

The Ridgway Times

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

Thanksgiving Feast Family Night



Isabelle Ridgway Care Center will be holding its 9th annual Thanksgiving Family Night Feast for our residents and their loved ones on Thursday, November 20, 2008 at 6:00pm. We invite you to join us for an evening of fellowship, fabulous food, and entertainment as we celebrate the spirit of Thanksgiving.

Due to our limited space, seating will be by reservation only, and each resident may invite up to 2 guests. If you plan on attending, please reserve your seat as soon as possible. Once we reach the dining room's full capacity, we will no longer accept reservations, so the sooner you call, the greater the chance of reserving a seat.



We look forward to another wonderful turn-out and an evening that's enjoyable for all. Please contact Kristin Tridico at (614) 252-4931, ext. 128 to make your reservation no later than November 13.

Celebrating November 2008

Inspirational Role Models Month

National Alzheimer's Disease Month

Sadie Hawkins Day
November 1

*Daylight Savings Time ends;
Zero-Tasking Day*
November 2

Cliché Day
November 3

Election Day (U.S.)
November 4

Veterans Day (U.S.)
November 11

Thanksgiving Day (U.S.)
November 27



Share the Joy



The Holiday Season is quickly approaching. Although Thanksgiving and Christmas are joyous times of the year for most of us, it can be a lonely time for those who do not have family or friends with whom to enjoy these holidays. If you would like to make someone's Holiday Season a little brighter this year, please contact Kristin Tridico at (614) 252-4931, ext. 128, and learn how YOU CAN make a difference in another person's life.

Dementia...Managing Challenging Behaviors

Dementia is not a single disease, but a condition that includes a loss of intellectual abilities severe enough to interfere with social or occupational functioning. These losses include memory, problem solving, reasoning, and judgement. Contrary to popular belief, dementia is NOT a normal part of the aging process.

There are a number of factors that can contribute to dementia, some of which are reversible. Dementia may be reversible when properly diagnosed and treated if it is a result of: drugs, depression, nutritional deficits, metabolic disorders, infections, tumors, anemia, sensory deficits, and social isolation.

Dementia is irreversible when caused by factors such as Alzheimer's, Parkinson's, Huntington's, and Pick's Diseases. The most common cause of Dementia is Alzheimer's Disease, a progressive degenerative disorder with no definitive cause or cure. The 4th leading cause of death in adults, Alzheimer's Disease often affects persons over 65, however, it can occur earlier.

There are a number of difficult behaviors that can result from Dementia. Although not all persons with Dementia will exhibit all of these behaviors, most will exhibit some of these behaviors to varying degrees:

- Memory Loss (forgetting names of family, friends, and recent events; forgetting how to do everyday tasks; forgetting where they live)
- Repetitive Behaviors (repeating words or actions)
- Delusions/Hallucinations (thinking things are happening that are not; may become paranoid and suspicious of others; senses things that are not there, but are very real to them)

- Catastrophic Reactions (overreacting and extreme agitation in response to: frustration, fatigue, over stimulation, misinterpretation, and unfamiliar environments)

The following techniques can be used to help cope with the above problem behaviors:

- Get their attention before beginning to speak, trying to maintain eye contact
- Communicate one message at a time, using gestures, nodding, pointing, visual aids, pictures, and/or word boards as needed
- Repeat, rephrase; speak slowly and clearly
- Demonstrate, start tasks for them
- Ask simple question, giving them 2 or 3 choices at a time; avoid open-ended questions
- Ignore a hallucination that is not causing a problem or is upsetting
- Do not argue or try to reason with them about what they are seeing or hearing, for this can make the situation worse
- Acknowledge their emotions
- Offer reassurance in a calm manner
- Guide them away from present environment or situation
- Redirect them by refocusing on a simple activity or a calming activity, such as taking a walk, listening to soft music, or looking at pictures
- Simplify tasks, breaking down tasks into small steps and allowing enough time for them to complete each step
- Do not make multiple demands
- Keep the environment calm, quiet, and clutter free

Information provided by the Central Ohio Area Agency on Aging (COAAA). For resources, questions, and general information, you can contact them at (614) 645-7250 or (800) 589-7277. Visit the COAAA at www.coaaa.org or e-mail: coaaa@coaaa.org

Isabelle's Beautique

We are pleased to announce that we have a new hair stylist here to provide services for our residents. Mrs. Vertie Carter will be in our Beautique on Wednesdays and Fridays to pamper our residents and help them look their best. Several residents have already been serviced by Mrs. Carter and were very pleased with the results. Appointments can be scheduled through the receptionist.

The Price List for services is as follows:

- \$8 — Men's Cut*
- \$15 — Shampoo & Blow Dry*
- \$15 — Shampoo & Set*
- \$15 — Press & Curl*



Veterans Day

Join us as we honor those who have served and who are currently serving our country. We will have a special Veterans Day Program on Thursday, November 11 at 10:00 am. We want to thank all our veterans for defending this great country and for preserving the freedom that we enjoy. May we not take our liberties for granted!

Be Thankful

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you made a difference.

It's easy to be thankful for the good things.

A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles, and they can become your blessings.

-Author unknown

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
<u>Department Directors</u>		
<u>(listed alphabetically by department)</u>		
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
<u>Nursing Stations</u>		
2nd Floor (All Units)	Charge Nurse	122
3rd Floor (All Units)	Charge Nurse	133

Save Time and Do Nothing

It's the end of Daylight Savings Time once again, so make sure to turn your U.S. and Canadian clocks back one hour at 2:00 a.m. on Sunday, November 2. What will you do with that extra hour? The proponents of "Zero-Tasking Day" say you should do nothing this year with your free hour – since doing nothing is what recharges you to go back to that long list of "somethings" for the rest of the year. Here are some suggested "nothings" you might do this year: Take a nap or pray ~ Take a quiet stroll and listen for bird calls ~ Bask in a hot bath or shower ~ Enjoy a porch swing with a friend

Here's hoping your "nothing" is really *something*!