

Terrace Park News

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September 2017

NOTES FROM MANAGER



Party month is here. Yay. We are all getting excited for Fall, Assisted Living Week, and football season.

Welcome to Elaine Albaugh who joined our family at Terrace Park. Elaine is from Leon and already very familiar with several residents living here. Help me welcome her to our family!!

We still have a few apartments for rent. Grab yours today before the cold weather sits in so you are

already settled for the winter season.

All the details of Assisted Living week are in this newsletter. FAMILY IS FOREVER is the theme so we will need some family participation. 😊

Until next time,
Jonda

*"The honey is sweet, but the bee has a sting."
Benjamin Franklin*



Birthstone: Sapphire

Flower: Aster

Color: Brown

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September 4, 2017

Jonda's Recipe Corner



Easy Homemade Pizzas

- 2 loaves french bread
- 15 oz pizza sauce
- Spices such as italian seasoning and garlic powder
- Toppings of choice
- 16 oz of mozzarella cheese, shredded

Cut the loaves of bread into 1 inch slices. Spoon sauce on the bread then put spices and toppings as desired then add cheese. Bake at 375 degrees for 10-12 minutes or until cheese melts. Yields about 14 pizza bread slices.



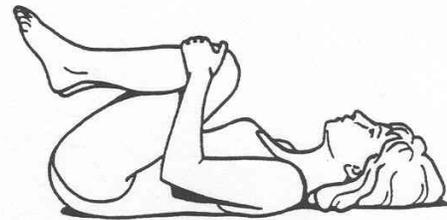
Emmy Stone—September 13th —17years young!



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES



PRACTICES AND OUTCOMES OF PHYSICAL THERAPY AND OCCUPATIONAL THERAPY

PHYSICAL THERAPY

Physical therapists (PTs) are health care professionals who help individuals maintain, restore, and improve movement, activity, and functioning, thus enhancing health and quality of life. These therapists are an important part of the rehabilitation, treatment, and prevention of individuals with chronic conditions, illnesses, and injuries. PTs typically work in private

offices, hospitals, and long-term care communities. They spend much of their time on their feet actively working with patients. They require a college degree specializing in physical therapy and are required to be licensed in the states where they are working.

DUTIES OF PHYSICAL THERAPISTS

- › Review each patient's history and notes from doctors, surgeons, and other health care workers. May review X-rays and other diagnostic tests.
- › Assess patients' function and movements by observing them and by listening to their concerns.
- › Develop an individualized plan of care for each patient outlining goals and expected outcomes of the plan.
- › Use exercise, stretching maneuvers, hands-on therapy, and equipment to ease patients' pain and facilitate health and wellness.
- › Evaluate and record patients' progress, modifying the plan of care, and trying new treatments, as needed.
- › Educate patients and families about what to expect from recovery and how to cope with any challenges that may arise.

PTs provide care to people of all ages who have functional problems resulting from neck and back injuries, sprains, strains, fractures, arthritis, amputations, neurological disorders such as stroke or cerebral palsy, injuries as a result of work or sports, or other conditions. They use a variety of methods and techniques to care for their patients. Some of these techniques include exercise and training in functional movement which incorporates the use of canes, crutches, wheelchairs, and walkers. They also utilize special movements of joints, muscles, and other soft tissue to improve range of motion and decrease pain. Gait training, transfer training, massage, balance and coordination exercises, the use of a tilt table for individuals with dizziness, and the use of electrical stimulation to prevent muscles wasting, as well as to help with pain, are other techniques utilized by PTs.

The therapy for each individual varies as his or her needs differ. For instance, a person who is recovering from a stroke has needs that differ from someone with a sports injury. Some therapists specialize such as working with orthopedic patients or geriatric residents. All PTs must work closely and collaboratively with other members of the rehabilitation team such as physical therapy aides and assistants, occupational therapists, doctors, and nurses.

OCCUPATIONAL THERAPY

Occupational Therapists (OTs) are also licensed health care professionals who help people do their normal daily activities including caring for themselves, working, or participating in leisure activities. They, like PTs, have specialized college degrees. They work in

similar health care settings as PTs and work closely with them.

OTs identify what problems are making activities difficult to accomplish for their patients. By observing them engaging in activities and by talking to family members and caregivers about the disability, they are able to assess the situation and develop a plan of care. Some problems they may encounter include muscles that may be weak and endurance that may be short. In addition, balance, dexterity, and coordination may be lacking. There may be cognitive problems which may cause depression and frustration and make it difficult to relearn old skills or learn new ways to do activities.

OTs use many of the techniques and treatments used by PTs. The OT's focus, however, is on the patient's living environment and equipment, devices, and physical abilities to do specific activities, especially those with the arms and hands.

