

Terrace Park News

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MAY 2020



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Another month has passed which seems like another whole year. We are all ready for this Coronavirus to disappear and for life to get back to normal. We all agree that we are afraid that life will never be the same again.

Welcome to Helen Flummer from Leon, Don Pogliano from Allerton and Barbara Campbell from Leon. We are happy to have you all join our family.

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.

The days are getting long for the residents. We are doing everything we

can to keep their spirits high. We have been so thankful for all the donations of activity books, goodies, crafts, candy, chips and etc. We have been trying to give them an activity packet every other day and some kind of goodie daily. Anything to brighten their days. We are definitely ready for more sunshine and warmer days so we can sit outside and soak up the sun and fresh air.

Until next time,

Jonda

“Herbs are the friend of a physician and the pride of cooks!”

Charlemagne

“Live life with a little spice.”

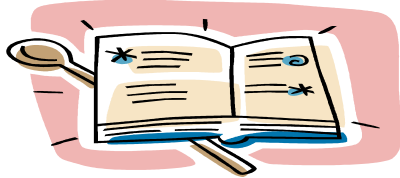
Anonymous



Birthstone: Emerald
Flower: Lily of the Valley

Color: Yellow and Red

Jonda's Recipe Corner



Strawberry and Rhubarb Crunch



4 cups of Strawberries, diced
4 cups Rhubarb, diced
1 ½ cups sugar
1 Tbsp flour

Spread the fruit evenly over the bottom of a greased 9 x 13 pan. Mix the sugar and flour in a small bowl then sprinkle over the fruit.

Topping

1 cup brown sugar, packed
1 cup old fashioned oats
1 ½ cups flour
1 tsp baking powder
½ tsp salt
2 dashes allspice
½ cup shortening
½ cup butter, softened
1 tsp vanilla

Put all of the ingredients in a mixing bowl then combine using a pastry cutter. Sprinkle the topping over the fruit. Bake at 350 degrees for 1 hour or until bubbly in the middle.



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

Amyotrophic Lateral Sclerosis



ALS is also known as Lou Gehrig's disease and is a progressive neurodegenerative disease which is caused by deterioration and death of motor neurons. Motor neurons are nerve cells that extend from the brain to the spinal cord and to the muscles throughout the body. They initiate and provide vital communication links between the brain and voluntary muscles.

ALS affects 1.9 people per 100,000 annually. Men have a higher risk of developing it than women. It can affect people at any age but the peak incidence is between 50-75 years and decreases drastically after 80 years.

The exact cause of ALS is unknown, but genetic and environmental factors

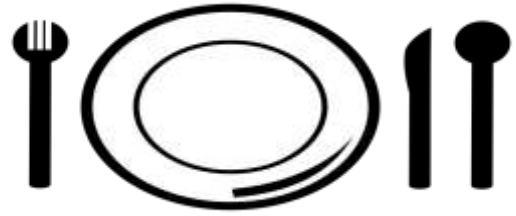
seem to play a role in its development. Other factors that have been associated with the development of ALS include head injury, military service, tobacco use, occupational exposure to lead, exposure to heavy metals, farming, beta carotene intake and exposure to pesticides.

ALS is classified in several different ways: how fast the disease progresses, whether it was inherited or sporadic, age of onset, and where it starts.

Initial signs and symptoms of ALS are often so subtle that they may be overlooked. The earliest symptoms usually include muscle weakness. In spinal onset ALS, the first symptoms are in the arms and legs. They may experience awkwardness, tripping, and stumbling. Muscle spasms and cramps can occur and can be quite painful. Pain is a symptom that is experienced by most people.

As the disease progresses, individuals may experience difficulties moving, swallowing and speaking or forming words. Difficulty with chewing or swallowing make eating more difficult.

There is no cure for ALS. Management of the disease focuses on treating symptoms and providing supporting care. The goal of treatment is improving quality of life and prolong survival.



GUEST MEALS ARE \$8.00

STAFF DOES NOT HAVE ACCESS TO MAKE CHANGE. You will need to have exact change available please or write a check to Terrace Park.

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!



I truly hope this is true because I feel like we had a lot of rainy, gloomy days so we are ready for flowers!!! 😊



Darlene Hamilton- May 5th- 90 years young!
Virgene Brown-May 23rd-94 years young!
Verda Dougherty-May 29th-99 years young!



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**

REMEMBER--GET OUT OF YOUR APARTMENT WHEN YOU CAN! WALK THE HALLS AND STAY ACTIVE!!!

Congrats to our high school senior graduating from Central Decatur. Miss Addison Parmer! Addison plans to go into the healthcare field and will be starting college at Des Moines Area Community College in the fall! We wish her the best of luck!

