

Terrace Park News

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March 2019

NOTES FROM MANAGER



MARCH 17, 2019

I don't know about you, but I am so tired of winter. You will never hear me complain about the hot, summer days because they are my favorite. Spring can not come soon enough this year and we still have a few weeks. Bring it on!!! ☺

We are all looking forward to the days we can get outside for some fresh air, can take a stroll around the parking lot and enjoy some sunshine!!! These long winter days are getting to everyone and CABIN FEVER is setting in.

The State Fire Marshal did make his visit and I did get the official report back. He didn't write me up but stated I needed to make sure no lamps or fans plugged into the metal housed power strips. If you have a metal power strip, please be

advised that nothing with a motor can be plugged into that. All medical equipment must be plugged straight into the wall. Things that can be plugged into them are electronic devices, TV's, cell phones, alarm clocks, stereo equipment etc. If you have any questions, please talk to me. Thanks for your cooperation in this matter.

Until next time,
Jonda

“March comes in like a lion and goes out like a lamb.” – Proverb
“Winds of March, we welcome you, there is work for you to do. Work and play and blow all day, blow the winter cold away.”
Anonymous



Birthstone: Aquamarine
Flower: Jonquil
Color: White

Jonda's Recipe Corner



Mini Shepherd Pies

- 2 4.5 oz cans of biscuits (10-12)
- 1 lb. ground beef
- $\frac{3}{4}$ cup minced onions
- 1 tsp salt
- 2 tsp pepper
- 1 Tbsp garlic, minced
- 2 Tbsp flour
- $\frac{3}{4}$ cup beef stock
- 1 Tbsp Worcestershire sauce
- 1 cup frozen peas and carrots
- 1 $\frac{1}{2}$ cup mashed potatoes
- 1 tsp parsley

Spray a muffin pan with non-stick spray. Mold the biscuits into each muffin cup. Partially bake the biscuits for 6 minutes at 375 degrees. The biscuits will rise too much to hold meat mixture so press the sides and bottoms while still warm. Brown the ground beef in skillet and drain. Add onions, salt, pepper, and garlic and cook for about 5 minutes. Add flour to the mixture and stir until blended to a paste. Add the beef stock, worcestshire sauce and peas and carrots and mix well. Heat the mashed potatoes in a microwave for 3 minutes. Spoon about 2-3 tablespoons of meat mixture into each biscuit shell then top with equal amounts of mashed potatoes. Sprinkle the tops with parsley. Bake 375 degree for 12 to 15 minutes. Let cool slightly before removing the individual pies. Yield 10-12 pies.

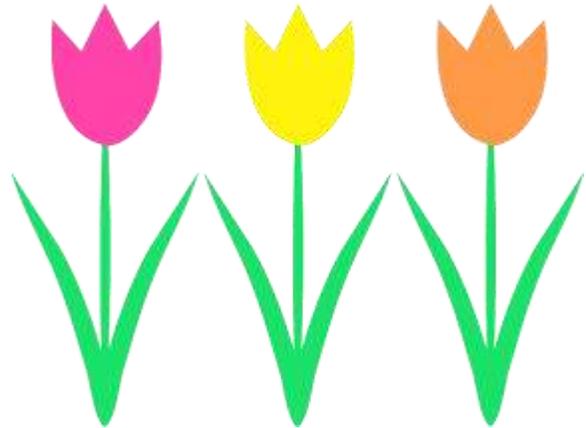


You can find us at:

terracepark.leoncarecenters.com.



Spring Begins ☺
March 20, 2019



DREAMING OF SPRING!

MEDICAL NOTES



SHINGLES

Shingles, which is also known as herpes zoster, is an infection caused by the virus that causes chickenpox. It results in painful, blistering skin rash that is usually limited to one side of the body.

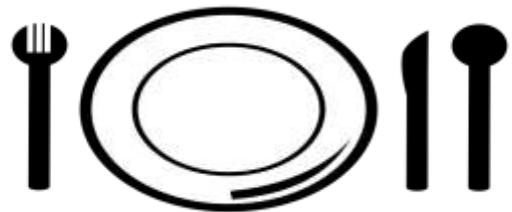
Shingles is caused by the reactivation of the chickenpox virus within a person's body. After someone has chickenpox the virus remains inactive or latent in the nerve cells. When it reactivates, it travels from the nerve body to the skin causing this infection. How the virus remains in the body and reactivates is not well understood; however, there are some risk factors for the development of shingles. These include older age, poor immune system, and having chicken pox before the age of 18 months of age. Those that never had chicken pox can never get shingles.

Shingles usually occur between the ages of 50 and 70, but can take place at any age.

Early signs and symptoms of shingles are nonspecific such as headache, fever, tiredness or fatigue, muscle aches. And other flu-like symptoms. These early signs may complicate the diagnosis. These initial symptoms are usually followed by sensations of burning pain, itching, oversensitivity or tingling, prickling, and numbness in the

affected area. Pain can be mild to extreme in the affected areas of the skin supplied by the nerve root. Sensations are often described as stabbing, stinging, tingling, aching, numbing and or throbbing.

In most cases of shingles, the characteristic rash appears after one or two after the initial symptoms. At first, the rash appears almost like hives. It has a stripe or belt-like pattern that is limited to one side of the body. It can occur on the torso, jaw, eye, mouth, neck, shoulder, and also in the lumbo-sacral area of the spine. The rash becomes vesicular, forming blisters which can secrete fluid. The rash begins to crust over in 7-10 days. Sometimes



**GUEST MEALS WILL BE \$8.00
as of January 1, 2018.**

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 MO 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



Daylight Savings Time is March 10th—be sure to set those clocks forward at bedtime on March 9th.



Ruth Butcher—March 28th—
83 years young!!!



**OPENING DAY OF
MAJOR LEAGUE
BASEBALL IS
MARCH 28, 2019.**