

Terrace Park News

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NOTES FROM MANAGER



March 17, 2018

Spring is near and I am so excited. I am ready for winter to be over. I dislike cold and even more the ice we have had lately. Warmer weather is coming and I know the residents can hardly wait to be able to go outside for fresh air and short walks.

Terrace Park was recently advised that we met the criteria from the National Center for Assisted Living Quality Initiative Recognition Program. Terrace Park will be honored at a special luncheon in New Orleans, LA March 12-14, 2018. I am over the moon excited to be able to travel to New Orleans to receive the recognition. We are being commended for our commitment to quality. Our accomplishment means we are improving the lives of the individuals we serve. It is exciting for us as only 7 Assisted Livings in Iowa are receiving the award. That is big news for Decatur County

and Terrace Park. I couldn't do it without my wonderful staff. They have awards for the Nursing home side too and Westview will be recognized as well. That is phenomenal to have both facilities honored the same year for Quality. With this being said, I will be gone this week attending conference in New Orleans. I will fly out of Des Moines on March 11th and we return March 15th. If you should need anything during this time, call the office at Terrace Park and they can help you.

I want to remind everyone that right inside the front door on the right by the mailboxes is a sanitizer foam machine. Please sanitize your hands upon entering the facility. We appreciate your efforts in helping us keep our facility healthy as can be.

Until next time,
Jonda

**"No matter how long the winter,
spring is sure to follow. "Proverb**

"Spring is nature's way of saying let's party! - Robin Williams

MARCH

Birthstone: Bloodstone

Flower: Jonquil

Color: White



March 20, 2018

Jonda's Recipe Corner



VERY CHOCOLATY PUDDING

4 oz bittersweet chocolate
2 Tbsp butter
1 ¼ tsp vanilla
1 ¾ cups milk
¾ cup sugar
¼ cup cocoa
2 ½ Tbsp Cornstarch
3 egg yolks

In a mixing bowl, combine chocolate, butter and vanilla and set aside.

Heat the milk in a saucepan at medium heat, stirring occasionally. Do not let the milk boil.

In another bowl, stir the sugar, cocoa, and cornstarch together. In a third bowl, mix the egg yolks with electric mixer.

Combine the dry cocoa mixture with the egg yolks and then stir in half of the heated milk mixture.

Pour the cocoa mixture in to the saucepan with the remainder of the milk and heat to medium heat stirring constantly with a wire whisk. It will thicken in six to eight minutes.

Pour it into the bowl with the chocolate, butter and vanilla. Let it sit for approximately 3 minutes to give the chocolate and butter time to melt. Stir until blended then cover the bowl with plastic wrap and refrigerate for two hours. At serving time spoon pudding into small bowls. Yield: 8 ½ cup servings.



You can find us at:

terracepark.leoncarecenters.com.



Happy
Birthday!!

Beulah
Thomas
March 31st
96 years
young!

★HAPPY★
BIRTHDAY!

MEDICAL NOTES

NSAIDS VS OPIOIDS

In this article, various pain medications will be discussed. Approximately 80% to 85% of older adults will have pain problems during their lifetime; 25% - 30% will experience significant pain that will impair their functional status. The use of pain medications and pain management can be a very complex process. This is especially true in the elderly population due to other various disease processes and the aging of both the liver and kidney as these organs filter most of these medications. The benefits, risks, and pros and cons of using these various medications will be discussed.

NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

According to the World Health Organization's "Pain Relief Ladder," NSAIDs or Tylenol® products should be used as the first step to relieve mild pain. These are also classified as non-opioid medications. NSAIDs are indicated mainly for short term use. They are also used in combination with opioids in cases of more severe pain. NSAIDs are most commonly used to treat headache, muscle and joint pain, and inflammatory arthritis. Unlike Tylenol®, NSAIDs also reduce inflammation so pain is controlled and cured rather than just relieved. Some NSAIDs such as aspirin and low doses of ibuprofen are available without prescription as over-the-counter drugs.

