

## Resident Spotlight



Carol Jean Rhyner was born on February 8, 1933, in Alameda, California. Carol's mother was a single mom and was unable to care for her, but her sister knew a couple who were not able to have children but desperately wanted one. Edgar (Ed) and Vivian were thrilled to adopt Carol into their family. So as a young baby, she became part of the Rhyner household as an only child. Carol's mother always told her she was adopted, but it wasn't until she was 21 that Carol found out she had known her birth mother all along. Her mother was friend of the family, and Carol was around her quite a bit growing up.

Ed was an engineer for the Philip Carrying Company, and this allowed him to travel all over the United States. One particular job her father had was working with author Frank Gilbreth, who wrote *Cheaper by the Dozen*. When Carol was 10 years old, the family moved to Illinois and then later to Cincinnati, settling in College Hill.

One special memory Carol has about her parents is of the gifts she received for birthdays and Christmas. Her parents did not want to give her gifts that didn't mean anything, but something that she would cherish her whole life. So they started buying her sterling silverware. Each occasion she would get a piece added to the set. It wasn't until years after leaving home that Carol was able to finally complete the set. She decided to give it to her goddaughter for a wedding gift. To this day, they still pull it out every Sunday and use it for dinner.

Carol attended Hughes High School, and after graduation she went on to the University of Cincinnati and received a degree in education. Her father wanted Carol to become a dentist because it would be a more profitable job, but Carol's heart was to teach children.

During her student teaching time at Cincinnati Public Schools, Carol noticed children who were blind in the classroom, and this became an interest to her. She was approached by the school about becoming a special-needs teacher. The principal and Carol wanted to start the program at CPS, but they wanted to see how other schools approached these types of classes. They called over 250 schools, and no other school in the United States had such a class. So it was up to Carol to come up with the curriculum and testing, not only for children who were blind but also for those who had a secondary disability. She also had to learn braille for this classroom as well. CPS was the first school in the United States to have this type of classroom. Carol is very proud of being a part of this.

While teaching, Carol made a very special friend named Margo. She was told by the Principal that they would be working together, but Margo was coming from the country of Lebanon. Before Margo arrived, they began talking on the phone to get to know each other. Carol

remembers one of the last conversations they had before they met. They didn't know what each other looked like, so they described themselves. Margo said she was short, fat, and dark; Carol replied that she was tall, thin, and blond. When they met up in the library, they knew exactly who each other was. Carol's family became a sponsor for Margo to live in the United States. This friendship lasted for many years. Margo met a man named Joe, and their family became lifelong friends with Carol. Carol was Margo's maid of honor for her wedding. When Margo wanted to go back home for a few months, they invited Carol to go with them. She spent time with Margo's family, traveled the country, and even was able to visit the Holy Land. This was a friendship that lasted for many years, until Margo's passing not too long ago.

Carol decided it was time to move into The Christian Village at Mt. Healthy. She knew it was time, but the hardest thing to do was to sell her family home and her personal home. With the help of family friends, she was able to do this and move into the community. She has enjoyed her time here and has made many new friends. If Carol could offer any advice at all, it would be to enjoy life, think positively, and thank God for what you have. Carol has had such a wonderful life, full of travel, fun, and friends. There was so much more to her story; stop by and ask her about it.

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## Don't Get Scammed

By Shannon Bryant

There are many ways people are being scammed each day—sometimes for thousands of dollars. In the next few months, I will be giving some tips on how to avoid being scammed. Scammers can come across as representing a legitimate company, Medicare, your bank, the Social Security Administration, or even a family member. Don't let them fool you. Most of these entities will not call you unless you have first reached out to them. So unless you have initiated something with your bank, Medicare, SSA, etc., be wary about a call supposedly coming from them. One thing you can do to prevent unwanted solicitors from calling you is to register your phone number with the "Do not call registry." The phone number is 888-382-1222.

One very common scam, and one I have seen firsthand, is the gift card scam. If you receive a call supposedly from a family member—typically a child or grandchild—and they tell you they are in jail and need money for bail, be very cautious! It's probably not your family member but a scammer. They will ask you to purchase Visa-type gift card for thousands of dollars and then they have you read the numbers off to the so they can cash it in.

I know this sounds silly, or you may feel you would never fall for this, but it happens a lot! The scammers do their research before they call you. They start searching social media pages to find out a little bit about you, such as what your grandchild may call you and facts about your family. When they call you, they will sound panicked and make you feel like you need to take care of this right away. They will also tell you not to tell anyone else in the family, because they are embarrassed for being in jail, but they know their grandma or grandpa will help them out.

