

# Terrace Park News

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September 2015

## NOTES FROM MANAGER



September 13-19, 2015

We will be celebrating National Assisted Living Week at Terrace Park. Be sure to read the enclosed flyer to see all the fun we have planned. The theme this year focuses on the whole person. It celebrates the bonds built between residents, families, friends, staff and volunteers that make the assisted living community a home for them. It also celebrates countless ways assisted living caregivers nurture the whole resident.

Our community service project for the month is to do a food bank drive. We want to do our part in giving back to our community. Please bring in a non-perishable item during the month of September to add to our drive. We are excited to jump start the holiday food drives in Decatur County.

My plan is to have a very uplifting, positive, encouraging week. We plan on relaxing and just enjoying our week and being pampered and spoiled a little. I am excited and know the residents will be too as it approaches.

It really is a WONDERFUL life! Yes, there are spells of trouble. But those always pass, and there are always more joys than disappointments, more opportunities than difficulties, more bright sides than dark. And always, when one door closes, there are more to open! ENTER!!!!

**Until next time,  
Jonda**

**“If only one could tell true love  
from false love as one can tell  
mushrooms from toadstools.”  
Katherine Mansfield**



**September 7, 2015**

**Happy Labor**

**Day!!**



**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**

(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: Sapphire  
Flowers: Aster  
Colors: Brown

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**Jonda's Recipe Corner**



**Frito Pie Recipe**

- Single serving bag of Fritos original
- ½ cup cheddar cheese grated or melted
- ½ cup Chili with Beans
- 1 Tbsp. onion, chopped
- 5 pickled jalapeno slices, chopped

Cut open bag of Fritos lengthwise. Ladle on the cheese, then the chili. Top with the onion and jalapenos.

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Don't forget to check out our Terrace Park website at [www.terracepark.iowacare.com](http://www.terracepark.iowacare.com). I answer emails daily & can be reached at [terrpark@grm.net](mailto:terrpark@grm.net).

You can also send us an email for a loved one and we will print it out and give to the proper resident. Check us out on **FACEBOOK**. It is under Terrace Park Assisted Living. Please LIKE the page on Facebook and watch it for pictures and details of our upcoming events.

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## **Kelly Cozad's Prices for Beautician Services!**

**\*\*Kelly is here on Thursdays**

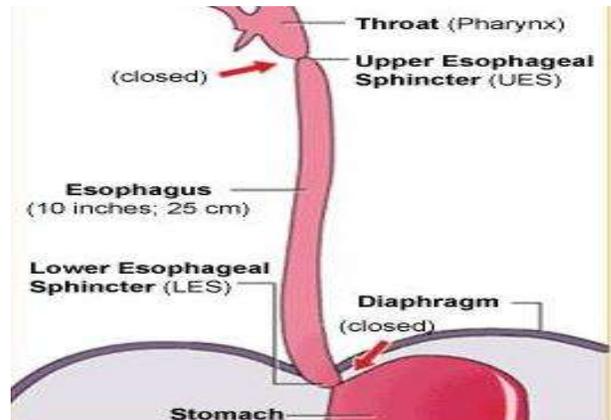
**Cut and Set \$26.00**

**Cut \$15.00**

**Shampoo Set \$15.00**

**Perms \$45.00**

## **MEDICAL NOTES**



### **Gastro Esophageal Reflux Disease**

**GERD is the term used for gastro esophageal reflux disease. In this disease, gastric content such as acid and enzymes in the stomach flow backwards into the esoph. GER produces a variety of symptoms and can be occasional, intermittent, or repetitive. It affects approximately 25 % of the US. Approximately 1 out of 10 people experience GERD daily. Reflux disease can occur at any age and is not limited to the elderly.**

**The acid and enzymes which are produced by the stomach are designed to break down or digest food, but they can also break down other body tissue. The stomach has a protective lining; however, the esophagus does not. Thus, if stomach enzymes and acid flow backward into the esophagus, it can become damaged.**

**Repeated reflux can result in inflammation of the esophagus. Open sores or ulcers can develop in the lining. Chronic irritation of the esophagus can cause cellular changes. It can develop into esophageal.**

**Risk factors include:**

- Obesity**
- Anxiety**
- Smoking**

**Hiatal Hernia**

**Diabetes**

**Scar tissue**

**Certain Medications, alcohol, caffeine, mints, chocolate, citrus, spicy foods and food high in fat.**

**Heartburn which is a burning sensation behind the sternum. It can radiate into the neck and usually occurs 30-60 minutes after a meal.**

**Regurgitation which is a backwards flow of gastric contents into the throat or mouth. A bitter, sour taste in the mouth is common.**

**Treatment include: Antacids, and Medications that suppress gastric acid. Treatment with medications should be between 6-12 weeks. Other treatment ideas are elevate head of bed on 6-inch blocks or use a wedge under the mattress. Avoid eating before lying down and eat smaller and more frequent meals. Lose weight, avoid tight fitting clothes, quit smoking, and avoid certain foods such as high in fat, citrus, spicy foods, mints, chocolate, caffeine and alcohol.**

**GERD is often chronic, relapsing condition however, most people respond well to treatment without any complications or surgery.**



**SEPTEMBER 23, 2015**

# Happy Birthday!



Julie Moffett—Sept 3<sup>rd</sup>-55years young!

Dale Gorton-Sept 5<sup>th</sup>—80 years young!

Maxine Lovett-Sept 16<sup>th</sup>—98 years young!

Mary Jean Heintz-Sept 27<sup>th</sup>-87 years young!!

We wish you all a wonderful day!!!



