

Terrace Park News

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NOTES FROM MANAGER



HAPPY EASTER
April 16, 2017

Terrace Park has a few apartments open for rent. Please share information with family and friends as we would like to fill these apartments as soon as possible.

SPRING HAS ARRIVED AND WE ARE SO HAPPY. Everyone is excited for longer days, warmer weather and GREEN GRASS!! ☺ We are also excited to get rid of all these nasty germs that have been hanging around all winter.

When you are spring cleaning at home, remember Terrace Park. If you have little Knick knacks, or things that you don't want anymore, please drop them off in Jonda's

office. These make wonderful Bingo prizes. We are starting to run low so I know with spring coming soon; we will all be doing a little cleaning around the house. Remember, one man's junk is another man's treasure. If you have donations, please just drop off in Jonda's office anytime.

Until next time,
Jonda

"A hot dog at the ball game beats roast beef at the Ritz."
Humphrey Bogart



Birthstone: Diamond

Flower: Sweet Pea

Color: Yellow and Red

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Jonda's Recipe Corner



Cinnamon Bun Bread

- ¾ tsp Cinnamon
- 2/3 cup sugar
- 4 cans refrigerator biscuits
- 1 stick butter
- 1 cup brown sugar
- 1 tsp cinnamon

Preheat oven to 350 degrees. Mix ¾ tsp cinnamon and sugar in a bowl. Cut each biscuit into 4 sections, roll in sugar mixture, then set in a Bundt pan. Melt the butter in a saucepan. Add the brown sugar and 1 tsp cinnamon to the butter and pour the mixture over the biscuits. Bake 25-30 minutes. Let cool for 10 minutes in the pan then flip the rolls onto the serving dish. Serve warm.



April 9, 2017

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Megan Boswell—April 27-23 years old!!



You can find us at:

terracepark.leoncarecenters.com.

I answer emails daily & can be reached at
terracepark@leoncarecenters.com.

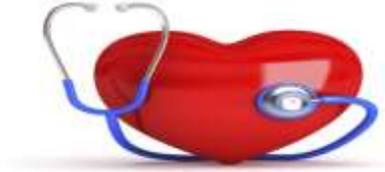
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GUEST MEALS ARE \$5.00

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

MEDICAL NOTES

Peripheral Vascular Disease



Peripheral Vascular disease (PVD), is also known as peripheral artery disease or PAD, is a disorder of circulation caused by narrowing, blockage, or spasms of the blood vessels outside the heart and brain. It usually occurs in the legs and feet, thus the name peripheral vascular disease. However, there are also some disorders that affect the hands and fingers. PVD can occur in both arteries and veins.

PVD increases in frequency with age and is usually caused by atherosclerosis, the buildup of plaque inside the artery wall. This plaque reduces the amount of blood flow to the limbs and decreases oxygen and nutrients available to the tissue. Clots may form on the artery wall, further narrowing the size of the blood vessel and potentially blocking off major arteries. PVD is also known as atherosclerosis. It can be acute or chronic.

Risk factors include: Age, history of heart disease, male gender, postmenopausal women, diabetes, high cholesterol, high blood pressure, obesity, physical inactivity, tobacco use or abuse, family history of PVD, injury to arms or legs, irregular anatomy to muscles or ligaments and infection.

Almost half of the people with PVD have no symptoms. Almost half of the people with PVD have intermittent pain in the calf. Rest relieves the pain. Pain occurs while walking. Other symptoms are changes in the skin, diminished pulses, gangrene, hair loss on legs, impotence, non-healing wounds, numbness, weakness, or heaviness in muscles, pain, paleness when legs are elevated, reddish

blue discoloration of the extremities, restricted mobility, and thickened toenails.

Usually due to the lack of symptoms, a diagnosis of PVD is not made until the blood vessel is almost 70 % occluded. A thorough history and physical should be done. Absence of peripheral pulses strongly suggests the presence of PVD.

The main goal of treatment for PVD is to control symptoms, decrease progression, and lower the risk for heart attack, stroke, or other complications. Treatment may include: Lifestyle changes, aggressive treatment of co-existing conditions, medications, vascular surgery, and angioplasty.

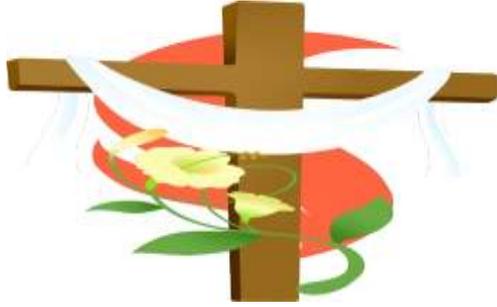
If left untreated, PVD can progress to a point where there is little to no blood flow in the affected artery or vein.

PVD can affect the quality of life of people who experience it. Individuals at risk for PVD should be made aware of their risks and start a prevention program.



It is April 22nd which is a Saturday so we will be doing our part to cleanup around Terrace Park on Friday April 21st.

Just thinking of the month of April brings thoughts of things coming alive, warm sunshine, and plenty of bright yellow daffodils.



EASTER

By: Mary Ann Leeper

E aster egg hunts are fun
A lot of kids on the run
S eeing the eggs on the ground
T o see how many they found
E aster means so much to me
R esurrection of the Lord we see.

D o have fun all day long
A nd sing an Easter song
Y ou all have a good day

HAPPY EASTER I SAY



**WELCOME
SPRING!!!!**