

# The Ridgway Times

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

## *Celebrating Black History in the Making*

During February's Black History Month, our residents were asked, "***How do you feel about Barack Obama becoming President?***" Here's what they had to say:

"I'm glad I lived to see a black president and I hope that there will be another. We should support him and give him our blessings." ~ Jennie M.

"I think it was truly a blessing and I thank God for allowing me to see it." ~ William C.

"I'm glad we have a black president and I thank God that we have gotten this far." ~ Gertrude M.

"I'm glad I lived to see it. I think it was sent by God. I didn't vote for him because he was black—he's brilliant!" ~ Willa L.

"I feel that the election of President Obama was a monumental feat for black Americans. I also feel that he will bring all Americans together and make us truly the United States of America." ~ Gerald F.

"It's something that I thought I would never see—a black man be elected president. This man is highly intellectual and he has chosen people who can carry out his wishes." ~ Lucille C.

"I wish my mother and father could have lived to see it." ~ Elizabeth B.

## **Celebrating March 2009**

*Humorists Are Artists Month  
and Mirth Month*

*National Professional  
Social Work Month*

*Women's History Month*

*Optimism Month*

*Daylight Savings Time Begins  
March 8, 2 a.m.*

*Ides of March  
March 15*

*Celebrate Your Name Week  
(March 1-6)*

*Act Happy Week  
March 16-22*

*St. Patrick's Day  
March 17*

*Spring Begins  
March 20*

*Earth Hour  
March 28, 8:30 p.m. EST*

## **Converter Box Coupons Have Arrived!**

Isabelle Ridgway will use these coupons to purchase converter boxes for all resident TVs that need them, so residents and family members do not need to worry about purchasing them.

# IRCC's 9th Annual Easter Egg Hunt

Saturday, April 11, 2009  
10:00 a.m.

Residents, family, staff, and volunteers

(grand)children, ages 1-12,  
to participate.

The festivities will include plenty of  
**FUN, CANDY, and PRIZES!**  
All children who wish to attend  
**MUST be registered**  
by Saturday, April 4, 2009.



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!



## Turn It Off for Earth Hour

On March 28, 2009, people all over the world will turn off their lights for one hour, called Earth Hour, in an effort to save energy and make a global impact on climate change. The initiative began in Sydney, Australia in 2007, with 2.2 million homes and businesses participating. In 2008, the event went global – 50 million people across 35 countries, and world landmarks such as the Golden Gate Bridge and the Roman Coliseum all stood in darkness as symbols of hope for an urgent cause. This year's Earth Hour takes place on Saturday, March 28 at 8:30 p.m. EST. Over 65 countries and territories are officially signed up to participate. You can enjoy Earth Hour, too! Who would have thought that turning off the lights and playing a game of Scrabble by candlelight could help save our planet's resources?

## Don't Worry, Be Happy

“Act Happy Week” is March 16-22, and it's true that if you *act* happy, you'll really *be* happy! Put a smile on your face and see if you can unscramble these synonyms for “happy.”

- |                   |                   |
|-------------------|-------------------|
| 1. FUERLCHE _____ | 2. TTENNCO _____  |
| 3. SIFLBSUL _____ | 4. YOUJSO _____   |
| 5. DAGL _____     | 6. TRAIADN _____  |
| 7. TDELAE _____   | 8. MEABNGI _____  |
| 9. PHOREUIC _____ | 10. LOWGNGI _____ |

Answers are on Page 4.



Ms. Cotton before she decided to lose her locks.

# A Gift of Love

by Resident Susan Cotton

Susan Cotton reflects on her beautiful long hair, shining in the sun as it cascaded down over her shoulders. Once down to the middle of her back, her luscious locks were a sight to behold. But as she remembers the 16 inches of hair she used to have, she smiles widely and says that parting with those locks was a small price to pay to give someone in need a gift of love.

Years ago Ms. Cotton heard about a place that accepted women's hair so that they could make wigs for children and adults who had lost their hair during cancer treatments. While living in Florida, two friends of Ms. Cotton's, both breast cancer survivors, told her about Locks of Love. At that time, Ms. Cotton's hair was down to her waist. Although she cherished her beautiful hair, Ms. Cotton decided that it was more of a blessing to allow her hair to put a smile on someone else's face. Ms. Cotton began to smile to herself as she realized she could bring happiness to others in need with her locks of love.

This most recent gift of love, given to Lemon Heads in Worthington, is Ms. Cotton's third time she has donated her hair. The first time she had 15 inches cut; the second time, 20 inches; and during this past February, 16 inches. Ms. Cotton says that she is thankful that "God showed me a way to share some happiness with others." In return, Ms. Cotton says that she receives much happiness from knowing that she can help a woman or child feel beautiful. Ms. Cotton says, "I know I have been so blessed," and she delights in the opportunity to pass those blessings on to others.



A pretty new hairdo is Ms. Cotton's prize for giving a gift of love.

## How Does *Caregiving* Affect Your Health?

The Ohio State University Medical Center  
Stress & Health Study  
stressandhealth@osu.edu  
614.292.0386

Men and women who are caregivers for spouses or parents with memory disorders or dementias (such as Alzheimer's disease) can earn up to \$40 for research participation that includes a blood draw and 3-4 hours of interviews and questionnaires about their recent and lifetime history of stress, life experiences and health.

For more information, please visit the following website: [www.stressandhealth.org](http://www.stressandhealth.org)

**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](http://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
<b><u>Department Directors</u></b>		
<b><u>(listed alphabetically by department)</u></b>		
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		125
Maintenance	Terry Hill	137
Nurse Practitioner	Tamera Johnson-Roy	281
Nursing	Amia Ford	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	Jill Dabbelt	155
<b><u>Nursing Stations</u></b>		
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.

Answers to Page 2: 1) cheerful; 2) content; 3) blissful; 4) joyous; 5) glad; 6) radiant; 7) elated; 8) beaming; 9) euphoric; 10) glowing