

Terrace Park News

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March 17, 2020

Spring is coming!!!! March 19th can not come soon enough. We are ready for sunshine, green grass and warmer temperatures. We are ready to get out and get some fresh air.

We still have apartments open for rent. If you know of someone looking for a senior living community please share the news that we have openings.

I will be flying to Grapevine, Texas on March 8th to go to the Quality Summit Conference. I will be receiving our National Award for meeting all 4 Quality goals set by the National Center of Assisted Livings. I will be back in the office on March 13, 2020. If you should

need anything that week, I will be available by text or email or you can call and visit with Megan at 641-446-8396.

We will have a resident/family round table meeting on Wednesday, March 4th at 1pm to discuss the results from our Satisfaction survey. Everyone is encouraged to attend.

Until next time,

Jonda

“The difference between the impossible and the possible lies in the person’s determination!”

Tommy Lasorda



Birthstone: Aquamarine

Flower: Jonquil

Color: White

Jonda's Recipe Corner



Rainbow Snack Platter



Red: Radishes, red pepper slices, tomatoes
Orange: carrot coins, orange pepper
Yellow: Yellow pepper slices, cheese cubes
Green: sugar snap peas, cucumber coins
Purple: tortilla chips, goldfish crackers
Clouds: cauliflower florets
Pot of Gold: bowl filled with honey mustard

Arrange vegetables on a large platter in an arch shape by colors. Place the pot of gold bowl at the end of the rainbow and scatter the pieces of cauliflower around the platter to resemble clouds.



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

Sleep Disorders

Sleep disorders are common among the elderly and occur in up to 50% of individuals over the age of 65. Sleep disorders are defined as the inability to fall asleep, stay asleep, sleeping too much, or having abnormal sleep-related behaviors.

As people age, the timing and amount of sleep changes. Older people fall asleep faster and awaken earlier and are less tolerant of changes in sleep-wake cycle. Daytime napping in older adults can also contribute to poor nighttime sleep Schedule.

The two main types of sleep are non-rapid eye movement NREM and rapid eye movement REM sleep.

NREM is divided into four stages based on amount and frequency of different types of brain waves. Stage 1 occurs as people become drowsy and fall into a light sleep. Stage 2 is where most sleep is spent and is a continuation of light sleep. Stages 3 and 4 are the deepest levels of sleep and are necessary for feeling rested.

REM sleep is a very deep but active stage of sleep in which people dream. In this stage, the heart rate and breathing speed is increased and then

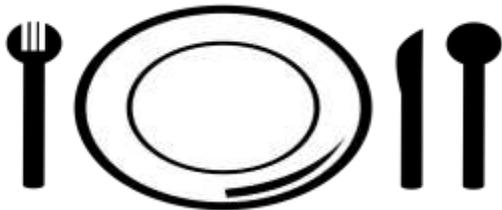
slow down and the eyes move rapidly. Older residents reach the REM sleep more slowly and spend less time in this cycle.

Insomnia is defined as the inability to fall or remain asleep. It can lead to restlessness and anxiety which can make obtaining sleep even more difficult. It can also interfere with the ability to function during the day. Insomnia can be acute and short term or chronic and long term.

Ways to improve sleep:

- Having regular sleep
- Use of bedroom only for sleep
- Avoid caffeine and chocolate
- Regular exercise
- Relaxation
- Comfort measures

Medications are rarely used in short-term insomnia. They can be used in chronic sleep disorders but should be used with caution and at the lowest effective dose as possible.



GUEST MEALS ARE \$8.00

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 CANNOT ACCOMODATE A PARTY OF MORE THAN 3 WITHOUT 24 HOURS NOTICE!



**SPRING BEGINS
MARCH 19th!!!**



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



Daylight savings Time begins on March 8th. Before you go to bed on Saturday March 7th you will need to change your clocks!!! 😊 Spring forward!!!



Opening Day is March 26, 2020