

March 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 Baker | ... 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 Music Speaks
Tues./Thurs 2:30PM Pleasant Hill

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

March 8th Daylight Saving Begins

March 12th Both building Music with Phil

March 17th St. Patrick's Day Party

March 19th 1st Day of Spring!!

All activities are subject to change

Welcome Home!



Franklin and Kay Troutner
Brain Wadsworth

In Loving Memory

Wanda Pederson



Resident Birthdays

Judy Cryer	March 5th
Madeline Harne	March 11th
Helen Merryfield	March 15th
Ronald Ostling	March 25th
Myron Pickering	March 25th
Ruth Doty	March 26th

Staff Birthdays

Sarah Roth	March 5th
Shelby Kofa	March 15th
Shaylee Haltiner	March 16th



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Is Assisted Living and Memory Care Tax Deductible???

Over one million seniors live in Assisted Living communities across the United States and many of them pay their monthly fees with their own financial resources. The good news is that some or all of the costs of Assisted Living and Memory care may be tax deductible.

These are the basic rules concerning the tax deductibility of Assisted Living and Memory Care expenses According to the 1996 Health Insurance Portability and Accountability Act (HIPAA), “long-term care services” may be tax deductible as an unreimbursed medical expense on Schedule A. Qualified long-term care services have been defined as including the type of daily “personal care services” provided to Assisted Living residents, such as help with bathing, dressing, continence care, eating and transferring, as well as “maintenance services”, such as meal preparation and household cleaning.

- Assisted Living residents seeking tax deductions for their services must qualify as “chronically ill”. This definition refers to seniors who are unable to perform two or more “Activities of Daily Living” (eating, transferring, bathing, dressing and continence) without assistance, or who need constant supervision because of a “severe cognitive impairment” such as Alzheimer’s disease or related dementias. The Assisted Living resident must have been certified within the previous 12 months as “chronically ill” by a licensed health care practitioner.
- In order to qualify for a deduction, personal care services must be provided pursuant to a plan of care prescribed by a licensed health care practitioner. Many Assisted Living communities have on staff a licensed nurse or social worker who prepares a plan of care, sometimes called a “Wellness Care Plan,” in coordination with the resident’s physician which outlines the specific daily services the resident will receive in the community.
- In order to take advantage of deductions, a taxpayer must be entitled to itemize his or her deductions. Additionally, long-term care services and other unreimbursed medical expenses must exceed 7.5% of the taxpayer’s adjusted gross income. (Generally, a taxpayer can deduct the medical care expenses of his or her parent if the taxpayer provides more than 50% of the parent’s support costs.)

For some Assisted Living residents, the entire monthly rental fee might be deductible, while for others, just the specific personal care services would qualify for a deduction.

Assisted Living residents and their adult children should consult a tax advisor with questions concerning your own personal circumstances. The Executive Directors at Senior Living Residences communities cannot offer specific tax advice. We can provide our residents and their families with a list of local attorneys and/or Certified Public Accountants who can assist you with estate planning and tax issues. We do not specifically endorse any one person or firm, but the list may be helpful as a starting point for you to obtain professional assistance.

Beth Baker

Community News

Our next speaker for our memory support group will be Beth Baker, our own Community Relations Coordinator. Our topic for the month will be effective communication skills. Next meeting is 3/19 at 6pm.

Keep an eye out for the Altoona/Pleasant Hill/Bondurant Living Magazine!! Myron and Alice Pickering will be featured. They will be talking about Myron’s hobby of wooden bird carvings.

National Blame Someone Else Day, held on the first Friday the 13th of each year, is March 13 this year. On this day only, it may be okay to shirk responsibility, feign innocence, or blame the dog for eating your homework.

**Don’t Forget to
Spring forward
on March 8th**



Recipe Roundup– Leprechaun Bait

Prep Time: 5 mins

Set up Time: 20 mins

Ingredients:

- 5 Cups Lucky Charms Cereal
- 2 Cups Salted Pretzels
- 6.5 Cups Popcorn
- 1 Bag (10 ounces) M&M's
- 24 Ounces (2 bags) White Chocolate Chips
- 3 Tablespoons Oil (Olive, Canola, or Vegetable)

Instructions:

1. In a large bowl, mix together the cereal, pretzels, popped popcorn, and M&M's candy.
2. In a medium microwave safe bowl, combine both bags of white chocolate chips with the oil. Microwave in 30 second intervals, stirring between, until chocolate is smooth.
3. Pour melted chocolate over the cereal mixture, stir to coat.
4. Pour the snack mix out onto wax paper lined baking sheets and allow to cool until hardened (10-20 minutes).
5. When snack mix is cool, break into pieces. Store in an airtight container.

