



11351 Lafayette Plain City Road
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 www.edgewaterplace.us
A Greencroft Community

We are available anytime, including evenings and weekends. For more information or to arrange a personal tour, please call 614-873-9700 or visit www.edgewaterplace.us

Reminder to families & friends; Please give a 24 hour notice if you plan to join a resident for a meal.

The cost is \$8.00

Please remember to check your mailbox. The post office will not deliver if it's full!

Administrative Staff

- Executive Director.....Sandy Harris LNHA
- Director of Nursing.....Renee' Hoey, RN
- Asst. Dir. Of Nursing.....Monica Sorrell, LPN
- Business Office Manager.....Kim Garcia
- Life Enrichment Director.....Tammy Justice
- Culinary Service Director.....Sarah Anthony
- Environmental Service Director.....Tom Ober
- Administrative Assistant.....Kaye Geiger

EMPLOYEE SPOTLIGHT

Jacob Layne



Jacob started working at Edgewater Place on October 4, 2018.

He attends Jonathan Alder HS and will be a junior this Fall.

Jacob splits his job duties between dietary and housekeeping. He approaches each day with a smile and is always ready to lend a hand. We are pleased to have him on our staff and appreciate his hard work and dedication.



From the Desk of the Executive Director:

Edgewater activities and events are in full swing amid the hot temperatures and rain showers heading into summer. Our residents put a lot of time and creative energy into the "Pirate Ship" float for the annual 4th of July parade in Plain City. If you miss the parade, check out our website for pictures. The "News & Events" tab of our website allows you to see the latest projects underway for our "Helping Hands" group and where our Edgewater "Resident Roadies" have been and all the things that keep them busy.

Our Rehabilitation wing is now open and accepting reservations for respite stays. The Edgewater team is available to meet with clients and help them plan for a respite rehabilitation stay as they schedule medical procedures or if they are faced with unexpected events that may require our services during recovery.

The Edgewater Team has the unique opportunity of helping people create the best possibilities for a new chapter in their life. Caring for the mind, body and spirit can generate an energy to move in a positive direction and enjoy all that life has to offer. Our Team consists of not only the clinicians, caregivers, dietary, activity, housekeeping, maintenance and administrative staff but also the residents, family members, volunteers and friends of Edgewater. This entire Team is the heart of Edgewater and provides the foundation of trust and support that allows each of us to celebrate our own success story. **"Alone we can do so little; together we can do so much."** – Helen Keller

Thank you for allowing us to be part of your family and community.

Sandy Harris LNHA
 Executive Director

FAMILY NIGHT JULY 18th



JOHNNY STEINER
 6:30 pm

Family Night Aug. 15th



Roger Dearwester
 6:30 pm

Family Night Sept. 19



Glen Parks
 6:30 pm

GOING BANANAS PARTY



Crafts with the Girl Scouts



Buckeye Lake



MORE CRAFTS



Casino Night



ASIAN FUSION



JAY "BUCKEVE"



FAMILY NIGHT



Room for 2 more

Happy 105th Birthday Dora

Dora Grove was born on May 21, 1914 in the Sunbury, Ohio area. Dora is the first resident who moved to Edgewater Place Assisted Living in August 2009. Dora is referred to as the "First Lady of Edgewater".

Dora's family moved to Bexley, Ohio where she took a position as a server at the Governor's Mansion. She also worked for the YMCA and Lazarus Department Store. Dora met her husband, George Delno Grove and they moved to New Jersey when he accepted a job with White Castle Systems. They were there for a short time and returned to Ohio where they raised three children, Adelle, Don and Ed.

Dora enjoyed fishing in Lake Erie and Florida and collecting seashells. She will be celebrating her birthday with her Grand-Dog, Maddie, who will also be 105 (in dog years).

When Dora came to Edgewater she would tell people she was "Dora the Explorer." She continues to live each day as an adventure with a twinkle in her eye. Happy Birthday, Dora! By the grace of God and your daily dose of brown sugar you will celebrate another birthday and continue to warm our hearts with your smile!

Love from your Edgewater Family



The story of Doc and His Long Hair



Doc's father, Doc Adams Sr, as some residents, staff, and members of community may remember, wore his hair long with waves of silver/grey hair. So distinctive was his well combed head of hair Doc Sr was known as the Silver Fox to some. Doc Sr's 3 sons participated in a variety of Jonathan Alder sports. At that time some of the coaches felt any male athlete with hair longer than 1/4 to 1/2 inch simply could not fit in hat or helmet properly or would be distracted on the basketball court by the flip of sweaty wet hair. Look proper to play proper!!

