



## JUNE 2011

Executive Director / Ext. 223

JJ Doughtie

[jjfoxbridge@bellsouth.net](mailto:jjfoxbridge@bellsouth.net)

Marketing & Sales / Ext. 251

Mary-Shelley Ritchey

[maryshelyfoxbridge@bellsouth.net](mailto:maryshelyfoxbridge@bellsouth.net)

Wellness Director / Ext. 233

Jackie Tinnon, LPN

[jackietfoxbridge@bellsouth.net](mailto:jackietfoxbridge@bellsouth.net)

Activities Director / Ext. 227

April Henderson

[aprilfoxbridge@bellsouth.net](mailto:aprilfoxbridge@bellsouth.net)

Food Services Manager / Ext. 230

Deborah Foulks

[mrsdfoxbridge@bellsouth.net](mailto:mrsdfoxbridge@bellsouth.net)

HR / Business Manager / Ext. 242

Tammie Kubicki

[tkubickfoxbridge@bellsouth.net](mailto:tkubickfoxbridge@bellsouth.net)

Maintenance / Ext. 236

Jason Morris

[jasonfoxbridge@bellsouth.net](mailto:jasonfoxbridge@bellsouth.net)

PR / Office Manager / Ext. 224

Christie Gonzalez

[christifoxbridge@bellsouth.net](mailto:christifoxbridge@bellsouth.net)

Resident Care Manager / Ext. 228

Shawna Jackson

[shawnafoxbridge@bellsouth.net](mailto:shawnafoxbridge@bellsouth.net)

Foxbridge  
Assisted Living Community

2180 Mangum Road  
Memphis, TN 38134  
ph(901) 377-0101  
fax(901) 377-6841  
[www.foxbridge.org](http://www.foxbridge.org)

Summertime - and the living is easy.

**Caregiving doesn't take a break, so, we at Foxbridge want you to check your caregiver stress level. We can help you have a little easier living. Please call us.**

### **10 Symptoms of Caregiver Stress (From Alzheimer's Association)**

1. **Denial** about Alzheimer's disease and its effects on the person who has been diagnosed.
2. **Anger** at the person with diseases that no effective treatments or cures currently exist.
3. **Social withdrawal** from friends and activities that once brought pleasure.
4. **Anxiety** about facing another day and what the future holds.
5. **Depression** begins to affect the ability to cope.
6. **Exhaustion** makes it nearly impossible to complete necessary daily tasks.
7. **Sleeplessness** caused by a never-ending list of concerns.
8. **Irritability** leads to moodiness and triggers negative responses and reactions.
9. **Lack of concentration** makes it difficult to perform familiar tasks.
10. **Health problems** begin to take their toll, both mentally and physically.

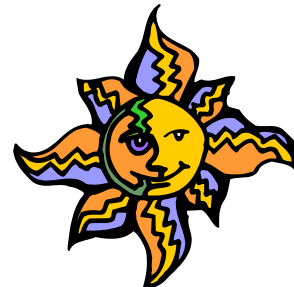
**JUNE Highlights**  
(look inside for details)



**Jun 10th & 13th**  
Ice Cream Social

**June 11th**  
Wrestling Event

**June 14th**  
Welcome Summer  
Party



**June 17th**  
Father's Day Party

**June 19th**  
Father's Day

**June 21st**  
Rendezvous

**June 27th**  
Dixon Art Gallery  
& Gardens

## FOXBRIDGE EXTENSION LIST

\*\*\*RESIDENT HALLS\*\*\*

- MAGNOLIA -** House Ext - 239  
Nurse Ext - 326  
2130 Mangum Road  
House Manager, Carla Porter
- OAK -** House Ext - 238  
Nurse Ext - 326  
2150 Mangum Road  
House Manager, Marilyn Billingsley
- PINE -** House Ext - 237  
Nurse Ext - 326 or 327  
2160 Mangum Road
- SPRUCE -** House Ext - 241  
Nurse Ext - 327  
2200 Mangum Road  
House Manager, Shawna Jackson
- WILLOW -** House Ext - 235  
Nurse Ext - 327  
2210 Mangum Road  
House Manager, Beverly Hall

Hair Salon - Ext - 226  
Mary Cropf

Resident Care Manager - Ext - 228  
Shawna Jackson

Volunteer Coordinator - Ext - 252  
Ursula Davis

## PAYMENTS

Please do not leave payments of any form in the residential buildings.

Please bring all payments to the Administrative Office in Fox Hall.

## JJ's Notes

### June is Busting Out All Over!!! Especially at Foxbridge

June means summer, fun, relax, outside activities, fun, watching clouds, fun, catching fireflies, fishing, fun, and on and on and on.

At Foxbridge all of the above is happening. Foxbridge is busting out all over in June. Look through this newsletter edition to find all the fun things the residents will have the opportunity to do this month.

As you can guess from the title of this column, I love music. You will find "music with JJ" on the activity calendar every month in different homes. We have a good time singing the good old songs. Watch your activity calendar and come join in the singing whenever you can.

June is the beginning of summer vacations. If you or you know someone who needs a vacation but is caring for someone, let them know that Foxbridge has respite care. Vacations are for relaxing and you can know that if your loved one is living at Foxbridge for that time, you truly can relax. Your loved one will be getting excellent care while you are away. Yes, respite care is for the caregiver as well as for the person you are caring for. Let us know if this fits into your vacation plans.

In June we also celebrate Fathers' Day. Our fathers are honored and we plan to have a real "guy" event. Hope you will come out and enjoy this unique adventure.

