

Terrace Park News

Jonda Petty, Manager
terracepark@leoncarecenters.com
terracepark.leoncarecenters.com

March 2016

NOTES FROM MANAGER



Spring is coming and we are so excited!!

The month of March brings to mind old sayings such as “In like a lion, out like a lamb...” and visions of March winds and blustery weather. We all have cabin fever and can hardly wait till winter is GONE!!! We will be ready to welcome spring with open arms!

This month we also celebrate Easter, as it is early this year. Sunday, March 27th is Easter Sunday!! ☺

I would like to introduce a new part-time employee, Shannon Waddell. Shannon is from Davis City. She will be working a few evenings a week and some weekend shifts. Shannon is looking forward to working at Terrace

Park and being able to help others.

We are full again at Terrace Park which is exciting!! We welcome Dorothy Buckingham and Rilma Driskill to our family! Please help me in welcoming them and their families!

Until next time,
Jonda

Spread Happiness, enjoy life and be nice to others, and you will not only brighten your day alone but someone else's too.





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.

MARCH

Birthstone: Bloodstone

Flowers: Jonquil

Colors: White

.....

Jonda's Recipe Corner



KEY LIME PIE

- 14 oz. can sweetened condensed milk
- ½ cup fresh lime juice
- 1 tsp grated lime peel
- 9 inch prepared graham cracker crust
- 8 oz. container whipped topping, thawed
- Thin lime slices for garnish

Beat the sweetened condensed milk and lime juice until combined then stir in the lime peel.

Pour the mixture into the crust and spread with the whipped topping over it. Refrigerate until set for 2 hours.

Yield: 8 servings



WE HAVE A NEW WEBSITE!!!

You can find us at:

terracepark.leoncarecenters.com.

I answer emails daily & can be reached at

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.



**SPRING BEGINS
MARCH 20, 2016**



**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



COLORECTAL CANCER

Cancer is a disease in which cells in the body rapidly divide and then begin to grow out of control. When the cancer starts in the colon or rectum, it is called colorectal cancer or simply colon cancer. Colon cancer is cancer of the large intestine which is the lower part of the digestive system. Rectal cancer is cancer of the last several inches of the colon. Colorectal cancer affects both men

and women and is most commonly found in people aged 50 years or older. It can appear in younger people as well, but less likely. It is the third most common cancer in the United States and the second leading cause of cancer death. The risk is slightly lower in women than in men.

Colorectal cancer most often begins as clumps of pre-cancerous cells known as polyps that develop on the inside lining of the colon. These start in the cells that form glands that make mucus to lubricate the inside of the colon and the rectum.

Signs and symptoms are change in bowel habits, rectal bleeding or blood in the stools, persistent abdominal discomfort such as cramps, gas or pain, weakness or fatigue, and unexplained weight loss. Many people have little to no symptoms though. Regular screening for colon cancer can often be detected early, when it is most likely to be curable and treatable. Some polyps can be found and removed before they have a chance to turn into cancer.

Once a diagnosis has been made, the next step is to determine the stage of cancer. Staging is the process of finding out how far the cancer has spread if at all. Staging is important for determining both prognosis and treatment options.

Treatment involves surgery, radiation, chemotherapy, and targeted therapies with drugs. Colorectal cancer is a common cancer and it can be prevented by early detection and screening. If you are at high risk, you should be screened early and often.



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.





By Mary Ann Leeper

St. Patrick's Day is coming up
And let us raise our coffee cup
I hope we will all dress in green
Not any other color will be seen
To all of you observe the day

Perhaps some good games we'll play
A 4 leaf clover will bring us luck
To find us looking for one for two
Right now we are lucky to be at
Terrace Park
I know we are all happy as a lark
Come and play and visit us
Keep us smiling not making a fuss
So wear your green and come and play

Do observe St. Patrick's Day
And sing a song or dance a jig
You all deserve to not be blue.

EASTER TRIVIA



Easter Sunday always falls
between March 22 and April
25th.

Easter eggs are dyed in bright
colors to represent the bright
sunlight of springtime.

More than 16 billion jelly beans
are produced each year.

The most popular jelly bean
flavor is CHERRY!

The Easter lily capital of the
world is located along the
California and Oregon border.
They produce 95% of all the
bulbs grown in the world for
potted Easter lilies.