

Terrace Park News

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NOTES FROM MANAGER



BACK TO SCHOOL!

We are gearing up for Assisted Living week. It will be September 11-17th, 2016. Be on the lookout for a special flyer with all the daily activities. The theme this year is "Keep Connected".

Thank you to all that donated to our fundraiser to our activity fund. We were able to have a steak dinner and we still have a little left to do another fun activity. I think we will order Fried Chicken from Fast Stop as that is a RESIDENT favorite. ☺

I would like to welcome our newest employee, Taylor Proctor. Taylor will be a senior at Central Decatur High School. Taylor will be helping fill in the gap of Tori and Morgan leaving

for college. Please help me welcome Taylor.

Before long the temperatures will be dropping and the snow will be flying. We still have empty apartments, so if you know of someone interested, please get in contact with me. As soon as winter comes, rooms are hard to come by. Get your loved one moved in today while the room is available.

Until next time,
Jonda

"I remain just one thing, and the one thing only, and that is a clown. It places me on a far higher plane than any politician."

-Charlie Chaplin



AUGUST

Birthstone: Sardonyx

Flower: Gladiolus

Colors: Orange and Red



Donnie Vogel- August 17th

Shannon Waddell- August 24th



August 11-21, 2016

Jonda's Recipe Corner



Hawaiian Fruit Salad

- 1 medium-sized papaya
 - 1 pineapple
 - 16 oz. strawberries
 - 2 or 3 star fruit
 - 2 bananas
 - 1 ½ cups coconut flakes
 - 3 cups mini marshmallows
 - ¼ cup sour cream
- 1) Peel the papaya, cut in half, and remove the seeds then cut into bite-sized cubes and put in a large bowl.
 - 2) Core and peel the pineapple then cut into bite-sized cubes and add to the bowl.
 - 3) Slice the strawberries, star fruit, and bananas and put in the bowl.
 - 4) Mix the coconut flakes, marshmallows, and sour cream. Do not over stir or the fruit will become mushy. Serve immediately.
YIELD: 12 servings



WE HAVE A NEW WEBSITE!!!

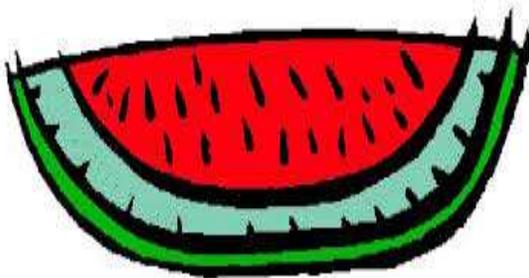
You can find us at:

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.



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



VASCULAR DEMENTIA

Dementia is a progressive neurological disorder that is characterized by memory loss.

According to the *Merck Manual of Geriatrics*, it is defined as a deterioration in intellectual function and other cognitive skills, leading to a decline in the ability to perform activities of daily living (ADL).

There are many types of dementia. These include Alzheimer's disease, Pick's disease, vascular dementia, Lewy body disease, alcohol-associated dementia, dementia due to heavy metal or other toxic exposures, viral dementia, dementia due to syphilis or Lyme



disease, and Creutzfeldt-Jakob disease. In this article, vascular dementia will be discussed.

Vascular dementia is a clinical syndrome of intellectual decline caused by ischemic (lack of oxygen) insult to the brain tissue. Vascular dementia causes up to one third of cases of dementia and is probably the most common cause of dementia next to Alzheimer's disease. It is most common in individuals who have other chronic diseases such as hypertension, heart disease, high cholesterol, and diagnoses of transient ischemic attacks (TIAs) or mini-strokes. Vascular dementia can occur along with Alzheimer's disease which is called mixed vascular dementia. Other forms include multi-infarct dementia, strategic infarct dementia, lacunar state, and Binswanger's disease.

Symptoms of vascular dementia may vary depending on the part of the brain where blood flow is impaired. It may progress in steps unlike the slow, steady decline of Alzheimer's disease. They may worsen suddenly and then remain the same.

Symptoms of vascular dementia include:

- Confusion
- Trouble paying attention and concentrating
- Reduced ability to organize thoughts or actions
- Decline in ability to analyze a situation or develop an effective plan and communicate plans to others
- Difficulty deciding what to do next
- Problems with memory
- Restlessness and agitation
- Sudden or frequent urge to urinate or inability to control passing urine
- Depression

The most common risk factors for the development of vascular dementia include:

- Increasing age
- History of heart attacks or strokes
- Atherosclerosis
- High cholesterol
- High blood pressure
- Diabetes
- Smoking

- Obesity
- Atrial fibrillation

Early detection and accurate diagnosis are very important, as vascular dementia is at least partially preventable. Vascular changes in the brain are irreversible; however, the individual with vascular dementia can experience periods of stability or even mild improvement. Controlling conditions that affect the heart and blood vessels can sometimes prevent vascular dementia from getting worse or further decline of cognitive functioning. By reducing risk factors for stroke such as high blood pressure and high cholesterol, maintaining adequate control of blood sugar in diabetes and weight reduction, one can reduce the risk of vascular dementia. Vascular dementia is the second leading cause of dementia in the elderly. By early identification of risk factors and disease prevention, it may be preventable or at least limited in its severity.



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.

**Be stubborn
about your
goals, and
flexible about
your methods.**



August Vacation

BY MARY ANN LEEPER

August is the time to go on
vacation they say

U need to have a good time and
play

Go to the ocean and swim in a
pool

U need to have fun and try to
keep cool

So soon winter will be at our
door too

Today enjoy as kids will soon be
at school

Vacation is now and take a rest

And soon you will feel your best

Come to Terrace Park and visit
us folks

And I'll try to tell you some new
jokes

The days are hurrying by

Id like to welcome you and say
hi

Oh do come see and play with
us too

Now that's a plan that you can
do

