

The Ridgway Times

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

Easter Egg Hunt



Saturday, April 3, 2010
10:00 a.m.

Residents, clients, family, staff and volunteers are encouraged to invite their (grand)children, ages 1-12, to participate in the hunt.

The festivities will include plenty of FUN, CANDY, and PRIZES! All children who wish to attend MUST be registered by Friday, March 26, 2010.



Please contact Kristin Tridico, Program Services Director, at 252-4931, ext. 128 in order to ensure that your (grand)child will be able to join in the fun!

Celebrating March 2010

**Craft Month & Creative
Artists Month**

Daylight Saving Time
March 14

Social Services Month

Spiritual Wellness Month

St. Patrick's Day
March 17

First Day of Passover
March 30

Doctor's Day
March 30

St. Paddy's Day Social - Join us on Wednesday, March 17, 2010 at 2:00pm for some green goodies and fun as we celebrate St. Patrick's Day. Don't forget to wear your green so you don't get pinched!



Attention All Volunteers

SAVE THE DATE! This year, National Volunteer Week is April 19–25. We will be honoring our volunteers at our annual Volunteer Banquet on the evening of Thursday, April 22 at 6:00pm. We hope all our beloved volunteers will be able to join us. Please R.S.V.P. to Kristin Tridico at (614) 252-4931, ext. 128 by April 14, 2010.

Soul Food Buffet was a Smash Hit!

Both residents and employees enjoyed the Soul Food Buffet that was held in February in honor of Black History Month. The Resident Council chose the menu, which consisted of a variety of soul food, such as fried chicken, pig's feet, fried perch, cabbage, macaroni and cheese, greens, cornbread, black-eyed peas, and sweet potato pie, just to name a few. Here's what they had to say about the festivities:



*Bon Appétit!
Residents Gertrude Martin,
Cleo McConakel, and Susan Cotton
enjoying their soul food feast.*

“The mac & cheese and cabbage was delicious, the lemonade was just sweet enough, and my waitress was great.” -Margaret Spraggins, Resident

“I really enjoyed the Soul Food Buffet lunch. The food was good and the atmosphere was filled with family and fun.” -Shanika King, Employee



*Employees Tomorrow Terry and
Sandra Smith breaking for some
soul food.*

“The food was excellent! Dining Services should prepare a meal like this once a year and sell it to the community.”

-Alice Caliver, Resident



*Employees serving up resident
Edith McAfee's food of choice.
Hmmm...pig's feet or fried chicken?
Maybe both!*

“It was a fun time with good friends and good food.” -Sandra Smith, Employee

“The decorations were beautiful.” -Cleo McConakel, Resident

SPRING CLEANING

The first day of Spring is right around the corner (March 20th). Hopefully that means that Spring weather will be here, too. As it warms up, we need your help cleaning out the residents' closets and sorting through what they do and do not need.

If you need to bring in more clothes or other items, be sure to take them to the Program Services Department or the front office FIRST so all items can be LABELED and INVENTORIED. For your convenience, the Program Services Department is opened 7 days per week, 9:00am-5:00pm. Do not leave unmarked items with the nursing staff or in the residents' rooms. IRCC cannot be responsible for items that have not been through this proper procedure of being labeled and inventoried.

Ziping Along!

I just wanted to share my zip lining experience with everyone. I have never been so afraid to do anything in my life. Just the thought of jumping off the top of a tree is not as fun as it sounds, but after you open your eyes and look at the beauty of the forest you begin to appreciate the scenery. I would absolutely do this again and encourage everyone else to do the same. As a matter of fact I did not just jump once, but I jumped six times! So if that is not enough to make you think than I don't know what will.

-Shalaya Oliver, Employee since 1998



Spring Forward!



Don't forget to set your clocks forward 1 hour before you go to bed the night of Saturday, March 13.

Women's Heart Health

Heart disease is the number one killer of American women. Heart disease is a group of diseases of the heart and the blood vessel system in the heart. Coronary heart disease, the most common type, affects the blood vessels of the heart. It can cause angina or a heart attack. Angina is a pain in the chest that happens when the heart does not get enough blood. It may feel like a pressing or squeezing pain, often in the chest, but sometimes in the shoulders, arms, neck, jaw, or back. Having angina means you're more likely to have a heart attack. A heart attack happens when a blood vessel is blocked for more than 20 minutes. African American women are 35% more likely than non-Hispanic white women to die from heart disease.

Signs of a heart attack:

- ◆ pain or discomfort in the center of the chest for more than 20 minutes
- ◆ pain or discomfort lasting more than 20 minutes in other parts of the upper body, including the arms, back, neck, jaw, or stomach
- ◆ other symptoms, including shortness of breath (feeling like you can't get enough air), breaking out in a cold sweat, nausea (feeling sick to your stomach), or feeling faint

Other symptoms women may have include:

- ◆ unusual tiredness
- ◆ trouble sleeping
- ◆ problems breathing
- ◆ indigestion (upset stomach)
- ◆ anxiety (feeling uneasy or worried)



If you have any of these symptoms, call 911.

Info Found at <http://www.womenshealth.gov/minority/africanamerican/hd.cfm>

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*

<u>Title</u>	<u>Name</u>	<u>Extension</u>
President/CEO	Patricia Mullins	126
Administrator	Alanna Morgan	130
Executive Assistant	Frankie Otis	112
Receptionist	Amy Bowers	110

Department Directors

(listed alphabetically by department)

Admissions	Amia Mullins	(614) 554-4965
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
Maintenance		137
Nurse Practitioner	Tamera Johnson-Roy	281
Nursing	Amia Mullins	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	Stephany Wright	155

Nursing Stations

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



Visit us at:
www.isabelleridgway.com

SIGNING RESIDENTS OUT OF CENTER

When taking a resident out of the Center for any reason, always see that person's nurse first so they can be signed out. We must know when a resident is leaving the building. Then, upon return to the Center, please see the charge nurse so the resident can be signed back in.

ADDRESS CHANGES

Our goal is to keep all family members informed about how their loved one is doing and what is going on in the Center. Please help us meet this goal by informing us if you have a change in address or phone number. All changes must be told directly to Social Services so the information can be properly passed on to those who need it. Please contact Loyce Scott or Michelle Ray in Social Services if you have a change. Thank you.