



# Ridgeland Nursing & Rehab Center

## Tasty-Juicy Watermelon

# July Newsletter

Watermelon's official name is *Citrullus Lanatus* and is of the botanical family Cucurbitaceae. It is a cousin to the cucumber, pumpkin and squash. For years people have debated whether it is a fruit or a vegetable. Like the pepper, pumpkin, tomato, watermelon is a fruit. It is a fruit of a plant originally from a vine in southern Africa. It has a smooth exterior rind and a juicy, sweet interior flesh. It can be considered a vegetable because it is planted from seeds or seedlings harvested, and then cleared from the fields like other vegetables. It is from the gourd family. According to the dictionary, a vegetable is anything made or obtained from plants. It is popularly used as a fruit by most of us when we slice or cube it and enjoy its freshness and sweetness. In places like China the outer rind is used as a vegetable, stir-fried, pickled or stewed. So, no matter which way we slice it, a watermelon can be used as a fruit or a vegetable. The first recorded watermelon occurred in Egypt nearly 5,000 years ago. They are 70% flesh and 30% rind and believe it or not 100% edible. There are 300 types in the United States and South America. The most common types are seeded, seedless, mini or petite and yellow or orange. Watermelon with stripes indicate a variety. There are 1200 varieties grown in 96 countries, which means there are many different variations. Some that are grown do not even have stripes. Stripes do not indicate ripeness. The white seeds we see in a seedless watermelon are actually empty seed coats where a seed never fully matured, and they are safe to eat. Seedless types are in greater demand. They come from crossing two different types of watermelons. The weigh between 10-25 lbs. and are round to oblong in shape. When you go to pick out a watermelon, look them over closely. Look for a firm one free of bruises, cuts or dents. Turn it over, the underside should be a creamy yellow color which indicates it sat and ripened in the sun. A watermelon has a shelf life of 3-4 weeks depending on how far they have to travel to get to the store where you buy them. Because watermelons are 92% water you can freeze them. You can cut them into cubes and freeze them on a waxed paper lined cookie sheet. When frozen they may lose their texture or taste if you eat them after you unthaw them, so it is best to add a frozen cube to your iced tea or lemonade. The United States ranks 7th in the production of watermelons world-wide and China is number 1. Since July is National Watermelon Month, I guess everyone will be enjoying a cool, refreshing piece at family gatherings, picnics, or any time they feel like a refreshing treat.

# Happy, Happy Birthday

Isn't it nice to hear those words when it is your birthday? I think all of us want to have our special day remembered, even if it is just with a greeting. We don't need a gift to make us feel special when we are turning another year older. Just knowing someone acknowledges our special day is quite enough. I would imagine anyone who has a July birthday knows a lot about their birth month, but I will just give you a few facts you may or may not know. Having a mid-summer birthday, you can spend your day on the beach instead of spending it indoors during a winter month birthday celebration. You don't have to worry about being overshadowed having a birthday surrounding a holiday either. Ruby is the birthstone for July, not only is it a gorgeous stone it also symbolizes courage and energy, heightens awareness and brings success in wealth and love. Born in July you have one of two astrological signs, Cancer (June 21-July 22) or Leo (July 23-August 22). Cancer is a water sign, known for being sensitive and nurturing and Leo is a fire sign which means dynamic, bold and passionate. The flower for July is the water lily which symbolizes enlightenment, divinity and new life. Something I didn't know was through a study by the University of Oxford, they found people born between March and July as more likely to be left-handed. I don't know how true this is because I am a November baby, and I am left-handed. Of course, one of the biggest days we celebrate in July is the 4<sup>th</sup>, Independence Day. A very important day in history for all of us and well worth noting and celebrating. Those born in July are independent and determined, they seldom seek help for others. They like to do things on their own, they tend to be highly organized and are gifted with exceptional managerial skills, which makes them good team leaders or managers. Do you know any July birthday celebrants that meet that description? We do want to wish all the July celebrants a very Happy Birthday. And those having a birthday in July are:

