

Terrace Park News

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July 2016

NOTES FROM MANAGER



July 4th, 2016

July is my favorite month of the whole year. Summertime, county fairs, LEON RODEO, my birthday month, parades, and just good family picnics.

I am happy to announce, we will be having a steak dinner for the residents with all the fixings this month. I can't thank everyone enough that donated to this fundraiser. Thanks for helping me make their wishes come true. I have planned the dinner for 12 NOON on July 13, 2016.

The temps have been soaring and I can't complain as I like the heat, but please remember to wear a hat

outside, take something to drink and wear your sunscreen.

Until next time,
Jonda

"That outdoor grilling is a manly pursuit has long been beyond question. If this wasn't firmly understood, you'd never get grown men to put on aprons with pictures of dancing wienies and messages on the front like 'Come 'n' Get It'."

-William Geist



Birthstone: Ruby

Flower: Larkspur

Colors: Green and Russet

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Happy Birthday



Morgan Jones- July 1st
Jonda Petty- July 2nd
Wilma Marshall- July 8th
Lewis Webster- July 16th
Gwen McClure- July 25th

Jonda's Recipe Corner



Red, White, and Blueberry Pie

- 14-oz. can fat-free sweetened condensed milk
 - ¼ cup fresh lemon juice
 - 1 cup fresh blueberries, finely chopped
 - 1 cup fresh raspberries, and/or strawberries, finely chopped
 - 8 oz. whipped topping, thawed
 - Prepared graham cracker pie crust
- 1) Combine the sweetened condensed milk and lemon juice.
 - 2) Fold in the whipped topping and spoon the mixture into the pie crust.

- 3) Spoon the red fruit around the outer edges of the pie, leave the next area white, and then put the blueberries in the center.
- 4) Freeze until set, approximately four to five hours.
- 5) Remove from the freezer and let stand 30 minutes before slicing.

YIELD: 8 servings

HOME
OF ★ THE
FREE
BECAUSE
OF ★ THE
BRAVE



WE HAVE A NEW WEBSITE!!!

You can find us at:

terracepark.leoncarecenters.com.

I answer emails daily & can be reached at

terracepark@leoncarecenters.com.

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.



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



HIP REPLACEMENTS

Hip replacement or arthroplasty is a surgical procedure in which the diseased parts of the hip joint are removed and replaced with new, artificial parts. These parts are called prosthesis. The goals of the hip replacement surgery include increasing mobility, improving the function of the hip joint, and relieving pain. Hip replacement surgery was first performed in 1960 and is considered one of the most successful operations in all of medicine. Since that time, improvements have been made in surgical technique and technology so that the overall effectiveness of the surgery has increased. According to the Centers for Disease Control and Prevention (CDC), 332,000 hip replacements are performed each year in the U.S.

Individuals with hip joint damage that causes pain and interferes with daily activities despite conservative treatment are usually those who are candidates for hip replacements. The most common cause of chronic hip pain is arthritis. Other indications for hip replacement surgery include certain hip fractures, benign and malignant bone tumors, arthritis associated

with Paget's disorders, and osteonecrosis which occurs when there is inadequate blood supply to the ball portion of the hip, causing bone deformity and collapse.

Most individuals who undergo this surgery are between 50-80 years of age. Some reasons that a doctor might recommend hip replacement surgery are individuals with the following symptoms:

- Hip pain that limits everyday activities such as walking or bending
- Hip pain that continues while resting, either at day or night
- Stiffness in a hip that limits the ability to move or lift the leg
- Inadequate pain relief from anti-inflammatory medications, physical therapy, or walking supports

The complication rate following hip replacement surgery is low. Serious complications such as joint infection occur in less than 2% of patients. The most common complications include:

- Infection
- Blood Clots
- Leg Length Discrepancy or Inequality
- Dislocation

A patient who has undergone hip replacement surgery spends three to five days in the hospital immediately post-operatively. Physical therapy usually begins the day after surgery and within a few days the patient can begin to walk with the aid of a walker, cane, or crutches. Physical therapy will continue for weeks to months afterward.

With normal wear and tear, hip replacements have an average longevity of 10 years; however, 85% of replacements last 20 years.



GUEST MEALS ARE \$5.00

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



Fourth of July

BY MARY ANN LEEPER

Fourth of July, a day to have fun
Oh do anything to keep the blues on
the run
U can shoot off some fireworks too
Run! So the cops don't catch you
Today we can really celebrate
Have lots of ice cream and lots of
cake

Oh what a nice day is the Fourth of
July
Fireworks going off up in the sky

Just relax and listen to the band
U remember to keep time with your
hand
Let's have a wonderful day I say
et's have a wonderful day I say
You deserve to get out and play!

