



Assisted Living
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(309) 853-2460



Independent Living
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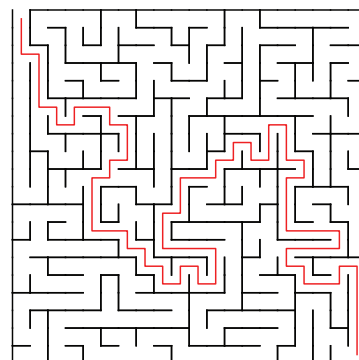
Assisted Living & Memory Care
141 Acorn St. S. • Kewanee, IL
(309) 853-1315



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



KEWANEE COURTYARD COMMUNITIES

"Elegant Lifestyle for Active Seniors"



January 2024



*Courtyard Communities
of Kewanee*

Betty's Garden | Courtyard Estates | Courtyard Village



Management Team

Courtyard Village

JOY GRIEM
Director

JESI CARLSON
Marketing & Admissions

DARCY BLISS
Dietary Manager

Courtyard Estates

DARCY SWANSON, LPN
Director

CHERYL BROWN, LPN
Wellness Director

HEATHER SWANSON
Marketing & Admissions

KATHLEEN PICKLESIMER
Business Office Manager

LINDA ENSLEY
Dietary Manager

LAINI SCHAEFER
Activity Director

JIM HEISER
Maintenance Supervisor

Betty's Garden

LAURIE MARTIN
Director

CHRISTINA PEED
Wellness Director

HEATHER SWANSON
Marketing & Admissions

CARMEN VANWYNSBERG
Business Office Manager

ROBIN WILLIAMS
Dietary Manager

From the CYE Director's Desk



DARCY SWANSON
Director, CYE

Hello all! Wow! The hustle and bustle of the holidays was exciting and exhausting! I am very happy we were able to put on such a wonderful party for all of you here at CYE! The music, the games, the food, the presents, and the whole CYE family made it such a lovely time. Can you believe we still had green grass at Christmas?! That is Unbelievable! I hope you all enjoyed the party and the holidays.

As we begin a new year, a time to celebrate the old and welcome the new, let us remember that with each new year is a new chapter. You have 365 pages to write your story. Let us fill them with stories we need to hear, the words we should say, the love we should show, and the gratitude we all need. Celebrate endings, for they precede new beginnings. I wish you all nothing but good fortunes and health in the new year. Let's all learn from yesterday, live for today, and hope for a better tomorrow.

Keep staying active and attending our exercise class. Any suggestions on what you would like to do as an activity, suggestions on food, music, exercise, or anything else can be dropped in the suggestion box above the mailboxes. I will be working closely with Jay to bring more exciting activities your way.

As always my door is always open. Have a great 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

