

Owned and Operated by the
John T. O'Neill Family

David T. O'Neill, LNHA
Administrator

Majorie Pregent, RN
Director of Nursing

The Sentinel

A Monthly Newsletter from Center Ridge Health Campus



"Our Family Home . . . Your Family's Care"

MAY 2012

MAY 2

Grump Out Day

MAY 5

Cinco de Mayo

MAY 9

Lost Sock Memorial Day

MAY 7 - 13

Herb Week

MAY 13

Mother's Day

MAY 19

Armed Forces Day

MAY 21

Waiters and Waitresses Day

MAY 27

Sunscreen Day

MAY 24 - 28

Championship Old-Time
Piano Playing Contest

MAY 28

Memorial Day

Dear Residents, families and friends,

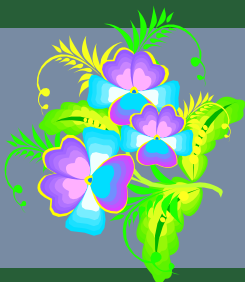
With the flowers of spring and early summer approaching full bloom, I feel so lucky for the people that we have at Center Ridge Health Campus.



Seated: Janette Everard LPN Standing L to R: Majorie Pregent RN Director of Nursing, Jordan Reiz STNA, Katie Kunkle SLP, Amy Richardson RN.

The newest addition to the amazing team is Majorie Pregent, RN who is our new Director of Nursing. Majorie, or Margie, has been a Director of Nursing in New York, Florida, and most recently Ohio. Margie has a great deal of expertise with managing nurses through additions, renovations, and developing the teamwork between Skilled Nursing Facilities and Assisted Livings. I am pleased to say that Margie believes in all of the same standards and ideals for Center Ridge Health Campus that has made this a wonderful place to live and work. Margie and I both want to emphasize the point that if there is anything you or your loved one may need, please do not hesitate contacting us.

Sincerely,
David T. O'Neill, LNHA



*When April steps aside for May,
Like diamonds all the rain-drops glisten;
Fresh violets open every day;
To some new bird each hour we listen.*

MAY ACTIVITY CORNER

Summer is coming it is time for popsicles and lemonade, making new memories that will never fade, vacations and going to the pool. The only summer rule is to have fun out in the sun. We here at Center Ridge plan to have a fun summer too.

- May 2** 10:30 a.m. Mother - Daughter Brunch
Assisted Living
- May 2** 2:30 p.m. Jerry Simmerer
Assisted Living Dining Room
- May 4** 5:00 p.m. Tom Flowers Harp Music
Assisted Living Dining Room
- May 5** 3:00 p.m. Mother - Daughter Tea
North & South
- May 17** 10:00 a.m. Rite to Read
- May 19** 3:00 p.m. Mother - Daughter Tea
Memory Support Unit
- May 23** 2:30 p.m. Dan Elisha, Singer
North & South

CUCUMBER TOMATO SALAD

Ingredients

- 1 large cucumber
- 2 tomatoes, seeded and cut into wedges
- 1/4 red onion, thinly sliced
- 1/4 cup white vinegar
- 2 tablespoons lime juice
- 1 teaspoon white sugar, or to taste
- 3 tablespoons chopped fresh cilantro
- 3 tablespoons chopped peanuts (optional)

Directions

1. Peel the cucumber in stripes lengthwise with a vegetable peeler, alternating skinned stripes with peel for a decorative effect. Slice the cucumber in half lengthwise, and then thinly slice. Place the cucumber in a salad bowl with the tomato and red onion, and mix together.
2. Pour the rice vinegar and lime juice into a separate bowl, and stir in the sugar until dissolved. Pour the dressing over the salad; mix, cover, and refrigerate until chilled, at least 30 minutes. Just before serving, stir in the

Have a Heyday this May Day!



Throughout the centuries, May Day has had some interesting traditions. In medieval times, the day was often celebrated by dancing around a maypole, which was a decorated tree with ribbons tied to the top. A May Queen was appointed for the day, and she was sometimes accompanied by a May King, who dressed in green to symbolize springtime and fertility. Another tradition was to get up before dawn and go outside to wash your face in the morning dew.

MAY BIRTHDAYS

*Instead of counting candles,
Or tallying the years,
Contemplate your blessings now,
As your birthday nears.
Consider special people
Who love you, and who care,
And others who've enriched your life
Just by being there.*

- May 3** Lois B.
May 6 Janice C.
May 6 Margaret L.
May 9 Helen W.
May 12 H Virginia B.
May 16 Jeanne E.
May 16 Ann S.
May 17 Marvin K.
May 17 Bernice S.
May 19 Geneva D.
May 20 Mary M.
May 20 M Jane W.
May 25 Bernadette H.
May 27 Gwenwin L.
May 29 Elizabeth J.
May 29 James K.
May 30 Zora W.

FAMILY RULES

Keep your promises

SHARE

Think of others before yourself

Say I Love You

Listen to your parents

DO YOUR BEST

Say Please and Thank You

Always Tell the Truth

Laugh at yourself

Hug Often

Use Kind words

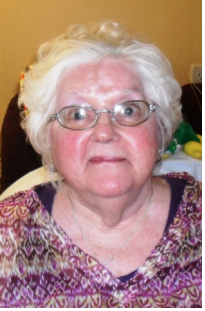
Love Each Other

Daily Trivia

Wedding rings are worn on the third finger of the left hand because the Romans believed that a nerve led directly from there to the heart.



