

Terrace Park News

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We are still in Phase One at the time of typing this newsletter. I don't want to be discouraging but to move to phase two, our county must be on a downward trend for 14 days straight. Phase 2 will be very similar to what we are doing now, but we will start communal dining in phase 2 but with six-foot social distancing! We are excited to be able to serve meals in our lobby again, so we just patiently wait. We are doing everything we can to ensure when the numbers go down and 14 days have passed, we can successfully move to the next phase. I know this is discouraging to many but believe me, we want our residents to be able to see their families just as much as you want to see your loved ones. We also don't want to

take any chances of risking resident lives either. This pandemic has definitely been life changing for everyone.

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.

Remember, outdoor visits are allowed with 24-hour notice and supervision to ensure masks are worn by all parties and 6-foot social distancing is followed. No drop in visits allowed or visits out front of the building without staff knowledge. We need everyone to abide by rules to prevent us from discontinuing outdoor visits.

Until next time,

Jonda

"An apple is an excellent thing - until you have tried a peach." - George Du Maurier

"The ripest peach is the highest on the tree." - James Whitcomb Riley

August

Birthstone: Peridot
Flower: Gladiolus
Color: Orange and Red

Jonda's Recipe Corner



LEMONADE PIE

8-oz. container frozen whipped topping (do not thaw)
6-oz. can frozen lemonade concentrate (do not thaw)
2 Tbsp. freshly squeezed lemon juice
2 tsp. freshly grated lemon peel
14-oz. can sweetened condensed milk
graham cracker pie crust
3 cup graham crackers, crushed

- 1) Put whipped topping, lemonade concentrate, lemon juice, lemon peel, and sweetened condensed milk in a large bowl. 2) Beat with an electric mixer at low speed until thoroughly combined. Continue beating on high speed for 3 minutes. 3) Pour the filling into the crust and garnish with the graham cracker crumbs. Chill for several hours.



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

SUBSTANCE ABUSE



Substance abuse, which is also known as drug abuse or substance abuse disorder, is a disease or disorder that affects a person's brain and behavior and leads to the inability to control the use of legal or illegal drugs or medication. There are differing definitions of substance abuse that are used in public health, medical, and

criminal justice contexts. According to the Oxford Dictionary, substance abuse is defined as “overindulgence in or dependence of an addictive substance, especially alcohol and drugs.” The Merriam Webster Dictionary defines substance abuse as an “excessive use of a drug (such as alcohol, narcotics, or cocaine) and use of a drug without medical justification.” According to the American Psychiatric Association’s (APA) Diagnostic and Statistical Manual of Mental Disorders (DSMIV), substance abuse is defined as “A maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by one or more of the following, within a 12- month period: α Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home (e.g., repeated absences or poor work performance related to substance use; substance-related absences, suspensions, or expulsions from school; neglect of children or household). α Recurrent substance use in situations in which it is physically hazardous (e.g., driving an automobile or operating a machine when impaired by substance use). α Recurrent substance-related legal problems (e.g., arrests for substance-related disorderly conduct). α Continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance (e.g., arguments with a spouse about consequences of intoxication, physical fights).” Substance abuse disorder has three levels of severity: mild, moderate, and severe. Drugs that are often associated with the term substance abuse include alcohol, amphetamines, barbiturates, benzodiazepines (a class of anti-anxiety medications), cannabis (or marijuana), cocaine, hallucinogens such as LSD or PCP, methaqualone, and opioids. In some societies and cultures, tobacco and caffeine are also considered drugs. Although the exact cause of substance abuse is unclear, there are some

risk factors attributed to its development. These factors include: α Environment - to include family beliefs and attitudes and exposure to a peer group that encourages drug use α Genetics - inherited genetic trait which may contribute to disease progression Other risk factors include family history of addiction, mental health disorder such as depression, peer pressure, lack of family support, early drug use, and taking a highly-addictive drug. SIGNS AND SYMPTOMS Signs and symptoms of substance abuse may vary according to the type of drug that is used. Following are some symptoms: α Sense of euphoria or feeling “high” α Heightened sense of visual, auditory, and taste perception α Increased blood pressure and heart rate α Red eyes α Elevated mood α Decreased coordination α Difficulty concentrating or remembering or decreased mental acuity α Slowed reaction time α Anxiety or agitation α Paranoia α Poor performance at school or work α Reduced number of friends or interests α Drowsiness α Slurred speech α Lack of inhibition α Memory problems α Falls or accidents α Dizziness α Depression α Insomnia α Runny nose or nose sores (if snorting drugs) α Mouth sores α Gum disease and tooth decay from smoking drugs (known as “meth” mouth) α Needle marks (if injecting drugs) Other behaviors associated with substance abuse include: α Needing to use the drug regularly (i.e., daily or multiple times a day) α Intense urges for the drug that block out any other thoughts α Over time, needing more of the drug to get the same effect α Taking larger amounts of the drug than intended α Going to great lengths to maintain the supply of the drug, perhaps even stealing α Buying the drug

despite the inability to afford it α Continued drug use despite symptoms of physical and psychological harm α Spending a great deal of time getting the drug, using it and/or recovering from its effects α Experiencing withdrawal symptoms when attempting to stop the drug.