## RESIDENTS

Walter Williams-19  
Rebecca Shumpert-23  
Dorothy Cole-24  
Lillie Jenkins-25

## STAFF

Virginia Nightingale -11  
Kathie Wadley-24  
Gloria Pinckney-31

# HAPPY BIRTHDAY



**WE JUST WANT TO  
SAY A GREAT  
BIG  
THANK YOU!**

## for your Dedicated Service

I always enjoy writing this article because it helps showcase our employees and their years of service to the facility. This group of individuals may not all have many years of longevity with us, but they have contributed a great deal by being part of our team. One employee though, has been with us for quite a long time, Ineatha Williams. She became part of the dietary department in 1999. She is a very dependable employee and always gives 100% when she is on duty. She has had some recent health issues and we are thankful she is back to work. Our front office employee Julie Crews joined our family in 2018. Julie is very knowledgeable in the medical field due to all her experience with working various positions in the medical field. Julie is also very dependable and does her very best in everything she does. She is always willing to lend a helping hand to any resident, co-worker or family member. She is the type of employee you want on your team. Joining us in 2019 are LPN Rodnessa Glover and CNA Nakia Moore. Nakia is currently on maternity leave. Rodnessa is the 7-3 charge nurse on B wing. She is another dependable employee who knows her Bwing residents very well. She knows their wants, needs and what it takes to provide them with the best possible care. Housekeeper Mary Ann Robinson came to our family a year ago. We were glad to welcome her back on our team. Mary Ann does her work thoroughly and efficiently. She is also a great team player. All our July hires are an asset to our facility, and we are very thankful to have each one aboard helping make our facility a great place to live and work. So, thank you each and all our July hires for all you do for our residents and our facility.



## A Childhood Treat



For over 110 years children and adults alike have been enjoying the candy on a stick treat.... the lollipop. It comes in a wide variety of flavors and colors. It is such a well-loved treat, a holiday was invented just to honor it. July 20<sup>th</sup> is National Lollipop Day, and it brings back a lot of memories from our childhood. The idea of placing hard candies on a stick probably has been around since the Middle Ages, but the person who is credited with creating it is George Smith of New Haven, Connecticut. He invented the lollipop in 1908. He named his creation after a popular racehorse, Lolly Pop in that era. In 1931 he trademarked the name Lollipop. Ancient Asian and African cultures actually invented the first lollipops by using honey to coat candied fruits and sticking a stick in them to make it easy to eat. The first mass production lollipop machine was invented in 1908. This machine could make thousands of lollipops a day. The biggest manufacture of lollipops is Tootsie Roll. They make over 16 million of them a day. Dum Dum's is another sucker that is a favorite of kids. The Spangler Candy Company bought the company from Akron Candy in 1953 and they manufacture over 12 million suckers per day. One question many people have asked but don't know the answer to, is how many licks does it take to get to the center of a tootsie roll sucker? Several studies have been done by college students; one is by engineering students from Purdue University. They modeled a licking machine after a human tongue, and it took an average of 364 licks to get to the center. They had a group of 20 humans try the same experiment and it took them an average of 252 licks. The University of Michigan's licking machine took 411 licks to get to the center. Not to be outdone by colleges a junior high school in Pennsylvania used human lickers and it took them 144 licks to get to the center. So there has been a wide range of results, so we may never know how many licks it actually takes to get to the center of a Tootsie Pop.





July is National Grilling Month. A barbecue grill is a device that cooks food by applying heat from below. There are several varieties of grills, with most falling into one of three categories: gas-fueled, charcoal or electric. Grilling has existed in America since pre-Colonial times. The reason it was modified to barbecue from the word barbacoa which referred to the wooden structure and not the actual act of grilling. Barbecue was originally used to slow-cook hogs, then different techniques led to different variations. Over time, other foods were cooked in a similar fashion such as hamburgers and hot dogs. The modern charcoal briquette was invented by Edward G. Kingsford. He was a relative of Henry Ford. Henry Ford had him establish a Ford auto parts plant and sawmill in northern Michigan. He noticed a large amount of wood scraps that were thrown away. He suggested a