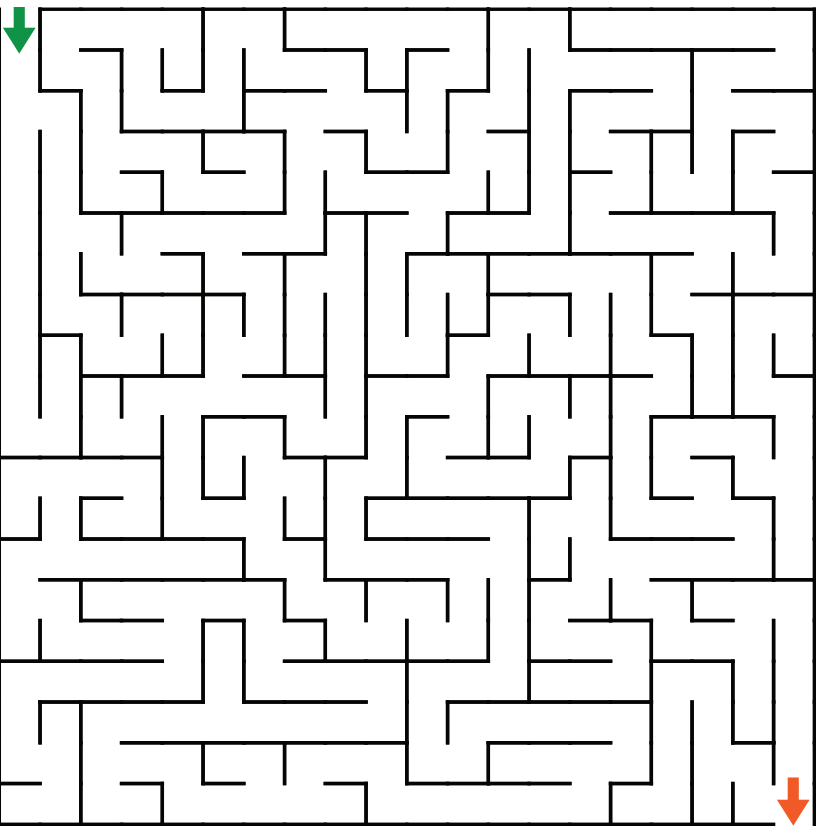


SNOW TIME WORD SEARCH

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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:

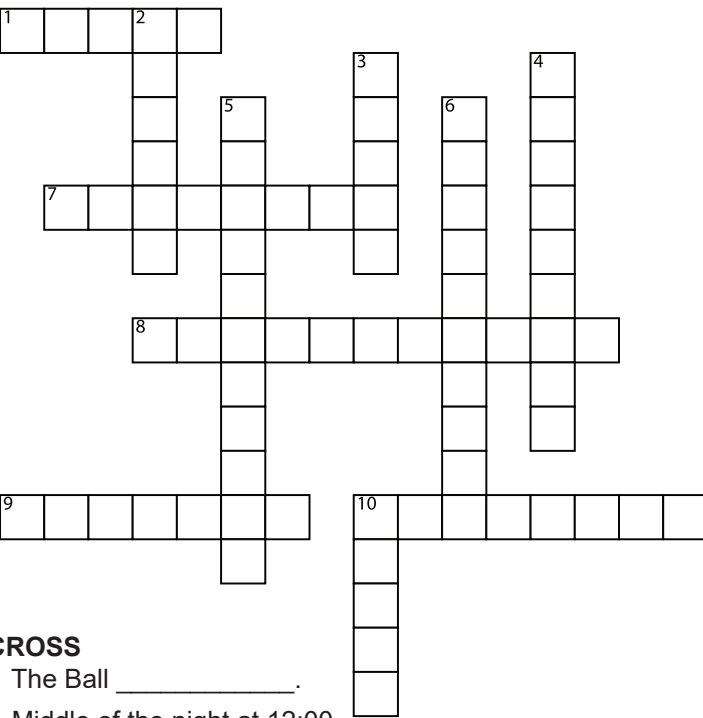
2. SSKOC:

3. SATEK:

4. IENMSTT:

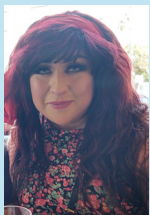
5. LPERCFIEA:

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

From the CYV Director's Desk



JOY GRIEM

Director, CYV

I hope everyone enjoyed all your holiday festivities. Let us not forget all the wonderful things that the previous year has brought us.

Now it's time to move forward into making this year the best one yet! We here at Courtyard Village enjoyed all the beautiful music, Christmas Lights, fun activities but, the most important time was spent with family and friends.

What a joy it has been seeing such excitement and creativity take place during the holidays. I know that my family is very blessed and we are so thankful for all of you.

I also want to recognize those who worked hard in caring and bringing us all the wonderful activities we've had all year. Thank you to our wonderful Staff & Co-workers. You have made this year a success. You have brought much love & care and want you to know how special you are.

We know that it has been a difficult time for many; especially, with the high cost of food. Please join us as we will be helping those in our community with a Blessing Box.

We are requesting canned food as well as hygiene products. Let's give these families a good head start as we move forward with the New Year. All donations will be a true blessing, big or small.

