

Terrace Park News

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What a month March was!! It felt like a year. As the whole world is dealing with COVID-19, it has put lots of requirements on nursing facilities to protect our elderly! We are doing everything we can to protect our residents. At this time, there are still no visitors allowed, no communal dining or activities. We are screening all employees prior to working for fevers. Please hang in there and remember to social distance from others to protect you and your family.

We still have apartments open for rent. If you know of someone looking for a senior living community please share the news

that we have openings.

We have had many ask if we need something. I set up an Amazon wish list for residents. It is things they enjoy to try to pass this time. It ranges from snacks, hard candies, crafts etc. I will attach the link if you wish to have something sent our way. You can also shop local and drop off items to the facility. The Amazon link is on our Facebook page for those with Amazon account. For those that aren't, some items needed for residents are essentials such as toilet paper, napkins, baby wipes, Kleenex, pudding cups, stationery, pens, stamps, individually wrapped snacks, Lysol, Lysol wipes, etc. If you have questions, please let me know.

Until next time,

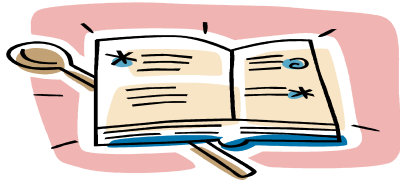
Jonda

"It is the ability to take a joke not make one that proves you have a sense of humor!" Anonymous



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

Jonda's Recipe Corner



Easter Bunny Chow



1 cup of chocolate chips
½ cup creamy peanut butter
9 cups rice chex cereal
1 ½ cups powdered sugar
2 cups spring colored M&Ms

Melt the chocolate chips in a saucepan over low heat. Add peanut butter and stir until smooth. In a large bowl, combine the melted chocolate mixture and Chex cereal. Mix well. Put the powdered sugar in a large zipper closing bag, add the cereal mixture, and shake until coated. Add M&M's.

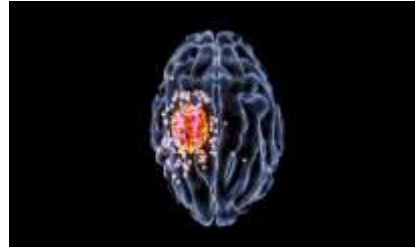


You can find us at:

terracepark.leoncarecenters.com

MEDICAL NOTES

Head and Neck Cancers



Head and neck cancers can start in the mouth or oral cavity, nose, throat, larynx, sinuses, and or salivary glands. Cancer of the lips is not considered a head and neck cancer but is designated as a skin cancer. Approximately 90% of all head and neck cancers are squamous cell carcinomas.

Head and neck cancers are the seventh most frequent cancer and the ninth most frequent cause of death from cancer.

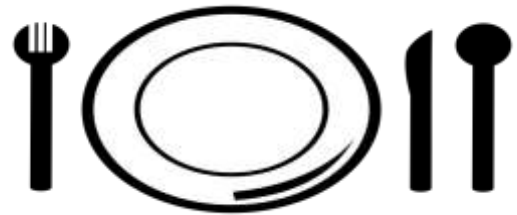
Risk Factors for the development of cancer include:

- Use of alcohol or tobacco
- Infection with cancer causing types

- Use of pan or beetel quid in the mouth
- Consumption of preserved or salted foods
- Poor oral hygiene or oral health
- Occupational exposure
- Radiation exposure
- Infection with Epstein-Barr virus
- Asian ancestry
- Excessive consumption of eggs, processed meats and red meat
- GERD

targeted therapy, immunotherapy, or a combination of treatments.

Cancers of the head and neck are not uncommon and become more prevalent with age.



Signs and Symptoms include:

- Mass in the neck
- Neck pain
- Bleeding from the mouth
- Sinus congestion
- Bad breath
- Sore tongue
- Painless sores in mouth
- White, red and dark patches in the mouth
- Earache
- Usual bleeding in the mouth
- Lump in the lip, mouth or gums
- Enlarged lymph glands in the neck
- Slurring of speech
- Hoarse voice
- Difficulty swallowing food
- Weight loss

GUEST MEALS ARE \$8.00

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

WE NEED 3 HOURS ADVANCE NOTICE IF YOU PLAN ON EATING A MEAL PLEASE! WE CANNOT ACCOMODATE A PARTY OF MORE THAN 3 WITHOUT 24 HOURS NOTICE!

Head and Neck cancers are diagnosed by reviewing the signs and symptoms, evaluation of the person's medical history, physical examination, and diagnostic testing. After confirmation, staging of the cancer is done to determine the extent of the disease.

Treatment for head and neck cancers depends on number of factors. These include the location of the tumor, stage of the cancer, age and general health of the person. Treatment can include surgery, radiation therapy, chemotherapy,





Happy Birthday to Megan on April 27th.
Megan will be turning 26 years old!!
Thank you, Megan, for all you do for
us at Terrace Park!

**GET
OUTSIDE
FOR
FRESH
AIR!!!**



**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**

**REMEMBER--GET
OUT OF YOUR
APARTMENT WHEN
YOU CAN! WALK THE
HALLS AND STAY
ACTIVE!!!**