

# Terrace Park News

Jonda Petty, Manager  
terracepark@leoncarecenters.com  
[terracepark.leoncarecenters.com](http://terracepark.leoncarecenters.com)

October 2018

## NOTES FROM MANAGER



Thanks to each and every person that helped make our Assisted Living Week a huge success. We all had so much fun and looking forward to next year!! 😊

We are all a little excited about the weather cooling off so the residents can get back outside to enjoy the fresh air. They sure enjoy the cooler temps so they can walk the loop and enjoy a different view. The rain has also been nice as we all know we really needed it.

Be sure to join us October 3<sup>rd</sup>, at Noon in our front parking lot as we take part in the Iowa's Healthiest walk. They are wanting all of Iowa to take part in a walk that day to get Iowa moving. We will be outside for 30 minutes. We invite everyone to walk as much as you can and then sit and cheer on the others. 😊

On Halloween day, we will have a Halloween contest for best costume. Help your loved one with a costume and let's have some fun. We will vote at lunch and announce the winner during the party right after lunch. Let's get creative!! I already have my costume purchased!! 😊

"Stressed is desserts spelled backwards." Anonymous

"There is always room for pie!" Anonymous

Until next time,  
Jonda



Birthstone: Opal  
Flower: Calendula  
Color: White and Yellow

## Jonda's Recipe Corner



### Haystacks

11 oz pkg butterscotch chips  
2 Tbsp creamy peanut butter  
12 oz dry roasted peanuts  
4 oz can potato sticks

In a microwavable safe bowl, melt the butterscotch chips and peanut butter then stir until smooth. Stir in the peanuts and potato sticks. Drop by tablespoons onto waxed paper lined pans. Refrigerate until set. Store in an airtight container.  
Yield: 5 dozen



You can find us at:

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

# ★HAPPY★ BIRTHDAY!

Yvonne Hynden—October  
9<sup>th</sup>—91 years young!! 🍷

Marie Louis—October 13<sup>th</sup>—  
67 years young!

## MEDICAL NOTES



### STRESS RELIEVERS FOR MENTAL HEALTH

Maintaining mental health is just as important as maintaining physical health. Poor mental health, especially stress and anxiety, can negatively impact an individual's physical health.

Breath work is very easy and cheap. Using the breath to relax and reduce stress is a no cost, convenient method to stress relief. It can be done at any time of the day and anywhere and is a simple, effective practice entailing the mind-body connection to affect physical and mental health.

The calming breath is an especially popular technique to use to decrease anxiety and stress and promote physical comfort. These are the steps to take for the calming breath:

- Take a long, slow breath in through your nose, first filling your lower lungs and then your upper lungs.
- Hold your breath to the count of three.

- Exhale slowly through pursed lips and relax the muscles in your face, jaw, shoulders and stomach.

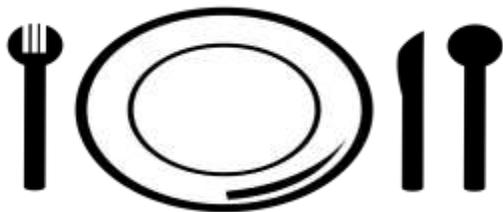
Mediation is commonly used for relaxation and reducing stress, depression, fatigue, and anxiety. It is a practice used to free the mind of cluttered thoughts and focus on a relaxed mental and physical state. When mediating, the brain switches from resting brain to relaxing brain and releases chemicals called endorphins which can slow breathing and heart rate and lower blood pressure.

There are many forms of yoga. Yoga is a gentle, flowing style or therapeutic flow of movements. Yoga has been shown to improve coordination and increase reaction times. Yoga helps calm and restore the body and mind.

Aromatherapy involves therapeutic use of essential oils to promote physical and emotional well-being. Essential oils are concentrated essences of various flowers, fruits, herbs, and plants. They can be diffused as a vapor, diluted in bath water, placed on a tissue or handkerchief, or used as massage oil.

You can also learn to identify habitual thoughts of sadness or anxiety. You need to practice positive thoughts and images in your mind to evoke feelings of happiness and security. Changing mental habits takes practice so be patient. It also helps to listen to music, journaling, being in nature, walking and listening to or reading humorous material.

Stress reduction is essential to promote mental health and health aging.



## **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!!!**



**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! 😊**



## HALLOWEEN

By: Mary Ann Leeper

H alloween

A lot of eventful things can be seen  
L ightening bugs light up the sky  
L ittle children running by  
O h to be young once more  
W earing costumes galore  
E wwww ghosts and goblins  
E ven seen a wedding gown  
N ice to see kids even with frowns.

Hope everyone has a fun Halloween!!!



WE WILL HAVE A  
HALLOWEEN LUNCH AND  
PARTY ON OCTOBER 31<sup>st</sup> at  
11:30 AM!! 😊 WEAR YOUR  
FAVORITE COSTUME AND  
JOIN IN ON THE FUN!!! 😊

