

Terrace Park News

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

April 2018

NOTES FROM MANAGER



April 1, 2018

New Orleans was a blast and many memories made. We have a new set of goals to meet for 2018. I am excited to meet all 4 of the Quality goals set on the National level. The four goals are: Improve Staff Stability by keeping turnover rate below 40%, Increase customer satisfaction by getting at least 90% of customers satisfied with their experience which must be collected by a professional survey, Safely Reduce Hospital Readmissions and Safely Reduce the Off-label Use of Antipsychotic Medications. I feel we can achieve all of these goals!! 😊

I want to remind everyone that right inside the front door on the right by the mailboxes is a sanitizer foam machine. Please sanitize your hands upon entering the facility. We

appreciate your efforts in helping us keep our facility healthy as can be.

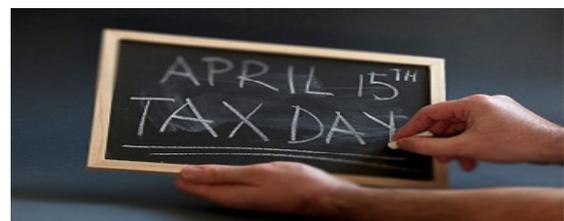
Until next time,
Jonda

"If April showers should come your way, they bring the flowers that bloom in May. "Buddy de Sylva

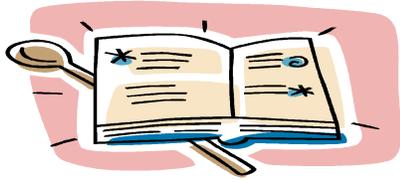
"The April is in her eyes; it is love's spring, and these the showers to bring it on!- William Shakespeare



Birthstone: Diamond
Flower: Sweet Pea
Color: Yellow and Red



Jonda's Recipe Corner



Strawberry Dessert

3 cups whipping cream
1/3 cup powdered sugar
1 tsp vanilla
24 graham crackers
24 oz fresh strawberries, cored and sliced
Bar of dark chocolate

Mix whipping cream until stiff peaks form (about 10 minutes) then add the powdered sugar and vanilla and mix. Spread a layer of whipped cream on the bottom of the 9x13 pan. Lay 6 crackers on top then spread some more whipped cream on top and layer strawberries on top. Repeat with three more layers of crackers, whipped cream and strawberries. Grate a layer of chocolate over the top. Refrigerate at least four hours.



You can find us at:
terracepark.leoncarecenters.com.



★ **HAPPY** ★
BIRTHDAY!

Megan Boswell- April 27th-24 years old!

Elaine Albaugh-April 27th-86 years young!



MEDICAL NOTES



MEDICATIONS PART 2-COMMON NAMES AND SIDE EFFECTS FOR ANTI-ANXIETY MEDS

Anxiety is a common and often debilitating disorder, especially in the elderly. It may be associated with delirium but is often associated with depression. General anxiety disorder in older adults occurs more frequently than any other anxiety disorder.

Anti-depressants are commonly the first-line drug of choice in the treatment of anxiety. They have decreased potential for abuse and dependence than other anti-anxiety drugs. Unfortunately, their main therapeutic effect may take as long as three to four weeks to be achieved.

In general, elderly respond better to and experience fewer side effects from shorter-acting benzodiazepines than a longer acting drug. They are best prescribed on a fixed dosage schedule rather than as needed. They likely will cause sedation.

Essential oils are compounds extracted from plants. The oils capture the plants scents and flavors. Essential oils are most commonly used in the practice of aromatherapy. They are either inhaled through the nose or mouth. Inhaling the aromas stimulate areas of the limbic system which is a part of the brain that plays a role in emotions, behaviors, sense of smell, and long term memory. Aromatherapy has been quite positive in those that have stress and anxiety issues.



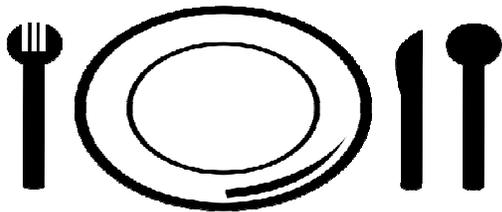
KELLY COZAD IS HERE ON THURSDAYS. LET JONDA KNOW IF YOU WANT AN APPOINTMENT. Kelly typically comes on Thursday mornings. Perms will be scheduled at a different time.

Cut and Set \$26.00

Cut \$15.00

Shampoo Set \$15.00

Perm \$45.00



GUEST MEALS WILL BE \$8.00 as of January 1, 2018.

I need everyone to know that staff does not have money to make change. You will need to have exact change available please.

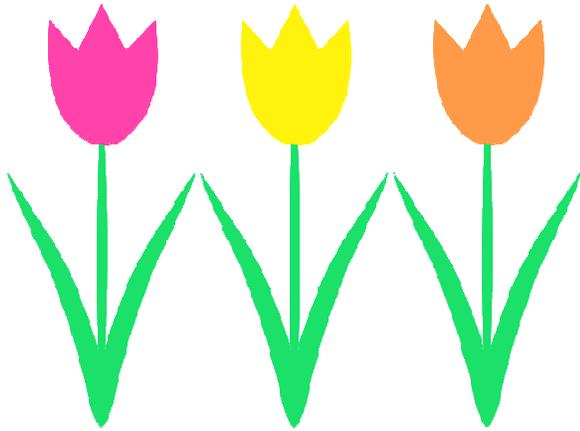
****Please remember to let staff know if you plan on eating with your loved one at least 3 hours prior to mealtime.**

NOTICE:

PER STATE FIRE MARSHAL

We need to remember that we can't have power strips unless they are METAL HOUSED and the only thing that is supposed to be plugged into them are health equipment, electronics and computers. No electrical extension cords are allowed, no plug-in adapters. Only thing allowed is METAL HOUSED power strips. They can be bought at both hardware stores in Leon and Wal-Mart.

WE WILL BE DOING ROOM
INSPECTIONS AND WILL LET YOU
KNOW IF WE FIND NON-COMPLIANT
ITEMS! 😊



welcome
April♥

HAPPY EASTER!
By: Mary Ann Leeper



E aster bunnies are hopping around
A nd leaving their eggs on the ground
S o we will have a good day
T o find them is a great I say
E aster is a special day
R emember to the Lord we pray

D o enjoy the sunshine too
A nd all the good things coming to you
Y ou enjoy this beautiful day.