This year will be full of surprises as we plan for an exciting year. I will keep you all apprised. Until then, stay safe, healthy and positive with your New Year's Resolutions. All will be well!

From the BG Director's Desk



LAURIE MARTIN

Director, BG

Out with the old, in with the new! Welcome 2024! Here we are in the midst of January, with the holidays behind us now and the days are shorter and the nights are longer. Decreased sunlight plays a major role in mood, appetite, energy levels, behavior and overall wellbeing for older and aging adults. Scientific research has proven that the brain is at optimal cognitive functioning in the summer & fall seasons and notes decreased cognitive functioning in spring and winter months.

With that being said, it is extremely important this time of year for seniors to put their best foot forward to exercise the mind, body and soul in these winter months when it may be more difficult to get out and about. Here's to wishing all a healthy and happy 2024!

BETTY'S GARDEN | JAN. 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|---|
| | <i>New Year's Day</i> 1 Exercise Bingo Balloon Toss Coloring | 2 Exercise Fireworks painting Family Fued Puzzles | 3 Exercise Bingo Nails Fishing Game | 4 Exercise 3D Snowman Trivia Therapeutic Music | 5 Exercise Bingo Salon Day Rummy | 6 Exercise Movie & Popcorn Bowling Hot Potato |
| 7 Exercise Church Checkers Reminiscence | 8 Exercise Bingo Family Fued Nails | 9 Exercise Colorful Ice Marbles Trivia Water Paint | 10 Exercise Bingo Snow/Ice Painting Therapeutic Music | 11 Exercise Cotton Ball Penguin Wordsearch Tenant Choice | 12 Exercise Bingo Salon Day Karaoke w/ Donna & Jeff | 13 Exercise Movie & Popcorn Balloon Toss Connect Four |
| 14 Exercise Church Snack N Chat Fishing Game | <i>MLK Jr. Day</i> 15 Exercise Bingo Trivia Therapeutic Music | 16 Exercise Salt Crystal Snowflake Balloon Toss Guess That Price | 17 Exercise Bingo Nails Rummy | 18 Exercise "Stained Glass" Family Fued Hungry Hippos | 19 Exercise Bingo Salon Day Coloring | 20 Exercise Movie & Popcorn Bowling Hot Potato |
| 21 Exercise Church Checkers Reminiscence | 22 Exercise Bingo This or That Walking Water Experiment | 23 Exercise Winter Painting Trivia Tenant Choice | 24 Exercise Bingo Thorin Therapy Dog @1:30pm Oobleck | 25 Exercise Family Fued Therapeutic Music Build a Snowman Craft | 26 Exercise Bingo Salon Day Nails | 27 Exercise Movie & Popcorn Balloon Toss Connect Four |
| 28 Exercise Church Snack N Chat Fishing Game | 29 Exercise Bingo Trivia Coloring | 30 Exercise Family Fued Nails Make Puppy Chow Treat Bags | 31 Exercise Bingo Balloon Toss Rummy | | | |



