

# Terrace Park News

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February 2020

Happy  
Valentine's  
Day

## FEBRUARY 14, 2020

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! Just a heads up, if Westview has the flu, visiting will be restricted as we don't want it brought to our facility.

Remember February can be a lonely month for elders. Cabin fever is starting to really take effect. Be sure to stop in and visit as often as possible. Bring them flowers, bring them a baked good, bring them something to brighten their day!!! 😊

We still have apartments open for rent. We are looking for individuals that need more assistance to join our family. We do have a move-in special going on until February 21<sup>st</sup>, 2020. Be sure to contact me asap with any questions.

Keep positive and keep moving as Spring is coming soon!!! 😊

Until next time,

Jonda

**"Feed the birds in the winter, in return, they will feed your soul with the look of gratitude!" Mehmet Murat Ildan**

hello february

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

## Jonda's Recipe Corner



### Chocolate Crispy Rice Treats

½ cup butter or margarine  
16 oz pkg miniature marshmallow  
12 cups chocolate crispy rice cereal

Melt the butter or margarine and stir until completely melted. Remove from the heat and add the cereal and stir until coated. Butter fingers and press into 9x13 pan. Yield 3 dozen bars.



You can find us at:

[terracepark.leoncarecenters.com](http://terracepark.leoncarecenters.com).

## MEDICAL NOTES

### Macular Degeneration

Macular Degeneration is an eye disease that is a progressive degeneration and thinning of

the central portion of the retina called the macula. This disorders results in loss of central vision.

Risk factors include: Aging, Family History, Smoking, High blood pressure, atherosclerosis, high cholesterol, obesity, high-fat diet, exposure to UV and blue lights.

Signs and symptoms include a form of distorted vision, slow recovery of visual function, visual acuity drastically decreasing, blurred vision, trouble discerning colors especially dark ones, loss of contrast sensitivity, and visual hallucinations.

As this disease develops, there is a progressive accumulation of yellow deposits called drusen in the macula, a part of the retina. This accumulation is believed to damage the retina over time.

This disease is divided into 3 stages. Early, intermediate and late. These stages are based partly on the size of the drusen.

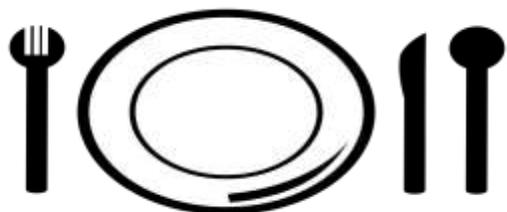
Early is diagnosed based on presence of medium sized drusen which is approximately the width of a human hair. Intermediate is diagnosed by larger drusen and retinal pigment abnormalities. Intermediate may cause some vision loss. Late stage is more retinal damage and you being to experience central vision loss.

Diagnosis is largely dependent on changes seen in the macula versus vision loss. You must have a dilated eye exam, Amsler grid test, Snellen eye test, fundus photography,

Electroretinogram, dark adaptometer test, Farnsworth-Munsell 100 hue test, and Optical coherence tomography test. All of these tests help in diagnosing the disease.

The treatment varies according to the type and stage. It is aimed at slowing the progression of the disease down. There are a few people with this disease that has total vision loss or blindness. In almost all cases, some vision remains. Reading becomes difficult.

Loss of vision can lead people to another place---a place of changes, adjustments and challenges. With vision we see colors, shapes, sizes, places and people. We vision loss, people can find a new way to see.



### **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!**



**Charles Warren-February 5<sup>th</sup>—  
90 years young!**

**Tresley Hamilton-February 21<sup>st</sup>-  
Sweet 16!!!**



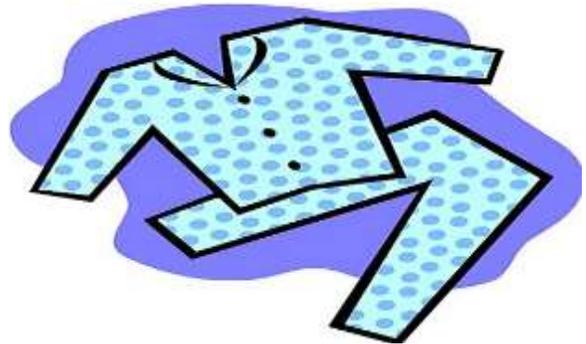
**KELLY COZAD IS HERE ON THURSDAYS. LET JONDA KNOW IF YOU WANT AN APPOINTMENT. Kelly typically comes on Thursday mornings. Perms will be scheduled at a different time.**

**Cut and Set \$26.00**

**Cut \$15.00**

**Shampoo Set \$15.00**

**Perm \$45.00**



**We will have a fun day on February 26<sup>th</sup>!! WEAR PAJAMAS ALL DAY! More details will be released as the date gets closer. 😊**