

Wedgewood Writings

“Wedgewood Estates, the area’s premier senior residential community.”

August Activities

Kerstin Feasel

August 2017

August, is it really August already? It seems like Summer has barely even been here, it’s hard to believe! Join us for a ‘last Summer hurrah’ on August 23rd, as we go on a picnic trip to Clear Fork Reservoir. Weather permitting of course. The bus will load at 11:00am. I will bring a packed lunch for you, but you will need to RSVP to me by Monday August 14th for this outing. Be aware, the ground may be a little uneven, for those of you who are uncertain on your feet, but I will be sure to assist anyone who needs help. Please RSVP for this and all trips on the cabinet in my office.

For those of you who like to be out and see the sites, but have concerns about walking around; join us for one of our Country Rides. These rides

are about 45 minutes to an hour long, and take us to the surrounding areas such as Ontario, Lexington or Shelby just to name a few. We will go on Wednesday, August 2nd, and Saturday, August 26th, all leaving at 2:00pm.

Breakfast Bunch, I am taking you to Der Dutchman on Wednesday, August 9th leaving at 8:30am. Lunch bunch, we will head to Perkins in Ashland on Wednesday, August 30th, leaving at 11:00am. Also, Garden Home Residents, we will have a special Brunch in the 100/200 Dining room for you on Tuesday, August 15th at 10:00am. I hope to have you all join us!

We will be going to the Velvet Ice Cream Factory, in Utica, on Tuesday, August 15th. All I can say is yum,

yum! The bus ride will take about an hour, will leave after lunch, at 1:00pm, and please RSVP! If you are not able to come, don’t forget to watch your calendar for Ice Cream Socials right here in our Ice Cream Parlor!

Finally, I’d like to spotlight the Mid Ohio Concert Band. They have been coming to Wedgewood annually for over 10 years, and are always a treat. They will perform Monday, August 28th, at 7:00pm, in the 100/200 Dining Room.



Early Sign Up for Apple Fest VENDORS...

This year’s Apple Fest will take place Saturday, October 14th, from 1-3pm. If you know someone interested in being a vendor, please have them contact Lori as soon as possible because we are limiting our vendor number this year. We want to avoid having to turn people away.

Growing in Age

“I’m baffled that anyone might not think women get more beautiful as they get older. Confidence comes with age, and looking beautiful comes from the confidence someone has in themselves.” ~Kate Winslet

Birthday & Anniversary Celebrations

Resident Birthdays

Kelly Motta	8/07
Carolyn Bachelder	8/13
Chuck Snyder	8/13
Donna Hounshell	8/18
Joan Gaughan	8/23
Bob Hutchison	8/25
Carl Beighley	8/30
Bill Knepper	8/30

Resident Anniversaries

Doris and Del Krueger 8/14

Employee Birthdays

Kamarah Campbell 8/15
Shanta Lewis 8/18

Employment Anniversaries

Tammy Bletz 12 years
Dustin Newton 13 years
Sally Kopco 2 years

Sarah Bletz 14 years
Tim Hildebrand 20 years



Avoid August Heat Complications

Adults 65 years and older are more prone to heat stress than younger people for several reasons 1. Older adults do not adjust as well as young people to sudden changes in temperature 2. They are more likely to have a chronic medical condition that changes normal body responses to heat. 3. They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Signs and Symptoms of Heat Stroke & Heat Exhaustion:

An extremely high body temperature (above 103°F), Red, hot, and dry skin (no sweating), Rapid, strong pulse, Throbbing headache, Dizziness, Heavy sweating, Paleness, Muscle Cramps, Tiredness, Weakness, Nausea or vomiting, Fainting. Skin: may be cool and moist, Pulse rate: fast and weak, and Breathing: fast and shallow

What You Can Do to Protect Yourself

Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.), Rest., Take a cool shower, bath, or sponge bath., If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.) Wear lightweight clothing. If possible, remain indoors in the heat of the day. Do not engage in strenuous activities.