

Terrace Park News

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NOTES FROM MANAGER



February 14, 2018

I am urging everyone to please remember the Elderly and know that if you are sick, please do not visit. We want you to come when you are healthy. If you need to drop something off to your loved one and you are currently sick, please leave it at the front desk. Please do not visit when you knowingly have something that is contagious. The elderly can't fight off bugs and viruses like others can and we need to take every precaution we can.

I want to remind everyone that right inside the front door on the right hand side by the mailboxes is a sanitizer foam machine. Please sanitize your hands upon entering the facility. We appreciate your efforts in

helping us keep our facility healthy as can be.

We will have a couple fun things this month to break the monotony of winter. 😊 On Friday, February 2nd we will have Pajama day. It is also Groundhog Day. We will have breakfast available to everyone at 8 am. It will be Cinnamon Rolls and Hot Chocolate. We will have couple kinds of soup for lunch with ham salad sandwiches and then we will have Movie and Popcorn at 1pm.

On Valentine's Day we will have brunch at 9:30 am then at 12:30pm we will play Valentine Bingo and have some goodies!! 😊

Until next time,
Jonda

"If what you see by the eye doesn't please you, the close your eyes and see from the heart. Because the heart can see beauty and love more than the eyes can ever wonder."

Anonymous



Birthstone: Amethyst

Flower: Violet

Color: Light Blue and Yellow



February 19, 2018

Jonda's Recipe Corner



Southern Fried Chicken

2 eggs, beaten
12 oz can evaporated milk
1 tsp pepper
1 tsp salt
1 ½ tsp onion powder
1 ½ tsp garlic powder
1 ½ cups olive oil to fry
2 ½ cups flour
1 whole chicken cut into pieces or 8 chicken breasts.

Mix eggs, milk and spices.

Heat the olive oil in a frying pan on medium heat.

Pour flour into a gallon-sized zipper closing bag. Dip pieces of chicken into the milk mixture and one at a time, place in the bag. Shake the bag, then put the chicken into the frying pan. Do the same with all pieces.

Fry the chicken for 20 minutes or until cooked through the center. Turn once.



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

CORONARY ARTERY DISEASE

Coronary artery disease (CAD) is the most common form of heart disease; it is also known as ischemic heart disease. It is the leading cause of death and disability in the U.S. for men and women. The male / female ratio before age 40 is 8:1; after age 70, it is 1:1.

CAD occurs when the coronary arteries and major blood vessels that supply blood to the heart muscle become hardened and narrowed. It is thought to begin with damage or injury to the inner layer of the coronary artery, sometimes as early as childhood. The damage may be caused by various factors which can include smoking, high blood pressure, diabetes and insulin resistance, and a sedentary lifestyle. Once the inner wall of an artery is damaged, fatty deposits called plaques, which are made up of cholesterol and other cellular waste products, accumulate at the site of injury. This

process is called atherosclerosis. As this buildup of plaque continues to grow, less blood can flow through the arteries. As a result, the heart muscles cannot get the blood, oxygen, and other nutrients they need. Decreased blood flow and oxygen can then lead to symptoms such as chest pain and shortness of breath.

RISK FACTORS

- › Age
 - › Gender - Men are generally at greater risk for CAD; however, the risk for women increases after menopause.
 - › Family history - A family history of CAD increases risk for the development in an individual, especially if the family member was male and diagnosed before age 55. In female family members, this is true if CAD is diagnosed before age 65.
 - › Smoking
 - › High blood pressure - Blood pressure that is not controlled can result in narrowing and thickening of the arteries.
 - › High blood cholesterol levels - High cholesterol levels can lead to the development of plaques and atherosclerosis.
 - › Diabetes
 - › Being overweight or obese
 - › Physical inactivity
 - › High stress
- Other factors which have shown to increase the risk for development of CAD and are still being researched include the following:
- › Sleep apnea - This disorder causes episodes of cessation of breathing while sleeping which can strain the heart.
 - › High sensitivity C-reactive protein - This protein appears in higher amounts when there is inflammation somewhere in the body.
 - › High triglycerides - This is a type of fat (lipid) in the blood.
 - › Homocysteine - This is an amino acid found in the body which is used to make protein and build and maintain tissue.

