

# HORIZONS

THE NEWSLETTER OF THE SADIE G. MAYS HEALTH & REHABILITATION CENTER



**SADIE G. MAYS**  
HEALTH & REHABILITATION CENTER

Volume 1, Issue 4

Third Quarter-  
September 2011

## SADIE'S ANGELS TAKE FLIGHT



Sadie's Angel, Martha Brooks of the Human Resources Dept., interviews her new friend, newly-arrived resident Willie Beeks.

In the spirit of the founder, Sadie Gray Mays, our Social Services Department has instituted a new program. Called the *Sadie's Angels Program*, it pairs a staff member with a resident and their family to ease the transition into a skilled nursing environment. The staff member also serves as a friend and advocate for the resident throughout the duration of his or her stay. Every resident will have an "angel" who visits weekly and makes sure that he

or she is as comfortable as possible. According to Tonya White-Harris, Sadie G. Mays' new Director of Social Services, "The Sadie's Angels Program is designed to help address questions or concerns that residents may have during their stay at the facility." She noted that this type of program is proven to reduce anxiety and create meaningful bonds between staff members, residents and their families.



*AUTUMN BEST WISHES!*

### NUTRITIONAL GERIATRICS STUDENTS AT SGM

Sadie G. Mays has entered into a partnership with Life University to help train students in Nutritional Geriatrics. Under the direction of Sadie G. Mays' Registered Dietician, Maxine Verdree, the students learn the nutrition care process for geriatric and long term care. They review charts, visit patients, analyze nutritional status and develop nutritional care plans. They are completing a dietetics internship necessary to become registered dieticians.



SGM Registered Dietician, M. Verdree reviews a patient chart with Life University graduate students, I. Briand, A. Garrett, M. Charles and J. Filemon.

### ATLANTA OPERA "POPS-UP" AT SADIE G. MAYS



Atlanta Opera soprano, Maria Clark, sings for Sadie G. Mays

The sounds of opera floated through the air at SGM on Friday, September 23<sup>rd</sup>. Maria Clark, a soprano with the Atlanta Opera graced the residents with her beautiful voice as she sang three arias. It was part of the *Pop-Up Opera*, an innovative outreach program where members of the Atlanta Opera suddenly appear in unlikely places and sing for the people. "That's a million dollar voice there," said resident Charles Dollar. Ms. Clark, a native of Eatonton, GA sang from the operas *Carmen*, *Madame Butterfly* and *Porgy & Bess*.

### SADIE G. MAYS FALL CALENDAR

Take a look at our fun, fall calendar and see what you might like to do:

#### 96 & ABOVE BIRTHDAY CELEBRATION

Friday, Oct. 21, 2011  
3:00 p.m.

Join us as we celebrate "God's Golden Creations"

#### FALL CARNIVAL

Saturday, Oct. 22, 2011  
11:00 a.m. - 2:00 p.m.

Free admission.  
Ticket books - \$5

Bring the whole family for a day of fun and games!

#### BREAST CANCER AWARENESS WALK

Saturday, Oct. 29, 2011  
8:00 a.m. Registration  
9:00 a.m. Walk

Centennial Olympic Park  
Register at Sadie G. Mays

#### ARTS 4 ALZHEIMER'S PRESENTS

##### ALZHEIMER'S 101

Friday, Nov. 4

Co-Sponsored by the  
National Black Arts

Festival

3:00 - 4:00 p.m.

Learn all the basics about  
Alzheimer's Disease  
& Prevention

#### VETERAN'S DAY PROGRAM

Friday, Nov. 11, 2011  
11:00 a.m.

Help us honor our veterans

#### ATLANTA COMMUNITY BAND CONCERT

Led by Dr. Alfred Wyatt  
Saturday, Nov. 19, 2011  
3:00 - 5:00 p.m.

All Sadie G. Mays Center  
events are FREE &  
OPEN TO THE PUBLIC

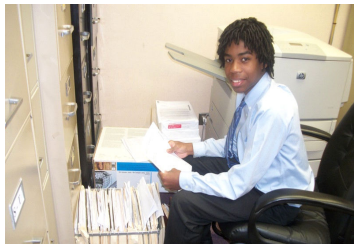
## ATLANTA BUSINESS LEAGUE INTERNS AT SGM



ABL visiting interns greet Beatrice Sumlin, SGM Resident Council President, (c) and SGM Asst. Administrator, Keino Robinson (r).

This summer, Sadie G. Mays hosted a 15-year old intern Hunter Dortch-Allen as part of the Atlanta Business League's Shadow Project. The Shadow Project, ABL's primary youth initiative, is in its 7<sup>th</sup> year of operation. Its focus is to provide twelve students, ages 14 – 17 years old, from across Metro Atlanta a chance to work in a business setting and learn business skills for 8 weeks during the summer. The students were selected based on an application and a 500-word essay.

