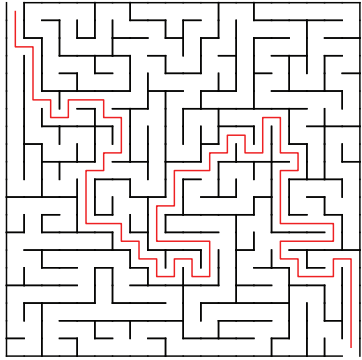




Puzzle Station Answer Key

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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Independent Living
200 N. Schrader
Havana, IL 62644

(309) 543-4158
www.CourtyardEstates.net

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WINTER NEWSLETTER ISSUE



THE RIVERVIEW
BUZZ



January 2024



*"Elegant Lifestyle
for Active Seniors"*

Management Team

CHARLOTTE LOHNES
Community Manager

LORI MARTIN
Marketing & Admissions

DEAN HENNINGER
Maintenance Supervisor



From the Community Manager

We would like to thank all of the people that stopped by and helped decorate for the holidays. Our residents really enjoyed the groups that came by and sang for us.

Happy New Year! We are looking forward to the New Year, 2024 Promises to be filled with love & happiness. Our Residents are gathering recipes from times past. We will be trying out the delicious recipes.

Don't forget about our Senior Day Care Program. We welcome seniors from our Community to come spend the day with us. We have daily activities, home cooked meals and we encourage socializing among the community

If you have a special talent and would like to share with us, please let us know.

– Charlotte Lohnes, *Community Manager*

RESPITE STAYS

Respite stays at Riverview Estates provide worry-free living that includes:

- Private Apartment
- 24 Hour Staff Assistance
- Emergency Call Light System
- Homemade Meals
- Housekeeping/Laundry Services
- Medication Assistance
- Free Transportation
- and More!



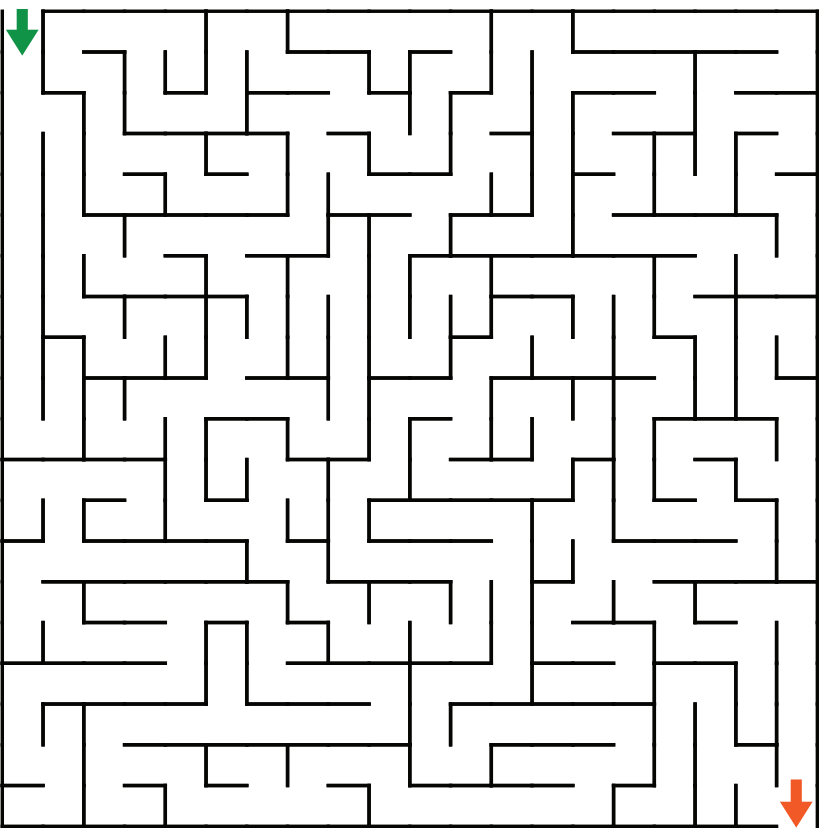
Contact us today to learn more about our respite stay program or schedule a personal tour at PH: (309) 543-4158

