

The Ridgway Times

Isabelle Ridgway Care Center ~ 1520 Hawthorne Avenue ~ Columbus, OH 43203 ~ (614) 252-4931

Remembering the Reason for the Season

The residents of Isabelle Ridgway did not forget the true spirit of Christmas this past holiday season. Our Lovely Ladies Red Hat Society and our Men of Ridgway combined efforts and raised money for gifts for children at a local family shelter. The project began with a bake sale in October, during which our residents made delicious apple and sweet potato pies from scratch. They raised over \$200, which was used to buy a variety of gifts for girls and boys at the shelter. Then our residents made and decorated felt stocking for the children, in which they stuffed the toys.

Sponsored and created by Elder Source, *“The Christmas Stocking Project is more than stockings for needy children. It is about wrinkled, stiffened hands putting love into a piece of cloth. It is about a trinket, a booklet, a tiny ball, a candy bar, simple and inexpensive. It is about a child without his home for Christmas, without a storehouse of pleasant memories, reaching out with trembling hands to receive a simple gift of love from the very warm eyes of a stranger who remembers that it is more blessed to give than to receive. It is about giving the opportunity to once again feel needed, loved, and useful. It is about being a kid at eight or eighty.”*



Ms. Cleo proudly displays her stocking made with love.

We are so proud of our residents and their example of giving from the heart to those in need. May we all have this spirit of giving as we enter the New Year!



Ms. Matthews fills her stockings with goodies.

Celebrating January

Hobby Month

*National Volunteer Blood
Donor Month*

Get Organized Month

Hot Tea & Oatmeal Month

*New Year's Day
January 1*

*National Activity
Professionals Week
January 18-23*

*National Healthy Weight Week
January 18-24*

*Martin Luther King Jr. Day
January 19*

*Presidential Inauguration Day
January 20*

Multitasking is Out—Pinpointed Focus is in

By Dr. Jim Wendling of The Wendling Group

"To do two things at once is to do neither." - Publilius Syrus

Have you ever had this experience?...

You're working on a project that requires creativity, such as writing your e-zine or designing a marketing campaign, and suddenly the phone rings, jolting you out of deep concentration. Even if you don't answer the phone, it takes a few beats before you can re-anchor into what you were doing before.

That time lapse is your "mental CEO" shifting from one task, with a specific goal and set of "rules," to another, with a completely different goal and set of rules. That shift takes time. The more complex the tasks, the longer the shift takes.

What else are you trying to do while reading this article?

Sure, we can multitask. We might even believe we can do it without losing efficiency. But we would be fooling ourselves. It has been proven in scientific studies that toggling between tasks slows the brain down. In effect, multitasking makes us momentarily stupid -- unable to establish priorities, focus, or integrate anything new.

Have you ever tried to read your email while listening to a teleclass? How about trying to have a serious conversation on your cell phone while driving?

Yes? Then you know that neither was done with your full presence or capacity. It's as if you weren't there for half of the time. You neither fully understood the emails nor fully integrated what the teleclass offered. Too little of your consciousness was on driving - scary - and you couldn't fully connect in the conversation.

We all know that multitasking has real costs. So why do we still do it?

It's ingrained in our habits. All the "time-saving" devices of our technological age encourage us to be distracted and lose the ability to focus. And that's a significant loss because focus is what brings prosperity. Distraction keeps us from it.

Focus means your full attention. Here are five daily practices to attain pinpointed focus and stop multitasking.

1. Clear your desk of anything unrelated to your current goal. Things command attention. The less you have before you, the less likely you'll be distracted.

2. Schedule your time into blocks so that you can focus in on one individual task at a time. Include separate blocks for completing high payoff actions, emailing, working with clients, planning, etc. Then set sacred boundaries around those tasks. Complete one, then move on.

3. Do the most important thing first. High payoff actions are the things that will have the biggest positive impact on your success. What will bring you the results you want most quickly? Put that first, always.

4. Take short breaks away from technology between time blocks or tasks. Take a walk around the block, play music, do something physical or creative. This will clear your mind and help your mental CEO recalibrate to the next task.

5. Plan for tomorrow. Schedule 1 to 3 high payoff activities for the next business day.

Become a master single-tasker! Take the next 30 days and replace your multitasking habits with these five daily practices and see how much more you accomplish and with less stress.

Celebrating Dr. Martin Luther King, Jr.

A big Thank You goes to 13 year old Naomi Woodson-Levey for writing the following essay on Martin Luther King, Jr. Naomi is an 8th grader at Arts Impact Middle School and attends Union Grove Baptist Church . The residents of Isabelle Ridgway say, "Keep up the good work, Naomi!"