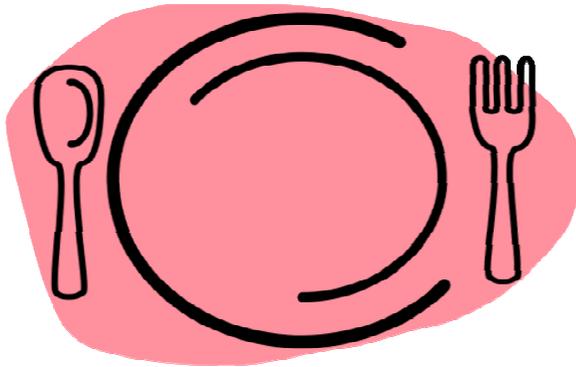
OTs assess each patient and then collaborate with him or her to choose techniques and activities that are appropriate, and then goals are set up mutually. Some techniques used by OTs include peg board, memory board, limiting activities, making routines, using adaptive or assistive devices, and simplifying activities.

COMMON ASSISTIVE OR ADAPTIVE

DEVICES USED BY BOTH PTS AND OTS

- › Grab bars on the back of the bathtubs or toilets for people with balance problems or weak legs
- › Shower chairs for people who cannot stand for a long period of time
- › Bathtub benches for people who have difficulty getting in and out of tubs
- › Raised toilet seats and chair leg extenders for people who have difficulty standing up
- › Eating utensils, shoehorns, and other tools with large handles for people with weak grips
- › Weighted eating utensils, cups with swivel spoons for people with tremors
- › Plates with rims and rubber grips for people with coordination problems
- › "Grabbers" that can pick up items off the floor or on shelves when range of motion is limited
- › Devices that can turn on electrical appliances
- › Computer-assisted devices for people whose arms or legs are paralyzed

PTs and OTs are highly-skilled professionals who are focused on improving the quality of life for the many individuals that they serve.



GUEST MEALS ARE \$5.00

**Please remember to let staff know if you plan on eating with your loved one at least 3 hours prior to mealtime.



LABOR DAY

September 4, 2017

On March 25, 1872, workers in the printing industry went on strike due to low wages and poor working conditions. In mid-April, the strikers along with other workers marched through the streets of Toronto. More than 10,000 participated in the march. This event is considered by many historians

to be the first Labor (spelled Labour in Canada) Day.

In the U.S., it was first celebrated with a parade of around 10,000 workers, mostly members of the

Central Labor Union (who represented workers in the New York area) in New York City, on

September 5, 1882. In September 1883, a similar event took place there. In 1884, the Central Labor

Union held a “workingman’s holiday” on the first Monday in September and encouraged unions in

other cities to do the same. As a result of an Act of Congress in 1894 that stated that the “nobility of

labor be maintained” and President Grover Cleveland signing it in law, the first Monday of

September became Labor Day. It was a legal holiday for federal employees and people in the

District of Columbia.

LABOR DAY By Mary Ann Leeper

Labor Day let’s go to work too
And do whatever we need to do
Bake a Cake! Make some for me
Or even some fancy candy
Really it’s so pretty outdoors

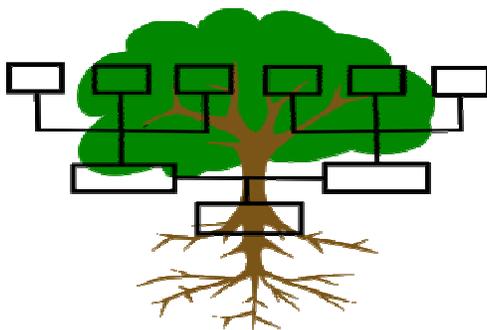
Don’t work too hard doing chores
Avacation day would be good,
You really all deserve one too!!!



September 10, 2017

JOIN US FOR A POTLUCK TO CELEBRATE GRANDPARENT'S DAY AND TO KICKOFF ASSISTED LIVING WEEK. We will eat at noon. I ask that you RSVP to Jonda by September 6th. Terrace Park will provide drinks, table service and meat. Please bring a covered dish. Join the fun. We will have a photo booth as well to grab your loved one and have some laughs!!!

FAMILY TREES



EACH RESIDENT WILL BE GIVEN A TREE DESIGN THAT WE WILL PUT ON THEIR DOORS. WE ASK THAT FAMILY BRING IN PICTURES OF

THEIR FAMILY TO HANG ON THE DOOR AND THEN ONE DAY THE RESIDENT WILL SHARE WITH ALL OF US WHO THE PICTURES ARE ON THEIR DOOR. WE WANT TO SEE EVERYONE'S FAMILY TREE. It doesn't have to be detailed and go way back. It can be the kids, grandkids, great grandchildren etc. Just a little fun and let resident's show off their family.



Don't forget that I need anOLD-TIME picture for each resident for another activity during the week. I need that turned into me by September 6th if at all possible. You can email it as well. It just needs to be a photo from the resident's younger days.

Thanks for all of your help in these projects!!! ☺