

Terrace Park News

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October 31, 2019

Fall one of my favorite seasons as I continue to age! 😊 I love football, sweatshirts and pumpkin spice everything!! It is finally here. I truly hope we have fall and don't jump straight into the dreaded winter.

We will be having our annual flu shots sometime in October. We will have a nurse come over from South Central Home Health and give all the residents that wish to have their flu vaccination. I will let you know the date as I am told. It is typically the middle of October.

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.

**Until next time,
Jonda**

"Even a broken clock is right twice a day." Proverb

"The clock is running. Make the most of today. Time waits for no man. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the present." Alice Morse



Birthstone: Opal
Flower: Calendula
Color: White and Yellow

Jonda's Recipe Corner



Halloween Cat Cupcake

Cake Mix and ingredients to make it

16 oz white frosting

24 black jelly beans

48 orange jelly beans

Thin black licorice strings

Make the cupcakes according to instructions on the package. Bake and let cool.

To make the faces, frost each cupcake then use the black jelly beans for the noses, orange jelly beans for the eyes and licorice for the mouth, whiskers and ears.



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

Multiple Myeloma

Multiple Myeloma also known as plasma cell myeloma, is a cancer that forms in a type of white blood cell called a plasma cell. Plasma

cells are responsible for producing antibodies which recognize and attack germs.

In multiple myeloma, the plasma cells release too much protein into the bones and blood. This protein builds up and causes damage to organs. It also causes cancer cells to accumulate in the bone marrow where they crowd out healthy blood cells.

Worldwide, MM affected 488,000 people and results in 101,000 deaths about yearly. It usually occurs between ages of 50 and 70 and is uncommon before the age of 40. It is more common in men than in women.

There is no known cause of MM.

Following are risk factors that may be associated with the development of MM: Increased age, Male sex, being African American, family history of MM, obesity, exposure to radiation, exposure to certain chemicals such as benzene.

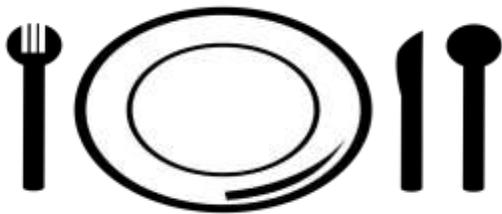
Due to the numerous organs that can be affected by MM, signs and symptoms may vary. Some people are without symptoms in the initial stage of the disease.

Following are the most common symptoms as well as complications of the disease: Bone pain, weakness and fatigue, frequent infections, abnormal bleeding and bruising, abnormalities in GI tract, Neurological symptoms such as confusion, damage to kidneys and kidney failure.

The diagnosis of MM is usually made accidentally after review of routine blood tests. After the diagnosis of MM has been made and prior to initiating treatment, the disease should be staged.

Treatment for MM depends on the stage. Some people do not require immediate treatment but need careful monitoring of symptoms and regular monitoring of blood and urine.

MM is a cancer of the plasma cells in the blood. It is almost always affecting older adults. It is very complex disease and can affect many organs. It is considered to be a treatable but incurable disease.



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!

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



October 14, 2019



We would like to welcome Bonnie Carlberg and Bonnie Waugh to our family!



Sharon Kistler—October 4th—65 years old!!

Yvonne Hynden-October 9th—92 years young!

Marie Louis-October 13th—68 years old!!!



Beggars night is Halloween Night. We typically do 5:30 to 7:30 at Terrace Park.



