

The Ridgway Times

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



Ohio State Fair 2009

The Ohio State Fair is celebrating its 156th season this year. The Fair will be open this summer from July 29 to August 9.

Isabelle Ridgway is selling discounted tickets. The discounted gate admission price (for ages 5 years and up) is \$6. The discounted midway ride-all-day voucher, which can be redeemed for a wristband once inside the fair, is \$17. (Prices at the gate are \$8—\$10 and \$20, respectively.)

If you would like to purchase tickets, contact Kristin Tridico at (614) 252-4931, ext. 128, Monday thru Friday, to make arrangements.

For more information about the 2009 Ohio State Fair, visit www.ohiostatefair.com or call (614) 644-FAIR.

Volunteers Needed

We are planning two trips to the State Fair this year

volunteers to assist people in wheelchairs. We will be going on Tuesday, August 4 and Friday, August 7 from 12:00 p.m. - 4:00 p.m. We will pay the gate admission for our volunteers. If you can help, please call Kristin Tridico at (614) 252-4931, ext. 128 so we can plan accordingly. Thank you!

Celebrating August 2009

Fair Days Month

*Ohio State Fair
July 29-August 9*

Happiness Happens Month

Flip-Flop Month

Cataract Awareness Month

*Sistahs of Art Outing
August 14 @ 1:00*

*Little League World Series
August 21-30*

*Hawaiian Happy Hour
August 21 @ 2:00*

*Be an Angel Day
August 22*

*Bowling Outing
August 28 @ 1:00*



SENIOR HYDRATION FACT SHEET

We humans are more than 70% water. We begin to get dehydrated and our performance drops off with just so much as a 2% water loss. What can cause a 2% water loss? It doesn't take much. It can happen to an athlete who's competing, to someone who's in bed with the flu or diarrhea, in the very hot weather, or even to someone who just doesn't drink enough.

No water, no go...

What happens to your body when you're dehydrated?

- Your brain won't work properly – you'll be groggy, slow, and feel out of it.
- You'll lose muscle tone.
- Your kidneys won't be able to function; toxins and wastes will back up in your body, making you feel generally crummy.
- You'll have trouble regulating your body temperature; you may feel over heated, or you may feel chronically cold and unable to get warm.
- You'll get constipated.
- Fats stored in your body won't get used up or metabolized.
- You'll think you're hungry all the time, so you'll be likely to eat more.
- Your skin will get dry, itchy, and saggy.



Questions to ask yourself:

How do you know if you're not getting enough water? Check off the questions that you can answer "yes" to:

- Is your skin dry? If you wrinkle it or pinch it, does it take a while to "bounce back."
- Is your urine dark? (It should be a light yellow in color)
- Do you get an unusually high number of bladder stones or bladder infections?
- Are you frequently constipated?
- Do you get groggy or does your head ache part of the way through the day?
- Do you have a lot of trouble staying cool – or keeping warm?

A "yes" to any one of these questions *may* mean you're not getting enough water. Any of them *could* be lessened by taking in more fluids, especially if you think your intake hasn't been up to snuff anyway. However, every one of these problems or complaints can *also* be caused by something *other* than dehydration – sometimes by something *very* serious. While you can feel safe prescribing "extra water" for yourself, if drinking more doesn't solve the problem – or if it's a problem that you have pretty much all the time, regardless of how much you drink — check it out with your physician.

Honor Of Aging

by Jeffrey Perry

(Resident at Isabelle Ridgway)

For one to happily age in their life,
Is a very honorable thing to do.
It helps you appreciate the precious years of life,
That the Lord our God has given to you.
And when one thinks of their experiences in life,
Where God blessed and cared for them so well,
While giving them wisdom to learn from their mistakes,
And to pick them up each time they fell.
But as one matures God wants them to cherish the years
And years to come in their lives,
As they continue to pursue and treasure,
The many future roads to come,
Mile by precious mile.

ATTENTION All Residents & Visitors

It is imperative that we know when our residents leave the building. Therefore, please see the resident's nurse each and every time before signing out to leave the Center. Thank you for your cooperation.



Cable's Coming!

We are pleased to announce that all residents' rooms will begin receiving basic cable by September 1 of this year. The Center will provide these basic cable services at no cost to the residents. However, residents/families will have the option to purchase additional premium channels (i.e., Showtime, HBO) at their own expense. Details, along with the basic cable line-up, will be coming soon!

Food Policy

According to state regulations and for the health and safety of our residents, the following policy on food and beverage storage must be adhered to:

- All food must be dated when brought in to the Center and dated when opened.
- All homemade food brought into the Center from the outside must be discarded after a maximum of 3 days.
- Store bought items must be thrown out after 7 days from the date it was opened. However, the store bought items must be discarded prior to the 7 days if indicated by the expiration date.
- Supplements and juices must be discarded after 3 days of opening.
- Milk must be discarded by the expiration date.
- Sandwiches need to be discarded after 24 hours.



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		125
Maintenance	Terry Hill	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
<u>Nursing Stations</u>		
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. Isabelle Ridgway Care Center cannot be responsible for items that have not gone through this inventory procedure. Thank you!