

Terrace Park News

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

December 2019



DECEMBER 25, 2019

December will be a busy month. We have lots of fun activities planned. Get rested up!! Be sure to watch the activity board as I am sure we will have more activities come up as groups contact me.

Cold and Flu season is here. Please do not come visit if you are experiencing any flu like symptoms. We do have sanitizer right inside the door to use on the way in and out. Please do everything you can to protect our elderly!

We will be having a door decorating contest in December. Let's deck the halls! We will announce the winner at the Christmas party on December 23rd. Remember there are no rules except only attach items to door with tape or

contact hooks, no holes are allowed to be put in the doors. If you have any questions, please ask. Have your family jump in and join the fun to make your door fun!

Until next time,
Jonda

"A toy is never truly happy until it is loved by a child" from the movie of Rudolph Red-nosed reindeer



Birthstone: Turquoise
Flower: Narcissus
Color: Indigo and Green

Jonda's Recipe Corner



Peanut Butter Crunch Balls

2 cups crunchy peanut butter
½ cup butter, softened
1 tsp vanilla
3-4 cups powdered sugar
2 cups crispy rice cereal
16 oz chocolate candy coating
¼ cup salted peanuts, chopped

Combine peanut butter and butter in a large mixing bowl. Mix until well combined. Stir in the vanilla. Gradually add the powdered sugar, half a cup at a time until the mixture is smooth and balls can be formed. Stir in the crispy rice cereal. Shape into 1-inch balls and place on wax paper lined baking sheet. Refrigerate for at least 30 minutes.



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES



Blood Thinners

Blood thinners which are also known as anticoagulants are chemical substances that prevent or reduce coagulation of the blood and prolong the clotting time. Blood thinners can be given in pill or tablet form or given by IV.

Some diseases use blood thinners to slow the progression. These diseases could benefit:

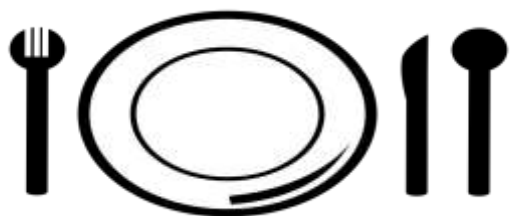
- Atrial Fibrillation
- Coronary artery disease
- Deep Vein thrombosis
- Ischemic stroke
- Clotting disorders
- Myocardial infarction (Heart attack)
- Pulmonary embolism

Elderly patients are at high risk for developing blood clots but also high risk for bleeding.

Some foods and food supplements can interact with blood thinners. Some are beer, celery, cranberries, fish oil, garlic, ginger, ginkgo, green

tea, licorice, niacin, onion, turmeric, wheat grass, red clover, pomegranate, St John's Wort, and many herbal supplements.

Anticoagulant therapy is person to person. No one is alike. You must consult with your medical professional as the risks and benefits must be weighed carefully.



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!



December 21, 2019



Virginia Nimerichter- 83 years young!

Bonnie Carlberg—88 years young!

Margaret Lubberts—82 years young!





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



We would like to welcome Kathleen (Katie Stewart) back to our family!!! Katie lived here previously then had to spend the last year and half at Westview but she is excited to be coming back.

**Happy
New Year!**

We will count down to NOON and celebrate then!! 😊 😊

*Happy
Holidays*