

# Edgewood Manor OF WELLSTON

405 N Park Avenue • Wellston, OH 45692 • (740) 384-5611

May 2024



March 2024 Employee of the Month.

Hello Everyone! My name is Madisen Fannin I am currently an STNA at Edgewood Manor and I am going to College

at Rio Grande. Where I plan to become a Nurse one day (RN,BSN). My residents keep me faithful, especially the ones that show me extra love and tell me I will be a great Nurse one day! Much love to my residents and coworkers for supporting me through my journey.

### A Flower for Moms

Because of its beauty, hardiness and prevalence, the carnation is regarded as the official flower of Mother's Day. The holiday's founder, Anna Jarvis, chose the frilly, fragrant bloom because it was her mother's favorite flower, and 500 white carnations were handed out at the first Mother's Day observance in 1908.

### Remember and Appreciate

Memorial Day is a time for remembrance and appreciation. We remember those who have gone before us and appreciate the friends and family who surround us as a new season is set to begin.



### Buttoned Up

Many folks have memories of opening up a box or tin at Grandma's house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it's from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.

### 150th Kentucky Derby

The world's most exciting two minutes in sports will bring even more excitement this year, as thousands will gather to watch the 150th Kentucky Derby on May 4. Several special events are scheduled to mark this milestone, including the fashion-focused "Derby Through the Decades" on Opening Night of the festivities, April 27. Churchill Downs will also unveil its renovated paddock, offering attendees luxury seating and an up-close look at the horses before the Race for the Roses begins.



### Reading Challenge: Travel Through Time

With books, there's no need for a time machine! Explore the 20th century by reading a story set in each decade. For the most authentic experience, pick titles that were actually published during the time in which they take place.

Join us Friday, May 24th, at 1pm for our Annual Memorial Garden Celebration! Refreshments will be provided, along with live music. If you would like to make a monetary donation or donate a live plant or tree to our garden, please contact Darcus Blosser, Business Office, or Bonnie Betts, Activities.



## Trivia Whiz

### Happy Birthday, Batman!

In May 1939, DC Comics introduced a new superhero. Celebrate 85 years of Batman with these facts about the Caped Crusader:

Created by artist Bob Kane and writer Bill Finger, the crime fighter debuted in "Detective Comics" No. 27.

Batman does not have any powers. He uses physical strength, intelligence, detective skills and technology to defeat villains.

The winged design of his cape was inspired by Leonardo da Vinci's "flying machine" sketches.

Campy and comical, the "Batman" TV series premiered in 1966, starring Adam West.

Six actors have put on the bat suit for the big screen: Michael Keaton, Val Kilmer, George Clooney, Christian Bale, Ben Affleck and Robert Pattinson.

### A Look at the Ukulele

Alongside pineapples, hula skirts and leis, the ukulele is a classic symbol of Hawaii.

The story behind the instrument is a sweet one—literally. In the late 1800s, thousands of Portuguese immigrants arrived in the Hawaiian Islands to work in the sugar industry. Many brought with them a small stringed instrument called the *machete* or *braguinha*. According to an article in the Hawaiian Gazette, the immigrants began "delighting the people with nightly street concerts," playing instruments described as a strange cross between a guitar and banjo that produced "very sweet music."

The people of Hawaii fell in love with the instrument's light, plucky sound. It's said they called the instrument *ukulele*, meaning "jumping flea" in the Hawaiian language, as a reference to the musician's fast-moving fingers across the strings.

Three Portuguese woodworkers—Manuel Nunes, Augusto Dias and Jose do Espirito Santo—are credited with developing the ukulele as a hybrid of the machete and other small guitars from their home country. The first ukuleles were made of koa wood, from a flowering tree native to Hawaii.

Through the 20th and 21st centuries, the ukulele has been featured in many styles of music.



### The Day To Remember Those We've Lost

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it to be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones.

On Memorial Day, the American flag should be flown at half-staff until noon, then raised to full staff in recognition of those currently serving in the military.

The Memorial Day weekend is often a time for picnics and barbecues, as it is considered the unofficial start of summer.

### Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

*Stay out of the sun.* If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

*Use sunscreen.* Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours.

*Dress appropriately.* To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

*Stay hydrated.* Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

*Keep cool.* Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

*Let others know your plans.* Include information such as where you will be and when you'll return.



### Influential Asian Americans

May is Asian American and Pacific Islander Heritage Month, an opportunity to recognize this diverse group's accomplishments in many realms. Celebrate by learning more about a few famous names:

*Dalip Singh Saund.* Born in India, Saund came to the U.S. in 1920 to study at the University of California in Berkeley, where he earned a Ph.D. He later became the first Asian American person elected to Congress, serving three terms as a U.S. Representative for California.

*Chien-Shiung Wu.* A Chinese immigrant, Wu's scientific studies earned her the nicknames "First Lady of Physics" and "Queen of Nuclear Research." She worked on the famous Manhattan Project during World War II and won several awards throughout her career.

*Chloe Kim.* Born in the U.S. to South Korean parents, Kim started snowboarding at age 4. At 17, she became the youngest woman to win an Olympic gold medal in snowboarding, and she was also the first person to win the champion title at the sport's four major events (Olympics, World Games, Youth Olympics and X Games).

*I.M. Pei.* A world-renowned architect, Chinese-born Pei famously designed the glass Louvre Pyramid in Paris. His well-known works in the U.S. include the Rock and Roll Hall of Fame in Cleveland, the John F. Kennedy Library in Boston, and the National Gallery East Building in Washington, D.C.

*Larry Itliong.* Arriving in the U.S. from the Philippines at only 15 years old, Itliong began working on farms in several states. His work experience and mastery of multiple languages led to a new role: the voice of the people. Itliong was one of several leaders who advocated for improved conditions for the agricultural industry.



### Administration

#### Clint Potter

Executive Director

#### Teresa Woods, BSN, RN

Director of Clinical Services

#### Becky Mace

Assistant Director of Clinical Services

#### Jackie Wamsley

Director of Resident and Family Services

#### Thressa Chaffin

Business Office Manager

#### Jodi Norris

Therapy Program Manager

#### Bonnie Betts

Activity Director

#### Terri Reffit

Dietary Manager

#### Tim Blankenship




Environmental Services

#### Jessica Slone

Director of Hospitality Services



# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 National Day of Prayer!	3	4
5	6 Happy Nurses Day!	7	8	9	10 	11
12 Happy Mother's Day!	13	14	15	16	17	18
19	20	21 	22	23	24 Memorial Garden 1pm	25
26	27 <b>Memorial Day</b>	28	29	30	31	

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PREPARED