

# Terrace Park News

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## NOTES FROM MANAGER



*July 4, 2017*

We have filled a couple rooms but still have more rooms to fill. Get moved in today before the cold months creep up on us! Rooms go fast in the fall months!

Please help me welcome Evelyn Bettis from Humeston to our family. Evelyn is excited to be here. Evelyn is looking forward to the companionship of others. ☺

Howard Dale Garton came back for a short time and then will be moving to Des Moines to be closer to his children. Dale will be moving on Friday, June 30<sup>th</sup> to Prairie Hills in Des Moines. We will miss you Dale, but we understand being closer to your family!!

We passed the Medicaid review and now we are gearing up for the on-site Department of Inspections and Appeals review. I am not sure when that review will take place, but we are nearing our 2 year deadline. They will

review charts, employee files and will have a meeting at lunch with residents to determine if we are following all the rules set forth by the state. ☺

I will be on vacation a few days in July to attend sheep shows at the local county fairs to watch our sheep we raised show. I know for sure July 14, 21<sup>st</sup> and then probably 27<sup>th</sup> and 28<sup>th</sup> to attend the Wayne County Fair. I will keep everyone informed.

Until next time,  
Jonda



Birthstone: Ruby

Flower: Larkspur

Color: Green and Russet

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**“People who love to eat watermelon are always the best people.” Julia Child**

## Jonda's Recipe Corner



### RED, WHITE, AND BLUE FRUIT AND CHEESE KABOBS

- 8-oz. pkg. of mozzarella or other white cheese\*
- 16-oz. pkg. fresh strawberries
- 8-oz. pkg. fresh blueberries

- 1) Cut the cheese into bite-sized squares.
- 2) Cut the leafy tops off the strawberries.
- 3) Push pieces of the fruit and cheese squares onto wooden skewers, alternating red, white, and blue colors.

**Note:** Other red foods can be used such as raspberries and red apple pieces.

**\*Variation:** Substitute marshmallows for the cheese

YIELD: 14 kabobs



**Evelyn Bettis—July 1st<sup>th</sup>—  
90 years young!**

**Jonda Petty-July 2nd—  
43years old!!**

**Lewis Webster- July 16<sup>th</sup>.  
89 years young!!**

**Gwen McClure-July 25<sup>th</sup>.  
88 years young!!**



You can find us at:

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

I answer emails daily & can be reached at

[terracepark@leoncarecenters.com](mailto:terracepark@leoncarecenters.com).

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## GUEST MEALS ARE \$5.00

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

## MEDICAL NOTES



**Frontotemporal dementia (FTD) is also known as frontal lobe dementia.** It was first described by Arnold Pick, M.D. in 1892 and is sometimes called Pick's disease. It is caused by progressive nerve loss in the brain's frontal lobes (the area behind the forehead) or the temporal lobes (the regions behind the ears). The nerve cell damage caused by FTD leads to loss of function in these brain regions which then causes changes in behavior and personality, language disturbances, or alterations in muscle or motor function.

FTD is second only to Alzheimer's disease (AD) in prevalence and is responsible for 10% - 15% of all dementia cases. It accounts for 20% of young onset dementia cases. Signs and symptoms usually occur in later adulthood. It affects men and women equally. This is in contrast with AD, where symptoms usually occur over the age of 65.

The frontal lobes in the brain are responsible for inhibition and behavior regulation so individuals with FTD will often exhibit strange or unusual behavior and personality changes and behavior problems. These changes are actually hallmarks of this disorder.

Although there is no known cause of FTD, approximately 40% of people with the disease have a family history of FTD or other related dementias. Children of an individual with the disease have a 50% chance of developing it themselves.

### KEY DIFFERENCES BETWEEN FTD AND AD

› **Age at Diagnosis** Most people with FTD are diagnosed between the ages of 45 and 65, while individuals with AD are usually diagnosed after the age of 65.

› **Memory Loss** This tends to be more prominent in early AD and occurs later in FTD.

› **Behavior Changes** These are often the first symptoms in behavioral variant FTD, the most common form of FTD. Behavior changes occur later in AD.

› **Problems with Spatial Orientation** These problems such as getting lost in familiar places are more common in AD than in FTD.

