

Terrace Park News

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June 2018

NOTES FROM MANAGER

*Seek shade whenever possible.



June 17, 2018

We have sure enjoyed the sunshine and nice days and we are looking forward too many more.



We are approaching summer. It is getting close to the hottest time of the year. I can hardly wait. I love the sun. I do want to let you know of some healthy tips to avoid sun damage.

*Avoid being in the sun as much as possible.

*Apply sunscreen with at least 30 SPF every two hours, even on cloudy days.

*Wear a wide-brimmed hat and sunglasses if outdoors.

*Try to stay out of the direct sunlight from 10am to 4pm.

These are extremely important tips especially for the elderly. Even though the sun is a good source of Vitamin D, it is also very dangerous.

If you would receive sunburn, it will cause redness and possibly peeling. If you have a burn with a headache, chills or fever, please seek medical attention right away. Some relief might be cool baths and moisturizers.

Summer....my favorite time of the year!!!
Sunshine, long summer days, memories to be made!! 😊

Until next time,

Jonda

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

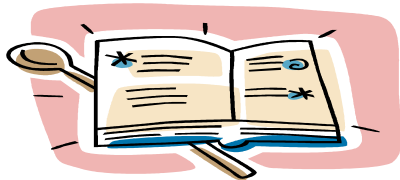
"When chocolate meets strawberries, it is true bliss" - Anonymous

June

Birthstone: Pearl
Flower: Rose
Color: Light Blue and White

I 
Dad

Jonda's Recipe Corner



Tiramisu Pancakes

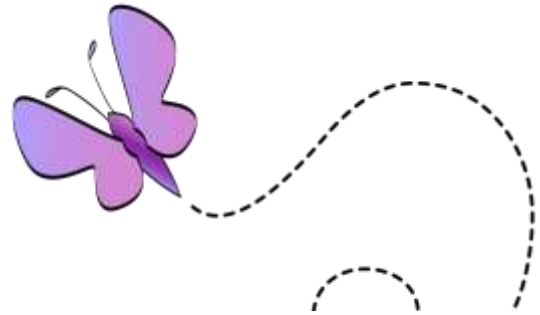
8 oz pkg cream cheese, softened
8 oz pkg mascarpone cheese
2/3 cup powdered sugar
1 tsp instant coffee granules
2 Tbsp water
2 pkgs frozen pancakes
1 Tbsp unsweetened cocoa

Beat the cream cheese, cheese, and powdered sugar in a large bowl until well combined. Dissolve the coffee granules in the water in a small bowl then add to the cheese mixture and mix well. Warm the pancakes according to the package directions. Place one pancake on each of eight plates then spread 2 Tbsp of the cheese mixture on each one. Repeat the layers two more times, ending with the cheese mixture topping each stack. Sprinkle with cocoa and serve immediately.



You can find us at:

terracepark.leoncarecenters.com.



SUMMER BEGINS—JUNE 21st



**Mildred Luce—June 10th—92
years young!!**

**Taylor Proctor—June 14th—19
years old!!**

MEDICAL NOTES

OSTEOPOROSIS

According to the Merck Manual of Geriatrics, osteoporosis is defined as a disease characterized by low bone mass and deterioration of bone tissue leading to enhanced bone fragility and a consequent increase in fracture risk. It is also known as brittle bone disease.

Bones are in constant state of renewal or being formed; new bone is being made, and old bone is broken down. Peak bone mass is usually reached in early adulthood. As individuals age, bone mass is lost faster than it is being formed.

Osteoporosis is classified as either primary or secondary. Primary osteoporosis in older adults can be classified as Type 1 or Type 2. Type 1 osteoporosis occurs mainly in individuals aged 51 to 75, is six more times more common in women and is associated with vertebral and wrist fractures. Type 2 osteoporosis occurs in people over the age of 60, is two times more common in women, and is associated with vertebral and hip fractures. There is often overlap between the two subtypes.

Approximately 11 million people in the United States have osteoporosis of the hip. Four in 10 women and one in 10 men over the age of 50 will have fracture of the hip, spine, or wrist. It primarily affects postmenopausal women over 50 and men over 70. It costs more than 18 billion dollars per year to treat osteoporotic fractures.

Causes:

- Hormonal deficiency

- Chronic steroid use
- Malignancy
- Chronic hyperthyroidism
- Rheumatoid arthritis
- Vitamin D deficiency, Vitamin A excess
- Chronic Heparin use

Risk Factors:

- Age
- Gender
- Race
- History of fracture in first degree relative
- Menopause
- Petite frame and low body weight
- Dementia
- Recurrent falls
- Depression
- Frailty
- Decreased physical activity
- Impaired vision
- Excessive alcohol intake
- Smoking

There are usually no signs or symptoms of osteoporosis. Individuals may not know that they have it until they break a bone. Once a fracture has occurred, there is considerable pain and disability. Other symptoms may occur including gradual loss of height over time and a stooped posture.

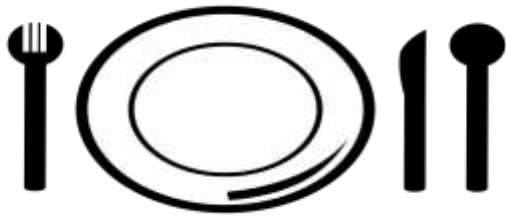
The diagnosis of Osteoporosis is made from review of person's and family history, identification of risk factors, and a bone densitometry test. Lab studies are also often done to rule out secondary causes. Regular x-rays are usually not helpful as the disease does not show up until 30% of the bone is lost.

Treatment of osteoporosis should include both lifestyle changes and medication.

Nonpharmacologic treatment includes the following:

- Regular weight bearing exercises—20-30 minutes daily, 6 or 7 days a week
- Fall prevention management
- Smoking cessation
- Limit alcohol consumption

There has been controversy regarding the efficiency of calcium and vitamin d supplements. Most health care providers recommend calcium supplementation of 1200-1500 mg per day and Vitamin D of 800 IU per day.



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! ☹



HAPPY FATHER'S DAY

By: Mary Ann Leeper

F ather's Day we love him so
A nd send a card to let him know
T hat is what you should do
H ave some candy for him, too
E at dinner with him if you can
R emember that would be a good plan
S o now I'll end this rhyhme
D o have fun and a good time
A nd always remember this
Y ou could hug him and give him a kiss.

