

Terrace Park News

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

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Our deepest sympathies go out to the family of Mark Saxton. We lost Mark on August 11, 2020. He was a very quiet, kind man that will be missed by many.

We are still in Phase One at the time of typing this newsletter. 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.

We still have 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.

Until next time,

Jonda

"Always remember we are under the same sky, looking at the same moon." Maxine Lee



Birthstone: Sapphire
Flower: Aster
Color: Brown

Jonda's Recipe Corner



CRISPY RICE TREATS

- 3 Tbsp. butter
- 10-oz. pkg. marshmallows (about 40 large) or 4 cups miniature marshmallows*
- 6 cups crispy rice cereal

1) In large saucepan melt the butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. 2) Add the crispy rice cereal and stir until well coated. 3) Using a buttered spatula or wax paper, evenly press the mixture into a 9" x 13" pan coated with cooking spray. Let cool then cut into 2" squares. Best if served the same day. **MICROWAVE DIRECTIONS:** In a microwave-safe bowl heat the butter and marshmallows on high for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

*1 jar (7 oz.) marshmallow crème can be substituted for marshmallows. CF



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

LYMPHOMA

Lymphoma is a group of blood cancers that develop from a type of white blood cell called lymphocytes. The lymphatic system is a group of lymph nodes and vessels that move lymph fluid through the body. This fluid contains infection-fighting white blood cells. Lymph nodes act as filters, capturing and destroying bacteria and viruses to prevent infection from spreading. Dr. Thomas Hodgkin first described lymphoma in 1832. The word comes from the Latin *lymph* meaning water and from the Greek *oma* meaning morbid growth or tumor. Lymphoma can affect any portion of the lymphatic system to include the thymus, tonsils, spleen, and lymph nodes. Although there are many subtypes of lymphoma, the two main categories are Non-Hodgkin's lymphoma (NHL) and Hodgkin's lymphoma (HL). Lymphoma is the most common form of blood cancer in the developed world. About 90% of lymphomas are NHL. Both NHL and HL represent 5.3% of all cancers in the U.S. and 55.6% of all blood cancers.

The exact cause of lymphoma is unknown; however, the disease begins when the lymphocytes develop a genetic mutation. The mutation tells the cells to multiply rapidly causing too many ineffective lymphocytes. These diseased lymphocytes then cause the lymph nodes, liver, and spleen to swell. Risk factors that increase the risk of developing lymphoma include: α Age - Some types of lymphoma are more common in young adults, while others are more often diagnosed in people older than 55. α Gender - Males are more likely to

develop lymphoma than females. α Having an Impaired Immune System - Lymphoma is more common in individuals with immune system diseases such as HIV or who take drugs that suppress the immune system. α Certain Infections - Some infections are associated with an increased risk of lymphoma including the Epstein-Barr virus and Helicobacter pylori infection. α Family History α Eating Large Amounts of Red Meat α Tobacco Use α Exposure to Certain Pesticides and Chemicals.

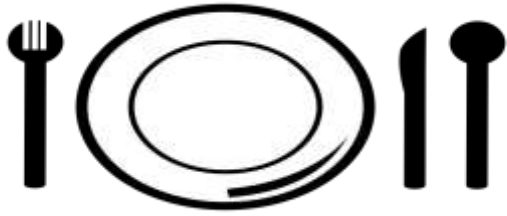
Many of the symptoms of lymphoma are nonspecific and easily overlooked. The primary presenting symptom is generally painless swelling of the lymph nodes (lymphadenopathy) in the neck, upper chest, armpit, stomach, or groin. Other symptoms include bone pain, cough or difficulty breathing, fatigue, night sweats, enlarged spleen, fever, weight loss, loss of appetite, and itchy skin.

The diagnosis of lymphoma is made upon physical exam and review of symptoms. After a diagnosis and before treatment, a lymphoma is staged. This is done to determine whether it has spread locally or to other sites. Staging is reported as between grade I (confined) and IV (spread). The stage of lymphoma predicts the person's prognosis, as well as to determine and select appropriate treatment. The Ann Arbor staging system is routinely used for staging of NHL and HL. Stage I represents localized disease contained within a lymph node group, Stage II represents the presence of lymphoma in two or more lymph node groups, Stage III represents spread of the lymphoma to lymph nodes on both sides of the diaphragm, and Stage IV represents spread to tissue outside of the lymphatic system.

The grade of a tumor is another factor that is utilized in determining the treatment for lymphoma, and it refers to how quickly it replicates. A high-grade lymphoma is more readily treatable, and there is a better prognosis. A low-grade lymphoma remains indolent and without symptoms for years. With this type, treatment is often avoided and

“watchful waiting” is the course of action.

α Active Surveillance This is the recommended approach for a lymphoma that is low grade and slow growing. Periodic testing is done to monitor the status of the disease. α Chemotherapy Medications are used to destroy rapidly-growing cells or a high-grade lymphoma. The medications may be administered through a vein (intravenously) and also by mouth in pill or capsule form. α Radiation Therapy High-powered beams of energy such as X-rays and protons are used to kill lymphoma cells. HL is typically treated with radiation therapy alone as long as the disease is localized. α Bone Marrow Transplant Also known as a stem cell transplant, high doses of chemotherapy and radiation are used to suppress the bone marrow. Then healthy stem cells from a donor or one's own body are infused into the person and travel to the bone marrow to rebuild it. α Other Treatments Other drugs used to treat lymphoma include targeted drugs that focus on specific abnormalities in the cancer cells. Immunotherapy drugs use a person's own immune system to kill cancer cells.



GUEST MEALS ARE \$8.00

STAFF DOES NOT HAVE ACCESS TO MAKE CHANGE. You will need to have exact change available please or write a check to Terrace Park.

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

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

National Assisted Living Week!!!

September 13th thru 19th!



