

Terrace Park News

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February 2012

Notes from the Manager



We are having a contest this year for Valentine's Day. **We are having a Door Decorating Contest.** Every resident can decorate their door to their apartment however they wish. The winner will be announced at our Valentine's Day Party. Be creative. Remember, nothing can be nailed to the doors, must be taped. If you have any questions, please talk to me. This could be lots of fun, so lets have it. Get your families to help and get involved.

Well, we didn't escape the flu like symptoms that hit most of our residents. Darn it. I just want to encourage everyone that we are only halfway thru flu season, so practice good hand washing practices. Wash your hands with SOAP and WATER before you leave your apartment and when you get back into it. This helps cut down on the spreading of germs. If we all do our part, we should see less sickness.

Please pass our email on to other members of your family. You may have them email their loved ones and I will print it out and distribute daily. Our email is terrpark@grm.net. If you would like to be added to our monthly newsletter list, please email me as well. It is more cost effective for us to email the newsletter, so if you have email, please notify us.

Thanks to all for the thoughts and prayers for my father, Doyle Deemer. As I am writing this, we are still in ICU but he is off the life support and breathing great on his own. This last month has been a whirlwind, but it is looking up from here. I tentatively scheduled myself off this month on Wednesdays as that is the day I will go to Des Moines to spend with him. Thanks to everyone for your understanding in this matter.

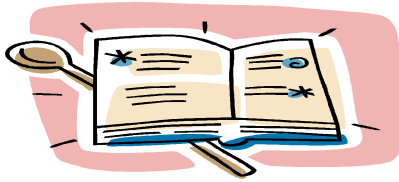
Well until next time,
Jonda

"Be Mine, Valentine! I hope you will always be mine!"

I know these are old-fashioned words, but they're just as true now as they ever were.

Anonymous

Jonda's Recipe Corner



Applesauce Orange Muffins

6 Tbsp margarine
1 cup brown sugar, packed
1 egg, beaten
½ cup applesauce
1 tsp shredded orange peel
1 tsp vanilla
1 ¼ cups flour
1 tsp baking powder
½ tsp salt
¼ tsp baking soda
½ cup pecan, chopped

Orange Glaze

1 ½ cups powdered sugar
2 Tbsp orange juice
½ tsp vanilla

In medium saucepan, combine margarine and brown sugar and heat until it is melted. Remove from heat.

Stir in the egg, applesauce, orange peel and vanilla.

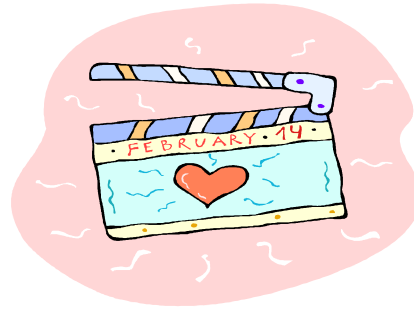
In a bowl, combine the flour, baking powder, salt and baking soda.

Put the batter in paper muffin liners and bake at 350 degrees for 12 minutes or until tests done.

While the muffins are baking, make the orange glaze. Sift the powdered sugar into a bowl and add the OJ and vanilla and stir until smooth.

Spread the orange glaze on the muffins while they are warm.

Yield: 12 muffins



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

February 2012

Birthstone: Amethyst

Flower: Violet

Colors: Light Blue and Yellow



Happy
Valentines
♥ Day!

Medical Notes



Huntington's disease

Huntington's disease is an inherited, progressive, neurodegenerative disorder that is characterized by abnormal movements of the limbs and torso, psychiatric problems, and dementia. The key feature of HD is also known and referred to as Huntington's chorea. In the initial stages of the disease, abnormal movements are mild and may be misinterpreted as restlessness, however, as the disease progresses, movements become more disordered.

There are two forms of HD. The most common form is adult onset HD. Individuals with this form essentially develop symptoms in their mid 30's or 40's. Early onset forms of HD account for a small number of cases and begin in childhood. HD is more common in individuals of Western European descent than in those of Asian or African descent.

Signs and symptoms of HD vary with each individual, but generally

progress on a predictable basis. The movement disorders that are associated with HD include both involuntary movement and voluntary movement. These include jerking, contractions of the muscles, muscle rigidity, slow uncoordinated movements, impaired gait posture or balance, speech impairments, difficulty speaking and difficulty swallowing.

Impairments of voluntary movements may greatly impact an individual's ability to work and perform activities of daily living and to communicate and be able to perform duties that are essential to function independently.

Unfortunately, there is no cure for HD. It is a degenerative disease, so the goal of treatment is to slow down the symptoms. Some medications have been used to control symptoms and prevent pain.

HD causes disability that gets worse over time. Individuals with this disease usually die within 10 to 15 years of diagnosis. As the disease progresses, individuals will require increased need for assistance and supervision and may eventually need 24 hour care.



HAPPY BIRTHDAY

Louella Hess-February 8th—88 years young!

Kenneth Scudder-February 15th-78 years young!

We wish you both the best birthday ever!!



A note from South Central Home Health Care!

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.

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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!



