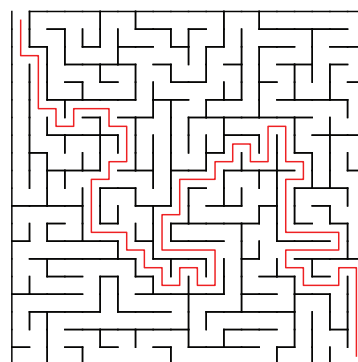




## Puzzle Station Answer Key

### 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/Assisted Living  
& Memory Care**  
510 N. Main  
Walcott, IA 52773



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WINTER NEWSLETTER ISSUE



# THE COURTYARD CHRONICLE



*January 2024*



  
*Courtyard Estates  
of Walcott*





Management Team

DEBORAH TOMEY  
Director

TRACI HIDLEBAUGH  
BOM/Activity Director

SARAH HART,  
DAWN RASCHER  
Wellness Directors

MICHAELA GENGLER  
Memory Care Coordinator

TBA  
Marketing & Admissions

TBA  
Dietary Manager

DON GILBRAITH  
Maintenance Supervisor

From the Director's Desk



Wow this year has certainly gone by quickly! December has been a busy month with Christmas activities, carolers and family members stopping in to see loved ones! We hope our tenants have enjoyed every minute. A favorite this month was the visit from the grade school with the Christmas carols they sang with and for our tenants. I'm sure it was one of the highlights of the Christmas Season. We are thankful for their visits, their artwork, and their gifts! We always look forward to seeing the kids every time! A big thank you to Walcott grade school and their staff!

We would also like to give a huge shout out to Rock Valley Physical Therapy of Walcott, their staff and patients for their thoughtfulness this Christmas season and the many gifts they donated that helped to fill our Christmas Bags for all our tenants this year! Christmas day was a special day for our tenants with the gifts they received, and a special meal provided by Traci, Courtyard Estates of Walcott staff and kitchen staff. Thank you to all for helping spread Christmas Cheer!

Courtyard Estates of Walcott was also visited by the Walcott American Legion Auxiliary, and we would like to thank them for the beautiful wreath displayed in our facility and for the goodies they brought!

With that January is right around the corner and as we enter into 2024 we hope that you reflect on the memories made in 2023 and cherish those that brought a smile to your face and filled your heart with joy! Wishing you A Happy New Year!

– Deborah Tomey, Director

RESPITE STAYS

Respite stays provide worry-free living that includes:

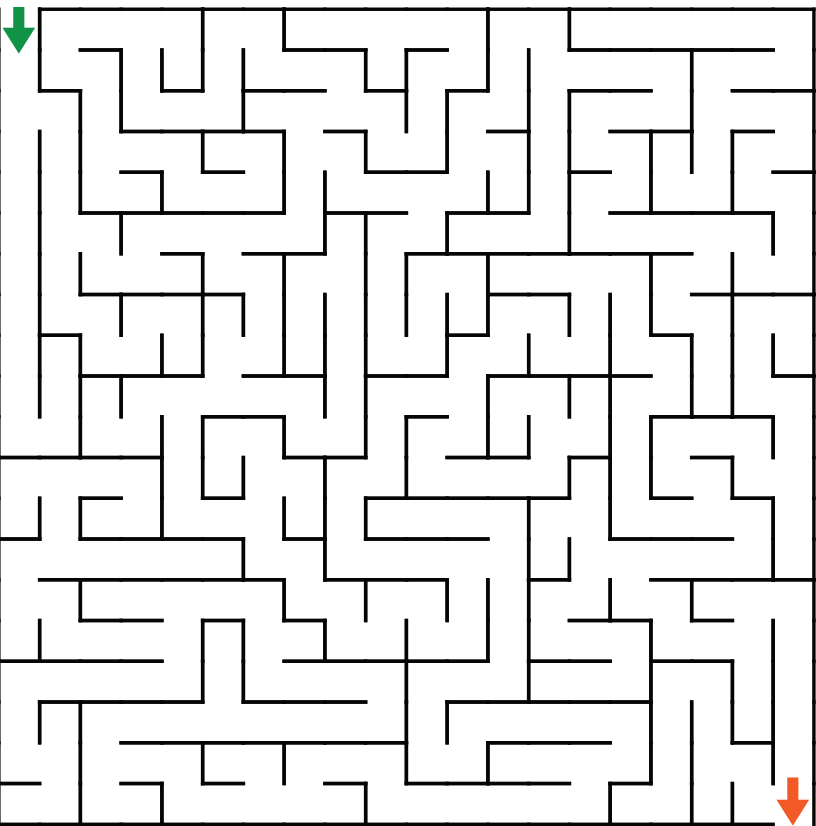
- Private Apartment
- 24-Hour Care
- Homemade Meals
- Housekeeping/Laundry
- Memory Care Program
- Medication Management