SIGNS AND SYMPTOMS

The classic presentation of CAD is sub-sternal chest pain, a heaviness or pressure associated with exertion or stress which resolves with rest. Pain can, however, radiate to the left arm, forearm, shoulder, hand, jaw, and neck, as well. There are three types of chest pain or angina which are associated with CAD. These are stable, unstable, and variant or Transmittal angina. Instable angina, chest pain lasts for less than 15 minutes with no change in the severity, frequency or duration in the preceding six weeks.

Shortness of breath and extreme fatigue, especially with exertion, are other symptoms that are associated with CAD. Sweating (diaphoresis), nausea, fainting, weakness, and/or falls can also occur. Older individuals and women are more likely to present with atypical symptoms such as neck or jaw pain.

COMPLICATIONS

Left untreated, CAD can result in severe complications such as heart attack, congestive heart failure, abnormal heart rhythm (arrhythmia), cardiac arrest, and/or death.

A heart attack occurs when one of the coronary arteries becomes blocked. Congestive heart failure is a result of reduced blood flow to the heart and resulting damage to the heart muscle which is unable to pump enough blood to meet the needs of the body. Abnormal heart rhythms can also result from inadequate blood supply and damage to the heart tissue.

DIAGNOSIS

The diagnosis of CAD is made based upon review of the individual's medical history, as well as family history. A referral to a cardiologist is recommended. A complete physical examination is done, along with other diagnostic tests such as the following:

- › Electrocardiogram - This test records electrical signals as they travel through the heart. It can reveal a previous heart attack or one that is in progress.
- › Echocardiogram - This test uses sound waves to produce images of the heart. It can determine the pumping ability of the heart and whether damage has occurred.
- › Stress Test - This is done with or without exercise and sometimes in conjunction with an echocardiogram. It determines if stress induces chest pain and if there are other signs of damage to the heart.
- › Cardiac Catheterization or Angiogram - This is an invasive procedure done usually when a stress test is positive. Dye is injected through a catheter into the arteries of the heart to look for blockages.
- › Heart Scan - This test determines if there are calcium deposits in the coronary arteries which would indicate CAD.

TREATMENT

Treatment of CAD involves both lifestyle changes and the use of medications. Lifestyle changes include smoking cessation, eating a heart-healthy diet (low cholesterol, low saturated fat), maintaining a normal blood pressure of less than 130/80, aerobic activity of

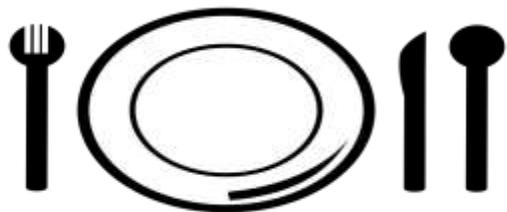
30 to 60 minutes for five days a week, and maintaining a normal weight with a body mass index (BMI) of 18.5 to 24.9.

Medication used routinely for the treatment of CAD includes the following:

- › Aspirin 75 - 162 mg. a day
- › Beta blocker medication such as Lopressor® and Tenormin® (for people who have had previous heart attacks)
- › Cholesterol-lowering medications including statins and bile acid sequestrants (to keep the LDL or "bad" cholesterol 100 or lower)
- › Nitroglycerin tablets, sprays, and patches (for people with chronic stable angina)
- › Angiotensin-converting enzyme - ACE - inhibitors and angiotensin II receptor blockers - ARBS - (to decrease blood pressure and prevent the progression of CAD)
- › Calcium channel blockers (for people who have coronary spasms)

Folic acid (for people who have high homocysteine levels)

CAD is very common and is the fourth leading cause of death in the U.S. Prevention of the disease by identifying risk factors and making lifestyle changes before it develops is very important.



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.

****Please remember to let staff know if you plan on eating with your loved one at least 3 hours prior to mealtime.**



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



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Welcome to our home, Virginia Nimerichter. Virginia is from the Mercer, Missouri area but very familiar with Leon and the Catholic Community. We are glad you joined our family.

Happy Valentine's Day

By Mary Ann Leeper

V alentine's Day is here
A day to say I love you dear
L et's have some candy too
E ven maybe two
N ice to be here today
T ime for us to play
I like to see your smiling face
N ow you brighten up this place.
E veryday let's have fun

D oes keep the blues on the run
A day to really say
Y our are okay!

Happy Valentine's Day!!

SUPER BOWL SUNDAY

FEBRUARY 4, 2018



NOTICE: PER STATE FIRE MARSHALL

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.

LENT BEGINS February 14, 2018