The Continuing Quality Insurance (CQI) committee is focusing on dietary. The surveys that were filled out in April were very helpful. You will be seeing many changes throughout the summer. Please let us know how we are doing. Another survey will be sent out the end of summer.

As June and the flowers begin to bust out all over, we hope you will have a fun, relaxing time.



J. J. Doughtie  
Executive Director



## MARKETING WITH MARY SHELLEY

### VETERAN'S BENEFIT MEETING

There will no  
VA Meeting in June.  
Please watch for details  
in the July Newsletter  
regarding the next VA  
Meeting

As we go thru life's journey we are asked to help or take care of loved ones. Let's not forget to take care of ourselves, as well. Respite care is available at Foxbridge.

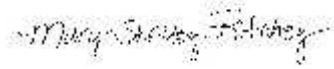
Going on vacation or just need time for yourself? Contact us at Foxbridge 377-0101 for one or more weeks of respite care for your loved one.

# WELCOME

NEW RESIDENTS

Lee Cox  
Betty Perry  
Cherry Slaughter

Mary-Shelley Ritchey



### THIS MONTH, LET'S GET TO KNOW:

SAMMY BURNS

**Foxbridge is on TV in June**  
**WYPL-TV Channel 18 – Library Channel**

Foxbridge is featured on "Senior Focus" hosted by Sunny Ross throughout the month of June. Senior Focus airs several times during the month. Here is the weekly schedule:

Monday	2:00 a.m. 9:30 a.m. 5:30 p.m.
Tuesday	5:30 a.m. 3:00 p.m.
Wednesday	1:00 a.m. 8:30 a.m. 12:30 p.m.
Thursday	3:30 a.m. 9:00 p.m.
Friday	2:00 a.m.
Saturday	5:30 a.m. 8:00 p.m.
Sunday	4:00 a.m. 5:30 p.m.



Sammy was born in Lauderdale County, (Ripley) TN, in 1918. He has 1 brother and 1 sister. He was raised on a farm and his father grew cotton, corn, beans and raised hogs and cattle.

Sammy attended the University of TN and got a degree in Business Administration. He once worked at the Peabody Hotel in the Food Control Department. He also retired after 30 years at Firestone where he was Chief Dispatcher and was in charge of arranging freight and billing. Sammy has 1 son, Robert.

Some of Sammy's favorite interests include bird hunting, dancing the Fox Trot and Cha Cha.

HAPPY BIRTHDAY  
FOXBRIDGE RESIDENTS

6/8—MONCIE NUNAN  
6/17—GENEVA KELLON  
6/21—JOHNNY WARD  
6/26—BABETTE COOPER  
6/29—JAMES BROWN



HAPPY BIRTHDAY  
FOXBRIDGE STAFF

6/2—MOLLY HEDGES  
6/9—SANDRA COLEMAN  
6/14—SHIVON TERRY  
6/19—DENISE BATEMAN  
6/27—TEKISHA NEWMAN  
6/28—URSULA DAVIS



**THANK YOU URSULA!**

A big FAREWELL goes out to Ursula, who is moving to North Carolina with her family in June. We want to wish her well in this new chapter of her life and give her many thanks for a job well done in the Activities Department and with Volunteers. Her sweet, contagious personality will be surely missed in our community. Stop by and wish her good luck!

WHAT'S HAPPENING IN JUNE?

**June 10th & 13th — Ice Cream Social**

I scream, you scream, we all scream for ice cream! Nothing says summer like a big bowl of ice cream. The Activity Department will have the ice-cream bar set up in **Oak on June 10th** at 2:30 and then again in **Spruce on June 13th** at 2:30 Please come join us for a wonderful frozen treat with all the toppings.

**June 11th Innovative Wrestling Action Event**

Innovative Wrestling Action Team will be coming to Foxbridge to hold a wrestling event. Please join us as this team will be an event like no other we have held before with wrestlers, a ring, announcers, and a declared winner! Some good old fashioned Memphis style wrestling!

**June 14th — Welcome Summer Party**

All staff and families are invited to the Foxbridge Summer Party. We will be having too much fun with a cookout, games, water fun, frozen treats, watermelon eating contest and a lemonade stand. Bring your kids and grandkids for some fun in the sun!



**June 17th — Father's Day Luncheon**



Please join us as we celebrate fathers, by spending this time with your father and having lunch with him. Everyone will have a chance to tell a special story or memory about their father after lunch. All celebrations will be held at your family members normal lunch time.

**June 21st - Trip to the Rendezvous**

Memphis is famous for great music and BBQ. Summer is the theme of the month so we are headed to Memphis' famous Rendezvous for lunch. Please see the Activity Department if you'd like to go.

**June 27th — Dixon Art Gallery & Gardens "Reflections Through Art" Program:**

Experience art with friends. The Dixon has created "Reflections Through Art", a program for individuals with Dementia. Lead by a licensed Art Therapist, this monthly session allows participants to discuss themes and artists during an interactive tour in the galleries, as well as time for social engagement and hands on activities. Please see the Activity Department if you are interested in attending this outing.

**A Special Note** — Fish are jumping and pond is open! Bring your pole and a chair and catch some fish with your loved ones. The pond is open for fishing and we encourage you to come out for a relaxing evening with your loved one. Have fun!



Oh, what fun we had at the **Cinco de Mayo Party!**



### Beautiful Foxbridge Atriums



See more photos on Facebook!

# An Elegant Tea Party Celebrating Mother's Day



Would you like the Newsletter emailed to you every month?  
Please send a message to  
[christifoxbridge@bellsouth.net](mailto:christifoxbridge@bellsouth.net)  
to be added to our email list!