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

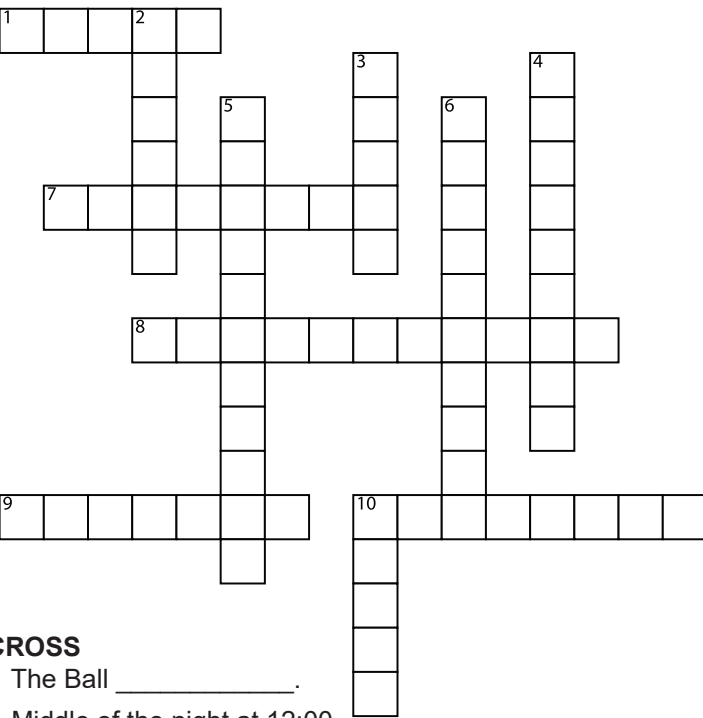
MAZE PUZZLE



WINTER WORD SCRAMBLE

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

HAPPY NEW YEAR CROSSWORD



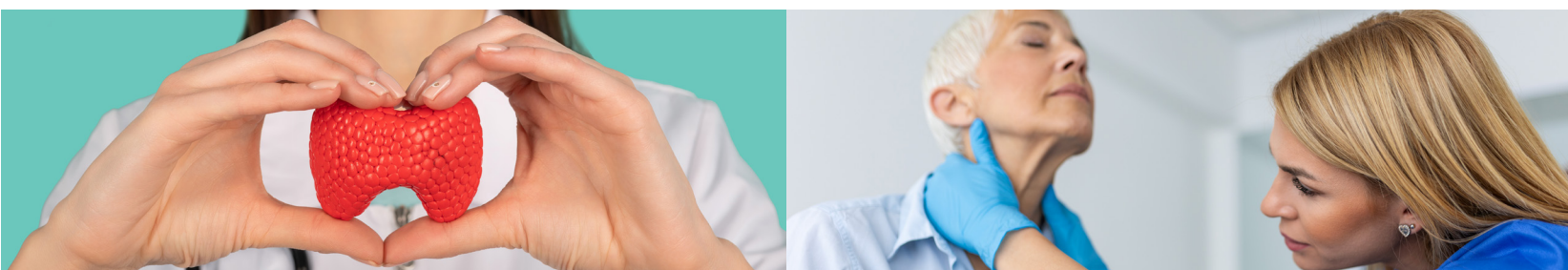
- ACROSS**
1. The Ball \_\_\_\_\_
  7. Middle of the night at 12:00
  8. Intersection in NYC that is the site of annual New Year's Eve celebrations
  9. New Year's Day (Month)
  10. Small pieces of colored paper or streamers
- DOWN**
2. An organized public procession of people, bands, and floats
  3. 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.





# January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>New Year's Day</i> 1 9:30 Exercise 2pm Family Feud	9:30 Exercise 2 2pm Uno	9:30 Exercise 3 2pm Bingo	9am Communion <sup>4</sup> 9:30 Exercise 2pm LRC	9:30 Exercise 5 2pm Happy Hour	6
7	9:30 Exercise 8 11am Out to Lunch \$\$	9:30 Exercise 9 9am Community Coffee 2pm Uno 6:30pm Dominoes	9:30 Exercise 10 2pm Bingo	9am Communion <sup>11</sup> 9:30 Exercise 1pm Tenant Meeting 2pm LRC	9:30 Exercise 12 2pm Uno	13
11:15am 14 Blue Grass Presbyterian Church Services	<i>MLK Jr. Day</i> 15 9:30 Exercise 9am Shopping \$\$	9:30 Exercise 16 2pm Chips n Salsa	9:30 Exercise 17 2pm Bingo	9am Communion <sup>18</sup> 9:30 Exercise 2pm LRC	9am Exercise 19 11:30pm John Deere Works riding tour!	20
11:15am St. 21 David's Angelica Church Services	9:30 Exercise 22 BOH Elvis' Birthday	9:30 Exercise 23 2pm 500 Card Game	9:30 Exercise 24 2pm Bingo 3-3:30 Katie from the Bookmobile	9am Communion <sup>25</sup> 9:30 Exercise 2pm LRC	9:30 Exercise 26 11am Out to Lunch \$\$	27
11:15am 28 Calvary United Methodist Church Services	9:30 Exercise 29 2pm Scrabble	9:30 Exercise 30 2pm Family Feud	9:30 Exercise 31 2pm Bingo			

## 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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