Hunter Dortch-Allen, a cousin of ABL Board Chair Thomas Dortch, is an incoming freshman at North Atlanta High School. He worked in the Administrative office at Sadie G. Mays, under the direction of Executive Secretary, Debra Gray. "We miss Hunter!" said Mrs. Gray. "I think he'll go far because he's interested in business and seeing how things work," she concluded. Always dressed impeccably in his shirt and tie, Hunter said that he would like to own a "couple of businesses" one day. Of his time at Sadie G. Mays, Hunter said, "I've done a lot of accounting and I've learned about filing." He added, "The people here are extremely nice. Probably some of the nicest people I've met."



ABL Intern, Hunter Dortch-Allen, working at Sadie G. Mays.

He continued, "I like how the people are always working or actively doing something. I just like the vibe."



SHOUT-OUT TO ANGELA ROBINSON OF **IN CONTACT** FOR HOSTING SGM PRESIDENT & CEO CHARLES ROBINSON, JR. (NO RELATION) ON A RECENT EPISODE. ON AGING BABY BOOMERS. THE SHOW AIRS ON WPBA, SUNDAYS AT 9:00 AM.



### EMPLOYEES OF THE MONTH

**JULY- ANTONIO HOLLOWAY**

Dietary Dept.

**AUGUST—NORMAN ALEXANDER**

Dietary Dept.

**SEPTEMBER – LORETTA SMITH**

Dietary Dept.

## MS. SENIOR AMERICA VISITS SADIE G. MAYS

Ms. Senior America 2010, Dr. Kimberly Moore visited Sadie G. Mays on a trip to Atlanta in July. Dr. Moore, 62, is a dentist who practices in St. Thomas, U.S. Virgin Islands. She is the first African American and the first Virgin Islander to serve as Ms. Senior America. The multi-talented Dr. Moore performed a Tina Turner routine for the residents. "I feel an obligation to go where the seniors are, because I'm a senior. It's about getting the word out that they need to be more active and have a positive outlook on life, no matter what their situation is." The residents of Sadie G. Mays were all smiles and one said "...she was better than the original (Tina Turner)!" Dr. Moore is originally from St. Louis, MO and is the sister of California Rep. Maxine Waters. Dr. Moore has visited 13 cities during her reign. She will wear her crown until October 2011 when a new queen will be crowned in Atlantic City, NJ.



Ms. Senior America, Dr. Kimberly Moore, sings for the residents.

## AMANDA TATE – OLDEST RESIDENT AT 102



Sadie G. Mays resident Ms. Amanda Tate turned 102 years old on August 16<sup>th</sup>. That makes her the oldest resident of the Sadie G. Mays Center. "I really feel good being 102. I have arthritis but I'm able to get around and do a lot of things for myself. I'm thankful for that," she said. Ms. Tate shed a few tears that day, but they were tears of joy. "I had a whole lot of visitors who kept coming in bringing cards and gifts. I'm just so thankful," she said. Prior to her retirement, Mrs. Tate was the manager of the kitchen at the downtown Atlanta Courthouse. She was married to the late, Alfonzo Tate, who was also a resident in Sadie G. Mays, until he passed away in 2006. She has one daughter, Frizelle L. Simon, and her son-in-law and grandchild. Mrs. Tate has been a resident at Sadie G. Mays for 5 years.



Y M V R A L N S E Z A Y N H Q  
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| ACORN      | APPLE     | AUTUMN    |
| BEAUTIFUL  | BONFIRE   | BROWN     |
| CORNUCOPIA | CRISP     | FOLIAGE   |
| FOOTBALL   | HARVEST   | HAYRIDE   |
| LEAVES     | MIGRATION | NOVEMBER  |
| OCTOBER    | ORANGE    | PUMPKIN   |
| RAKE       | RIPE      | SCARECROW |
| SCENIC     | SEASON    | SEPTEMBER |
| SQUIRREL   | SUNFLOWER | SUNSHINE  |
| YELLOW     |           |           |

## SCENES FROM SADIE G. MAYS



Resident, Hattie Gaston with daughter, Linda Paden (r) and friend, Mary Marion (l) enjoying July 4th BBQ.



T. Billingslea, M. Huff and J. Woodall of Delta Sigma Theta sorority serve slices of summer fun at a SGM Watermelon Social.



Resident, Ella Williams (c) is surrounded by new friends from the Next Steps Youth Entrepreneur Program including M. Neal, founder, Dana Harris, and N. Neal.



Staff members of Aegis Therapies, including (l-r) E. James, L. Jack, L. Varvel, and D. Jackson, enjoy the Labor Day cook-out.

## VOLUNTEER SPOTLIGHT: REV. LUDORA RANDALL



Rev. Ludora Randall sings a hymn, prior to preaching.