PREVALENCE AND INCIDENCE In 2010, about five percent of people (230 million) used an illegal substance. In 2015, substance use disorder resulted in more than 307,400 deaths. Of these, the highest numbers were from alcohol use disorders at more than 137,500, opioid use disorders at more than 122,100 deaths, amphetamine use disorders at more than 12,200 deaths, and cocaine use disorders at more than 11,100 deaths. More than 70,200 Americans died from drug overdose in 2017.

Among these, the sharpest increase occurred in deaths related to fentanyl and synthetic opioids. class of anti-anxiety medications, are the most notable drug for inducing prolonged withdrawal effects. Alcohol, barbiturate, and benzodiazepine withdrawal can be potentially fatal. Abuse of hallucinogens can trigger delusional and other psychotic phenomena. Cannabis may trigger panic attacks during its use. Researchers have found that daily cannabis use and the use of high-potency cannabis are associated with a higher risk of individuals developing schizophrenia and other psychotic disorders. **TREATMENT** An integrated treatment plan to include cognitive behavioral therapy (CBT) and family therapy has been shown to be effective in treatment of children, adolescents, and adults. For more serious cases, a rehabilitation program and detoxification program are necessary to monitor side effects from withdrawal. Alcoholics Anonymous and Narcotics Anonymous are two of the most widely-known self-help organizations in which members support each other not to use alcohol or drugs. There are a number of medications that have been approved for the treatment of substance abuse. These include replacement therapies such as methadone and antagonist medications such as NARCAN®. Antipsychotic medications have not been found to be helpful. Substance abuse is a significant disorder that affects

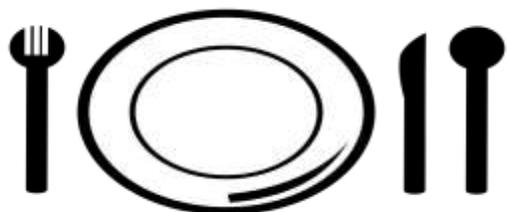
thousands of people. It has profound physical, social, and psychological effects and is potentially fatal related to fentanyl and synthetic opioids. **CHANGES IN THE BRAIN AND SIDE EFFECTS** There is an increased risk and rate of suicide in alcoholics and other drug abusers. The reason is related to distortion of brain chemistry, as well as social isolation. The acute intoxicating effects of alcohol and drugs also make suicide more likely to occur. Severe anxiety and depression are commonly caused by sustained alcohol abuse. Suicide is also very common in adolescent alcohol abusers with one in four suicides being related to alcohol abuse. In the U.S., approximately 30% of suicides are related to alcohol abuse. Alcohol abuse is also associated with increased risk of committing criminal offenses including child abuse, domestic violence, rapes, burglaries, and assaults. Drug abuse, including alcohol and prescription drugs, can induce symptoms that resemble mental illness. This can occur in the intoxicated state and also during withdrawal. In some cases, these substances can cause psychiatric disorders which persist long after detoxification such as prolonged psychosis or depression after cocaine and amphetamine withdrawal. Benzodiazepines, which are a class of anti-anxiety medications, are the most notable drug for inducing prolonged withdrawal effects. Alcohol, barbiturate, and benzodiazepine withdrawal can be potentially fatal. Abuse of hallucinogens can trigger delusional and other psychotic phenomena. Cannabis may trigger panic attacks during its use. Researchers have found that daily cannabis use and the use of high-potency cannabis are associated with a higher risk of individuals developing schizophrenia and other psychotic disorders. **TREATMENT** An integrated treatment plan to include cognitive behavioral therapy (CBT) and

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Carleigh O'Dell- August 5th—17 years young!

Marilyn Overton-August 11th-90 years young!



GUEST MEALS ARE \$8.00

STAFF DOES NOT HAVE ACCESS TO MAKE CHANGE. You will need to have exact change available please or write a check to Terrace Park.

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!



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!!!**

**National Assisted Living
Week!!!
September 13th thru 19th!
We will still be planning a
fun week, even though it
will be different in years
past because of COVID19!**



*Jonda is finally
getting married!!!
😊 The big day is
October 3rd, 2020.*

*We are planning a
shower to be held at
Terrace Park for
residents to enjoy! The
shower date will be
Friday, August 28th at
1pm.*

*If you want to drop
something off for
Jonda, please call front
desk!*

