMAN

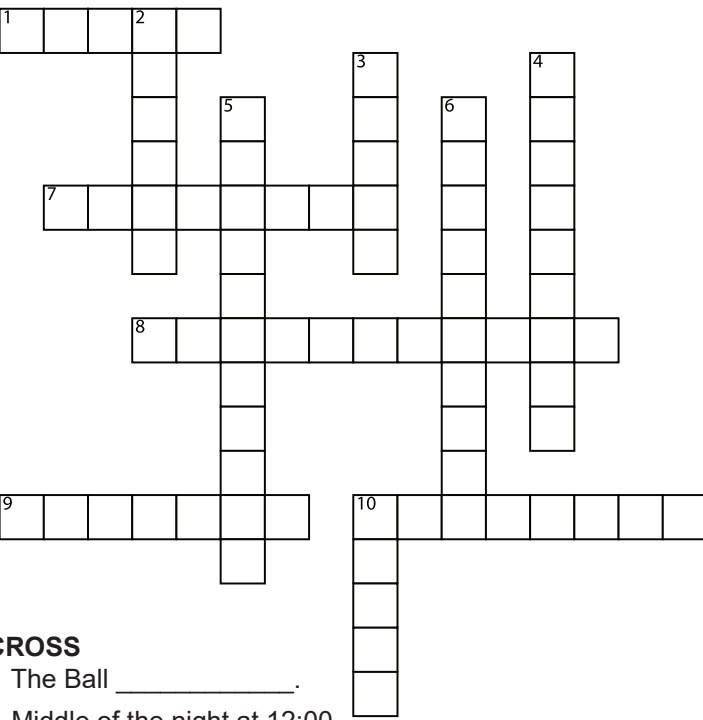
MAZE PUZZLE



WINTER WORD SCRAMBLE

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

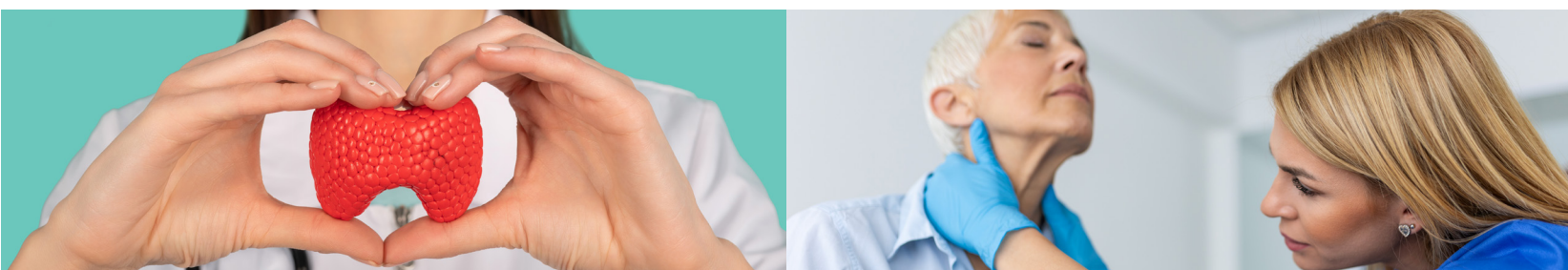
HAPPY NEW YEAR CROSSWORD



- 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

NEWSLETTER EMAILS

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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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Happy New Year! 2024</div>	<div>1</div> <div>New Year's Day</div>	<div>2</div> <div>8:30 Meeting Activity Office 9:00 Hot Cocoa & Cream Puffs 10:00 Catholic Service 10:45 Lobby Exercise 1:00 Bingo With Kristi & Debbie 6:00 Bingo with Jenny</div>	<div>3</div> <div>8:30 Manicures 10:45 Lobby Exercise 12:45 Winter Craft</div>	<div>4</div> <div>8:30 Hair Salon 9:30 Our Daily Bread Reading 10:00 Gospel Music TV RM 10:45 Lobby Exercise 1:00 Tennant Council & Popcorn 2:00 Bingo With Kim AR</div>	<div>5</div> <div>9:30 Gospel Music TV RM 10:45 Lobby Exercise 12:45 Paramount Theatre 1:00 Visits with Carol 2:00 Social Hour</div>	<div>6</div> <div>10:45 Lobby Exercise Tenant Led 1:00 Chat With A Friend</div>
<div>7</div> <div>10:45 Lobby Exercise Tenant Led</div>	<div>8</div> <div>8:30 Men With No Hair Day 10:45 Lobby Exercise 1:00 Bingo With Kristi & Debbie AR 1:00 Euchre With Thelma AR 2:00 Lutheran Service 2:00 Massage With Tanya</div>	<div>9</div> <div>8:30 D&G Shopping 10:00 Catholic Service 10:45 Lobby Exercise 1:00 R OOM Visits 3:15 Banking With SB 6:00 Bingo with Jenny</div>	<div>10</div> <div>8:30 Meeting Act Office 9:00 Kankae Valley Cabin Fever Senior Social /Games & Lunch Will Be Served \$ 5.00 each 10:45 Lobby Exercise 1:00 Tenant Choice 2:00 Lets work A Puzzle AR</div>	<div>11</div> <div>8:30 Hair Salon 9:30 Our Daily Bread Reading 10:00 Gospel Music TV RM 10:45 Lobby Exercise 2:00 Hot Tea & Cheese Danish Happy Birthday Jeannine D</div>	<div>12</div> <div>9:30 Gospel Music TV RM 10:45 Lobby Exercise 1:00 Visits with Carol 2:00 Social Hour/ Big Band Music</div>	<div>13</div> <div>10:45 Lobby Exercise Tenant Led 1:00 Go To Our Library & Find A Good Book To Read</div>
