

Terrace Park News

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November 2017

NOTES FROM MANAGER



Happy Thanksgiving

November 23, 2017

All the residents had our flu shots in October and we are prepared for the flu and cold season. I just remind everyone that if you are experiencing cold/flu like symptoms, please do not come visit your loved one until you are feeling better. This helps keep the virus from spreading from person to person. I also encourage all staff, visitors and residents to wash your hands several times a day, this helps a great deal in spreading of germs. A note to residents: if you are experiencing flu-like symptoms, please notify staff immediately and you will be served room trays until you are feeling better. You will not be allowed to eat in dining room if you experiencing flu-like

symptoms, until cleared by Manager.

We still have few openings so please spread the word. With the temps dropping, these openings won't last long.

As I am looking ahead to the holiday months, just a few dates to get in your head-- December 21st, we will have a catered meal for the residents at noon. December 22nd, we will have the resident Christmas party.

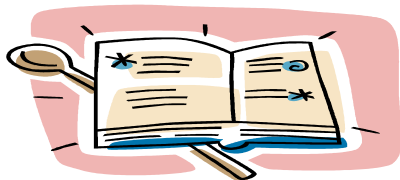
Until next time,
Jonda

"Every family has a story...welcome to ours."
Robyn Fivus



Birthstone: Topaz
 Flower: Chrysanthemum
 Color: Dark Blue and Red

Jonda's Recipe Corner



CORNBREAD

- 2 cups cornmeal
 - 1 cup whole wheat flour
 - ½ tsp. salt
 - ½ tsp. baking soda
 - 1¾ cups buttermilk
- 1) Mix the dry ingredients in a bowl.
 - 2) Add the buttermilk and stir until combined.
 - 3) Pour the batter into a baking dish.
 - 4) Bake at 350° degrees for 28 to 30 minutes.
- YIELD: 20 pieces

INDIAN PUDDING

Indian pudding is also called Hasty Pudding. A similar recipe to the one below was brought over from England at the time of the Pilgrims.

- 2 cups milk
- 2 cups light cream
- 2 Tbsp. yellow cornmeal
- 2/3 cup brown sugar
- ½ cup maple syrup
- 1 Tbsp. butter
- 1 tsp. cinnamon
- 1 tsp. ginger

- ¼ tsp. salt
 - 1/8 tsp. nutmeg
 - 1/8 tsp. ground cloves
 - 1/8 tsp. baking soda
 - 2 eggs
- 1) Heat the milk and cream in a saucepan to almost boiling then stir in the cornmeal.
 - 2) Bring the mixture to a boil and stir in the rest of the ingredients except for the eggs. Let cool a bit then add the eggs.
 - 3) Pour into a baking pan and bake at 325° for 2 hours or until tests done.
 - 4) At serving time, top with a scoop of ice cream.
- YIELD: 8 servings



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

PALLIATIVE CARE AND HOSPICE

Many older adults are more concerned about how they will die rather than about death itself. Their biggest concerns are that they will die in pain and they will die alone. There is not a universally-accepted definition of what constitutes a "good death," what most people want. We are somewhat of a death-denying society, and we often avoid talking or thinking about death at all costs, despite the fact that it is inevitable for all of us.

Some people die prolonged and painful deaths. They receive unwanted painful and invasive care that impairs the quality of their lives during their last days with needless suffering and emotional distress. Most deaths still occur in hospitals: 50% of Americans die in hospitals, 25% in long term care communities, 20% at home or in the homes of loved ones, and 5% in other settings including inpatient hospices.

Since 1969, when Elizabeth Kubler-Ross wrote her ground-breaking book, *On Death and Dying*, in which she delineated the five stages of dying and discussed people's fear, as well as our attitudes about it, much progress has been

made in this area. Both palliative and hospice care are now available.

CORE PRINCIPLES OF CARE AT THE END OF LIFE

- › Communicate effectively with the patient, family, and health care members.
- › Display sensitivity and respect for the individual, and his or her cultural and spiritual beliefs and customs.
- › Recognize one's own attitudes, feelings, values, and expectations about death.
- › Alleviate pain and symptoms and promote comfort.
- › Assess, manage, and refer psychological, social, and spiritual problems.
- › Collaborate with the interdisciplinary team.
- › Provide access to and evaluate the impact of traditional, complementary, and technological therapies that may improve the quality of the person's life.
- › Provide access to palliative care and hospice services.
- › Respect the right of an individual and his or her family to refuse treatment.

