

# Terrace Park News

Jonda Petty, Manager  
[terracepark@leoncarecenters.com](mailto:terracepark@leoncarecenters.com)  
[terracepark.leoncarecenters.com](http://terracepark.leoncarecenters.com)

February 2017

## NOTES FROM MANAGER



The days are getting longer thank goodness. We are ready for some longer days and sunshine. In February we will beat the winter blues with a Pajama Day. We will all wear jammies, have hot chocolate before brunch and then have brunch at 9:30am. Then we will finish the day with Movie and Popcorn. I love Pajama day every year!!! ☺

We have done well so far; knock on wood to avoid any major sicknesses. We have had our share of colds, upper respiratory infection and such but all in all we have done well. Just friendly reminders to everyone that if you are experiencing cold/flu like symptoms, please do not come visit your loved one until you are feeling better. This helps keep the virus from spreading from person to person. I also encourage all staff, visitors and residents to wash your hands several times a day, this helps a great deal in spreading of germs. I have put hand sanitizer stations at the beginning of both halls and also one right when you walk in the front door of Terrace Park. Please use each and every time you visit. A note to residents: if you

are experiencing flu-like symptoms, please notify staff immediately and you will be served room trays until you are feeling better. You will not be allowed to eat in dining room if you experiencing flu-like symptoms.

Please help me welcome our new employee, Emmy Stone. She is a student at Central Decatur High School and excited for her new adventure. ☺

Until next time,  
Jonda

*Love is, perhaps, the world's most treasured emotion.*



Birthstone: Amethyst

Flower: Violet

Color: Light Blue and Yellow

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# Jonda's Recipe Corner



## Chocolate Covered Cherry Brownie

### Ingredients

- 2 cups sugar
- 1 cup butter, melted
- 4 eggs
- 1 cup flour
- 1 cup baking cocoa
- 2 tsp baking powder
- ½ tsp salt
- 2 cups mini marshmallows
- 10 oz. jar maraschino cherries, well drained and chopped
- 2 Tbsp. heavy whipping cream

### Directions

- In a large bowl, combine the sugar and butter then beat in the eggs. Put the flour, cocoa, baking powder, and the salt in another bowl and mix together then add to the egg mixture and beat until smooth.
- Pour the batter into a greased 9x13 pan and bake at 350 degrees for 28 minutes
- Sprinkle the marshmallows over the top of the brownies and bake 1-2 minutes until soft and not browned.

- Sprinkle the cherries over the top of the marshmallows. Let cool.
- In microwave safe bowl, melt the chocolate chips and whipping cream and stir until smooth. Drizzle the chocolate over the brownies. Let chocolate set up before cutting.



You can find us at:

[terracepark.leoncarecenters.com](http://terracepark.leoncarecenters.com).

I answer emails daily & can be reached at

[terracepark@leoncarecenters.com](mailto:terracepark@leoncarecenters.com).





**Jennifer Hagen—Feb 5<sup>th</sup>—42 years old!!**

**Rilma Driskill—February 15<sup>th</sup>—99 years young!!**

## **MEDICAL NOTES**



### **MACULAR DEGENERATION**

Macular degeneration is also known as age-related macular degeneration. It is a progressive degeneration of the central part of the retina which results in the loss of central vision. It is further classified as dry macular degeneration or wet macular degeneration. It is the leading cause of blindness in older adults. Dry is usually present in both eyes, while wet only affects one eye at a time. Risk factors for the development of AMD include advancing age, smoking, cardiovascular disease and family history.

Individuals with AMD are often without symptoms early on in the disease

process. Loss of central vision occurs gradually but can also occur suddenly in one or both eyes. People may have difficulty driving or reading and may need bright lights or magnifying glasses for tasks that require fine visual activity.

There is no current proven effective treatment of dry macular degeneration. People with wet can receive vascular growth factor or laser treatments. AMD affects people's quality of life due to the its impact on daily tasks.

Glaucoma is an eye disorder that is characterized by increased intraocular pressure than can lead to irreversible damage to the optic nerve with resultant visual impairment and loss. Glaucoma affects approximately 2.2 million people in the US with 80,000 of those being diagnosed as legally blind.

Cataracts are the clouding of the lens of the eye. A clouded lens blocks light from entering the eye. Most cataracts grow slowly until they cloud the entire lens, causing progressive, painless vision loss. Cataracts are the most common cause of reversible vision loss among older people in the US. The likelihood of developing cataract increases with every passing year of age. The vision loss from cataracts is reversible with surgery.

Protein changes in the lens of the eye cause clouding and scattering of light. Risk factors for development of cataracts include aging, smoking, alcohol consumption, poor nutrition, corticosteroid use, exposure to sunlight, trauma and diabetes.

Signs of cataract include: Blurred vision, glare from bright lights, double vision, color may

seem more yellow and less vibrant, difficulty with night driving and reading signs and fine print.

Surgical intervention with removal of the cataract is the treatment of choice for cataracts. This should be done when the cataract begins to affect each person's quality of life.

Macular degeneration, glaucoma and cataracts are common disorders in the elderly and associated with aging. Older adults should be screen one to two years. By doing so, you can find these disorders early and prevent serious visual loss.



**GUEST MEALS ARE \$5.00**

\*\*Please remember to let staff know if you plan on eating with your loved one at least 3 hour prior to mealtime.

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**Friday, February 24<sup>th</sup>!!!**



**VALENTINE'S DAY**

By Mary Ann Leeper

V alentine greetings to all of you  
A nd here's a kiss just for you  
L ove to all of you folks  
E ven I'll tell my jokes  
N ow have fun all day long  
T une up and sing a song  
I hope you'll enjoy your day  
N ice to see you get out and play  
E at some candy, drink some wine

D o be someone's Valentine  
A day to remember and have fun  
Y ou'll get a hug from everyone.