Martin Luther King, Jr. was born on January 15, 1929 in Atlanta, Georgia and died April 4, 1968 in Memphis, Tennessee. Martin graduated from high school when he was fifteen years old. He went to Morehouse College. He was a Baptist minister and Civil Rights leader. Martin studied religion at Boston University; it was there that he met Coretta Scott King. They got married on June 18, 1953.

Martin Luther King led the 1955 Montgomery Bus Boycott. The Montgomery Bus Boycott was a political and social protest held in Montgomery, Alabama, and intended to oppose the city's policy of racial segregation on its public transit system. It ended on December 20, 1956, making Alabama and Montgomery laws requiring segregated buses unconstitutional. Martin also led the March in Washington where he said his famous *I Have a Dream* speech. In 1957 Martin became the president of the Southern Christian Leadership Conference. The black church worked against segregation led by Dr. King. Dr. King established himself as one of the greatest public speakers in U.S. history.

In 1964 he won the Nobel Peace Prize for his work to end racial segregation. He was posthumously awarded the Presidential Medal of Freedom in 1977 and Congressional Gold Medal in 2004. Martin Luther King, Jr. Day was established as a U.S. National holiday in 1986. President Ronald Reagan signed a bill creating a federal holiday to honor Dr. King. The holiday was observed for the first time on January 20, 1986; it is called Martin Luther King, Jr. Day. Following President George W. Bush's 1992 proclamation, the holiday is observed on the third Monday of January each year, near the time of Dr. King's birthday. On January 17, 2000, for the first time, Martin Luther King Day was officially observed in all fifty states.

New Year....New You..... New Attitude!

"The longer I live, the more I realize the impact of *attitude* on life. *Attitude*, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice everyday regarding the *attitude* we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our *attitude*...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our *Attitudes*."

- Charles Swindoll

MLK, Jr. Tribute

We will have a special program on January 19, 2009 at 10:00am in the Dining Room to celebrate the life and accomplishments of Dr. Martin Luther King, Jr. Students from Youth Build Columbus Community School will be joining us.

Isabelle Ridgway Care Center's Directory
General Number: (614) 252-4931

IRCC's
MISSION

*Isabelle Ridgway
 Care Center's
 mission
 is to provide
 warm,
 compassionate,
 culturally
 appropriate
 and
 family-friendly
 care to the
 aging population
 of
 Central Ohio.*



Visit us at:
www.isabelleridgway.com

| <u>Title</u> | <u>Name</u> | <u>Extension</u> |
|---------------------|------------------|------------------|
| President/CEO | Patricia Mullins | 126 |
| Administrator | Alanna Morgan | 130 |
| Executive Assistant | Frankie Otis | 112 |
| Receptionist | Anika Burgess | 110 |

Department Directors

(listed alphabetically by department)

| | | |
|-----------------------------|--------------------|-----|
| Admissions | Arica Brenner | 165 |
| Adult Day Care | Kristin Tridico | 128 |
| Chaplain/Development | Guy Schley | 138 |
| Dining Services | Belinda Mosley | 140 |
| Finance | John Atala | 118 |
| Housekeeping/Laundry | Wanda Isbell-Hardy | 157 |
| Human Resources | Matilda Woods | 125 |
| Maintenance | Terry Hill | 137 |
| Nurse Practitioner | Tamera Johnson-Roy | 281 |
| Nursing | Cheryl King | 120 |
| Nursing, Assistant Dir. | Lynette Baker | 158 |
| Program Services | Kristin Tridico | 128 |
| Program Services Asst. Dir. | Diana King | 117 |
| Social Services Director | Loyce Scott | 150 |
| Social Services | Michelle Ray | 151 |
| Therapy | Steve Hartong | 155 |

Nursing Stations

| | | |
|-----------------------|--------------|-----|
| 2nd Floor (All Units) | Charge Nurse | 122 |
| 3rd Floor (All Units) | Charge Nurse | 133 |

Inventory Procedure

When CLOTHING or other ITEMS OF VALUE are brought in for one of our residents, they must go to the Program Services Department FIRST so the items can be LABELED and INVENTORIED. The Program Services Department will accept items 7 days a week, from 8:30am—5:00pm. Please do not give items to nurses or leave the items in the resident's room. Give the items directly to either an employee in the Program Services Department or to the receptionist. Please allow 24 hours for the items to be returned to the resident. IRCC cannot be responsible for items that have not gone through this inventory procedure.