

HORIZONS

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



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

DONNY RHYMES IS EMPLOYEE OF 2016



Employee of the Year 2016, Donnie Rhymes receives his trophy from C. Robinson, Jr.

"We thank you for your dedication. We hope that you'll continue to carry it into everything you do!" said Charles Robinson, Jr. at the *Employee of the*

Year program on Thursday, Jan. 26th here at Sadie G. Mays (SGM). He was speaking of Donnie Rhymes, who had just been elected *Employee of the Year 2016*. Mr. Rhymes said, "It always feels real good when your peers look at you and honor you for the work you do." He continued, "I didn't know I was going to be working for SGM 10 years."

Rhymes, who serves as a Maintenance Tech, previously worked at Kroger for 36 years as a Department Head, including Grocery Manager and Produce Manager, at 7 stores all over Metro Atlanta. "You never know where you'll end-up in life. Every day when I come to SGM, it gives me great pleasure to be able to help someone and put a smile on their

face. It makes you feel blessed." You make us feel blessed, Mr. Rhymes. *Thanks!*



Employees of the Month 2017 include: Rochelle Woods, Tequila Roberts, Debra Norman, Jimmie Ervin, Phyllis Collier, Michelle Toliver-Curry, Agnes Gunn, and Sabrina Hall. *Congratulations!*

ONE OF THE LUCKY ONES! By Janice Jackson



Resident, Janice Jackson, with a volunteer from Second Wind Dreams.

In September 2016, during a monthly self-breast exam, I found a knot in my left breast. I reported it to a

nurse. She asked me the last time I had a mammogram. It had been awhile. I went to Emory Midtown Hospital for a mammogram. The lump was malignant. When I first found out, I cried. Luckily, it didn't spread to my lymph nodes. I went back and forth to the hospital, then on Dec. 22, they gave me the option of keeping my breast or having it removed. I chose radiation over chemotherapy. On January 4, 2017, I began radiation. I went through 30 days of radiation. I got burned, but it's healing and I'm doing fine. I'm glad that I found out early. My prognosis is good! I tell anyone who is 40 and above to

NEW DIRECTOR OF HEALTH SERVICES



Patricia Nelson, Director of Health Services at Sadie G. Mays.

Patricia Nelson has been hired to serve as the new Director of Health Services at Sadie G. Mays (SGM). A third-generation nurse, Ms. Nelson comes with extensive nursing and clinical operations experience. Prior to coming to SGM, she handled special projects at Emory Rehabilitation. Before that, she was Director of Health Services at Lenbrook,

have their yearly mammogram. **Early detection is so important. I'm telling my story because I want people to have their yearly check-up.** Back in our parents' day, they didn't speak about it. **Medicine has really come a long way. I'm one of the lucky ones!**

a continuing care, retirement community. "I came Sadie G. Mays because it was an opportunity to work with the residents in my own community. I live approximately 10 minutes away," she said. "I would like to continue the strong Sadie G. Mays' history of caring in our community, while advancing our name and brand recognition in long term care" she stated. Nelson began her nursing career after earning B.A. in Science and Logistics from Alabama A&M Univ., an associate degree in Nursing from Bishop State College and serving 7 years in the Army National Guard. She returned to Alabama A&M to obtain her M.S. in Nursing Science and then a MBA from Western Governors Univ. Nelson served as a clinical manager at the Atlanta Shepherd Center's catastrophic care hospital for 8 years before becoming Dir. of Nursing for Golden Living Center in Atlanta. She also served as a RN in DeKalb Medical Hospital's long-term acute and special care unit. Nelson served as a compliance auditor for Visiting Nurse Health System, one of the largest providers of home health care in Atlanta. *Welcome, Ms. Nelson!*

Volume 6, Issue 4

WINTER

Nov. 2016—February 2017



HAVE A HEALTHY & HAPPY 2017

Sadie G. Mays Calendar

MS. SADIE G. MAYS PAGEANT
Saturday, April 22, 2017
3:00 p.m.

