

Terrace Park News

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July 2015

NOTES FROM MANAGER



July 4, 2015
INDEPENDENCE DAY!!

This past month we have had some staff changes. Jennifer left Terrace Park as she relocated to the Chariton, Iowa area. I have hired Megan Boswell, from Davis City to start after the first of July. Megan is excited for this opportunity and I think she will do a wonderful job. Megan will be working Monday thru Friday 6am to 2pm. I also hired a part-time helper, Jennifer Hagen from Van Wert. She is just working Thursdays and Sundays if needed. Jennifer loves the residents and is excited to help us out. Please help us in welcoming them to our Terrace Park family.

My favorite time of the year is July. My birthday month, Independence Day, the Great Leon Rodeo, and just I love the

sunshine. I plan on taking some time off in July and August to enjoy some local county fairs, the Iowa State Fair and just enjoy the summer. I plan on taking just a couple days off for a few weeks so I won't be gone for long periods. I will let residents know ahead of time.

Until next time,
Jonda

“Love is an ice cream sundae with all of the marvelous coverings.” Jimmy Dean

REMINDER:

GUEST MEALS WILL NOW BE \$5.00

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

SOUTH CENTRAL *Home* **HEALTH CARE**

South Central Home Health Care (SCHHC) is a privately owned, rapidly growing agency located at 303 SW Lorraine Leon, IA. The Leon office covers the counties of Decatur, Ringgold, Wayne, Clarke, Warren, Lucas, Union counties, and portions of Taylor, Appanoose, Marion, Monroe, Madison, Adams, and Adair counties. In short, it covers a 50 mile radius of Leon.

SCHHC offers to our client's dedicated, trained, knowledgeable staff. Under a client's physician, we provide Registered Nurses, Physical Therapists, Occupational Therapists, Speech Therapists, and Home Care Aides. Homemakers are also available and financially covered under government waiver programs or private pay.

If you or someone you know could benefit from any of these services, contact South Central Home Health Care at 1-800-823-4490 or 641-446-8953.



Birthstone: Ruby
Flowers: Larkspur
Colors: Green and
Russet

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**ICE CREAM
AND SUMMERTIME!! :)**

MEDICAL NOTES

Hip Replacements

Total hip replacements, also called total hip arthroplasty, are often needed in individuals whose pain interferes with their daily activities. Hip replacements are also indicated when more conservative methods such as physical therapy, injections to the hip joint, and pain medications have failed to relieve the pain. Damage to the hip joint from osteoarthritis is the most common reason for hip replacement surgery. Other causes include rheumatoid arthritis, traumatic arthritis, certain hip fractures, benign and malignant bone tumors, arthritis associated with Paget's disease, ankylosing spondylitis, childhood hip disorders, and osteonecrosis.

People who consider hip replacement surgery often have pain that:

- Persists despite pain meds
- Worsens with walking
- Interferes with sleep
- Affects ability to use stairs
- Makes it difficult to rise from seated position

In order to understand the process of hip replacement surgery, the anatomy of the hip joint will be reviewed.

The hip is one of the body's largest joints. It is a ball and socket joint like the shoulder. The socket is formed by the acetabulum which is part of the large pelvic bone. The ball is the femoral head which is the upper end of the femur or thighbone. The surfaces of the ball and socket are covered with cartilage which is a smooth tissue that cushions the ends of the bones and normally allows them to move easily. Another thin tissue called the synovial membrane surrounds the hip joint. In a healthy hip, the membrane produces the fluid that lubricates the cartilage and decreases friction during movement of the hip.

Individuals who are considering hip replacement surgery should consult with an orthopedic surgeon. The surgeon will get medical history, do a physical exam, may order x-rays or an MRI. After these are done, they will be reviewed with patient and family. Then decisions will be made on if surgery is an option or not.

In total hip replacement, the damaged or diseased part of the hip joint to include bone and cartilage is removed and replaced with new, artificial parts. The goals of hip replacement include increasing mobility, improving function of the hip joint, and relieving pain.

Infections may occur in the wound or deeper in the replaced part. They may occur right after surgery, during surgery or years later. Blood clots are most common complication of hip replacement surgery. They can occur in legs and pelvis and travel to lungs.

Leg length discrepancy or inequality may occur as a result of surgery to promote stability and proper mechanics. A shoe lift may be required. Dislocation can occur when the ball joint comes out of the socket. Risk is greatest after the first few months of surgery.

After hip replacement surgery, you spend approximately 3-5 days in the hospital. Physical therapy usually begins day after surgery. It will continue for weeks to months, depending on your progress.

Full recovery from hip replacement surgery takes about 3-6 months, depending on the type of surgery, the person's general health and absence of complications.

Happy Birthday!



Morgan Jones—July 1st—Happy 17th Birthday!!

Jonda Petty-July 2nd—41 years young!
Wilma Marshall-July 8th—97 years young!

Lewis Webster-July 16th—87 years young!

Gwen McClure- July 25th-86 years young!

We wish you all a wonderful day!!!



SUMMER DAZE

Hot weather brings the summer haze

That makes me want to sit by the pool and laze.

Summer parties all around, green grass blowing on the ground.

Children playing on the swing, hamburgers and hot dogs parents bring.

Smells emerging from the grill, plates so full they begin to spill.

Roasting marshmallows, soft and sweet; what an ooey, gooey treat.

Oh, how we love the SUMMER DAYS!!!!



