

## APRIL IS TORNADO AWARENESS MONTH

**SAFETY FIRST!**

- Have a plan and be ready at all times.
- Know a safe place at home, work and at school.
  - Locate local shelters and be aware of the tornado risk in your area.
  - Practice tornado drills at home and school.
  - Have a plan for how family members will contact one another during an emergency.
  - Establish an out-of-area contact (such as a relative or family friend) who can coordinate family members' locations and information should you become separated. Make sure that children learn the phone numbers and addresses and know the emergency plans.
  - Prepare a family Disaster Supply Kit. Families with children should have each child create their own personal pack.



351 Wilmington Island Rd. • Savannah, GA 31410 • (912) 898-8880

April 2017

### Parkinson's Disease Awareness

Approximately 7 to 10 million people worldwide have Parkinson's disease, a progressive nervous system disorder that affects movement. During Parkinson's Disease Awareness Month in April, show your support with these ideas:

*Seasonal symbol.* In 1980, a horticulturist with Parkinson's developed a red and white tulip and named it after Dr. James Parkinson, who first recognized the disease. Since then, the tulip has become a symbol of support and research. During the month, use this motif in any way you can—make a pin to wear, hang a wreath or banner, or send a bouquet to someone you know with Parkinson's.

*Creative cause.* Several years ago, hundreds of people created panels for the Parkinson's Quilt Project, organized by the Parkinson's Disease Foundation. Sections of it can be rented to display at an event, but you can also gather to make your own community quilt. Studies indicate that creative activities can ease the disease's symptoms, so involve Parkinson's patients, if possible.

*Meaningful meal.* The University of Virginia hosted the first Pancakes for Parkinson's event in 2004. The fundraiser has been recreated across the world and is a signature event of Team Fox, part of the Michael J. Fox Foundation for Parkinson's Research. Join forces to host your own pancake breakfast and donate the proceeds to a Parkinson's foundation.

### Our New Executive Chef



Richard Price

Hello, my name is Richard Price. I am the new chef here at Summer Breeze. I was born in Viernheim, West Germany, and moved to the United States when I was 7 years old. I was then raised in North Carolina where I learned to speak English. I have a beautiful wife named Janet; together we have two daughters, Catie and Carly. I have been a chef for 40 years. My inspiration to be a chef grew from my apprenticeship with a Swiss Chef named Peter Ryter.

From there I began working in a large French Brigade kitchen in Charlotte, NC. I have since worked at First City Club, Savannah Quarters Country Club, and Country Club of Hilton Head. My hobbies include playing golf, fishing, doing yard work, and spending time with my family. I look forward to providing quality food and beverage for all of our residents here at Summer Breeze.

