

January 2020

6132 NE 12TH Av-  
Pleasant Hill,  
IA50327



601 Hawthorne  
Crossing Dr SE,  
Bondurant, IA 50035

# The Courtyard Chronicles

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## Community Coordinators

- Tina Overton** ... **Community Manager**  
manager1@courtyard-estates.net Cell: 515 - 240 - 9013
- Ashley Gilbert** ... **Assistant Manager**  
assistantmanager@courtyard-estates.net Cell: 515 - 333 - 1585
- Shana Plambeck** ... **LPN**  
nurse3@courtyard-estates.net
- Mary Essex** ... **Healthcare Coordinator**  
nurse2@courtyard-estates.net Cell: 515 - 201 - 3483
- Beth Barker** ... **Community Relations Coordinator**  
community@courtyard-estates.net Cell: 515 - 250 - 0222
- Sarah Davis/  
Dianna Webb** ... **Life Enrichment Coordinators**  
phlife@courtyard-estates.net Office: 515 - 285 - 9108 (Sarah)  
bdlife@courtyard-estates.net Office: 515 - 957 - 8399 (Dianna)
- Heather Johnson** ... **Culinary Coordinator**  
culinary1@courtyard-estates.net
- Mohammad Ghnem  
Kourtney Jackson** ... **Maintenance Coordinator**  
maintenance@courtyard-estates.net (Mo)  
maintenance1@courtyard-estates.net (Kourtney)

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We are always  
looking for  
volunteers! Join  
us for events or  
outings, or simply  
visit with our  
residents who  
need a friend!  
Contact Sarah Davis  
or Diana Webb (see  
contact info on front)  
to discuss  
opportunities!

## Upcoming Fun

Monday, Wednesday, Friday

9:45 AM Bondurant Live 2 Be Healthy Exercise Class  
10:45 AM Pleasant Hill

Mon/Fri 1PM Bondurant  
Tues./Thurs 2:30PM Pleasant Hill Music Speaks

1st and 3rd Tuesday 10 AM  
Bondurant  
1st and 3rd Wednesday, 10 AM Massages with Chad  
Pleasant Hill

December 31st 12pm New Year's Party at noon

January 9th 10am Pleasant Hill  
1:30pm Bondurant Phil Gould Music

January 15th 1:30pm Bus Trip to Bass Pro

January 22nd National Polka Dot Day (Wear Polka Dots)

January 23rd 2:30pm Bus Trip to Bondurant for National Pie Day

January 29th National Puzzle Day (Puzzle Picture Frames)

**All activities are subject to change**

## Welcome Home!



Myron and Alice Pickering  
Joy Wilson (PHill)  
Shelby Wolf (PHill)

## In Loving Memory



## Resident Birthdays

January 1st— Jean Stajcar  
January 9th— Doris Morten  
January 16th— Chieko Boyce  
January 23rd— Miriam Schmidt  
January 25th —Alice Pickering

## Staff Birthdays

January 1st— Patience Garwo  
January 7th— Sarah Harper  
January 25th— Cierra Hunt



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## New Year's Resolutions: yay or neigh?

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It's hard to believe that another year has passed and 2020 is here. Are you planning on setting a New Year's Resolution for yourself? Don't bother! Statistics on how many people actually follow through and accomplish their New Year's resolutions are rather grim. Studies have shown that less than 25% of people actually stay committed to their resolutions after just 30 days, and only 8% accomplish them. Don't be part of that statistic. This year, set simple goals instead of resolutions.

Goals are specific, which makes them much more actionable and effective. Start small and once the healthy habit is a part of your daily life, you can increase or grow it. Studies have shown that on average, it takes more than 2 months before a new behavior becomes automatic—66 days to be exact. And how long it takes a new habit to form can vary widely depending on the behavior, the person, and the circumstances. Some little things that can greatly improve your health include; drinking a glass of water before meals to help yourself eat less, eating an extra fruit or vegetable a day, or taking a 10 min walk once a day. So make some goals and work on meeting them to have a healthier 2020!

## Meet Beth, our Community Relations Coordinator

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Hello, my name is Beth Baker. My journey in health care started in High School when I volunteered at One with Life. After graduation I had my first daughter and got married. We then moved to Kansas since that is where my husband was stationed. It was there we welcomed our son, and shortly after moved to Washington State. While living there I went to school to get my CNA and Med Tech. My husband received orders for Korea, so I moved back to Iowa for a year to be by family, and to welcome our second daughter. Once Ryan's tour in Korea was over, we moved to Kentucky. It was there 9/11 happened so I was a stay at home mom for a for a few years as my husband was called overseas. We bounced back and fourth from Kansas to Kentucky, and my health care experience grew. I worked in assisted living, rehabilitation centers, and mental health hospitals. In 2007 I graduated from Brown Mackie in Kentucky to be a surgical technician. In 2014 my husband retired, we packed up and moved to his hometown in Idaho. While living there I worked in several positions at a local assisted living community and became a grandma. My husband and I divorced in 2016, and then in 2018 my youngest daughter and I moved back to Iowa. I now live in Ankeny and my kids are all over. My oldest is in Kentucky, my son is in North Carolina, and my youngest and grandson are in Idaho. I started working for Courtyard Estates in the beginning of November and love my job. I'm excited to see what the future holds for me.



## Recipe Roundup– Easy Microwave Fudge

### Peanut Butter Microwave Fudge

Ingredients:

1lb box of Confectioners sugar

2T butter

1/3 Cup milk

1 Cup peanut butter

Instructions:

\*Place sugar, butter and milk in a large mixing bowl.

\*Cook in the microwave 2 minutes on high.

\*Take out, beat ingredients with hand mixer until combined.

\*Microwave 30 seconds more, then add peanut butter and mix by hand or mixer until combined.

\* Spread in foil lined 8x8 pan.

\*Let cool then cut and enjoy!

