## Terrace Park News

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October 2015

#### 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.

 $\frac{http://www.iowahealthieststate.com/walk/?w=}{NYPA33U}$ 

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.



Birthstone: Opal Flowers: Calendula Colors: White and

Yellow

### 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 and sprinkle with dill weed. Place piece of bread that has cream cheese on it on the top of the cucumber. Yield: 24 mini sandwiches

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Don't forget to check out our
Terrace Park website at
<a href="https://www.terracepark.iowacare.com">www.terracepark.iowacare.com</a>.
I answer emails daily & can be reached at <a href="mailto:terrpark@grm.net">terrpark@grm.net</a>.

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.

You can also send us an email



# 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

#### **MEDICAL NOTES**

**Infectious Diseases** 

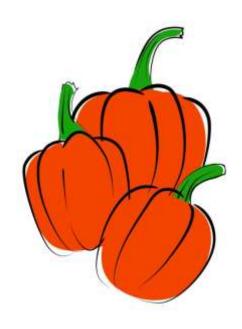


According to the Mayo Clinic, infectious diseases are disorders caused by organisms such as bacteria, viruses, fungi, or parasites. Many organisms live in and on our bodies. They are normally harmless or even helpful, but under certain conditions, they can cause disease. Some infectious diseases can be passed on from person to person. Some are trasmitted by bites from insects or animals and others are acquired by ingesting contaminated food or water or being exposed to organisms in the environment. Signs and symptoms of these diseases vary according to what caused the infection but often include fever and fatigue. Mild complaints may respond to rest and home remedies, while some life threatening infections may require hospitalization.

Older adults are at increased risk for developing infections for many reasons. Some of the most common infections include pneumonia, urinary tract infections, skin infections, herpes, and GI infections such as norovirus. The diagnosis of an infection in older people can prove to be challenging due to the fact that they do not display classical signs and symptoms of infection.

Although the leading causes of disease in the elderly are chronic ones such as heart disease, cancer and stroke, infectious diseases remain amoung 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.

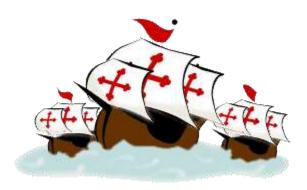






Jim Arndorfer- October 8<sup>th</sup>- 88 years young! Roberta Bigley—October 30<sup>th</sup>-87 years young!

We wish you a wonderful day!!!



Columbus Day October 12, 2015