charcoal manufacturing plant be established to process and sell charcoal. The gas grill was invented in the late 1930's by Don McGlaughlin. Gas fueled grills typically use propane or butane or natural gas as their fuel source. Most of them follow the cart grill design concept. Another variation of the gas grill is a flattop grill. You can even use a "smoker box" containing wood chips on a gas grill to give it a smoky flavor. You have an infrared grill that works by igniting a gas fuel to heat a ceramic tile causing it to emit infrared radiation to cook your food. Charcoal grills are very popular with using either briquettes or lump charcoal. The charcoal transforms into embers when it is burned radiating enough heat to cook your food. The simplest and least expensive of the charcoal grills in the brazier grill which is made of wire and sheet metal and has a cooking grid over a charcoal pan. There are so many different types of grills you might have used in the past or want to try using today. There is the pellet grill, square charcoal grill, hibachi, kettle grill, the charcoal cart grill, the barrel type, a ceramic cooker, tandoor oven, the portable charcoal grill, a portable backpack grill, hybrids, commercial grills and even a gas grill burner. Whatever you use I know you will make the most of your grilling time, enjoying the great outdoors and the beautiful summer days along with the delicious food you prepared on your grill.

# King of Comfort

Most people would agree macaroni and cheese is the dominant food of America, and the favorite of all ages all over the country. It is golden and gooey, baked and hearty and can be served as a main dish or in other ways. On July 14 you have the opportunity to try any variety of ways mac and cheese is prepared since it is National Macaroni and Cheese Day. Kraft might be the first thing you think of when you think of mac and cheese. The company has been producing mac and cheese in a box since 1937. The actual casserole can be traced as far back as of 100 of years ago in Italy where pasta and parmesan cheese have been a staple meal for centuries. Thomas Jefferson is actually credited to bringing the recipe back to America after spending time in Italy. Of course, the best mac and cheese is your own original recipe. I have tried different dishes from different folks, so no two people make it the same. I like mine cheesy and rich. Some people like theirs more on the dry side. What about those that like to spruce up the dish by adding other ingredients? What other ingredients? Well for instance you might like four cheeses, loaded bacon, broccoli cheddar, chili, pumpkin, spinach artichoke, lobster truffle, vegan and even fried cheese sticks mac and cheese. I guess you could add almost anything you would like to it to make it a little more appetizing and interesting. But to me, just the plain good ole mac and cheese can't be beat.





Looking back over the events that happened in the month of July, some were very important historically, others involved entertainment or sports. I found several very interesting to see what year they were invented or come about.

The first U.S. postage stamp went on sale on July 1, 1847. Also on July 1, 1848, photographs were used in newspapers. The Internal Revenue Service was

established July 1, 1862. On July 1, 1943 taxes began to be withheld from paychecks. Zip codes went into use July 1, 1963. Medicare health insurance went into effect July 1, 1963.

On July 2, 1955, the most watched and enjoyed Lawrence Welk Show premiered.

The first cultivate strawberry is displayed by Michael Kent on July 3, 1806.

The torch on the Statue of Liberty was removed after being displayed for over a century to be replaced on July 4, 1984.

Joe DiMaggio hit his first grand slam home run on July 5, 1937. The bikini made its debut in a Paris Fashion Show on July 5, 1946.

The first All Star Baseball game took place July 6, 1933, with the American League victorious 5-2.

Hawaii was annexed on July 7, 1898.

The first passport was issued by the State Department July 8, 1796.

American Bandstand was hosted by Dick Clark for the first time July 9, 1956.

After an unsuccessful attempt to change its formula, Coca-Cola brought back the original popular formula as "Classic Coke" on July 10, 1985.

The first issue of the Farmer's Almanac was published by Robert Bailey Thomas on July 11, 1792.

On July 12, 1960, Etch-a-Sketch went on sale.

The radio was patented by Guglielmo Marconi on July 13, 1898.

Alfred Nobel demonstrates dynamite on July 14, 1867.

Margarine is patented July 15, 1869.

John F. Kennedy, Jr, died in a plane crash off Martha's Vineyard on July 16, 1999.

The Harvard School of Dentistry was the first dental school in the United States on July 17, 1867. The air conditioner was invented July 17, 1902. Disneyland opened in Anaheim, Ca. July 17, 1955.