RESIDENT OF THE MONTH: Alice Ison



For the merry, merry month of May we have chosen one of our merriest of residents to be our resident of the month . . . Alice Ison!

Alice was born in Castlewood, Virginia to Alice and Noah Rose, and she had four brothers and three sisters. They all lived on a farm, where Alice would ride up on her horse amid the cows, pigs, and chickens!

Alice graduated from Castlewood High School, where she was active in the Bible Club and loved to go to baseball games. Through a friend, Alice met her future husband, Ernest Ison who was fresh out of the Marine Corps. They married and moved to Detroit where Ernest secured work in the auto industry. They had two children while in Michigan

right away, and a bit later added three more children, two being twins. After 10 years in Michigan the family packed up and moved back to Virginia.

When back in Virginia, Ernest and Alice loved to sing in church and at various church functions. Ernest played the guitar and sang a long with Alice. Alice fondly remembers entertaining, along with other performers, people from all over the state and an annual pig roast.

Alice's travels land her to North Carolina, then finally Elyria to visit her son for awhile. This visit turned out to be a lot longer than expected . . . she is still here with us at Center Ridge Health Campus. Alice states "we all have crisis in our life, just keep the faith to get you through." Well Alice, thanks for being our resident of the month, and enjoy this very merry month of May!

"Mothers of little boys work from son up to son down."

~ unknown

Why We Wear Sunscreen

If you are going to be out in the sun for a long time, you need to wear a sunscreen or sun block. These lotions contain chemicals that absorb certain harmful rays of the sun (ultraviolet rays), keeping them from penetrating your skin. This protection is important because these rays can hurt you, causing painful sunburns that damage the tissues beneath the surface of your skin. Damaging your skin's deep elastic layer makes it look old and wrinkled a lot earlier than it should.



But the most important thing to avoid when you're out in the sun is cell damage that causes skin cancer. Doctors have found that being in strong sunlight a lot (especially if you are fair) and having many sunburns - particularly when you are young - can cause real problems many years later. Skin cancers can develop and, when not treated quickly, spread to other parts of the body and be extremely dangerous. Because sunscreens can't protect you from all of the sun's harmful rays, it is also wise to use clothing, hats, and sunglasses to cover up when sunlight is strong. In addition, it is a good idea to limit outdoor activities between the hours of 10:00 a.m. and 3:00 p.m., when the rays of the sun are most intense.



IT'S HERE!

The 11th Annual
Great American Grump Out

May 2, 2012

Spread the word! Facebook it, Twitter it, MySpace it, Blog it, Email it, and Share it with your friends . . . especially your grumpy friends.

The Grump Out asks all you sour pusses to refrain from getting your grump on --- at least for 24 hours.

That includes no grumping, no frowning, no grouching, complaining, punching, slapping, hitting or killing. **FOR ONE WHOLE DAY.**

If you missed the 10th annual Grump Out on May 4, 2011 the good news is that you can continue to grump or do your grouchy thing. **BUT**, on May 2, 2012 you'll be asked once again to knock it off with your grouchy thing and put a lid on it --- just for 24 hours. (It's not for a lifetime, just a mere 24 hours. If you get your 8 hours of sleep, that means you only have to go for 16 hours.) After that you can go back to your old self again.

Tips on how not to lose your socks in the washing machine

There are theories about this *missing sock puzzle*, but no one has yet to solve the problem. No matter how carefully the socks are counted going "into" the washing machine, the count never comes "out" even, after the wash is done.



- Use a clothes pin to secure each pair of socks before tossing them into laundry bag.
- Save the bags that loose cherries come in at the supermarket. These have holes and are perfect to hold the socks before washing them.
- Safety pin socks together before washing.
- If after all of your sock planning, you still have a sock missing, then give up! Just keep buying more socks.
- Buy socks all in one color. This way you will never even know if you lost a sock.

Make sure the dog is no where near the socks when you take them off.
Dogs love to play with socks.

Locally owned and managed by the John O'Neill Family, serving seniors in the West Shore area since 1962.



Bay Village, Ohio
440-871-3474



North Ridgeville, Ohio
440-327-1295



Lakewood, Ohio
216-228-7650



North Olmsted, Ohio
440-734-9933

Modern Marvels

Two of the most famous bridges in the world were opened in the month of May. On May 24, 1883, the Brooklyn Bridge opened in New York City. At the time, it was the longest suspension bridge in the world. Rumors swirled that it was bound to collapse. Ever the showman, P.T. Barnum helped to squelch such doubt by leading a parade of elephants, led by Jumbo, over its span.

The Golden Gate Bridge in San Francisco opened with a week-long celebration on May 27, 1937. Amazingly, the weight of the entire roadway is suspended from two cables fixed in concrete at both ends. Each cable is made up of 27,572 strands of wire. These wires, if they were laid end-to-end, would stretch for 80,000 miles.

The famous orange color of the bridge was originally derived from a sealant. Locals, though, fell in love with it, and it was chosen to cover the entire bridge. Not only does this paint protect it from the wet climate and prevent rust, but it is a safety measure meant to make the bridge stand out in San Francisco's thick fog.



**"Great mothers have
sticky floors
dirty ovens,
and happy kids."**

~unknown



Happy Mother's Day

