



July is UV Safety Month: What You Eat Can Protect Your Skin from the Sun

Researchers from Harvard University recently announced that lutein (LOO-teen) —a potent antioxidant found in such dark green, leafy vegetables as spinach and kale —may protect the skin from sun damage.

“Lutein has been widely recognized for its eye health benefits for several years, but, our data is the first of its kind to suggest that lutein may have the potential to act as a preventative agent against UVB-induced skin cancer,” said Salvador Gonzalez, M.D., Ph.D., leader of the Harvard research team. “In addition, because these data suggest that lutein protects the skin against damage caused by exposure to UVB light, it further validates our position that lutein is a critical component to overall skin health.”

Lutein is a yellow pigment (the yellow is covered up by chlorophyll in green leaves) found predominantly in vegetables. It is also present in the eyes and skin of the human body. As an antioxidant, lutein protects the eyes from the damaging effects of aging. Lutein also acts as a light filter, protecting against the sun’s harmful rays.

UVA and UVB rays are two types of harmful rays found in sunlight. UVA rays contribute to wrinkling the skin, as well as to the development of skin cancer. UVB rays are the ones that are the primary cause of sunburn and skin cancer.

Don’t just protect yourself by eating well! Good sunscreens block both UVA and UVB rays and are critical to skin health.

National Avocado Day

National Avocado Day is Wednesday, July 3, 2019. The consumption of avocados has doubled since 2005 and quadrupled since 2000. Avocados have heart healthy Omega 3 fatty acids and vitamins C, E and K. The ancient Aztecs used the fruit for skin masks, and the 20th century cosmetic industry uses them in creams, lotions and facial cleaners. More people are eating avocados than ever before. They’re used in recipes for every meal, from breakfast with avocado on toast, to lunch with salads, to sushi and salsas, on burgers, in burritos, and desserts such as brownies.



4TH OF JULY COOKOUT

Come help us celebrate
the 4th on July 3rd at
12:00 for a cookout.

Activity Highlights

7/2 at 3:00

Scenic Drive

7/3

4th of July Cookout

7/9 at 10:30

Bunco with Harbor
Light Hospice

7/11 at 3:00

Orange Cream Soda Floats

7/15 at 11:30

Men's Lunch Outing Taco Bell

7/17 at 10am - 12

Bake Sale

7/18 at 11:15

Lunch outing at Olive Garden

7/18 at 2:00

Bingo with Grace Hospice

7/19 at 1:30

Baking Class/ Moon Balls

7/22 at 1:30

Goodwill Shopping

7/24

Lerner Theater Comedy
Show & Lunch at Arby's

7/25 at 3:15

Watermelon Social

7/29 at 1:00

Movie Theater
Outing/ Lion King

NOTE FROM ADMINISTRATOR: WELCOME HEALTH SERVICE COORDINATOR MICHELE FENDRICK

Hello! I just wanted to take a minute to introduce myself. I am so happy to be here and a member of the Wood Ridge Family. I graduated from Ivy Tech in Elkhart Indiana in May 1997. Passed my state boards in August 1997 for my LPN.

I have two daughters, Sammie who is twenty- five and Maddie who is sixteen. I live with my husband Jason, my daughter Maddie and my mother Madge. I have four dogs, three Chihuahuas and one pit-bull. My daughter has two rats and my husband has a snake. My daughter is in the marching band so I spend a lot of time with her. I also love to read.

Photo Highlights



Photo Highlights continued



Resident Birthdays

Deb R.	July 3
Nancy S.	July 6
Madelyn T.	July 16
Fred R.	July 21
John P.	July 30

Resident Spotlight: Pam W.



Pam is our resident spotlight for this month. Pam was born in Caretta, West Virginia and raised in Richlands, Virginia. Her dad was a coalminer and her mom was a homemaker. She has six brothers and three sisters. After high school, she met her husband, Don, at church. They then moved to South Bend, Indiana to be closer to his family. Pam has four children Glenda, Christopher, Eric and Todd. She has six grandchildren. Pam and Don were married for twenty years. She worked at Fountain View and St. Mary's as a cook. Pam still loves to cook. Her hobbies are adult coloring, word search and bingo. You can catch Pam in the activity room every day.



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JULY – WORD SEARCH

X	O	H	B	C	K	N	S	T	O	Y	G	T	P	Y
Z	K	S	L	R	C	Y	T	V	B	Z	M	Q	O	E
W	C	U	U	E	G	H	J	X	I	S	L	U	I	G
K	H	P	T	A	R	S	C	H	G	U	L	G	Q	K
G	E	L	E	T	A	T	O	V	T	N	L	Y	Z	Y
M	E	M	I	I	N	A	L	C	X	S	J	H	D	N
A	S	B	N	V	D	M	L	X	W	H	E	C	R	L
C	E	Y	E	E	M	P	E	X	V	I	A	W	L	T
A	I	P	Y	N	A	M	C	K	B	N	N	Z	P	Y
R	M	R	Q	L	U	X	T	U	D	E	K	E	H	V
O	O	O	G	J	J	D	I	U	C	B	Q	J	O	I
N	O	T	K	U	N	P	O	S	T	A	G	E	T	P
I	N	E	S	I	N	K	N	L	U	M	C	C	D	M
V	X	C	I	J	W	A	T	E	R	C	O	L	O	R
E	O	T	Q	B	T	A	V	O	C	A	D	O	G	I

AVOCADO
CHEESE
COLLECTION
CREATIVE
GRANDMA
HOT DOG
LUTEIN
MACARONI
MOON
POSTAGE
PROTECT
STAMP
SUNSHINE
WATERCOLOR
WINE



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