

Terrace Park News

Jonda Petty, Manager
terracepark@leoncarecenters.com
terracepark.leoncarecenters.com

September 2019

NOTES FROM MANAGER



We are gearing up for one of our busiest times of the year, National Assisted Living Week. It will be lots of fun and we will see if we can Spark the Creativity of our residents!!! The week kicks off on Grandparent's Day. I encourage everyone to get out sometime on Sunday and see your loved one!! 😊 See the attached flyer of details of the whole week.

We are coming upon our time for state certification from the Iowa Department of Inspections and Appeals. We will not know when they are coming until a day or two before. We will have a monitor on-site to review charts of the residents and staff to ensure we are following all rules and regulations. The monitor will also monitor a medication pass and will monitor us serving a meal and then have a meeting with all

residents in the lobby. If you should have any questions, please feel free to ask me. The monitor is typically in the building one day.

It is getting that time of the year for fresh vegetables and fruit. If you know of someone or if you have something you would like to donate, please let us know. We gladly accept donations. We are all looking forward to BLT's and sweet corn on the cob days! 😊 With this darn weather we have had, I am hoping there will still be garden goodies.

**Until next time,
Jonda**

"In every grain of wheat there lies hidden the soul of a star." Arthur Machen

"Judge each day not by the harvest you reap but by the seeds you plant." Robert Louis Stevenson



Birthstone: Sapphire

Flower: Aster

Color: Brown

Jonda's Recipe Corner



Pumpkin Chiffon Bars

Crust

16 oz box gingersnap cookies,
divided

6 Tbsp butter, melted

3 Tbsp Sugar

Filling

2 8 oz pkgs cream cheese

½ cup sugar

½ cup brown sugar

15 oz can pumpkin puree

1 tsp vanilla

1 Tbsp pumpkin pie spice

2 8 oz containers whipped topping

Spray a 9x13 pan with non-stick

spray. Reserve 15 gingersnap cookies. To make the crust, place the remaining cookies into the food processor and process until you get crumbs. Add the butter and sugar and pulse a few times. Pour the crumb mixture into the prepared pan. Firmly and evenly press into the bottom of the pan and refrigerate for at least 30 minutes. To make the filing, put the cream cheese and sugars in a bowl and mix with an electric mixer until fluffy. Add the pumpkin, vanilla, and pumpkin pie spice and mix until smooth, stopping the mixer to scrape down the sides of the bowl. Fold in one container of whipped topping until evenly combined. Pour into the chilled crust and spread evenly. Refrigerate for at least 30 minutes. Just before serving, top the cheesecake with the second container of whipped topping, spread over the top and slice into 15 squares and add the remaining cookies.



September 2, 2019



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

Leukemia



Leukemia is a malignant, progressive disease or cancer which affects the bone marrow and other blood-forming organs and results in the formation of abnormal blood cells. It usually affects the white blood cells which fight infection. Other blood cells that are affected by leukemia are the red blood cells and platelets.

Leukemia is classified in two ways. The first is how quickly the disease develops and progresses—acute vs chronic. Acute leukemia is the most common form that affects children. Chronic is slow-growth and occurs mostly in older adults but can take place at any age.

The second category involves the type of blood cells that are affected—lymphoid vs myeloid cells. In lymphocytic leukemia, the cancerous change takes place in the bone marrow that

normally goes on to form lymphocytes which are infection-fighting immune system cells. In myelogenous leukemia, the cancerous change takes place in a type of bone marrow cell that normally goes on to form red blood cells, some other types of white blood cells and platelets.

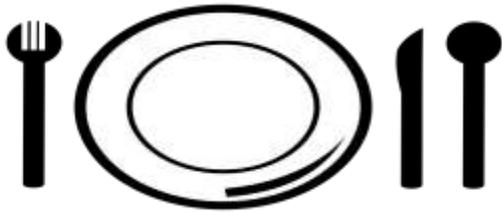
Acute lymphoblastic leukemia is the most common type of leukemia in young children. It can also affect adults, especially those 65 and older. Standard treatment includes chemo and radiation. The survival rates by age are 85% in children and 50% in adults. Chronic lymphocytic leukemia most often affects adults over 55. It sometimes affects younger adults but rarely affects children. Two-thirds of affected people are men. The five-year survival rate is 75%.

Although there is no known single cause for the development of leukemia, following are some factors which may increase risk: previous cancer treatments, certain genetic syndrome such as down syndrome, exposure to chemicals such as benzene, smoking cigarettes and family history of leukemia.

Symptoms of leukemia vary and can be vague. Common symptoms include: fever or chills, fatigue or weakness, frequent infections, loss of weight, swollen lymph nodes, enlarged spleen or liver, easy bruising or bleeding, recurrent nosebleeds, tiny red spots on skin, excessive sweating, bone pain.

Typically, diagnosis is found upon review of complete blood count and bone marrow biopsy. Treatment of leukemia is based upon the type, most forms include chemo, radiation, bone marrow

transplant and stem cell transplant. Leukemia treatment has improved overall throughout the world. The average five-year survival rate is 61% in the US. The success of treatment depends largely on the type of leukemia and age of the individual.



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!



Autumn begins September 23, 2019

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

GRANDCHILDREN

Grandchildren are bright and yellow.

They sound like voices from heaven.

They taste of honey.

They smell like roses.

They look like angels.

They made you feel special.