MOTHER'S DAY PROGRAM
Friday, May 12, 2017
11:00 a.m.

20th ANNUAL COMMUNITY HEALTH FAIR
"Spirit of America"
Thursday, May 25, 2017
10:00 a.m.—2:00 p.m.
Health Screenings, Prizes, Entertainment, and Food
FREE & Open to Public

PRE-MEMORIAL DAY COOK-OUT
Friday, May 26, 2017
12:00 p.m.

SECOND WIND DREAMS & SADIE G. MAYS: A WONDERFUL PARTNERSHIP!



Second Wind Dreams founder, P.K. Beville, poses with CEO Charles Robinson and Myrna Brown of WSB-TV.

Sadie G. Mays is blessed to have a wonderful partnership with the Second Wind Dreams organization. Founded in 1997 by Geriatric Specialist, P.K. Beville, Second Wind Dreams is recognized as "the first in the U.S. to focus on

enhancing the quality of life for elders and changing society's perception of aging by making elder dreams come true and creating the patented educational program, The Virtual Dementia Tour®." For 12 years, the organization has been bringing gifts on Christmas Day, and fulfilling the wishes of SGM residents. Last December, they also hosted a *Gifts of Light* Christmas party for 10 Sadie G. Mays residents, complete with music, gifts and 18 volunteers, including WSB-TV personality, Jocelyn

Dorsey. The volunteers were WSB-TV's *Family 2 Family* program sponsors, including Southwest Airlines, SCANA Energy, Northside Hospital, Kroger, WSB-TV and American Signature Furniture. The segment was also taped and appeared on the TV show "People 2 People" hosted by Ms. Dorsey, which aired in December 2016 (see segment on www.sgmays.org).

On January 25, Second Wind Dreams® also brought its renowned "Virtual Dementia Tour" to Sadie G. Mays. Experienced by over two million people worldwide, the Virtual Dementia Tour® (VDT) is used as a tool to train professional and family caregivers, staff and physicians in

WSB-TV personality, Jocelyn Dorsey, greets SGM resident, John Knox, at the *Gifts of Light* Christmas party.



Debbie Achiron of Second Wind Dreams prepares nurses, Vanessa West and Wednesday Brown, and for their Virtual Dementia Tour.



eldercare communities, hospitals, etc. The VDT assists skilled nursing home staff to better identify with residents in an effort to improve care by "walking in the shoes" of dementia patients. For example, using dark glasses to dim the vision or wearing earphones with static to simulate the way many of these elders experience the world. SGM was one of 169 certified nursing homes whose staff has benefited from this program recently.



Residents, Artie Dykes (seated left) and Ruth Freeman (seated right) enjoy the company of the volunteers.

NEW HVAC UNITS



James Sutton of Dixie Concrete Cutting Co. cuts out the stone from a window on Area B.

You may have noticed stone cutting and other work at SGM in the past few months. It's because we are replacing the

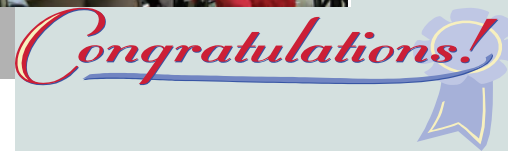
old water loop system of heating and air conditioning with new individual heating and air units. "This is a major project, involving electrical, plumbing and concrete cutters," said Eddie Alsbrook, Maintenance Supervisor. "The water lines of the old system were in bad shape due to the age of the pipes," he continued. Now each of the building's 107 rooms will have its own unit which can be individually controlled. And if there's a problem with a unit, it can quickly and easily be replaced. "The residents will be more comfortable in the summer *and* winter," he concluded. The installations should be completed this spring.

