

Terrace Park News

Jonda Petty, Manager
terracepark@leoncarecenters.com
terracepark.leoncarecenters.com

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NOTES FROM MANAGER



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. I have put hand sanitizer stations at the beginning of both halls and also one right when you walk in the front door of Terrace Park. Please use each and every time you visit. 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.

We would like to welcome our newest resident, Ruby Kauzlarich. She is happy to be back in Decatur County.

November is a time to celebrate being thankful and reminisce about the harvest and autumn. Let's all remember in this busy world all the things we are thankful for. I know it is easy to forget, but let us take the time to be thankful!

Until next time,
Jonda

"Be grateful for small things, big things, and everything in between. Count your blessings, not your problems. Mandy Hale



November 24, 2016



Birthstone: Topaz

Flower: Chrysanthemum

Color: Dark Blue and Red

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November 11, 2016



Jonda's Recipe Corner



Pumpkin Pie Apple Muffins

1 2/3 cup flour
1 1/2 tsp baking powder
1 tsp pumpkin pie spice
1/2 tsp salt

3/4 cup pumpkin
1/2 cup applesauce
2 eggs
1/3 cup packed brown sugar
1/4 cup milk
2 Tbsp. oil
1/2 cup apple chopped
1/2 cup toasted and salted
pumpkin seeds

Combine flour, baking powder, pumpkin pie spice, and salt in a large bowl.

Make a well in the center of the mixture.

In a medium bowl, combine the pumpkin, applesauce, eggs, brown sugar, milk and oil.

Add the pumpkin mixture to the well in the flour mix. Stir just until moistened. Gently fold in the apples and pumpkin seeds.

Spoon the batter into the muffin tins that have been sprayed with cooking spray. Bake 375 degrees for 20-25 minutes or until done.





You can find us at:

terracepark.leoncarecenters.com

I answer emails daily & can be reached at

terracepark@leoncarecenters.com

You can also send us an email for a loved one and we will print it out and give to the proper resident. Check us out on **FACEBOOK**. It is under Terrace Park Assisted Living. Please LIKE the page on Facebook and watch it for pictures and details of our upcoming events.



Kelly Cozad's Prices for
Beautician Services!
**Kelly is here on Thursdays!!

Cut and Set \$26.00

Cut \$15.00

Shampoo Set \$15.00

Perms\$45.00

DAYLIGHT SAVINGS!! 11-6-16

On November 5th when you go to bed, set your clock back one hour!!! We gain one hour of sleep!!! ☺





MEDICAL NOTES

Diabetes Part 1: Impact on the Vascular System

In order to understand diabetes mellitus and its impact on the vascular system, it is important to review the basic facts of the disease and how it can affect the elderly. It is also important to know its effects on the older population and their compromised vascular and immune systems.

Diabetes mellitus (DM), also known as metabolic syndrome, is characterized by disorders in the metabolism of carbohydrates, protein, and fat. DM results in high blood glucose (sugar) levels. It is categorized as Type 1 or Type 2, and each has a different cause. Type 2 DM occurs more frequently in the elderly. Type 2 DM is often diagnosed on a routine medical exam. It was formerly known as non insulin-dependent or adult onset or maturity onset DM. Insulin resistance and lack of compensatory insulin secretion characterize it.

Type 1 DM is caused by the destruction of the beta cells in the pancreas and results in absolute deficiency or failure to produce insulin. If the body cannot adequately produce or respond to insulin, sugar or glucose cannot enter the cells. Instead, sugar accumulates in the blood, and the cells must turn to other sources for energy. Type 1 DM rarely occurs in older adults; it is most often diagnosed in children between the ages of 8 to 14.

The main risk factor for development of

Type 2 DM is obesity. Other risk factors include:

- Diet high in carbohydrates and fat and low in fiber
- Sedentary lifestyle
- Family history of DM
- Older Adults

Signs and Symptoms that may occur include frequent urination, excessive thirst, excessive hunger, fatigue, weight loss, slow healing wounds, chronic skin conditions, recurrent urinary tract infections. Other symptoms include blurred vision, drowsiness, lightheadedness and decreased endurance.

Lack of sensation in the extremities, especially the feet, can lead to serious injury. DM can also affect small blood vessels in the skin which can become damaged.

So, we just learned that Type 2 diabetes is a disease that commonly affects seniors because of being overweight, so let's get moving!!! 😊

**We're
Thankful
for Your
Kindness!**



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.

**HAPPY
FALL TO
Y' ALL~~**



THANKSGIVING By Mary Ann Leeper

T hankful for the good food we eat
H ope I get the breast, not the feet
A good day with family and friends
N o one wants this day to end
K ids and family having fun too
S inging some songs Is what we do
G oing to church and saying a prayer
I 'll pray for you when I'm there
V egetables, turkey good things
galore
I eat some and then ask for more
N ice to see my friends at TP now
G abbing a lot and eating good chow

D oing exercises to keep us fit
A good thing keep moving not just sit
Y ou all have a wonderful time

Now read my Thanksgiving rhyme

Life is like a roll of toilet paper, the closer it gets to the end the faster it goes so have fun, think good thoughts, only learn to laugh at yourself and count your blessings.