

# Terrace Park News

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November 2015

## NOTES FROM MANAGER



*November 26, 2015*

All the residents had our flu shots in October and we are prepared for the flu and cold season. I just remind everyone that if you are experiencing cold/flu like symptoms, please do not come visit your loved one until you are feeling better. This helps keep the virus from spreading from person to person. I also encourage all staff, visitors and residents to wash your hands several times a day, this helps a great deal in spreading of germs. A note to residents: if you are experiencing flu-like symptoms, please notify staff immediately and you will be served room trays until you are feeling better. You will not be allowed to eat in dining room if you experiencing flu-like symptoms.

The holidays are fast approaching. Some important days to remember for December are:

December 18<sup>th</sup> at noon we will have a catered lunch for the residents.

December 22<sup>nd</sup> we will have a resident Christmas party at 1pm.

We will also have a Christmas Door Decorating contest and the winner will be announced at our Resident Christmas party. Let's get the doors decorated any time after Thanksgiving and enjoy them the whole month of December. Reminder to the families to get involved and help your loved one with their door and let's make it fun!! ☺



**Until next time,  
Jonda**

GUEST MEALS ARE \$5.00

**\*\*Please remember to let staff know if you plan on eating with your loved one at least 3 hours prior to mealtime.**



South Central Home Health Care

(SCHHC) is a privately owned, rapidly growing agency located at 303 SW Lorraine Leon, IA. The Leon office covers the counties of Decatur, Ringgold, Wayne, Clarke, Warren, Lucas, Union counties, and portions of Taylor, Appanoose, Marion, Monroe, Madison, Adams, and Adair counties. In short, it covers a 50 mile radius of Leon.

SCHHC offers to our client’s dedicated, trained, knowledgeable staff. Under a client’s physician, we provide Registered Nurses, Physical Therapists, Occupational Therapists, Speech Therapists, and Home Care Aides. Homemakers are also available and financially covered under government waiver programs or private pay.

If you or someone you know could benefit from any of these services, contact South Central Home Health Care at 1-800-823-4490 or 641-446-8953.

Birthstone: Topaz  
Flowers: Chrysanthemum  
Colors: Dark Blue and Red



Jonda’s Recipe Corner



Pumpkin Smoothie

- ¼ cup canned pumpkin
- 1 cup vanilla yogurt
- 1 banana
- 1 Tbsp. peanut butter
- ¼ cup milk
- 4 ice cubes
- Whipped cream
- Cinnamon

Combine all ingredients except whipped cream and cinnamon in a blender. Blend until smooth. Add milk to thin, if desired. Top with whipped cream and cinnamon.  
Yield: 2 servings



**WE HAVE A  
NEW  
WEBSITE!!!**

You can find us at:

[terracepark.leoncarecenters.com](http://terracepark.leoncarecenters.com).

I answer emails daily & can be reached at

[terracepark@leoncarecenters.com](mailto:terracepark@leoncarecenters.com).

You can also send us an

email for a loved one and we will print it out and give to the proper resident. Check us out on **FACEBOOK**. It is under Terrace Park Assisted Living. Please LIKE the page on Facebook and watch it for pictures and details of our upcoming events.

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## **Kelly Cozad's Prices for Beautician Services!**

**\*\*Kelly is here on Thursdays**

**Cut and Set \$26.00**

**Cut \$15.00**

**Shampoo Set \$15.00**

**Perms \$45.00**

## **MEDICAL NOTES**



**Back pain is one of the most common complaints in the primary care setting. It is the fifth most common reason that**

**individuals go visit their doctors. About nine out of 10 adults experience back pain at some point in their lives. Give out of every 10 working adults have back pain every year.**

**Back pain includes low back pain, middle back pain, upper back pain, or low back pain with sciatica. Nerve and muscular problems, degenerative disk disease or arthritis can be the result. The onset of back pain can be acute or chronic. It can be constant or intermittent, stay in one place, or radiate to other areas. In order to understand the back pain better, it is important to understand the spine and how it works. The spine is made up of 24 small bones that are stacked on top of each other to create the spinal column. Between each vertebra is a soft, gel-like cushion called a disc that absorbs pressure and keeps the bones from rubbing against each other. Each vertebra is held to others by groups of ligaments. Ligaments connect bones to bones, tendons connect muscles to bones. There are also tendons that fasten muscles to the vertebrae. The spinal column also has real joints called facet joints which link the vertebrae together and give them flexibility.**

**The spine has three main segments: cervical spine, thoracic spine, and lumbar spine. The cervical is the upper part and is made up of seven vertebrae. The thoracic is the center portion of the spine and contains 12 vertebrae. The lower portion is called the lumbar spine and contains five vertebrae, but some have six.**

**The normal spine has an S-like curve when looking at it from the side. The cervical spine curves slightly inward and the thoracic spine curves outward, and the lumbar spine curves inward.**

There are many causes of back pain. It can occur after certain movements such as lifting and bending. Being overweight and inactive can also lead to back pain. Other causes of back pain include: Over activity, disc tear, disc herniation, disc degeneration, spinal stenosis, osteoporosis, and spinal curve deformities.

Since back pain is a symptom rather than a disease, a more specific diagnosis is made upon careful review of a person's history, physical examination, the ability to walk, sit, stand and lift legs. Reflexes are also tested.

Treatment of back pain usually consists of three categories: medications, physical medicine, and surgery. Back pain is a very common disorder and has many possible causes. Prevention of developing back pain or avoiding recurrence can be achieved by developing a healthier lifestyle. This includes exercising on a regular basis, lifting using proper body mechanics, maintaining a healthy weight, avoiding smoking, and maintaining good posture.



Joan Mills Nov. 16<sup>th</sup>—85 years young!

We wish you a wonderful day!!!



**Daylight Savings Time Ends on November 1st!**

**Before you go to bed on Saturday night, October 31 (HALLOWEEN), set your clocks back one hour!!! Woo hoo!**

**I love gaining an hour of sleep, but dislike it being dark at 5pm.**

# THANKSGIVING DAY

BY MARY ANN LEEPER



What am I thankful for?  
TERRACE PARK!!!

Thankful for my friends that visit me and listen to my jokes to keep me happy.

I get 3 meals a day too and  
Never have dishes to do.

Thankful for my phone that my son said, rings loud enough to wake the dead and my army helmet to put on my head instead of a pan, much better he said to protect me if a tornado should strike in my bathroom in the middle of the night.

I am thankful for my health, it could be worse. I could be going to the cemetery in a hearse.

Thankful for my Savior and God above and my wonderful family who I really love.