<div>14</div> <div>10:45 Lobby Exercise Tenant Led</div>	<div>15</div> <div>8:30 Walmart & El Mexicano 10:00 Ecumenical Bible Study 10:45 Lobby Exercise 1:00 Pet Grooming Day</div> <div>Martin Luther King Jr. Day</div>	<div>16</div> <div>8:30 Meeting Activity Office 9:00 Hot Cocoa & Cards 10:00 Catholic Service 10:45 Lobby Exercise 1:00 Taking Down Christmas 6:00 Bingo with Jenny</div>	<div>17</div> <div>8:30 Manicures 10:45 Lobby Exercise 1:00 Painting on Wood</div>	<div>18</div> <div>8:30 Hair Salon 9:30 Our Daily Bread Reading 10:00 Gospel Music TV RM 10:45 Lobby Exercise 2:00 Kings On The Corner</div>	<div>19</div> <div>9:30 Gospel Music TV RM 10:45 Lobby Exercise 1:00 Visits with Carol 1:00 Lets Make Chocolate & Carmel Popcorn Happy Birthday Barb Z National Popcorn Day</div>	<div>20</div> <div>10:45 Lobby Exercise Tenant Led 1:00 Find A friend & Play LCR Happy Birthday Paul O</div>
<div>21</div> <div>10:45 Lobby Exercise Tenant Led Happy Birthday Virginia E</div> <div>Activity Professionals Week</div>	<div>22</div> <div>8:30 Pedicures 10:45 Lobby Exercise 1:00 Euchre With Thelma 1:00 Wii Bowling 2:00 Lutheran Service 2:00 Massage With Tanya</div>	<div>23</div> <div>9:00 Coffee & Cards 10:00 Catholic Service 10:45 Lobby Exercise 1:00 Room Visits 3:15 Banking With SB 6:00 Bingo with Jenny</div>	<div>24</div> <div>9:00 Bird Park Bingo Ten Cents Per Card/Lunch at Arbys 9:00 Hot Cocoa & Chat 10:45 Lobby Exercise 1:00 Tenant Choice</div> <div>Tu B'Shevat Begins</div>	<div>25</div> <div>8:30 Hair Salon 9:30 Our Daily Bread Reading 10:00 Gospel Music TV RM 10:45 Lobby Exercise 2:00 Bunco Club AR</div>	<div>26</div> <div>9:30 Gospel Music TV RM 10:45 Lobby Exercise 1:00 Visits with Carol 2:00 Social Hour & Trivia</div> <div>Australia Day (Observed)</div>	<div>27</div> <div>10:45 Lobby Exercise Tenant Led 1:00 Find A Friend & Play Cards</div>
<div>28</div> <div>10:45 Lobby Exercise Tenant Led</div>	<div>29</div> <div>9:00 Doughnuts & Coffee in Dining Room 10:45 Lobby Exercise 1:00 Dominoes AR</div>	<div>30</div> <div>9:00 Coffee & Morning News 10:00 Catholic Service 10:45 Lobby Exercise 1:00 Movie TV Room 6:00 Bingo with Jenny</div>	<div>31</div> <div>9:00 Hot Cocoa & Cards 10:45 Lobby Exercise 1:00 Euchre AR Happy Birthday Randy R</div>	<div> <div>  <div> <div>JANUARY 2024</div> <div>CYE OF Herscher</div> <div>Facebook: Cye of Herscher</div> <div>PH: 815 426 2000</div> </div>  </div> </div>		