“God loves you all and so do I!” says the Rev. Ludora Randall. Faithfully appearing every Tuesday at 11:00 a.m., Rev. Randall has volunteered at Sadie G. Mays for 26 years. She sings and preaches fervently and refuses to allow the residents to lose hope or lose faith. Rev. Randall first came to Sadie G. Mays to visit and read the bible to some co-workers in 1985. She had never been to a nursing home before. *“It’s kind of amazing how I got started, but I’m still here,”* she said. It’s her *“love for the people of God”* that keeps her coming. She explained, *“God wants me to be here because he made a way for me. I’ve met so many people here from all walks of life. God sent me to tell them ‘I love you. I haven’t forgotten about you. I’ve prepared this place for you.’”*

Her goals are to cheer the people, encourage them to love themselves, and let them know that they’re still valuable despite the condition they’re in.

A widow, Rev. Randall was one of the first black poultry inspectors in Georgia. She is a member of the Community Church of God where Pastor Michael Smith is Senior Minister and she is Associate Minister. Many people have come from her church to volunteer and several members have come as residents. *“This place has come a long way from when I first came here. It’s #1 now!”* That success is due in large part to volunteers like Rev. Ludora Randall. Thank you Rev. Randall!



## SEPTEMBER IS HEALTHY AGING MONTH

**September is Healthy Aging® Month. designed to focus national attention on the positive aspects of growing older.**

The month, created by Educational Television Network over 15 years ago, is part of Healthy Aging®, a national, ongoing health promotion designed to broaden awareness of the positive aspects of aging and to provide inspiration for adults, ages 50-plus, to improve their physical, mental, social and financial health.

September was chosen as a time when many people think about getting started on new tasks after the summer. Drawing on the “back to school” urge embedded in everyone from childhood, the observance month activities are designed to encourage people to rejuvenate and get going on positive health measures. These measures include physical, social, financial and mental wellness.

Get in training now for your positive older years... Begin this month to take more personal responsibility for your own health. Here are some ideas:

**PHYSICAL FITNESS**— Exercise 30 to 60 minutes a day. If you do not know how to get started, you can begin just by walking. Find a friend, don’t delay and make a “date” to meet every day or every other day to walk. You will have fun and feel better about yourself immediately.

**DIET**— Make a commitment to add more fresh fruits and vegetables to your diet. September is still harvest time in many areas so seek out local farmers markets and buy local produce.

**MENTAL WELLNESS**— keep you mind sharp. This month, choose a new activity that will sharpen your mental skills. What about taking piano lessons? Computer? Painting? It’s never too late! Check out your local continuing education programs at

schools, art centers and senior centers.

**SOCIAL WELLNESS**—Happy older adults often cite the importance of a social network. Feeling lonely? Make it a point to call at least one person every few days to “connect.” Make a date to have lunch and just “catch up.” What about volunteering your time? You will give of yourself, be around others and help someone in need.

**For further information and resources, go to the official Healthy Aging website,**





Board member, Marshalyn Yeargin-Allsopp, M.D. displays china, napkins and a scarf that she donated which belonged to her great-aunt Sadie Gray Mays.

### GOT SADIE?

We're collecting memorabilia from our founder, Mrs. Sadie Gray Mays. We will put the items on display. *Did you know Mrs. Mays? Do you know someone who did? Do you or they have photos or items that belonged to her that you could donate to our facility?* We would really appreciate your help! Contact Shirley Coleman at 678-420-2915 at [scoleman@sgmays](mailto:scoleman@sgmays) with your donations.



#### Sadie G. Mays Health & Rehabilitation Center

1821 Anderson Ave., NW  
Atlanta, GA 30314

Phone: 404-794-2477  
FAX: 404-799-9876

Newsletter Editor—Shirley H. Coleman  
Email: [scoleman@sgmays.org](mailto:scoleman@sgmays.org)

**Visit our website**  
**[www.sgmays.org](http://www.sgmays.org)**

*Quality People. Quality Care.*



The Joint Commission  
The Gold Seal  
of Approval™



## OUR GARDEN WISH LIST

Sadie G. Mays is building a Therapeutic Garden for our senior residents. This garden will be a great way for residents to receive physical and restorative therapy while engaging in an activity that is rewarding, fulfilling and may bring back special memories. We could use your help in gathering a few items that we need. Please try to donate any of the items listed below. Thank you!

- Gift card from Home Depot or Lowe's
- Soil
- Bulbs and vegetable plants
- Hand tools
- Gardening gloves
- Mulch
- Rain barrel
- Hose attachments
- Sun Hats or Visors
- Wooden Bench



### ONLINE DONATION COMING SOON!

Soon you'll be able to make donations to Sadie G. Mays Health & Rehabilitation Center online. This is a convenience that we are glad to offer our supporters through our website [www.sgmays.org](http://www.sgmays.org). Stay tuned!



Founded in 1947, the Sadie G. Mays Health & Rehabilitation Center is a 206-bed, non-profit, skilled nursing facility providing comprehensive nursing and rehabilitative services.

**Rated 5-stars in Overall Quality by Medicare.**

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Call us at (404) 794-2477 to schedule a tour.

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**Charles Robinson, Jr.,**  
**CFACHCA**

**Medical Director—**  
**Miles D. Johnson, M.D.**

**Director of Nursing -**  
**Hazel O. Patterson, R.N.**

*Thanks for your support!*