If you get this kind of call, tell them you will need to call them back. When you hang up, call another family member to verify this information. If you have the phone number for the person who supposedly called you, call that number and see whether that is the person who actually called you.

This is a common scam, and many people find themselves losing thousands of dollars. When someone is asking for money, always think twice before giving any bank or Social Security numbers. Scammers are very good at what they do—don't get scammed!

## They're Here!

By Jon Underwood

We've been hearing about them for weeks—and now we're hearing them in the trees. They are the 17-year "periodical cicadas" known as Brood X. Periodical cicadas are a type of insect, similar to locusts but not destructive, that emerge from the ground every 13 or 17 years. Some find them creepy, with their bright red eyes and black bodies and virtual omnipresence, while others find them quite fascinating. They emerge from the ground after their long hibernation when the soil temperature reaches 64 degrees Fahrenheit and after a good, soaking rain. They mate, lay eggs, and die in a period of 4-6 weeks. The eggs hatch, and the nymphs that emerge burrow underground to be sustained by moisture from tree roots for the next 17 years, when they will emerge as adults and repeat the process.

Cicadas are not harmful to humans or plants. But the sheer numbers of them—we're talking billions or even trillions of them—can be overwhelming. The males attract females by vibrating a pair of ribbed membranes at the base of their abdomens called tymbals. This produces a sound that can be literally ear-splitting when there are so many of them "singing." Scientists say the noise level can reach as high as 120 decibels! They will be a nuisance until around the end of June, when the new nymphs burrow underground. Then we'll have peace and quiet for the next 17 years.



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## Infection Control

By Susan Myers

Infections in Long Term Care facilities present a significant challenge. It is estimated that 1 to 3 million serious infections occur annually across nursing homes, skilled nursing facilities and assisted living facilities, according to the Centers for Disease Control and Prevention (CDC). Infections include urinary tract infections, diarrheal diseases, antibiotic-resistant staph infections and others, including COVID-19.

Long Term Care facilities have a designated and specially trained infection preventionist on staff to run a comprehensive infection prevention and control program. Brendon Wolf, RN, is the Infection Preventionist at The Christian Village at Mt. Healthy.

Brendon completed The Centers for Medicare & Medicaid Services (CMS) and CDC online training. This includes the Nursing Home Infection Preventionist Training Course, which offers 23 modules and submodules across a variety of topics, including:

- An overview of the infection prevention and control program

- The role and responsibilities of the infection preventionist
- Infection surveillance
- Outbreak management
- Infection prevention practices such as hand hygiene and antibiotic usage

The role of the Infection Preventionist has become even more pivotal during the COVID-19 pandemic. They need to provide on-site management of their COVID-19 prevention and response activities, including developing policies and procedures, performing infection surveillance, providing competency-based training, and auditing adherence to recommended practices.

To help Brendon keep our community infection rate low, please remember to wash your hands, wear a mask, avoid large crowds and maintain 6 feet of social distance from others. Remember if you aren't feeling well, let your nurse know and stay away from others until your condition can be assessed. Together we can keep everyone at The Christian Village Mt. Healthy infection free!

# Celebrations & Birthdays

## Upcoming Events

### Cookout

Join us outside at 12pm on Thursday, 6/3 for a hot dog cookout!

### Ice Cream Social

I scream, you scream, we all scream for ice cream! Come outside on Wednesday, 6/9 at 2pm.

### Are You Smarter than a 5th Grader?

Watch live on channel 3 or in the chapel on Friday, 6/11.

### Men's Breakfast

Celebrate Father's Day with french toast and fellowship at our men's breakfast on Friday, 6/18 at 8am.

### Birthday Social

We're celebrating all June birthdays on Wednesday, 6/23 at 2pm. Everyone is invited to attend and join our outside social.

### Jeopardy

Tune in for a lively game of Jeopardy in the chapel or on channel 3 on Friday, 6/25.

### Exercise Classes

Sit and get fit with Grace on Monday, Tuesday, Thursday, and Friday at 10am on channel 3 or come to the chapel.



## JUNE BIRTHDAYS

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

### Holidays

**Flag Day**

June 14th

**Father's Day**

June 20th



The Christian Benevolent Association does not discriminate on the basis of race, color, national origin, ethnicity, sex, religion, age, qualified handicap or veteran status.