

Terrace Park News

Stan and Pat Birchem, Owners
Jonda Petty, Manager
terrpark@grm.net
terracepark.iowacare.com

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Notes from the Manager



Greetings! I would first like to start off by saying a big thank you to all my staff, residents and families for all the well wishes and prayers, while I underwent sinus surgery. I am back to work but not quite 100 percent yet, but will be soon! It wasn't as bad as I thought, but it was my first surgery experience. I even made it thru it without black eyes! ☺

We are all so sick and tired of gloomy, winter days. We haven't had much sunshine at all lately and it is beginning to work on all of us! Here are some ways to beat the winter blahs: Make something with your hands, write a short story, go thru family photos, watch movies, eat wisely, subject yourself to bright lights daily, spend time each day to relax and focus on the positive.

We have two apartments ready to rent at Terrace Park. If you or someone you know is possibly interested, please have them get in touch with me as soon as possible. We welcome anyone to stop out for a tour of our beautiful facility anytime!

We will be having a Valentine's Day party Friday, February 12th at 1:30pm! If you would like to exchange Valentine's with other residents or staff you are welcome, or if you would like to pass out treats to everyone that is fine too! Whatever you choose to do!

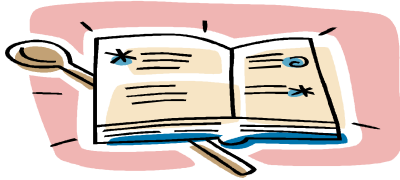
Well until next time,
Jonda

**No matter how long the night,
the day is sure to come!**

African Proverb



Jonda's Recipe Corner



Fruit Dip

1 jar Marshmallow Crème
1 brick of cream cheese

Let cream cheese soften to room temperature. Then mix two ingredients together. Serve with fruit of choice. We enjoy apples chopped up, bananas and grapes with it! Oh so easy and yummy!



Kim Monroe Prices for Beautician Services!

*Kim is at Terrace Park on Tuesdays now!!

Cut and Set \$25.00

Cut \$13.00

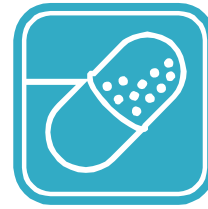
Shampoo Set \$13.00

Perms \$45.00

Wax \$5.00



Medical Notes



Psychotropic Medications and Dementia

Behavioral problems or symptoms are very common with Alzheimer's disease. These symptoms include agitation, delusions, hallucinations, paranoia, and wandering. Depression and sleep disturbances can also occur. These symptoms can be very disturbing and disruptive to both the individual and his caregiver. These symptoms sometimes begin their onset in the late afternoon as known as sun downing. Agitation, hallucinations, depression and aggression in a person with dementia often are causative factors in the decision to place him in a nursing home or extended care facility.

Antipsychotic agents or psychotropic medications have been the drugs of choice for treatment of hallucinations in people with dementia. Some typical antipsychotics used in treatment of people with dementia and behavioral problems include

