

# Terrace Park News

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## NOTES FROM MANAGER



We all survived National Assisted Living Week and we all had a good week. Thanks to everyone that donated to our FOOD BANK DRIVE. We were able to take a large donation to the local food bank.

Colder weather is coming upon us, and that means it is the time of the year for FLU SHOTS. We will be giving flu shots in the building to all residents and staff this month. The date of October 7<sup>th</sup> has been tentatively scheduled.

Just a reminder to all, there is hand sanitizers on each hall in the building, one by the public restrooms and one dispenser as you enter the building. I encourage all to use them upon entering and leaving the building to help fight spreading of germs. I have some on all tables as well and strongly encourage all residents to use prior to

eating. Anything we can do to help fight the spread of infection will help us all out in the long run.

We will be having a Walk at the Whistle healthiest state walk on October 7<sup>th</sup>, 2015 at NOON. We will walk the paved loop. We encourage others to come walk with us. We do what we can, if you need to do a lap, or even half a lap and then rest, that is fine. We just want to get everyone outside and participating in what each person can tolerate. This is a walk throughout the whole state of Iowa to try to make IOWA the healthiest state.

<http://www.iowahealthieststate.com/walk/?w=NYPA33U>

**Until next time,  
Jonda**

**“Life is uncertain. Eat dessert first. Ernestine Ulmer**



**OCTOBER 31, 2015**

**REMINDER:**

GUEST MEALS WILL NOW BE \$5.00

**\*\*Notice price change\*\***

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



South Central Home Health Care (SCHHC) is a privately owned, rapidly growing agency located at 303 SW Lorraine Leon, IA. The Leon office covers the counties of Decatur, Ringgold, Wayne, Clarke, Warren, Lucas, Union counties, and portions of Taylor, Appanoose, Marion, Monroe, Madison, Adams, and Adair counties. In short, it covers a 50 mile radius of Leon.

SCHHC offers to our client's dedicated, trained, knowledgeable staff. Under a client's physician, we provide Registered Nurses, Physical Therapists, Occupational Therapists, Speech Therapists, and Home Care Aides. Homemakers are also available and financially covered under government waiver programs or private pay.

**If you or someone you know could benefit from any of these services, contact South Central Home Health Care at 1-800-823-4490 or 641-446-8953.**

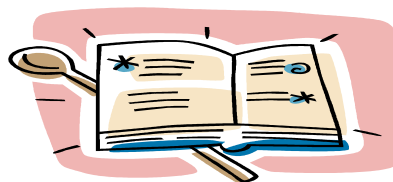


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Birthstone: Opal  
Flowers: Calendula  
Colors: White and Yellow

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## Jonda's Recipe Corner



### Cucumber Mini Sandwiches

Loaf of white bread, frozen  
1 cucumber, peeled  
8 oz. cream cheese, softened  
Dill weed

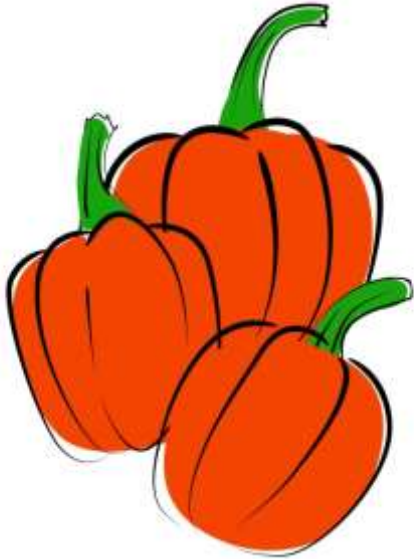
Take the bread out of the freezer and cut off the crusts and cut each slice into four triangles.

Slice the cucumbers into thin slices. Spread the cream cheese on one side of each piece of bread. Place cucumbers on top of half of the bread



remain among the top 10 causes of death.

According to the CDC recommendations, the best way to prevent the spread and contraction of these bacteria is to wash hands frequently or use a hand sanitizer. Wounds should be covered with dry, sterile bandages. Personal items should not be shared and should be kept separate from contact with others.



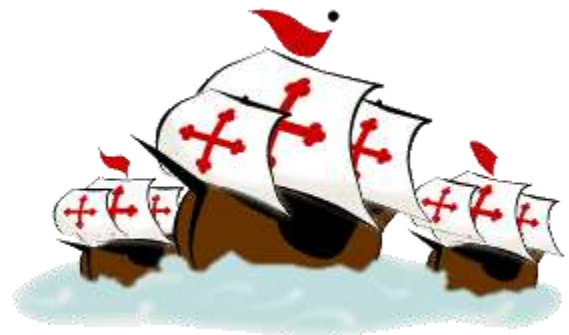
# Happy Birthday!



Jim Arndorfer- October 8<sup>th</sup> - 88 years young!

Roberta Bigley—October 30<sup>th</sup>-87 years young!

We wish you a wonderful day!!!



Columbus Day  
October 12, 2015

