

Terrace Park News

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NOTES FROM MANAGER



Where oh where did 2018 go? We are off to a new year, with new goals, new possibilities and lots of memories to be made.

We are reaching the time where sickness is everywhere you turn. Do your part and don't visit your loved one until you are symptom free. It is so much harder on the elderly when they get common colds or flu. Remember to wash hands, use hand sanitizer when you enter and leave the building, and cover your mouth when sneezing or coughing. If we all do our part in the spreading of germs and viruses, we should have a great year!!



What are your goals for 2019? For the elderly some very good goals are to be more active, to be more social, and do enjoy life to its fullest. To be more active, I encourage you to walk both halls after each meal. I encourage you to participate in activities at least 2 times per week. I also encourage each resident to sit in the lobby at least once a day. Get out of your room and just watch the surroundings, read the newspaper and socialize with others. You will be surprised with these little changes, how well you will feel!!!! 😊

Until next time,
Jonda

“Snowmen fall from heaven one flake at a time.”
Anonymous

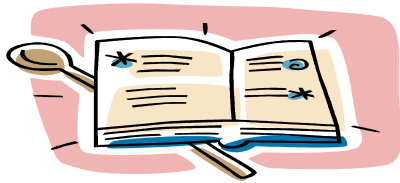
January

Birthstone: Garnet

Flower: Carnation

Color: Black and Dark Blue

Jonda's Recipe Corner



Peanut Butter Snowballs

- 1 cup powdered sugar
- ½ cup creamy peanut butter
- 3 Tbsp butter, softened
- 1 lb white candy coating, coarsely chopped

Combine the sugar, peanut butter, and butter in a bowl. Shape into 1-inch balls and place on wax paper-lined baking sheet. Place the baking sheet in the fridge for 30 minutes until firm. Melt the candy coating in a microwave safe bowl then dip the balls in it and place on the baking sheet to harden. Yield: 2 dozen balls



You can find us at:

terracepark.leoncarecenters.com.

Snowflakes are one of nature's most fragile things, but look at what they can do when they stick together." Anonymous

MEDICAL NOTES



SPINAL CORD INJURIES

Approximately 450,000 people are living with spinal cord injuries. This damage to the spinal cord causes temporary or permanent changes in its function. Approximately 12,000 people a year in the USA. Spinal cord injuries cost the nation at least 9.7 billion a year. Pressure sores alone, which are a complication, cost an estimated 1.2 billion.

The incidence of spinal cord injuries is highest among individuals ages 16 to 30, in which 53.1% of injuries occur. Males represent 81.2 % of that number. Automobile accidents are the leading cause of spinal cord injuries for people 65 or younger and falls are cause of injuries 65 and older.

The spinal cord is 18 inches long and extends from the base of the brain to the waist area. The spine is divided into 4 sections, not including the tailbone. These are C1-7 located in the

neck, T1-12 in the upper back, L1-5 in the lower back and S1-5 in the pelvis. The spinal cord is made up of nerve cells and a group of nerves that carry messages between the brain and the rest of the body.

Spinal cord injuries can occur at any level of the spinal cord and can be complete or incomplete. The severity of an injury depends on the part of the spinal cord that is involved. The higher the SCI occurs on the spine and the closer to the brain, the more effect it has on how the body moves and senses things. More movement, feeling and voluntary control are present with injuries at lower levels. A complete injury produces total loss of all motor and sensory function below the level of injury. Rehab begins in the acute care setting. Spinal cord injuries are typically incurable impairment. They are very serious and devastating injuries that vastly alter people's lives and lifestyles.



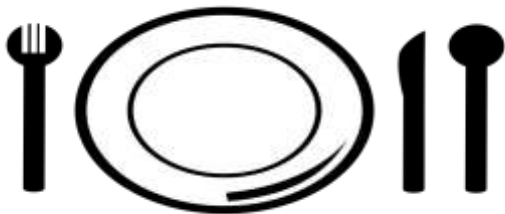
KELLY COZAD IS HERE ON THURSDAYS. LET JONDA KNOW IF YOU WANT AN APPOINTMENT. Kelly typically comes on Thursday mornings. Perms will be scheduled at a different time.

Cut and Set \$26.00

Cut \$15.00

Shampoo Set \$15.00

Perm \$45.00



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!



HAPPY NEW YEAR

By: Mary Ann Leeper

Happy New Year to you

And have fun all year too

Pop some corn to eat

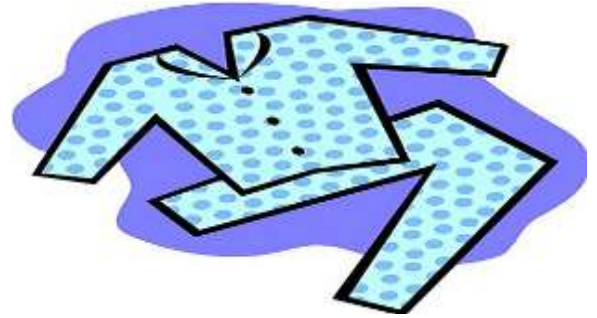
Perhaps candy would be a treat

You enjoy yourself each day

N ow have lots of fun today
E very day enjoy this place
W ith a big smile on your face

Y ou are lucky so smile a lot too
E njoy yourself is what you should do
A good place to live I say
R eally it's a Happy New Year Day

PAJAMAS ALL
DAY!!!



DATES TO REMEMBER:

January 23rd—Wear your
favorite hat to lunch!!! 😊



January 25th—Pajama Day--
-Sleep in, let's have brunch
at 10am and then we will
watch a movie at 1pm. 😊
WEAR YOUR FAVORITE

