

Resident Spotlight

Sharon Gail Wagner was born on January 3, 1953, in Cincinnati, the only child of Bernice and George Wagner. She grew up in Springdale, Ohio, a northern suburb of Cincinnati. When Sharon was just 13, her mother passed away, and Sharon moved in with her aunt Ilene in North College Hill. Sharon has fond memories of her childhood, especially roller skating, riding bikes, catching lightning bugs, and swimming. She loved swimming, so even though she would get sunburned, she still got up and went back to the pool.

In 1972, Sharon graduated from North College Hill High School and immediately got a job at the Clovernook Home and School for the Blind (currently Clovernook Center). Sharon worked there from 1972 to 1999. Some of her tasks included checking braille numbers, binding books, and running file folders. From 1996-1998, Sharon worked in the laundry department at Beech Knoll Nursing Home. In 1999, Sharon had to go on disability, so she retired.

As a young adult, Sharon decided to get her first apartment, partly to show her aunt that she could live on her own. She rented an apartment on Hamilton Avenue, and shortly after that, her Aunt Ilene passed away. Sharon continued to live in that apartment until the basement flooded and she had to move out. She moved up the street to another apartment, but living there meant she had to climb stairs every day. After a while, this took a toll on Sharon's legs, so she decided she needed to move into a retirement community. When she toured Mt. Healthy, she liked the fact that there were rooms on the first floor and that meals were served on the same floor, so she decided moving here was the best decision.

On October 15, 2015, Sharon moved into The Christian Village at Mt. Healthy.

Sharon has enjoyed living here at the Christian Village; she said she has wonderful nurses and especially appreciates the maintenance men and the activity team. She likes to stay busy and enjoys most activities, especially bingo, frog races and being a part of Little Brothers Friends of Elderly. So feel free to stop by Sharon's room and she will tell you more about her life.



Hydration Season is Near

By Jenn Hanks, Diet Technician

Summer is right around the corner and will be here before we know it. Hot sunny days may bring you a smile, but it also may increase your risk for sunburn and dehydration. Be sure to use sunscreen when you go out in the sun, and take precautions to avoid dehydration (indoors or out). Dehydration occurs when the body does not have enough water to carry out its normal functions. Did you know the body is 70% water? Dehydration can happen to anyone at any age.



Common Signs of Dehydration

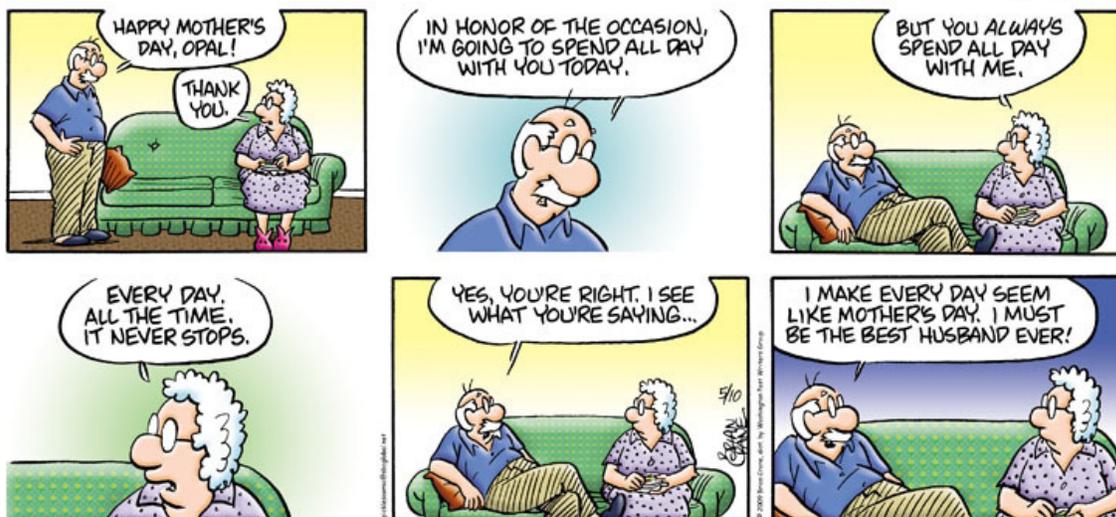
- Dry mouth
- Headache
- Constipation
- Dizziness
- Rapid heartbeat
- Less frequent urination
- Muscle cramps
- Fever
- Sunken eyes
- Tenting of skin

Risk Factors for Dehydration

- Seniors, 65 years and older
- Diagnosis of Dementia or Memory Issues
- Diarrhea or Vomiting
- Excessive Sweating
- Medications, e.g., diuretics or laxatives
- Chronic Disease, e.g., Diabetes

What can I do to prevent dehydration?

1. Drink water throughout the day. Drink before you feel thirsty.
2. Avoid high sugary drinks.
3. Avoid caffeine and alcohol.
4. Eat hydrating fruits and vegetables (e.g., watermelon, pineapples, melons, broccoli, and tomatoes)
5. Set alarms or reminders to drink fluids.



News & Events



MAY BIRTHDAYS

This information is for
The Christian Village at
Mt Healthy residents.

Communion

The Lord's Supper (Communion) is served every Sunday in our chapel service, which begins at 3:00. This is neither "Catholic" nor "Protestant" Communion; all Christians are welcome. If you are unable to attend chapel, the chaplain can serve you Communion in your room on Sunday afternoon.

Visits

If you or your family are interested in scheduling a visit, please have them reach out by email to Shannon at shannon.bryant@christianvillages.org. She will send them the link to sign up for visits.

Spring Fling

It's time to get excited that winter is finally over, and spring has finally arrived! Join us outside on the front lawn at 2pm on May 12th. Here's some of the fun activities that we have planned for you:

- Live Entertainment: Fort Hamilton Jazz Band
- Dunking Booth
- Staff watermelon eating contest
- Food - hot dogs, pretzels, cheese, popcorn bar, ice cream
- Corn hole

Outreach Services

We Deliver!

Books, Music, Movies,
Magazines and more.

**Give us a call for monthly
deliveries or ask us about
our downloadable services.**



Outreach Services

369-6963

os@cincinnati.library.org

It's free!



MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Cinco De Mayo Special meal for lunch: Taco Salad Party Outside at 2pm	6	7 Mother's Day Party @ 2pm Live entertainer: Sheila Gardener Pie & Coffee	8
9 Happy Mother's Day!	10	11	12	13	14	15
	Nursing Home Week - Wear your decade-themed clothes for each day!					
	1980's Catholic Communion @ 10am Join us outside for Catholic Communion.	1970's	1950's Spring Fling @ 2pm More details p.3	1960's	1990's Who wants to be a Millionaire? 10am in the chapel. Please RSVP with Jon. Mini Mart 1:30 p.m. in the RCC.	
16	17	18	19	20	21 Jeopardy @ 10am In the Chapel. Please let Jon know if you're participating.	22
23	24	25	26 Fashion Show @ 2pm, Chapel It's time to go on the catwalk! Come dressed up and we'll help you accessorize. Sign up at the Front Desk.	27	28 Memorial Day Service Join us at 10am in the chapel. Mini Mart Shop at our Mini mart at 1:30pm in the RCC.	29
30	31 Happy Memorial Day!					