PALLIATIVE CARE

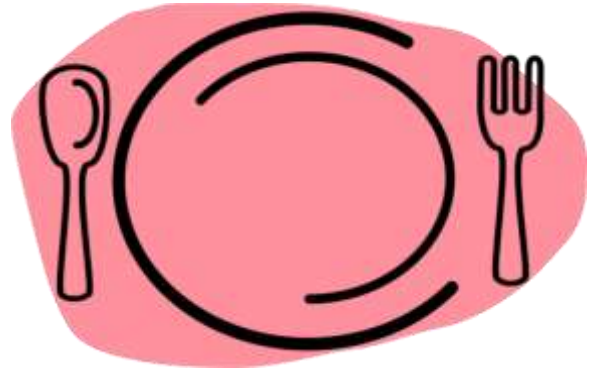
Palliative care is an interdisciplinary team-based plan of care that is focused on the relief of suffering in an attempt to achieve the best quality of life for people with serious illnesses and their families and loved ones. The aim is to control pain and other symptoms of illness, improve quality of life, and increase function, as well as assist in decision-making. The team approach addresses physical pain but also non-physical symptoms such as emotional distress (i.e., fear, anxiety, depression), financial concerns, or family discord. Palliative care may be delivered regardless of the stage of the disease process or the need for curative treatment. It can be delivered concurrently with life-promoting care or as a main focus of care. Team members consist of doctors, nurses, registered dietitians, social workers, psychologists, massage therapists, and chaplains. It may be offered by hospitals, home care agencies, cancer centers, and long-term care facilities.

HOSPICE CARE

Hospice care is supported care for people in the last phase of a terminal illness so that they may live as comfortably as possible. Individuals who qualify for hospice care must have an expected prognosis of six months or fewer to live, if the disease runs its natural course. To qualify for Medicare, one must have a signed statement from a physician attesting to this. The goal of hospice care is to provide care and comfort over aggressive medical treatment. Team members consist of nurses, volunteers, chaplains, social workers, therapists, bereavement counselors, and other clinicians. Hospice care can be given in the home, hospital, nursing home or extended care community, or stand-alone hospice community. It continues beyond

the death of a person to provide bereavement support for both family and friends.

Palliative and hospice care can provide peace and comfort to both family and the person at the end of his or her life.



GUEST MEALS ARE \$5.00

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





THANKSGIVING
BY MARY ANN LEEPER

T oday we bow our head in prayer
H ope the turkey makes it there
A nd all the good things we like to eat
N ow pumpkin pie would be a treat
K eep a smile on your face now
S ee what we get for our chow
G race has been said and now we can eat
I like the breast and even the feet
V ery exciting I must say
I like to eat on Thanksgiving Day
N ice to be here and share a meal
G ood friends and good food what a deal

D o thank the cooks they are the best too
A lways thinking of me and you
Y ou are the best I want to say

HAPPY THANKSGIVING DAY!!!



KELLY COZAD IS HERE ON
THURSDAYS. LET JONDA KNOW IF
YOU WANT AN APPOINTMENT.

Cut and Set \$26.00

Cut \$15.00

Shampoo Set \$15.00

Perms \$45.00



**DAYLIGHT SAVINGS
TIME---**

NOVEMBER 5th.

**So, when you go to bed on
Saturday, November 4th, be
sure to set clocks back 1 hr.**

**WE GAIN 1 HOUR OF
SLEEP!!! YAY!!**



VETERANS' DAY November 11, 2017

HISTORY

Veterans' Day was proclaimed in 1919 to commemorate the termination of World War I on November 11, 1918. Fighting stopped at 11 a.m., the 11th hour of the 11th day of the 11th month. On the first anniversary of the truce, President Woodrow Wilson issued a proclamation praising fallen Allied soldiers and referring to November 11 as Armistice Day. It became a holiday in the U.S., France, United Kingdom, and Canada. The holiday was renamed in the U.S. in 1954 to Veterans' Day and expanded to honor those who served in World War II and the Korean War (police action / conflict). Today, the holiday honors all veterans.

AMERICAN FLAG SNACK

- 2 cups (1 pint) blueberries
 - 1 - 2 quarts strawberries or raspberries
 - white yogurt or chocolate-covered pretzels (twisted-knot type)
 - rectangular cookie sheet with edges
- 1) Place the blueberries in the upper left-hand side of the cookie sheet.
 - 2) Make the red and white stripes of the flag by placing a line of red berries horizontally then a line of pretzels. Continue alternating layers until you reach the bottom of the cookie sheet.

Variation: You can substitute 16 oz. white cheese, cubed, for the pretzels.

Note: The amount of ingredients will vary depending upon the size of the cookie sheet. CF



What ARE You
Thankful
for?