

Terrace Park News

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NOTES FROM MANAGER



Where oh where has the summer gone? It just seems to fly by. This month brings the great Iowa State Fair from August 9th thru the 19th. August also means back to school for area schools as well.

We are gearing up for our fun week in September. The theme this year is "Capture the Moment." We have lots of fun things planned and I think the residents and families will enjoy it. We plan on doing lots of fun things and capturing the moments!!! The fun week is September 9th thru the 15th, 2018.

Did you know that scientists have found that 40% of our happiness is determined by our actions? It's a win-win situation. Happier people experience less stress and live longer. Happier residents mean happier staff, and happier staff mean happier residents!! Let's all do our part to be HAPPY!! 😊

"Happiness is not something that comes readymade, it comes from our own actions. "

Dalai Lama



Until next time,
Jonda



Birthstone: Sardonyx
Flower: Gladiolus
Color: Red and Orange



**IOWA STATE FAIR
AUGUST 9-19, 2018**

Jonda's Recipe Corner



Fried Pickles

1 egg
¾ cup buttermilk
¾ cup flour
2 tsp paprika
½ tsp salt and pepper
30 dill pickle slices, dried and cold
1 cup panko crumbs
Oil for frying
Ranch dressing

Beat 1 egg and the buttermilk in a bowl. In a zipper closing gallon bag, mix the flour, paprika, and salt and pepper. Dip the pickle slices in the flour mixture, then in the egg wash. Put panko crumbs in a zipper-closing bag. Place a few pickles in at a time and shake to coat. Fry in 2 inches of oil heated to 375 until golden brown. Drain on paper towels and serve with ranch dressing.



You can find us at:

terracepark.leoncarecenters.com.

HAPPY BIRTHDAY!

**Addi Parmer—August
17th—17 years young!!
Grace Martin—August 19th—
18 years young!!
Shannon Waddell—August
24th—43 years young!**

MEDICAL NOTES



GENITOURINARY DISEASES UTI'S and PROSTATE

Genitourinary is a word that refers to urinary and genital organs. Urology is the branch of medicine concerned with the urinary tract in both genders and the genital tract of the reproductive systems in males. UTI's are seen in women and men, and problems with the prostate gland are sometimes interrelated in men.

UTI's are the most frequent bacterial infection and the most common reason for antibiotics in older adults. UTI's are described as an infection of one or more structures of the lower urinary tract. Most of them are confined to the bladder but can also be in the urethra or travel through the urinary tract to the kidneys and cause a more serious condition called pyelonephritis.

Risk factors include:

- Female gender
- History of previous UTI
- Diabetes
- Structural urinary tract abnormalities
- Procedures done on the urinary tract
- Relaxation of pelvic structures
- BPH or prostatitis
- Incontinence of urine or stool

Some UTI's may be without symptoms. Those that may occur include pain and burning on urination, the need to urinate frequently or urgently, and increased urination at night. Fever can occur but is not often a symptom. Urine may be cloudy, foul smelling, and have blood in it. Confusion and delirium are often seen in undetected UTI's. Flank pain can occur in cases where the kidney is involved.

Diagnosis of a UTI is based on symptoms, as well as lab tests. A urine sample is collected and tested.

People with UTI's should be taught good hygiene methods and encouraged to hydrate. Antibiotics are most commonly used to treat.

PROSTATE ENLARGEMENT

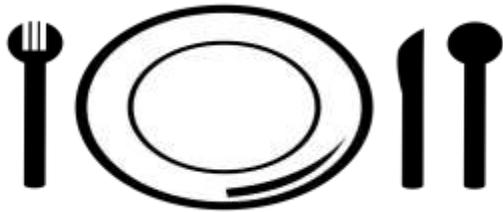
Benign prostatic hyperplasia is the benign, gradual enlargement of the prostate gland that occurs with age. It is clinically evident in 50% of men by age 50 and 80% of men by age 80. The prostate gland is normally the size of a walnut, but it may enlarge to be as big as a tennis ball. If it is enlarged, urine flow is slower and sometimes the bladder doesn't empty all the way.

Signs and Symptoms

1. Not emptying the bladder
2. Repeated stopping and starting of stream
3. Urinary urgency
4. Weak stream
5. Pushing to urinate
6. Frequent night time urination
7. Urinary hesitancy
8. Dribbling of urine
9. Sensation of full bladder
10. Incontinence
11. Painful urination

Many of the symptoms of BPH are similar to those of UTI. A physical examination is done to determine the size of the prostate.

Treatment of BPH is based on symptoms and their control. Mild cases just monitoring symptoms and avoidance of bladder irritants. Moderate cases treatment is started with medication when quality of life is affected and then severe cases might proceed with surgical procedures.



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.

WE NEED 3 HOURS ADVANCE NOTICE!!!



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

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! ☹️



AUGUST

By: Mary Ann Leeper

An august days are here at last
U can feel the sun like a blast
G uess we'll stay inside where its cool
U know that would be a good rule
S o watch TV and take a nap too
T hat is what we all should do!