DR. COOP SPEAKS TO VETS

31 veterans were honored at the Veterans' Day Salute at Sadie G. Mays on Nov. 11, 2016. They included 16 residents, 10 staff members, and 5 volunteers. With board member, Patricia C. Williams serving as emcee, the program kicked off with the Colors & Pledge by the B.E.S.T. Academy ROTC. This was followed by a moving speech by SGM board member, William A. Cooper, MD. Col. Cooper served over 30 years the U.S. Army Reserve, including 3 tours of duty in Iraq and Afghanistan. He currently serves as founding Medical Director of Cardiovascular Surgery at WellStar Health Systems in Marietta, GA. Dr. Cooper spoke "from the heart of a veteran" to those present, explaining how "the soldier always places duty, honor and country above all else." He also spoke of his own battles with PTSD. Afterwards, he sold copies of his book, Heart Attack, and donated the proceeds to SGM. The **Keenagers of St. Anthony of Padua Catholic Church** provided music. We are grateful to **Willie Watkins Funeral Home** and **United Hospice** for providing cake and gifts for the veterans.



CEO Charles Robinson gives certificate to speaker, William Cooper, M.D. aka Dr. Coop.



EMPLOYEES OF THE MONTH

SEPTEMBER— Michelle Toliver-Curry

Environmental Services

OCTOBER — Sabrina Hall

Nursing Dept.

NOVEMBER— Donnie Rhymes

Environmental Services

DECEMBER— Agnes Gunn

Nursing Dept..

Thank You!

SCENES FROM SADIE G. MAYS



Founder, Terrie Ajile Axam (l) and dancers and drummers from Total Dance perform in Black History show Feb. 26.



Resident, Sandra Jeter enjoys the annual Valentine's Day social.



Staff members, W. Phillips, Y. Kagler, S. Jennings, R. Carter, L. Walker, W. Brown and P. Scandrett show their Atlanta Falcons team spirit!



Resident, Theodore Dennis, enjoys the 2017 New Year's Social festivities.



Staff and residents "bust a move" at the 2017 New Year's social.



WSB-TV producer, Myrna Brown, interviews resident Barbara Schenk at Second Wind Xmas party as J. Jackson and T. Dennis look on.



Recently-retired staffer, Sharon McCrary, delights Financial Counselor, Wanda Phillips, as Mrs. Santa at the staff Christmas brunch.



Resident, Thomas Gibson(l), and his wife, enjoy the Christmas party with resident, Lois Murph(r).



Drummer, Ojinga Love, and dancers from Total Dance, pose with residents after Kwanzaa celebration.



Resident, Glen Heaven speaks on behalf of the veterans, with help from board member, P. Williams.



B.E.S.T. Academy JROTC presents the Colors & Pledge at the Veteran's Day program on Nov. 11.



Members of the Metropolitan Atlanta Community Band perform at the Annual Thanksgiving Concert at SGM on Nov. 19.



Residents, Morris Durham and Gwen Ransom, prepare a pie from sweet potatoes they grew in SGM raised vegetable beds.

THE SEASON OF GIVING: THANKS EVERYONE!

HANK & BILLY AARON DONATE \$25,000 TO SADIE G. MAYS

The Billye & Hank Aaron Philanthropic Fund of the Jewish Federation of Greater Atlanta awarded Sadie G. Mays a grant of \$25,000 in December. This unrestricted grant is greatly appreciated and will be used towards the purchase of 14 electric beds for



Hank and Billye Aaron celebrate the 40th anniversary of his 715th home-run at a ceremony Atlanta in 2014.



A volunteer group presents gifts for residents to S. Jennings (2nd from r) and L. McCrimmon (r), Activity Dept.



Volunteers from RICOH posed together after working at SGM for the M.L. King Day of Service on Jan. 16.



Dr. Fran Reeves(r) of Word of Faith Church, brings Christmas gifts along with some other young guests.



We thank the members of the Zeta Phi Beta Sorority, Inc. for donating \$2,000 towards the purchase of six wheelchairs for our residents. This was during their regional meeting in Atlanta on Nov. 11, 2016.



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.

Listed in *U.S. News & World Report* "Best Nursing Homes" 2015, 2012 & 2011

President & CEO -
Charles Robinson, Jr., CFACHCA

Medical Director -
Miles D. Johnson, M.D.

Director of Health Services -
Patricia Nelson, R.N.



THE BEAUTIFUL PROMISE

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