

# Terrace Park News

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November 2019



**November 28, 2019**

We still have a couple of apartments available for rent. If you know of someone that could benefit from our services, please have them contact me as soon as possible. With the colder temps headed our way, the apartments don't usually last long.



We had our on-site review from the Iowa Department of Inspections and Appeals on October 8, 2019. We were deemed deficiency free. Yay. This is a big accomplishment with all the

healthcare regulations we must follow. Kudos to our whole team!

Cold and Flu season is near. Please do not come visit if you are experiencing any flu like symptoms. We do have sanitizer right inside the door to use on the way in and out. Please do everything you can to protect our elderly!

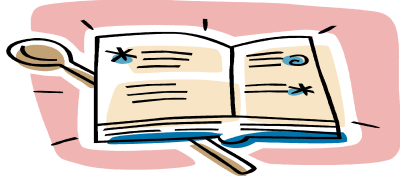
**Until next time,  
Jonda**

**"Sandwiches are wonderful, you don't need a spoon or a plate!" Paul Lynde**



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

## Jonda's Recipe Corner



### Pumpkin Smoothie

**½ cup canned pumpkin**  
**½ cup vanilla yogurt**  
**1 banana**  
**2 Tbsp peanut butter**  
**¼ cup milk**  
**Ice cubes**  
**Whipped topping**  
**Nutmeg**

**Blend the pumpkin, yogurt, banana, and peanut butter until smooth. Add the milk and ice cubes to make as thin as you desire. Pour into 3 cups and top each one with whipped topping and sprinkle of nutmeg.**  
**Yield: 3 servings**



You can find us at:

[terracepark.leoncarecenters.com](http://terracepark.leoncarecenters.com).

## MEDICAL NOTES



### Sundowning

Sundowning is a neurological occurrence that is associated with increased confusion and restlessness in individuals with some form of dementia. It is most commonly associated with Alzheimer's disease. Sundowning was coined due to timing of the individual's confusion as the fading light and sun setting.

Others causes or triggers of sundowning include being too tired, being hungry or thirsty, having sleep disturbances, daytime sleeping or napping, too much caffeine, having pain, being bored, less light can all cause increased confusion and fear.

Symptoms of sundowning include:

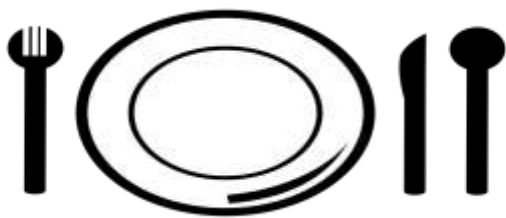
- Increased confusion as daylight fades
- Agitation and mood swings
- Mental and physical fatigue
- Tremors may start or increase
- Increased restlessness such as pacing or wandering

- Disorientation
- May become demanding or suspicious
- May see or hear things that aren't there
- May sometimes exhibit violent and aggressive behavior

The treatment and management of sundown syndrome should be aimed at reduction of symptoms and behaviors as well as safety for the person and caregiver.

**TREATMENT FOR SUNDOWNERS:**

Be sure to maintain a consistent sleep schedule and routine. Maintain daily structure. Adjust light exposure. Use music therapy and calming sounds. Aromatherapy can be very therapeutic. Massage or healing touch. Medications can be used but many have side effects that are worse than sundowning. As the disease progresses the sundowning does fade.



**GUEST MEALS ARE \$8.00**

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 CANNOT ACCOMODATE A PARTY OF MORE THAN 3 WITHOUT 24 HOURS NOTICE!**



**November 11, 2019**



**Mark Saxton- November 8<sup>th</sup>—68 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**



We would like to welcome Evelyn Havens to our family!!! Evelyn is from Leon, Iowa.



Don't forget Beggars night is Halloween Night October 31, 2019. We typically accept beggars that night from 5:30pm to 7:30pm at Terrace Park. If residents want to buy a small bag of candy to hand out to kids that is great. We will all sit in the lobby and greet them as they come in.