The colt revolver was invented July 19, 1814.

The first man to walk on the moon was Astronaut Neil Armstrong July 20, 1969, with these famous words spoken, "one small step for man, one giant step for mankind."

Jesse James and his gang robbed their first train July 21, 1873.

The ice cream cone was invented July 23, 1904 in St. Louis Missouri by Charles E. Minches when he filled a pastry cone with two scoops of ice cream.

Air Force Colonel Eileen M. Collins was the first woman to command a space shuttle on July 23, 1999.

Louise Joy Brown was the first "Test Tube" baby born in England July 25, 1979.

The first Postmaster General was Benjamin Franklin July 26, 1775.

Bugs Bunny debuted in Warner Brothers animated cartoon "A Wild Hare" on July 27, 1940.

July 28, 1914 World War I began

The premier of Walt Disney's "Steamboat Willie" took place on July 29, 1928.

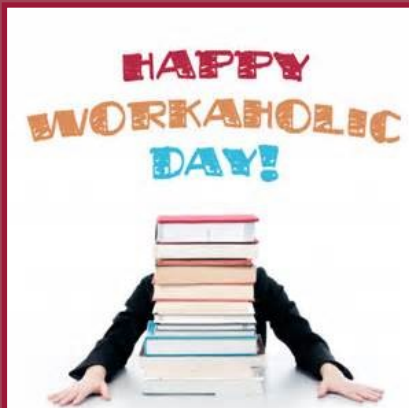
On July 30, 1965 President Lyndon B. Johnson signed the Medicare Bill.

Mariner 6 flies past Mars on July 31, 1969.

I hope many of you found some of these dates and events interesting and worth reading and even passing along to you family and friends.

# Why do we have different colored eyes?

Have you ever given that a thought of why and how you have the color eyes you have? Well, on July 12 there is a day set aside for those who have two different colored eyes. Yes, there are people who have this uncommon trait, only about 11 out of 1000 Americans are born with two different eye colors. This condition is called heterochromia. It is a common feature of several inherited genetic disorders. But what about the rest of us that are brown or blue eyed or even green or gray eyed? The most common eye color in the world is brown. There are different shades of brown, depending on the region where you were born. People with brown eyes born in Europe tend to have a lighter brown while those born in Asia or Africa have a darker color brown. About 41% of people in the United States have brown eyes, and I happen to be one of them. Brown eyes contain a high level of melanin and the more melanin present the deeper the color. Green eyes are the rarest. Only 2 % of people in the world have green eyes. They typically are born with blue or gray eyes that eventually turn green. Gray eyes do not contain the pigment melanin, they have an excess deposit of collagen in their eye stroma, only 3% of people have gray eyes. Ten percent of people have blue eyes. Blue eyed people are more sensitive to light, and their night vision is often better. A genetic mutation is responsible for blue eyes. The red eye in photos is most likely to occur with a blue-eyed person. Eye color is largely determined by genetics. It can appear to change due to pupil dilation and contrast with skin color. There is a certain connect between eye color and personality traits. Brown eyes usually mean you are outgoing, and vivacious, green you are self-sufficient, impatient and mysterious. Blue eyes are kind, timid, less anxious and can better tolerate pain. Gray eyes are sensitive, kind and can change their mood to fit the situation. Hopefully, you found some of this information interesting and informative.



Every year on July 5 we celebrate National Workaholics Day dedicated to workers who are “addicted” to working. This day is to raise awareness that work addiction can be devastating to the person along

with their spouse, children and even their co-workers because it can jeopardize productivity and relationships within your family or with your co-workers. If your work takes top priority over everything else in your life, then it is obvious you could have a problem. Workaholic is a combination of two words-work and alcoholic. This term was first used in the 1960’s to refer to people who worked excessively and compulsively. Work isn’t everything. We need to try and balance our work and home life. People who are workaholics come to work early, leave late, skip their lunch, come in on their days off, ask to work extra shifts. Do you know anyone that fits this description? This day is dedicated to these

