

Terrace Park News

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NOTES FROM MANAGER

Happy
VALENTINE'S
»» — DAY —>

FEBRUARY already!!! 😊 We all have to be thankful as so far old man winter has been pretty good to us. We all agree we will pay for it later when we will all be anxiously awaiting Spring.

I don't want to write this, but I will knock on wood, but we so far have escaped sickness. I want to remind everyone that February is the month 2 years ago that our facility did get the flu and we were on quarantine for over a week. We all need to do our best to wash hands, limit visitors that have been sick or around sickness, and stay away from others if you are experiencing flu like symptoms.

The State Fire Marshal did make his visit and I am waiting on the official report. What he told me when he left was that his major concern was lamps being plugged into surge protectors. They must go directly into the wall. Basically anything with a motor or fan need to go directly into the wall. Once I get the report, we will help each resident get their room in compliance.

Until next time,
Jonda

**“February - the month of love..?!
No wonder the shortest one in the
calendar.”**

— Dinesh Kumar Biran“



Birthstone: Amethyst
Flower: Violet
Color: Light Blue and Yellow



Jonda's Recipe Corner

Popcorn and Cornflakes Treats

- 8 cups popped popcorn
- 2 cups cornflakes
- 4 Tbsp melted butter, divided
- 3 oz pkg cherry jello or any flavor
- 10 oz bag marshmallows

Line baking sheet with wax paper and grease the paper. In a large bowl, combine popcorn and cornflakes. Pour 2 Tbsp butter over the mixture and stir. Sprinkle the jello over the popcorn mixture and stir to coat. Combine the marshmallows and remaining 2 Tbsp of butter in saucepan and melt. Continue to stir until smooth. Coat two large spoons with non-stick spray. Pour melted marshmallows and butter over the popcorn mixture and stir with spoons.

With greased hands put popcorn mixture onto the baking sheet or press into a heart shape or desired shape. Allow to cool for 30 minutes.

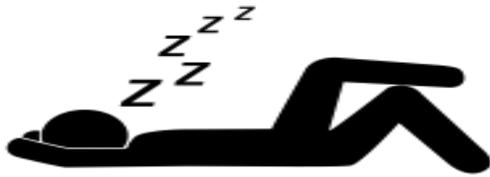


You can find us at:

terracepark.leoncarecenters.com.

**LOVE SHOULDN'T START
OR END ON VALENTINE'S
DAY! IT SHOULD BE THERE
ALL YEAR LONG!!!**

MEDICAL NOTES



SLEEPING WELL

Active older adults need similar amounts of sleep as all adults which is 7-9 hours each night. Better sleep allows people to stay sharp with tasks, play with grandchildren, and new research shows, prevents dementia.

The sleep pattern in our body changes as we age. The deep-soul satisfying sleep in which we had in our younger days becomes shorter and more elusive. Age, lifestyle, health conditions, and the body's chemicals and hormones all influence the sleep-wake cycle.

Causes of ineffective sleep include:

- ✓ Taking a long time to fall asleep
- ✓ Waking up a lot of times
- ✓ Waking up and not being able to get back to sleep
- ✓ Waking up tired
- ✓ Feeling sleepy during the day
- ✓ Having insomnia

Insomnia is the most common sleep problems in adults over 60. Those with insomnia have trouble falling asleep and staying asleep. Insomnia can be associated with depression, anxiety, fatigue, and other health issues.

Medications can contribute to lack of sleep too. Some medications make it where you have to get up several times in the night to urinate. Breathing issues from COPD or CHF may affect your sleep. Sleep apnea and snoring could be issues, as well as pain in general. Retirement may affect your sleep-wake pattern as well as you are not as active.

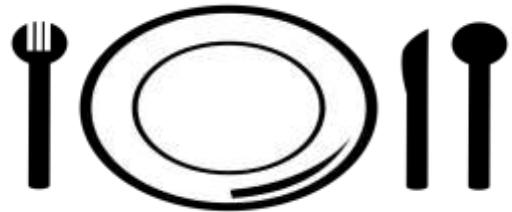
Things you can do to help your sleep cycles include:

- ✓ Maintain same sleep-wake pattern
- ✓ Avoid napping in late afternoon
- ✓ Develop a bedtime routine
- ✓ Do not watch TV, use a computer, cell phone or tablet in the bedroom

- ✓ Keep bedroom a comfortable temp
- ✓ Use low lighting in the evening.
- ✓ Exercise daily
- ✓ Enjoy the sunshine daily
- ✓ Avoid eating larger meals too close to bedtime
- ✓ Stay away from caffeine late in the day
- ✓ Alcohol makes it harder to stay asleep

Progressive relaxation does help. To do this you need to imagine your toes are completely relaxed, then the feet and then the ankles. Work, section by section, up the rest of the body. The result may be drifting off to sleep before getting to the top of your head.

Lack of sleep may cause irritability, memory problems, or forgetfulness, and more falls and accidents. Getting good quality sleep maintains brain health, physical health, and mood.



**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 IF YOU PLAN ON
EATING A MEAL PLEASE! WE
WILL NOT TAKE MORE THAN A
PARTY OF 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

WE WILL HAVE A LITTLE VALENTINE'S PARTY AND LUNCH ON FEBRUARY 14, 2019!!!



Be my Valentine, smile at me
Everyone would agree

Maybe candy would be nice too
You know it keeps us from
feeling blue

V valentine's Day is here
A nd spread love everywhere
Let's have a wonderful day
Eat a lot of sweets today
Nice to see you all smile
To make you feel worth while
I wish you a happy day
Now bow your head and pray
Everyone enjoy today!

IT IS VALENTINE'S DAY!!!
By: Mary Ann Leeper