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:

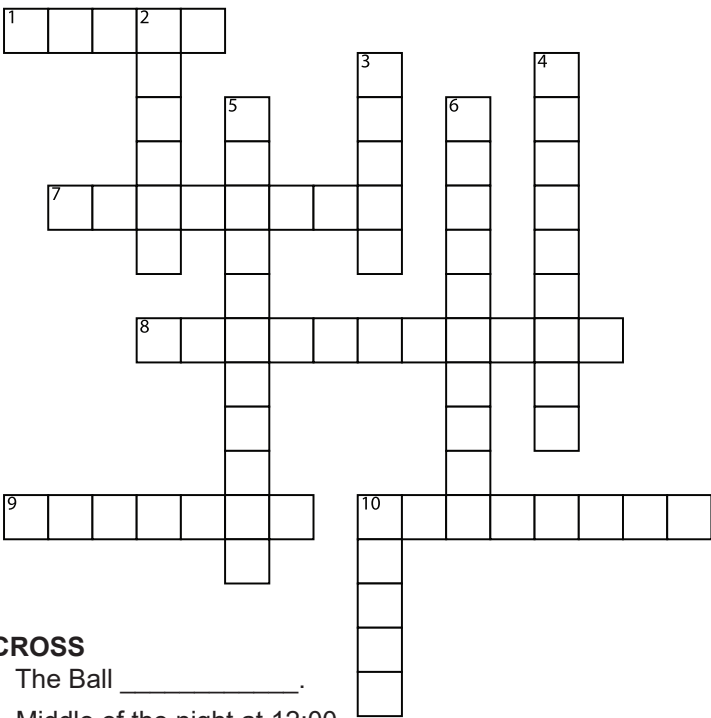
2. SSKOC:

3. SATEK:

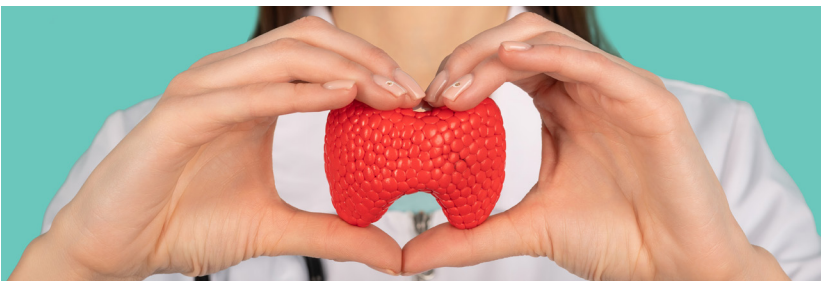
4. IENMSTT:

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



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
	<i>New Year's Day</i> 1	Games & Gossip 2 10 am Shopping 1 pm	Tangles 1pm 3	walk around the river 2 pm 4	11 am Bible Study 5	movie & popcorn 6 630 pm
movie & popcorn 7 630 pm	Shopping 1pm 8	Games & Gossip 9 10 am	Tangles 1pm 10	walk around the river 2 pm 11	1 pm arts & crafts 12	movie & popcorn 13 630 pm
movie & popcorn 14 630 pm	<i>MLK Jr. Day</i> 15 Shopping 1pm	Games & Gossip 16 10 am	Tangles 1pm 17	walk around the river 2 pm 18	11 am Bible Study 19	movie & popcorn 20 630 pm
movie & popcorn 21 630 pm	Shopping 1pm 22	Games & Gossip 23 10 am	Tangles 1pm 24	walk around the river 2 pm 25	1 pm arts & crafts 26	movie & popcorn 27 630 pm
movie & popcorn 28 630 pm	Shopping 1pm 29	Games & Gossip 30 10 am	Tangles 1pm 31			

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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