

Terrace Park News

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June 2019

NOTES FROM MANAGER



June 16, 2019

This month we celebrate Father's Day and we all thank the wonderful men in our family that helped shape us into who we are today. I have two wonderful Father's in heaven that I miss dearly but know they both watch over me daily. If your Dad is still alive, make sure you appreciate him and spend time with him as you never know when they will be taken away.

We are so ready for sunshine and warmth. We have had a few teaser days but then it is cold and rainy. I know we need moisture but I am ready for some extended sunshine. The residents are ready to get out and about and walk and sit outside. We plan on doing group walking every week in the front parking lot when this weather straightens up. We encourage anyone to join us for some exercise as well.

Remember if you want to go outside and sit in the sunshine, be sure to take a bottle of water and sip on it during your time outside. You can dehydrate very quickly. Apply sunscreen before you go outside. You don't realize how much sun you can get in a short period of time.

Until next time,
Jonda

"Cooking and eating food outdoors make it taste infinitely better than the same meal prepared and consumed indoors." –Fennel Hudson

"Time camping isn't time spent, it's time invested." Anonymous



Birthstone: Pearl
Flower: Rose
Color: Light Blue and White

in a lifetime. Women are twice as likely to have PTSD as men.

Not every person that experiences trauma develops PTSD and not everyone with PTSD has been through a dangerous event. An unexpected death of a loved one can cause PTSD. Symptoms, as well as the course of the illness vary person to person. Symptoms usually begin early from one to three months after the traumatic incident but sometimes can be delayed for years. They must last more than a month and be severe enough to interfere with relationships or work to be considered PTSD. Some may recover within 6 months and others are long-term or chronic.

Treatment of PTSD include medication and psychotherapy. Studies show the use of both are more effective than one therapy alone.

Exercise and physical activity can influence a person's psychological and physical health.



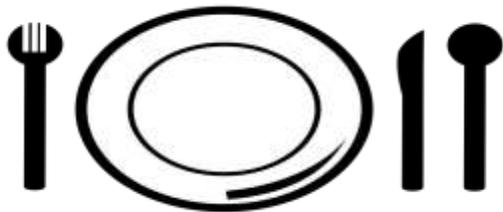
KELLY COZAD IS HERE ON THURSDAYS. LET JONDA KNOW IF YOU WANT AN APPOINTMENT. Kelly typically comes on Thursday mornings. Perms will be scheduled at a different time.

Cut and Set \$26.00

Cut \$15.00

Shampoo Set \$15.00

Perm \$45.00



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!



Mildred Luce—June 10th—93 years young!



hello
sunshine

FATHER'S DAY

F ather's Day give him a hug
A nd a kiss on his mug
T ell him you love him so
H e will be glad to know
E at some cake and ice cream too
R eally it will be good for you
S oda pop and chocolate candy

D ad you are a dandy
A nd remember I love you
Y ou are my hero!

By: Mary Ann Leeper

Summer begins---
FRIDAY, June 21st,
2019.



