

Terrace Park News

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NOTES FROM MANAGER



Well, we could have had a better February at the facility, but it is over and we are moving on. We had an outbreak of Influenza A. I encourage everyone to remember if you have ANY COLD OR FLU-LIKE SYMPTOMS to visit AT ANOTHER TIME. These illnesses are 10 times harder on the elderly.

We are getting spoiled with the beautiful spring like weather we had in February. The residents loved getting out for daily walks, daily sits in the sun, and we are ALL WANTING SPRING TO

ARRIVE NOW!! 😊

The State Fire Marshall did make his visit and with a couple minor write-ups we are good to go. The Department of Inspections and Appeals approved my facility for another two years so our new certificate is on the wall.

Until next time,

Jonda

“Remember that sometimes not getting what you want is a wonderful stroke of luck.” Dalai Lama XIV

“I am a great believer in luck, and I find the harder I work the more I have of it.” Thomas Jefferson



Birthstone: Bloodstone or Aquamarine

Flower: Jonquil or Daffodil

Color: White

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Jonda's Recipe Corner



Reuben Dip

8 oz. thinly sliced corned beef,
finely chopped
8 oz. pkg cream cheese, cubed
8 oz. can sauerkraut, drained
1 cup sour cream
1 cup Swiss cheese, shredded
2 tsp Dijon Mustard
2 Tbsp. chives
Rye bread or crackers

Mix all ingredients together except
bread or crackers and put in a slow
cooker. Cover and cook on low for
2 hours until cheese is melted.
Serve warm with bread or crackers.



You can find us at:

terracepark.leoncarecenters.com.

I answer emails daily & can be
reached at

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**CONGRATS TO THE
GIRLS HIGHSCHOOL
BASKETBALL TEAM
ON THEIR TRIP TO
STATE BASKETBALL
TOURNEY!! 😊**

MEDICAL NOTES

End Stage Renal Disease And Dialysis



Renal or Kidney disorders are common in the elderly. As people age, the kidneys tend to become smaller because the number of cells decreases and less blood flows through them, as well. The kidneys have many functions. Their main function is to remove waste products from the blood, as well as excess fluid. They do so by acting as a filter thus producing urine. They also control blood pressure, the level of minerals in the bones, and aid in the production of red blood cells. The most common kidney or renal disorders in the elderly are nephrotic syndrome, glomerulonephritis, renal artery stenosis, thrombosis, or embolism, and acute or chronic renal failure.

Nephrotic Syndrome is a condition characterized by elevated levels of protein in the urine called proteinuria, decreased levels of albumin in the blood, generalized swelling of the body, and increased risk for infection.

Glomerulonephritis is a diffuse, inflammatory disorder of the kidney with changes to the glomeruli and characterized by blood in the urine, protein in the urine, as well as high blood pressure and swelling (edema).

Renal Artery Stenosis, Thrombosis and Embolism are common in the elderly. These conditions cause partial or total occlusion of the renal artery which is the main blood vessel in the kidney. These conditions, especially renal artery stenosis, are usually caused by atherosclerosis. All of the above

conditions including nephrotic syndrome and glomerulonephritis can lead to chronic kidney disease, if left treated.

Renal Failure, also known as end stage renal disease, is temporary or permanent damage to the kidneys that results in loss of normal kidney function. There are two types of kidney failure. These are acute kidney or renal failure and chronic renal failure. Acute renal failure has an abrupt onset and is potentially reversible. Chronic renal failure, also known as chronic kidney disease, progresses slowly and can lead to permanent renal failure.

Acute renal failure is described as a rapid reduction in kidney function associated with rapid rise of blood urea nitrogen, also known as azotemia. ARF is further classified as prerenal, intrarenal, and postrenal, it is commonly associated with absent or decreased urine and is three times as prevalent in the older population as in the adult population.

The prerenal type is the most common cause of ARF and is characterized by decreased blood flow to the kidneys. Postrenal ARF is usually due to obstruction in the urinary tract.

Individuals with ARF often remain without symptoms until their renal function has deteriorated to about 10% of normal. Common symptoms include loss of appetite, fatigue, weakness, itching, nausea, vomiting, constipation, shortness of breath, and lethargy. They may also have a rash or bruise easily.

Chronic renal failure is an advanced stage of kidney disease where the kidneys have lost their ability to remove waste and fluids from the body and perform other necessary

functions. Diagnosis of CKD is made by obtaining a comprehensive history, physical exam, and review of medications. Individuals with CKD should be referred to a nephrologist. They should be closely monitored.



Spring

March 20, 2017—Spring Begins!! ☺



GUEST MEALS ARE \$5.00

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

Happy

Spring!

St Patrick's Day

By: Mary Ann Leeper

St. Patrick's Day wear some green
And you'll look like a queen
I hope the snakes stay in the ground
Now I don't want them hanging around
Take them to Ireland and dump them out

People there can sing and shout
And look real close at the ground
Two four leaf clovers I found
Rash of good luck is what they say
I hope mine will stay that way
Come and dance a jig or two
Know it will be good for you
So join me now in a big hug

Down some beer from the jug
Always remember to have some fun
You will keep the blues on the run!