workaholics. A workaholic feels the need to be busy at all times. This type of action can cause problems because they might perform tasks that are not required or are unnecessary. Working like this can cause inefficiency rather than productivity. They might have problem delegating or entrusting another co-worker to do a task. They can even struggle with organizational skills due to taking on too much work at one time. A workaholic can even suffer from impaired brain and cognitive function due to sleep deprivation. There are a few signs to look for to tell if a person is a workaholic: anxiety, work is their #1 priority, no social life, they won’t admit they have a problem and they are unhappy. A workaholic needs to be in control, they are perfectionist. Yes, one’s career does require good work ethics, but you need to find a balance between work and home to be successful in life. Our health and wellbeing is more important than a paycheck. Take time to relax, slow down and enjoy life. Plan a much needed vacation. Develop a work moderation plan that is flexible and well-rounded. Celebrate this day by taking better care of yourself, spending fun moments away from work and invest time in those you love and care about. You will be happier, healthier and more productive in your personal and professional life.

## OLYMPIC GAMES TOKYO 2020

will start on

**23 JULY 2021**

Last year due to the coronavirus the 2020 Summer Olympics were postponed, but the vision to hold the Olympics in July 2021 was still a vision of the organizers to see the torch be carried into the city of Tokyo's new National Stadium. This certainly would mean a victory over the virus and a renewed hope for all mankind. There certainly are going to be some changes that have to still take place, and everyone is wondering what to expect to take place or not to happen. The games are scheduled to begin July 23 with the opening ceremony and end August 8 with the closing ceremony. Some

events will take place prior to the opening ceremony, such as softball, and men and women's soccer tournaments on July 21. Since Tokyo is the host city events will be held throughout the capital of Japan along with other Japanese cities and towns. Road cycling will take place in the foothills of Mount Fuji, surfing will be held 40 minutes outside Tokyo and the men's and women's marathons as well as other race events will be held in Sapporo, which is about 500 miles north of Tokyo. The soccer matches will be played in 6 cities and baseball and softball games will be held in Fukushima and Yokohama. This is only the second time Tokyo has hosted an Olympics. The 1964 Games were held there and they were the first Olympics hosted in an Asian country. Even though the games were postponed for a year, they are still being called the 2020 Summer Olympics. Tokyo organizers agreed that all the 2020 branding, which means everything such as souvenirs, apparel, television graphics and even the medals will say "Tokyo 2020". Many decisions have to be made regarding attendance. Typically, the Olympics draw close to more than 11,000 athletes, 25,000 journalists from more than 200 countries, so you can see why so many protocols will have to be in place to ensure a healthy Summer Olympics. The Games most likely will be scaled down somewhat but still bring the feel of the Olympics to the athletes, the nations and the sports. Athletes will be allowed to stay in the Olympic Village only for the duration of their competition and must undergo regular coronavirus testing and temperature checks throughout their stay in Japan. They will not be permitted to use public transportation or visit any other public places that aren't approved by the Olympic officials. Once again NBC will be providing extensive coverage of the games, broadcasting across several channels. The opening ceremony is scheduled to begin at 8pm in Tokyo and NBC will broadcast the event live which means it will air in the United States at 7am. The medals for the Olympics are very unique this year. They are made of recycled cellphones and other electronics. Tokyo started back in 2017 gathering these items from the public so the gold, silver and bronze could be extracted from them to make the medals. The back of the medal will have the Tokyo 2020 logo and the front will have Nike, the Greek goddess of victory. The official emblem is called "Harmonized Chequered Emblem", and it features a blue checkered circular pattern above the words Tokyo 2020 and the Olympic rings. The mascot for the Olympics is Miraitowa, a blue-checkered creation intended to represent both the old traditions and celebrate new innovations. There are some new sports added to these Olympics, skateboarding, BMX free-style cycling, surfing, sport climbing and added back this year are baseball and softball. The most popular sports in the Olympics are gymnastics, swimming, track and field and men and women's basketball. The Tokyo games will feature 33 sports, 50 disciplines and 339 medal events. Normally Olympic Games will have as many as 10 million visitors, but this year with the restrictions and protocols there most likely won't be near that many attending the games. Another reason is the cost. Flights and hotels typically aren't cheap in Japan at any time much less for the Olympics. I will be just as satisfied and probably even more so to watch my favorite sports on television. I do love gymnastics and most likely will be watching baseball, basketball, beach volleyball and swimming. I watch some of most of the events but can't always take in some of the late night or early morning events. I hope you all will enjoy your favorite sports and cheer on the USA to bring home the gold.





