

Terrace Park News

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July 2018

NOTES FROM MANAGER



Happy 4th of July!

July 4, 2018

We are approaching the hottest month of the year. Just a friendly reminder to stay hydrated and limit sun exposure. I do encourage all residents to go outside in the morning though, to get fresh air!! Fresh air does the body good!!



Independence Day commemorates the signing of the Declaration of Independence by Congress on July 4, 1776. I have always loved the 4th of July holiday. The Great Leon Rodeo has been a family tradition my whole life. I love to wear my red, white and blue proudly.

I want to remind all residents to stay active as possible. Try to walk both halls before or after each meal of the day. Even try walking the halls morning and night. The more walking you do, the stronger those legs are to help keep you moving.

It is getting that time of the year for fresh vegetables and fruit. If you

know of someone or if you have something you would like to donate, please let us know. We gladly accept donations. We are all looking forward to BLT's and sweet corn on the cob days! ☺

Until next time,

Jonda

"Strawberries are the angels of the earth, innocent and sweet with leafy green wings reaching heavenward." Terri Guillemets

"When chocolate meets strawberries, it is true bliss" - Anonymous



**Birthstone: Ruby
Flower: Larkspur
Color: Green and Russet**

Jonda's Recipe Corner



Corn Dog Mini Bites

8 hot dogs
2 cups flour
2 cups yellow cornmeal
2/3 cup sugar
4 tsp baking powder
2 cups milk
4 eggs
1/2 cup olive oil

Cut hot dogs in bite sized pieces then brown them in frying pan. In a bowl, mix dry ingredients together.

Put the milk, eggs, and oil in separate bowl. Mix the wet ingredients with the dry ingredients to form a batter.

Grease mini muffin baking pans and pour batter in each cup, filling 2/3 full. Add a piece of hot dog to each one and push down. Bake in a 425-degree oven for 10-12 minutes or until golden brown.



You can find us at:

terracepark.leoncarecenters.com.

HAPPY BIRTHDAY!

Evelyn Bettis-July 1st-91 years young!!

Jonda Petty-July 2nd—44 years old!

Lewis Webster—July 16th—90 years young!

Gwen McClure-July 25th-89 years young!

Nancy Hansen-July 30th—75 years young!!

MEDICAL NOTES

Transient Ischemic Attack

TIA is a brief episode of neurological dysfunction caused by loss of blood flow to the brain, spinal cord or retina without causing death of tissue. TIA's have the same underlying mechanisms as an ischemic stroke; however, they usually last fewer than 24 hours and 75% last fewer than 5 minutes.

TIA's can be a warning sign of an impending stroke. About one-third of individuals who have had at least one will have a stroke and having had a TIA increases the risk of developing a stroke. This provides an opportunity to start treatment including medications, if necessary and make lifestyle changes.

TIA's often only last a few minutes or less. Most signs or symptoms disappear within an hour. They are widely variable and can mimic other neurological conditions especially a stroke. Some common signs and symptoms associated with TIA are dimming or loss of vision, double vision, difficulty speaking or ability to understand others, slurred speech, confusion, dizziness, loss of balance, and sudden and severe headache. They are often sudden onset.

Risk factors include:

1. High blood pressure

2. High Cholesterol
3. Cardiovascular disease
4. Carotid artery disease
5. Peripheral artery disease
6. Diabetes
7. High levels of homocysteine
8. Excess weight
9. Family history, age, sex, and race

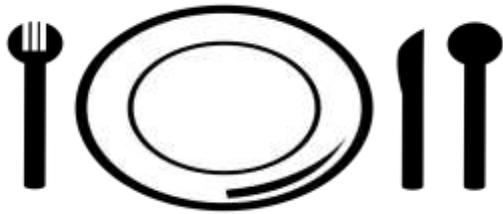
The diagnosis of TIA is made after a careful review of symptoms and risk factors, a physical exam, and head imaging. Lab studies should be done to rule out any metabolic conditions. EKG should be done to rule out abnormal heart rhythms.

Once the cause of a TIA has been determined, an antiplatelet medication such as aspirin is started.

When the TIA results from a blood clot from the heart, blood thinners are used.

TIA's are common in the elderly.





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!!!



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

PER STATE FIRE MARSHAL

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.

WE WILL BE DOING ROOM INSPECTIONS AND WILL LET YOU KNOW IF WE FIND NON-COMPLIANT ITEMS! ☹

Fourth of July

By: Mary Ann Leeper

F ireworks lighting up the sky
O h it's time for me to say hi
U all have fun today
R emember what I have to say
T oday we celebrate big
H ave a roasted pig
O f all the days to celebrate
F ourth of July take the cake
J ust remember to be careful too
U might get burned
L et's celebrate and be careful
Y ou want to be around another year!!