Aspirin, which is a type of NSAID, is a tried-and-true pain reliever. Although it is relatively safe, it can irritate the stomach and increase the risk of gastrointestinal bleeding. By taking an antacid along with the aspirin or using a buffered aspirin, the likelihood of stomach irritation decreases. Aspirin increases the risk of bleeding because it interferes with the function of platelets which are the particles in the blood that help it to clot. Other side effects of aspirin include ringing in the ears (tinnitus) and difficulty breathing.

Other NSAIDs which have been used to treat mild pain include ibuprofen (Motrin®, naproxen, Advil®, Aleve®). These medications also can irritate the stomach and cause bleeding in the digestive tract especially in older individuals. Taking these drugs with food reduces the risk of bleeding. Long term use of NSAIDs in the elderly may lead to renal or kidney failure.

Opioids are the mainstay of treatment for moderate to severe pain in older adults. They can be used in conjunction with NSAIDs and other adjuvant drugs such as anti-depressants. Unlike NSAIDs, they can be used for long periods of time without risk of organ damage. They may be given by a variety of routes of administration such as orally, trans dermally (via the skin), intravenously, intramuscular, and under the tongue. Over time, they may cause physical dependence.

The following is a list of common opioids that are used from weakest to strongest, along with starting doses:

- › Codeine with acetaminophen - Tylenol® #3 30-60 mg by mouth every three to four hours
- › Hydrocodone 5-10 mg by mouth every three to four hours
- › Oxycodone 5-10 mg by mouth every three to four hours
- › Sustained release oxycodone (OxyContin®) 15-30 mg every 12 hours
- › Transdermal fentanyl -DURAGESIC® 25 mcgm/hour (Patch should be changed every three days. Should not be used as initial treatment or in people who have never had opioids in the past and should be used with caution for those who are malnourished.)
- › Hydromorphone - Dilaudid® (Should not be used in older adults because of the potential to cause confusion and seizures.)

Other opioids that are commonly used are morphine, levorphanol, and methadone.

- › Morphine in injectable or immediate release forms can be used for acute, severe pain. The oral form can be effective for chronic pain.
- › Levorphanol can be given by injection or mouth and can be used instead of morphine. This is especially helpful if the person is allergic to morphine.
- › Methadone can be given by mouth and is also used for treating dependence on other opioids. It should be used in caution with older adults, balancing the benefits versus the risks.

With the prolonged use of opioids, some individuals need higher doses because their bodies adapt to and respond to the drug less well over time. This phenomenon is called tolerance. Individuals who take opioids for a long time may become dependent on them; they experience symptoms of withdrawal if the drug is discontinued abruptly. When opioids are discontinued after long term use, the dose should be slowly and steadily reduced to avoid symptoms of withdrawal.

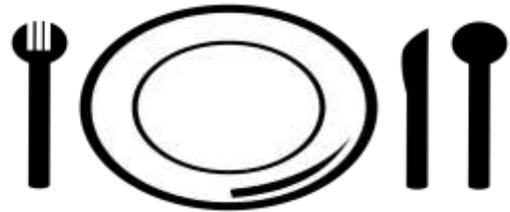
COMMON SIDE EFFECTS

Common side effects of opioids are constipation, sedation, respiratory depression, nausea, vomiting, and itchy skin (pruritus). Individuals should be monitored frequently for side effects and treated at the first sign. They should also be treated preventatively for

constipation at the onset of opioid use. Drug dosages should be started low and gradually increased. If side effects occur, drug dosage may be reduced, or the person may be offered another opioid.

Unlike NSAIDs, there are no upper limits for the use of opioids. However, caution should be used if an opioid is combined with acetaminophen. Dosages of acetaminophen should not exceed 4000 mg in 24 hours.

Both NSAIDs and opioids are used in the management of pain in older adults. NSAIDs should be used for shorter periods for milder pain. They have the advantage of an anti-inflammatory effect. Opioids are used in more moderate to severe pain and can be used long term. They may require larger doses and have the potential for tolerance and dependence to occur.



**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.

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



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

PALM SUNDAY
March 25, 2018



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NOTICE:

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.