My father always shook his head over the "mandatory" haircuts. So whenever possible at end of season or after athletic careers were over we 3 boys --John(ny), Reggie, Brett let our hair grow.

While I share with my father the natural curves and waves of hair my hair is many shades darker with grey highlights and I prefer to let it curl and curve and wave as it wants not combed with precision! When cut "shorter" it will start to "wing" out after just 4-5 weeks after a visit to have it cut.

Going on 2 years ago my youngest brother Brett was diagnosed with Lung Cancer. And, while he did not need to go through chemo therapy and the All Too Common loss of hair(just imagine how that would have looked if I shaved myself to share that experience--a Bald Doc Adams 2) he developed complications that require me to provide a variety of care assistance 4-7 days a week from 1-8 hours a day!

To walk beside Brett during his times of need and provide care I would rather let my hair grow and serve him than sit in a Barber Shop or Chair, honor the memory of my father now deceased 15 years, and eventually donate my hair to Locks of Love or a similar organization to benefit someone who needs a wig during their walk with cancer or another hair loss condition. To donate I need 10 inches of braided hair or ponytail! A few more inches to go.

Doc Adams (2) II

Wellness Corner

Renee' Hoey RN
Director of Nursing

Tips For Summer Safety For Seniors

Summer is upon us and it is getting warmer each day. Summer can be a nice time for enjoying the outdoors, family and the nice weather. While summer has its perks, it can also be dangerous if the proper precautions are not taken to ensure safety and hydration while enjoying this favorite season.

Mostly, heat related sicknesses are a result of prolonged exposure to the sun which includes sunburn, heat exhaustion, dehydration and even heat stroke. There are many ways to stave off these illnesses and you will be surprised at how easy and simple they are to do. Here are two of the most common and easiest ways to stay safe from the summer heat

Stay Hydrated! This is the easiest way to stay cool and comfortable and is often ignored. Drinking plenty of water during the hot months of summer is a good way to stay hydrated and safe while enjoying the outdoors. The warm temperatures can dehydrate you quickly, so it is very important to have plenty of fluids available to drink so that you can keep your body hydrated and prevent dehydration from disrupting your fun summer day regardless of whether you are indoors or outside enjoying nature's beauty. **Keep your home cool.** Temperatures inside the home should not exceed 79 degrees Fahrenheit for prolonged periods of time.

Protect Your Skin! It is very important to protect your skin from the damaging rays of the sun. Sunscreen is a necessity when you know you'll be outside for a prolonged period of the time during the day. Sunscreen is easy to apply and can save you a lot of discomfort later. Wearing a hat is a great way to lessen sun exposure to the face and neck as these are two spots that are very vulnerable to contact with the sun.

BY ASSOCIATED HOME CARE RECRUITING ON JUNE 21, 2013 IN HEALTH, RESOURCES, SAFETY

From the Kitchen

Bacon Macaroni Salad



- 2 cups uncooked elbow macaroni
 - 1 large tomato, finely chopped
 - 2 celery ribs, finely chopped
 - 5 green onions, finely chopped
 - 1 1/4 cups mayonnaise
 - 5 teaspoons white vinegar
 - 1/4 teaspoon salt
 - 1/8 to 1/4 teaspoon pepper
 - 1 pound bacon, cooked & crumbled
- *Cook macaroni according to package directions; drain & rinse in cold water. Transfer to a large bowl; stir in tomato, celery and green onions.
- *In a small bowl, whisk mayonnaise, vinegar, salt & pepper. Pour over macaroni mixture and toss to coat. Refrigerate, covered, at least 2 hours. Just before serving, stir in bacon.

HEALTH FACTS & MYTHS

- Coffee will dehydrate you-Myth!** Coffee drinkers don't go to the bathroom any more often than water drinkers.
- Reading in dim light will ruin your eyes-Myth!** It might tire your eyes, but there's no evidence of lasting damage.
- Leeches are a legitimate medical treatment-Truth!** In 2004 the FDA approved the bloodsucking creatures for post surgery patients who were at risk of blood pooling. Leeches can safely keep blood from coagulating.
- Cold weather makes you sick-Myth!** Germs make you sick. The viruses that cause a common cold thrive in cold weather.

What do you call a pig that does karate? Pork Chop

Did you hear about the 2 people that stole a calendar? They both got 6 months.

Resident Roadies

- Bibibop
- Shade's Restaurant
- Short North Tour
- Buckeye Lake Tour
- Ye Olde Mill
- The Farmer's Daughter
- Der Dutchman

Birthday Milestones in 2019



IVA AMORE 104



NAOMI EWING 100