



ABOUT SIMPLE BLESSINGS

Simple Blessings provides all the comforts of home as well as health maintenance, state-of-the-art security and a full range of care services. The community offers maintenance and worry-free living that allows you to focus on family, companions, leisure and activities. Our services & amenities include:

- Individual Suites
- Medical Transportation
- Quiet Country Living
- Safe & Secure Environment
- Assisted Lifestyle
- Much More!
- Housekeeping Services
- Home-Cooked Meals

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Independent/Assisted Living

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www.CourtyardEstates.net

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WINTER NEWSLETTER ISSUE



THE SENIOR GAZETTE

"Elegant Lifestyle for Active Seniors"



January 2024



Management Team

LESLIE DUNIPHAN
Director

GARY DUVALL
Maintenance Supervisor



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: **(217) 932-2603**



From the Director's Desk



Happy New Year!! Welcome 2024. Everyone here at Simple Blessings is excited to roll into another new year. We just can not believe how quickly it arrived. We hope this new year brings everyone the opportunity to make new memories and new friends.

All while we enjoy the memories and friendships of years past.

We had a Very Merry Christmas as we closed out the end of 2023. January is usually a fairly quiet month here at Simple Blessings as the more fridged temperatures settle in. We all tuck in warmly inside as the snow begins to fly. We serve Coffee and Donuts every Thursday morning, in the Dining Room from 9AM-10AM. We invite friends and family to come and join us. The tenants love to visit with everyone, who comes in. You will find our very own Jerry V. Singing and playing, his guitar for everyone to enjoy in the Living Room almost any afternoon . We have even had a couple of local talents stop in and do some pickin’ and grinnin’ with him, for everyone’s enjoyment, as well.

If you are looking for a quiet homelike assisted setting, excellent care and delicious home cooked meals, served 3 times a day, call or stop by Simple Blessings and let us take you on a tour and answer all of your assisted living questions.

– Leslie Duniphan, *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



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.