## Ridgeland Nursing Center Disaster Preparedness Information

In the event of a disaster or foreseeable weather-related emergency, such as a hurricane, Ridgeland Nursing Center takes directive from the Federal, State and Local Emergency Preparedness Agencies.

In the event of a disaster or foreseeable weather-related emergency, these agencies will give the order to either 1) shelter in place, or 2) evacuate to another location.

In the event of a shelter in place order, RNC is equipped to with emergency backup generators, extra water, gas and supplies to endure the shelter in place order. RNC is also pre-stocked with foods and drinks for both staff and resident to endure the shelter in place order.

### EVACUATION LOCATIONS:

- **PLAN A:** In the event of an evacuation order, RNC will evacuate all residents and some staff members to Syl-view Rehabilitation and Memory Care in Sylvania, GA. The address is 411 Pine Street, Sylvania GA. The telephone number is 912-564-2015. The residents and Representatives are notified prior to evacuation of the facility.
- **PLAN B:** In the event of an evacuation order, RNC will evacuate all residents and some staff members to Cummings Health and Rehab in Cummings, GA. The address is 2775 Castleberry Road, Cummings GA. (alternate evacuation point). The telephone number is 770-781-2300. The residents and Representative are notified prior to evacuation of the facility.

In the event Syl-view Rehabilitation and Memory Care and Cummings Health and Rehab are unable to accept RNC residents, or is not a safe evacuation shelter, RNC residents and staff will evacuate to other nursing homes in the Atlanta, GA area. In this case, residents and Representatives will be notified of the contact information pertaining to them.

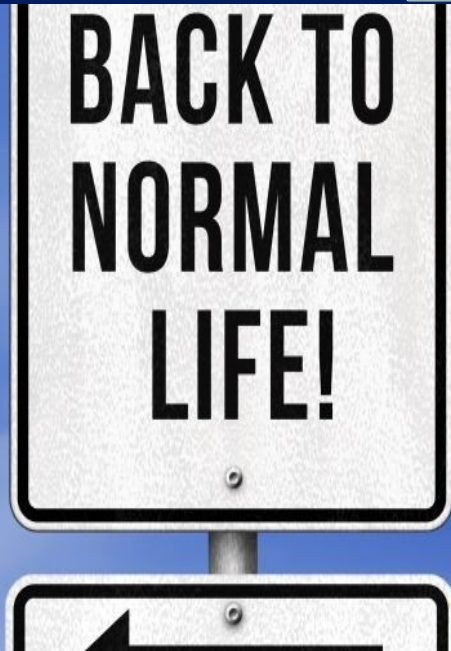
Prior to an evacuation, you will be notified of the impending evacuation by telephone and given the opportunity to evacuate your loved one with you. Please remember that our residents safety is our Number 1 priority!

CONTACT US: 1516 Grays Hwy/PO Box 1570 Ridgeland, SC 29936 (please use PO Box for letters & small packages)

Phone: 843-726-5581 Fax: 843-726-3741



It's about time!!!! Yes, we are all so thankful things are letting up a little and we aren't quite back to our normal, but we are getting there. The residents who have been vaccinated are able to participate in activities together, but still must social distance. They can eat in the dining room with the same social distancing. Being out of their rooms has been a blessing for them. The residents have been in their rooms and now able to do more out in the facility, so they have voiced how important this has been to them. It has been a blessing to all of us to be able to see them visit with their families and socializing more. If you want to visit with your family member or friend, you must call the facility to make an appointment and the visit is 30 minutes. When you see how excited the residents are when they are able to visit with their loved ones and seeing the smiles is so heartwarming on both sides. We do love to see the interaction between the resident and their visitors. We hope things continue to open up even more, so the health and welfare of our residents continues to prosper.



# Hey Staff, Get vaccinated.



Do your part.  
Protect Yourself.  
Protect others.  
Or sign our form to decline.