

Terrace Park News

Jonda Petty, Manager
terracepark@leoncarecenters.com
terracepark.leoncarecenters.com

August 2019

NOTES FROM MANAGER



The Iowa State Fair is from August 8-18, 2019 this year. I will be attending a few days to watch our sheep show. I plan on being gone on vacation Monday, August 12 and Tuesday, August 13th. I will then work Wednesday and Thursday and be off on Friday, August 16th.

We are coming upon our time for state certification from the Iowa Department of Inspections and Appeals. We will not know when they are coming until a day or two before. We will have a monitor on-site to review charts of the residents and staff to ensure we are following all rules and regulations. The monitor will also monitor a

medication pass and will monitor us serving a meal and then have a meeting with all residents in the lobby. If you should have any questions, please feel free to ask me. The monitor is typically in the building one day.

It is getting that time of the year for fresh vegetables and fruit. If you know of someone or if you have something you would like to donate, please let us know. We gladly accept donations. We are all looking forward to BLT's and sweet corn on the cob days! ☺ With this darn weather we have had, I am hoping there will still be garden goodies.

**Until next time,
Jonda**

**"Life is short Eat dessert first."
Jacques Torres**

"Vegetables are a must on a diet. I suggest carrot cake, zucchini cake and pumpkin pie." Jim Davis



Birthstone: Peridot
Flower: Gladiolus
Color: Orange and Red

Jonda's Recipe Corner



Wendy's Frosty Copycat

1 cup milk
4 cups vanilla ice cream
3 Tbsp chocolate drink mix (Nesquik)

Blend all ingredients in a blender.
Stop to scrape the sides. Pour into
glasses and serve with a spoon.

YUMMY 😊



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

VERTIGO



Vertigo is a symptom when a person feels as if he or she or objects around them are moving when they are not. It is often described as a feeling that the room is swaying or spinning.

Vertigo may be accompanied by other symptoms such as nausea, vomiting, sweating, abnormal eye movements, and

difficulty walking. These are typically worse when the head is moved.

Approximately 7.5-10% of people will experience vertigo in their lifetime. It becomes more common with age and affects women more often than men.

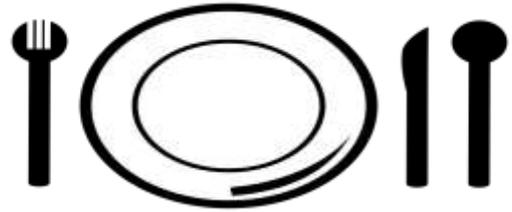
Peripheral Vertigo occurs when the vertigo arises from changes in the ears. It typically has a sudden onset.

Central Vertigo occurs as a result of disturbances of the central nervous system. It usually has a gradual onset and is progressive and can be disabling.

Diagnosis of vertigo can be quite complex due to the numerous causes of this symptom.

Treatment of vertigo depends on the cause. Some things like resting in a dark, quiet room, changing positions slowly, using a cane or walker and bland diet with small portions can help. Vertigo is complex, and it is very disconcerting and debilitating. Make sure you seek treatment immediately if you experience this.

The main goal if you have vertigo is to move slow and easy. No quick movements and changing of positions or head movement.



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!



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



Carleigh Odell—August 5th—
16 years old!
Marilyn Overton—August
11th—89 years young
Addie Parmer—August 17th—
18 years old!



WE LOVE

We love:
Trees, birds and bees
We love:
Sky, sun, and planes fly
We love:
green grass and a springtime scene
We love:
Freshness of clothes dried on the
line
We love:
Visit from friends and knowing
they are fine
We love:
The air and the flapping of the flag
We love:
The sight of groceries in a bag
We love:
watching the animals and living of
their ways.
We love:
being together to make beautiful
days.
We love:
The sunrise as with the sunset
We love:
Cuddling with a newfound pet
We love:
memories of life in the past
We love:
knowing in line we won't be last
We love:
our children, dads, moms, sisters,
and brothers.
And most of all....
We've learned to love one another.