

# Terrace Park News

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

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**HAPPY HALLOWEEN  
OCTOBER 31, 2020**

As I write this, we are still in Phase One. I don't want to be discouraging but to move to phase two, our county must be on a downward trend for 14 days straight. This has been our #1 hurdle to jump as our county continues to get new cases weekly. Decatur County has been seeing a spike in cases with school back in session. We will continue to do everything we can to protect our residents.

We still have a couple apartments open for rent. If you know of someone looking for a senior living community please share the news that we have openings.

Remember, outdoor visits are allowed with 24-hour notice and supervision to ensure masks are worn by all parties and 6-foot social distancing is followed. No

drop in visits allowed or visits out front of the building without staff knowledge. We need everyone to abide by rules to prevent us from discontinuing outdoor visits. We must have a written record of who is visiting in case we must do contact tracing; I ask that everyone do your part in making this process work!

Until next time,

**Jonda**

**"Your smile lights up the room!"  
Anonymous**



Birthstone: Opal  
Flower: Calendula  
Color: White/Yellow

## Jonda's Recipe Corner



### PIZZA PRETZELS

- 13.8-oz. tube of store-bought pizza dough
- 4 cups mozzarella cheese, shredded, divided
- mini pepperoni slices
- nonstick vegetable oil cooking spray
- marinara or pizza sauce

1) Unroll the dough, forming a 15" x 9" rectangle. Cut the dough horizontally into three equal strips. 2) Carefully stretch each strip to about 3" wide and about 34" long. 3) Sprinkle 1 cups of cheese down the center of each strip. 4) Fold the dough over the cheese, pressing to seal and rolling slightly to create three dough logs filled with cheese. 5) Place each dough log onto a baking sheet (covered with foil and cooking spray) and twist into a pretzel shape. 6) Place mini pepperonis (about 13 per pretzel) and sprinkle the remaining cup of cheese among them. 7) Bake at 400°F for approximately 13 minutes until deep golden brown. 8) Serve immediately and enjoy with marinara or pizza sauce for dipping!  
YIELD: 3 - 7" pretzels cut into smaller pieces

Remember when it comes to pizza, "the pie's the limit!" CF



You can find us at:

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

## MEDICAL NOTES

### DEGENERATIVE SPINE

Degenerative spine is also known as degenerative disc disease (DDD). DDD is actually not a disease but a progressive medical condition which results from aging and wear and tear. DDD affects nearly 30 million people every year and is one of the most common sources of back pain. We have 33 bones or vertebrae in our spine. The area between the vertebrae is called intervertebral discs which act as cushions or shock absorbers. As people age, repeated daily stress on the spine and occasional injuries, even minor ones, can damage the intervertebral discs. Age-related changes in the spine include:  $\alpha$  Loss of fluid - The intervertebral discs of a healthy young adult consist of up to 90% fluid. With age, the fluid content decreases, making the disc thinner. The distance between the vertebrae

becomes smaller, and it becomes less effective as a cushion and shock absorber. α Disc structure - Very small tears or cracks develop in the outer layer of the disc. The soft and gelatinous material in the inner part (nucleus pulposus) may seep through the cracks or tears, resulting in a bulging or rupturing disc (herniated disc). The disc may break into fragments. When the vertebrae have less padding between them, the spine becomes less stable. To compensate, the body builds osteophytes or bone spurs which are small bony projections that develop along the edges of the bones. The bone spurs can press against the spinal cord or spinal nerve roots and interfere with the nerve function and cause pain, weakness, numbness, or tingling. Other problems that can occur with DDD are a breakdown of cartilage, the tissue that cushions the joints, herniated disc (as stated previously), or narrowing of the spinal canal or spinal stenosis.

**RISK FACTORS** α Age - This is the biggest risk factor. Approximately 40% of people at 40 years of age have DDD. More than 80% of individuals 80 years of age and older have DDD. α Obesity α Sedentary lifestyle α Tobacco use α Car accidents or other injuries α Falls α Strenuous physical work for women, there is evidence that menopause and related estrogen loss are associated with DDD of the lumbar spine.

The diagnosis of DDD is made upon review of symptoms such as pain, where it occurs, if it radiates, and if there is numbness and

tingling. Other health history questions are a review of whether there have been falls, accidents, or injuries. Physical assessment includes observation and testing of the following: α Muscle strength - The person is checked for atrophy, wasting, and abnormal movements. α Pain with motion or in response to touch - The person is asked to move in specific ways, and pressure is applied to specific areas. α Nerve function - A reflex hammer is utilized to test for normal reflexes. Hot and cold stimuli may also be used to test for sensation. Other testing may include imaging studies such as X-rays, CT scan, and MRI to determine disc damage.

**SIGNS AND SYMPTOMS** Signs and symptoms of DDD vary according to the area of the spine that is affected. The most common early symptom is pain and weakness in the back that radiates to other areas. The pain may range from mild to severe or debilitating and be so intense that it interferes with activities of daily living (ADLs). The amount of degeneration does not correlate well with the amount of pain an individual experiences. Other Common Symptoms Include: α Pain in the low back (lumbar spine) α Pain in the buttocks or upper thighs α Trouble twisting or bending α Pain in the neck or cervical area which may radiate to the shoulder, arm, or hand α Tingling

and numbness in either the upper or lower extremities (arms and legs) α Difficulty sitting α Weakened muscles in the legs.

Treatment of DDD depends upon the severity of the condition. It can consist of non-surgical or surgical treatment; however, non-surgical treatment is usually utilized first.

New treatments are emerging that are still in clinical trials. Glucosamine injections may offer pain relief. Adult stem cell transplantation for disc regeneration has also shown some benefit in reducing pain and disability. DDD is a medical condition that is very common as people age and is also associated with wear and tear. It is progressive but can be treated with conservative measures. If these methods fail, then surgery is an option with good outcomes.

**REMEMBER--GET OUT OF YOUR APARTMENT WHEN YOU CAN! WALK THE HALLS AND STAY ACTIVE!!!**  
**REMEMBER--GET OUT OF YOUR APARTMENT WHEN YOU CAN! WALK THE HALLS AND STAY ACTIVE!!!**



**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**



*Please help me welcome Barb Weuve and Peggy Sharp to our family. Both ladies have been living in independent living in Osceola, Iowa and are best of friends and always been neighbors. They are going to continue their friendship and being neighbors here at Terrace Park. Welcome, Barb and Peggy!*



Helen Flummer—October 1<sup>st</sup>—98  
years young!!

Sharon Kistler---October 4<sup>th</sup>—66 years  
young!!

Marie Louis—October 13<sup>th</sup>—69 years  
young!



## REMINDER---

I am taking vacation time from  
September 30<sup>th</sup> until October 7<sup>th</sup>.  
I am getting married on October  
3<sup>rd</sup>, 2020. My new name will be  
Jonda Mericle.

**\*\*I do plan on being tested for  
COVID 19 prior to my return\*\***

If you have any problems, I will  
be checking my text messages  
and emails, but if you need  
immediate help, call Terrace  
Park at 641-446-8396 and one of  
the staff members will be able to  
help you.