HAPPY Birthday

TENANTS & STAFF

BETTY'S GARDEN

*DAVONTE BODENDIECK - 1/1
RITA HENNEBERRY - 1/17
BEVERLY KILGORE - 1/20
JANICE HANSON - 1/26

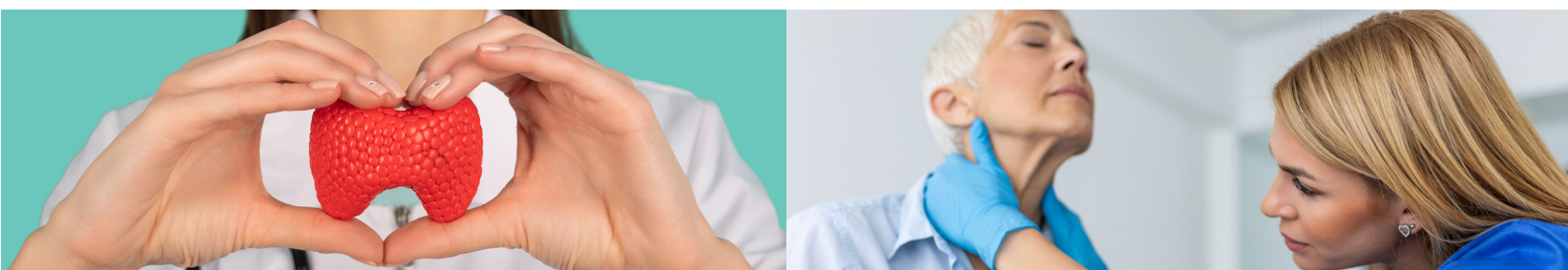
COURTYARD ESTATES

ELEANOR A. - 1/8
BARB E. - 1/8
RACHEAL T. - 1/20

COURTYARD VILLAGE

NO BIRTHDAYS THIS MONTH

* STAFF BIRTHDAYS



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.

December Tenant Activities AT COURTYARD COMMUNITIES OF KEWANEE COURTYARD VILLAGE



COURTYARD ESTATES



LIKE US ON FACEBOOK TO SEE MORE EVENT PHOTOS!
@BGKEWANEE @CYEKEWANEE @CYVKEWANEE

COURTYARD ESTATES | JAN. 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|---|
| | New Year's Day 1 9:30am-Exercise 10am-Remember When 10:30am-Trivia 2pm-Bags | 9:30-Exercise 2 10-Bingo 2-Movie and Popcorn | 9:30am-Exercise 3 10:30am-Church 2pm-Scenic Drive | 9:30am-Exercise 4 10am-Nails 2pm-Hangman | 9:30-Exercise 5 10am-Bingo 2pm-Shopping | Cozy by the Fireplace 6 |
| 9am-Tv Church 7 10am-Coffee and Chat 2pm-Cards | 9:30am-Exercise 8 10:30am-Trivia 2pm-Bags HAPPY BIRTHDAY ELEANOR A & BARB E! | 9:30-Exercise 9 10-Bingo 2-Movie and Popcorn | 9:30am-Exercise 10 10:30am-Church 2pm-Scenic Drive | 9:30am-Exercise 11 10am-Nails 2pm-Hangman | 9:30am-Exercise 12 10am- 11:30am-'Out to Lunch' at Red Apple | Cozy by the Fireplace 13 |
| 9am-Tv Church 14 10am-Coffee and Chat 2pm-Cards | MLK Jr. Day 15 9:30am-Exercise 10:30am-Trivia 2pm-Bags Martin Luther King Day | 9:30-Exercise 16 10-Bingo 2-Movie and Popcorn | 9:30am-Exercise 17 10am-Hangman 2pm-Scenic Drive | 9:30am-Exercise 18 10am-Nails 2pm-Hangman | 9:30-Exercise 19 10am-Bingo 2pm-Shopping | Cozy by the Fireplace 20 HAPPY BIRTHDAY RACHEAL T! |
| 9am-Tv Church 21 10am-Coffee and Chat 2pm-Cards | 9:30am-Exercise 22 10am-Remember When 10:30am-Trivia 2pm-Bags | 9:30-Exercise 23 10-Bingo 2-Movie and Popcorn | 9:30am-Exercise 24 10:30am-Church 2pm-Scenic Drive | 9:30am-Exercise 25 10am-Nails 2pm-Hangman | 9:30-Exercise 26 10am-Bingo 2pm-Shopping | Cozy by the Fireplace 27 |
| 9am-Tv Church 28 10am-Coffee and Chat 2pm-Cards | 9:30am-Exercise 29 10am-Remember When 10:30am-Trivia 2pm-Bags | 9:30-Exercise 30 10-Bingo 2-Movie and Popcorn | 9:30am-Exercise 31 10:30am-Church 2pm-Scenic Drive | | |  |

