

Terrace Park News

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NOTES FROM MANAGER



November is a month to be sure to remember everything you have to be Thankful for. I love this quote by Zig Ziglar. There are no truer words!!! ***Be grateful for what you have and stop complaining - it bores everybody else, does you no good, and doesn't solve any problems.***

The holiday season is fast approaching along with all the hustle and bustle. I want to be sure to get dates out to everyone so you know in advance.

- We will decorate Terrace Park for Christmas on November 21st the day before Thanksgiving.
- We will take our annual individual pictures in front of the Christmas tree on Friday, November 30th.
- December 20th we will have a Christmas lunch for the residents at Terrace Park at 11:30am.
- December 21st, we will have the Resident Christmas Party at 1pm.

Family may join us at this time for our little fun.

- We do plan on doing the Stocking bags outside of each apartment again, details will follow in December.

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.
Oprah Winfrey

Until next time,

Jonda



Birthstone: Opal
Flower: Calendula
Color: White and Yellow

Jonda's Recipe Corner



Lemon Poppy Seed Cookies

2 1/3 cups flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
2 sticks, butter, softened
1 cup sugar
1 large egg
Zest of 2 lemons
2 Tbsp fresh lemon juice
2 tsp vanilla
2 tsp poppy seeds, plus extra for garnish

Mix together the flour, baking powder, baking soda, and salt in a bowl. Set aside.

In a large bowl, cream the butter and sugar until light and fluffy. Beat in the egg, lemon zest, lemon juice, vanilla, and poppy seeds.

Slowly add the flour mixture and mix until well combined.

Drop by heaping tablespoons onto parchment-lined cookie sheets. Sprinkle with additional poppy seeds. Bake at 350 degrees for 10-12 minutes or until edges are lightly golden. Let cool for a few minutes. Yield: 30 cookies.



You can find us at:

terracepark.leoncarecenters.com.

★ HAPPY ★
BIRTHDAY!

Mark Saxton—November
8th—67 years young!!

MEDICAL NOTES



HOSPICE CARE

According to Wikipedia, hospice care is a type and philosophy of care that focuses on the palliation of a chronically ill, terminally ill, or seriously ill patient's pain and symptoms, as well as attending to their emotional and spiritual needs.

Hospice is a holistic, patient-centered philosophy of team-based care that promotes comfort and fullness of life rather than seeking a cure to a terminal illness. It doesn't mean the person has given up on life. Hospice is designed to provide optimal care and comfort—physically, emotionally, spiritually, and socially for an individual with a terminal illness. Hospice seeks quality of life rather than a curative or life-prolonging measures. Hospice care main concern is to provide comfort. Pain control, relief of dry mouth, nausea, and vomiting, loss of appetite, constipation, abdominal pain, shortness of breath, and coughing and

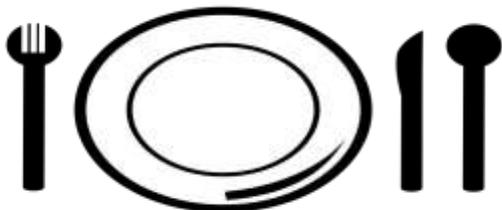
treatment of skin disorders are important aspects of care. Anxiety and fear are also attended to. They also have highly trained emotional and spiritual support.

Hospice also has wonderful support for families and friends. It can be considered a journey, taken together, where no two experiences will be the same. Activities can assist in making that important journey a source of discovery and even joy.

Comfort activities are those that bring about peacefulness, restfulness, and relaxation. The goal is to bring a sense of relief to a person that makes him or her as comfortable as possible.

Music, especially the right kind, can bring about comfort. It is very personal, however, finding the right type is the most important. Pets can bring comfort. They not only help someone relax but can also be a great source of love and warmth. Prayer is comforting to many. Reading passages from books, poems, quotes, and the Bible may be comforting. Sensory activities such as aromatherapy, holding items like a doll or pillow, brushing their hair, holding hands or gentle massage might be comforting to some. Being outside enjoying nature or in a garden can bring peace.

Hospice care is very popular and it helps everyone deal with the last stage of life in the most positive way possible.



GUEST MEALS WILL BE \$8.00 as of January 1, 2018.

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 WILL NOT TAKE MORE THAN A PARTY OF 3 WITHOUT 24 HOURS NOTICE!



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

PER STATE FIRE MARSHAL

We need to remember that we can't have power strips unless they are METAL HOUSED and the only thing that is supposed to be plugged into them are health equipment, electronics and computers. No electrical extension cords are allowed, no plug-in adapters. Only thing allowed is METAL HOUSED power strips. They can be bought at both hardware stores in Leon and Wal-Mart.

WE WILL BE DOING ROOM INSPECTIONS AND WILL LET YOU KNOW IF WE FIND NON-COMPLIANT ITEMS! 😊



DAYLIGHT
SAVINGS ENDS ON
NOVEMBER 4th.

THANKSGIVING

By: Mary Ann Leeper

T hanksgiving Day is so much fun
H ave so much to eat you couldn't run
A ngel food cake, yes, I'll have a slice
N uts and mints would be nice
K ids & family around the table now
S o really enjoy some good chow
G ood to see everyone here
I like this time of the year
V isit your family around the table
I'll eat a lot if I am able
N ow I've got to the end of this rhyme
G race is said, chow down, and have a
good time!!! 😊

So, when you go to bed
on Saturday, November
3rd, set your clock back
ONE HOUR!!!

If you need help
changing clocks, please
ask family to help you.
Staff can assist but we
won't have time to do
all 16 apartments and
all of your personal
clocks, radios etc.

Thanks for your help in
this matter.

