

Terrace Park News

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

January 2020



JANUARY 1, 2020

I hope everyone had a wonderful holiday season with loved ones. Now we get focused on another year. I pray for good health and blessings for all.

Cold and Flu season is here. Please do not come visit if you are experiencing any flu like symptoms. We do have sanitizer right inside the door to use on the way in and out. Please do everything you can to protect our elderly!

I will be on vacation this month on and off as we start lambing. I love winter only for this reason. I do have several days of vacation to get used before March 1st so I will be absent more In

the next few months. You can always email me or call my cell phone as I do not go far. 😊 Just home on the ranch with my sheep and babies. They bring so much joy to my heart!

Until next time,
Jonda

“One can’t be angry when one looks at a penguin.” John Ruskin



Birthstone: Garnet
Flower: Carnation
Color: Black and Dark Blue

Jonda’s Recipe Corner



Chinese Almond Cookies

1 cup butter, room temperature
1 cup sugar
1 egg
½ tsp almond extract
2 ½ cups of flour
1 tsp baking powder
1 large egg yolk
1 Tbsp milk
1/3 cup blanched white almonds
2 Tbsp sesame seeds

In a large bowl with a mixer on medium speed, beat butter and sugar until smooth. Beat in the whole egg and almond extract. Add the flour and baking powder. Mix until well blended. Shape dough into 1-inch balls and place on greased cookie sheet 1 inch apart and flatten slightly. In a small bowl, beat the egg yolk with the milk. Brush the cookies lightly with the egg mixture. Press an almond into center of each cookie and sprinkle with sesame seeds. Bake at 325 degrees until lightly browned about 15 minutes then let the cookies cool on sheets for five minutes then transfer to racks. Yield 4 dozen.



You can find us at:

terracepark.leoncarecenters.com.

MEDICAL NOTES

Early On-set Alzheimer's Disease



Early On-set Alzheimer's disease is diagnosed prior to the age of 65. These individuals are likely to have a parent or grandparent who developed the disease at an early age. They start showing symptoms in their 30's, 40's, and 50's. The majority of ones with early on-set AD are in their 50's and 60's.

Familiar early on-set AD is linked to 3 genes. These are APOE, PSEN1 and PSEN2.

Other risk factors that have been associated with common form of AD include history of head injuries, depression, high blood pressure, high

cholesterol and smoking.

Diagnosis of EOAD is sometimes difficult because of the individual's age; dementia is rarely suspected. Diagnosis relies on detecting symptoms and ruling out other neurological disorders. Cognitive testing should be done and neurologist consulted. Lab tests need done to rule out B12 deficiency, thyroid disorders and electrolyte imbalances.

Early onset AD is usually divided in four stages with a progressive pattern of impairment both cognitively and functionally.

Pre-dementia—this stage is characterized by short term memory loss, difficulty in remembering learned facts, and inability to acquire new information.

Early Stage—in this stage there is increasing impairment of learning and memory which leads to a definitive diagnosis. Language problems such as shrinking vocabulary and decreased word fluency are displayed.

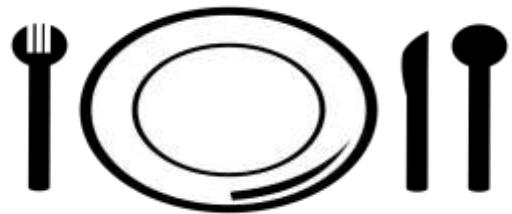
Moderate or Middle—this stage is characterized by progressive deterioration of reading, writing, and vocabulary skills. Long term memory becomes impaired.

Advanced—in this final stage the person becomes completely dependent upon caregivers. Language is diminished to simple words and eventually complete loss of speech. Aggressiveness may be present.

Although there is no cure for AD, there are studies that suggest lifestyle choices can decrease rates of dementia. Those that engage in activities such as reading, playing board games, crossword puzzles, playing musical instruments show decreased risk in development of AD.

There are some medications that have shown a small benefit in symptom relief. Some antipsychotic medications can be used too with those with this disease.

Early onset AD poses challenges to both the individual and caregivers. For the person with early onset AD, it is important to continue to stay actively involved in everyday life as long as possible.



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**

Kylie Hill- January 6th-25 years old



Let's make it a great year!!!