› **Problems with Speech** Although individuals with AD may have some trouble thinking of the right word or remembering names, they have less difficulty understanding speech or expressing themselves than people with FTD.

› **Hallucinations and Delusions** these are relatively common in AD and uncommon in individuals with FTD.

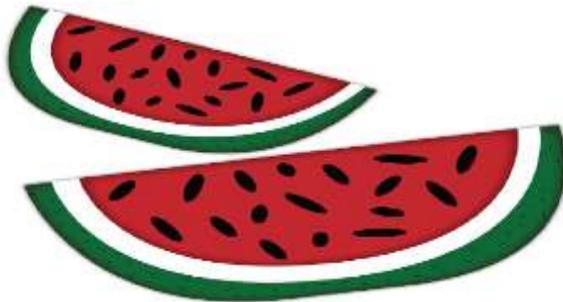
Signs and symptoms of FTD are variable and depend on the type. Each case is individual. Symptoms may occur in clusters; some may be prevalent in early or late stages. Following are the 10 most common symptoms:

- › Poor judgment
- › Loss of empathy
- › Socially inappropriate behavior
- › Lack of inhibition
- › Repetitive compulsive behavior
- › Inability to concentrate or plan
- › Frequent, abrupt mood changes
- › Speech difficulties
- › Problems with movement or balance
- › Memory loss

There is no cure for FTD. It is a progressive and debilitating disease. The mean survival rate after diagnosis is six to eight years. Treatment goals are aimed at easing the symptoms of the disease but cannot slow the disease process. Anti-depressants such as selective serotonin reuptake inhibitors (SSRIs) can be used to treat underlying depression and apathy and other symptoms. Anti-psychotics are also used to control behavior problems. Anti-spasmodics can be used to alleviate

muscle spasms. Speech therapy may also be used in individuals with aphasia and other speech problems.

FTD is a devastating and challenging disease for family and caregivers. This is especially true for individuals who have the behavioral variant which is the most common form. As the disease progresses, 24-hour care will be required for most individuals.



The residents are dying to eat some fresh fruits and veggies. The time is getting closer!! 😊

**Independence Day is a day Americans hold dear.** The signing of the Declaration of Independence marks the separation of the American colonies from the rule of England. The signers of the Declaration gave their all when they signed the document. The Preamble of the Declaration of Independence states, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

#### **HISTORICAL TRIVIA**

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- › Thomas Jefferson was not happy that other members of the committee decided to take out his condemnation of the British for their slave trade. Interestingly, Jefferson owned slaves.
- › On July 4, 1776, the Continental Congress adopted the Declaration of Independence, but the rough draft was only signed by John Hancock, president of the Congress and witnessed by Charles Thomson, secretary of the Congress.
- › the first printings of the Declaration of Independence were done by John Dunlap who made an estimated 200 copies. They are called the Dunlap Broadside. There are only 24 known copies left today, two of which are in the Library of Congress. A copy can be

viewed at  
www.ushistory.org/declaration/document/dunlap.html. › One of the Dunlap Broad­sides was found in 1989 and sold in 2000 for 8 million dollars.

› Original Declaration of Independence / dated 4th July 1776" is printed on the back of the Declaration of Independence.

› The other delegates waited until the document was printed on parchment to sign it. Most of the 56 signers did it on August 2, 1776.

› There were 56 signers, from all different backgrounds including lawyers, merchants, farmers, plantation owners, physicians, scientists, and a minister.

› The signers made a promise to "mutually pledge to each other our Lives, our Fortunes, and our sacred Honor." Nine of the signers paid with their lives and 17 of the signers lost their homes, money, and property.

› Thomas Jefferson and John Adams both died 50 years later, to the day, of the approval of the Declaration of Independence on July 4, 1826.



## 4<sup>th</sup> of July By Mary Ann Leeper

**J**uly fourth is lots of fun  
**U** set off fireworks and run  
**L**ike to watch parades on the street  
**Y**ou smile at all the people you see.

**F**orget your troubles and smile lots  
**O**h enjoy this life you've got  
**U**all are lucky to be here too  
**R**eally a nice place I am telling you  
**T**hree meals a day no dishes to do  
**H**appy 4<sup>th</sup> of July to all of you!!!