COURTYARD VILLAGE | JAN. 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|--|
| | <i>New Year's Day</i> 1 8:30am Exercise 9am Cinnamon Rolls 1pm Get to know me 2pm Scenic Drive | 9am Bible Group/1pm 2 Bridge Club /*Shopping* time varies 2pm Afternoon w/Gladys 3pm Spa Day/DIY Foot scrub | 7:30 Made to order 3 10am Volley Ball 1pm Chair Yoga 2pm There are no mistakes art with Jane 6:30 Games & Popcorn | 10:30am Hidden 4 Words 11am The Warship Band 1pm Coffee talk Study 6:30 Movie and Popcorn | 8:30am Exercise 5 9am Darcy Donuts 10:30 Mass 1pm Jewelry Making 2pm Bingo Blitz | 9am Coffee in 6 Lobby 1pm Snack-O Bingo 3pm Bags 6:30pm Movie & Popcorn |
| 10 am Prayer 7 Service Fun with Filters Day 2 pm Sunday Sundaes 6:30 pm Tea | 8:30am Exercise 8 9am Cinnamon Rolls 1pm Tenant Council 2pm Scenic Drive | 9am Bible Group 9 1pm Bridge Club *Shopping* time varies 3pm Spa Day/DIY face cream/scrub | 7:30 Made to order 10 10am Prayer 1pm Chair Yoga 6:30 Games & Popcorn | 10:30am Hidden Words 11 1pm Coffee talk 2pm Craftworkz 6:30 Movie and Popcorn | Happy Birthday Jane 12 8:30am Exercise 9am Darcy Donuts 10:30 Communion 1pm Jewelry Making 2pm Bingo Blitz | 9am Coffee in Lobby 13 1pm Snack-O Bingo 3pm Bags 7pm Wine & Cheese |
| 10 am Prayer Service 14 Fun with Filters Day 2 pm Sunday Sundaes 3:30 Baking 6:30 pm Trivia | <i>MLK Jr. Day</i> 15 8:30am Exercise 9am Cinnamon Rolls 1pm Get to know me 2pm Scenic Drive | 9am Bible Group 16 1pm Bridge Club *Shopping* time varies 3pm Spa Day/Diy Foot Scrub | 7:30 Made to order 17 10 am Prayer Service 2pm There are no mistakes art with Jane 6:30 Games & Popcorn | 10:30am Hidden 18 Words 1pm Coffee talk 2pm Craftworkz 6:30 Movie and Popcorn | 8:30am Exercise 19 9am Darcy Donuts 10:30 Communion 1pm Jewelry Making 2pm Bingo Blitz | 9am Coffee in 20 Lobby 1pm Snack-O Bingo 3pm Bags 6:30pm Movie & Popcorn |
| 10 am Prayer 21 Service Fun with Filters Day 2 pm Sunday Sundaes 6:30 pm Tea | 8:30am Exercise 22 9am Cinnamon Rolls 1pm Get to know me 2pm Scenic Drive | Happy Birthday 23 Rena 9am Bible Group 1pm Bridge Club *Shopping* time varies 3pm Spa Day/DIY Bath Bombs | 7:30 Made to order 24 10am Prayer 1pm Chair Yoga 2pm Jeff and Donna 6:30 Games & Popcorn | 10:30am Hidden 25 Words 1pm Coffee talk 2pm Craftworkz 6:30 Movie and Popcorn | 8:30am Exercise 26 9am Darcy Donuts 10:30 Communion 1pm Jewelry Making 2pm Bingo Blitz | 9am Coffee in 27 Lobby 11 Tom Cambell 1pm Snack-O Bingo 3pm Bags 6:30pm Movie & Popcorn |
| 10 am Prayer 28 Service Fun with Filters Day 2-3 Sundaes/Baking 6:30 pm Tea | 8:30am Exercise 29 9am Cinnamon Rolls 1pm Get to know me/2pm- Birthday Bash | 9am Bible Group 30 1pm Bridge Club *Shopping* time varies 3pm Spa Day/DIY Bath Bombs | 7:30 Made to 31 order 10am Prayer 1pm Chair Yoga 6:30 Games & Popcorn | | |  |