

MEDICAL NOTES

UV Safety Month

Studies show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. UV rays reflected off sand and water can cause eyes to sunburn, potentially resulting in temporary blindness in just a few hours. In support of UV Safety Month this July, the American Academy of Ophthalmology reminds the public of the importance of shielding eyes from the sun's harmful rays with 100% UV-blocking sunglasses and broad-brimmed hats.

RESIDENT SPOTLIGHT



Warren Paulk

Congratulations goes to Warren Paulk who is a resident here at Legacy Ridge! Mr. Paulk who is a retired Optician who loves to fish, walking his dog and being around his family. We are so happy to have him and his wife Mrs. Paulk and their lovely dog here with our family at Legacy Ridge Sweetwater Creek!!

EMPLOYEE OF THE MONTH



Henrietta Zogheh

Congratulations goes to Henrietta Zogheh who is a care partner here at Legacy Ridge! Henrietta was born and raised in Douala located in Cameroon. She loves making TikTok videos, playing games, dancing, watching TV, and helping her mom in the kitchen. We are so happy to have her here on our team at Legacy Ridge Sweetwater Creek!! Thanks for all that you do Henrietta!!!



LEGACY RIDGE
AT SWEETWATER CREEK

STAFF

Executive Director
Tamika Lipscomb
Health & Wellness Director
Denisha Smith

Health & Wellness Coordinator

Sales & Marketing
Antwan Holt
Business Office Coordinator
Gerry Stokes

Dining Services Director
Leron Tate

Maintenance Director
Jamie Stephenson
Lifestyles Director
Nukisha Parker

BIRTHDAY'S

Michael Robinson 7/20
Livia Hill 7/29
Myrtle Mosley 7/30

THE JOURNAL

The Monthly Newsletter of the Legacy Ridge Sweetwater Creek Community

Happy 4th of July from Sweetwater!!!!



LEGACY RIDGE
AT SWEETWATER CREEK

Tamika Lipscomb
Executive Director

FUN FACTS FOR THE MONTH OF JULY

7/7 Tell the Truth Day
7/8 National Freezer Pop Day
&
National Ice Cream Sunday Day
7/11 National Blueberry Muffin Day
7/13 National French Fry Day
7/16 National Ice Cream Day
7/22 World Brain Day
7/27 National Love is Kind Day
7/30 National Day of Friendship