

HORIZONS

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



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

Volume 10, Issue 2
SPRING

YES, WE'RE ACCEPTING ADMISSIONS



B. Paige of Security Dept. checks the temperature of C. Culbertson of Environmental Services.

protocols. These include: staff and patient temperature-screening daily; requiring all staff to wear full Personal Protective Equipment (PPE); frequently cleaning and sanitizing the facility; periodic testing, prohibiting visits, etc. SGM continues to follow the latest guidelines set by public health officials. **Knowing that communication is key to our residents' emotional well-being, we began a Video Chat program through our management company, PruittHealth. Families may schedule calls to see and**

CNA, Tammy Love, is ready to safely welcome new residents to SGM.

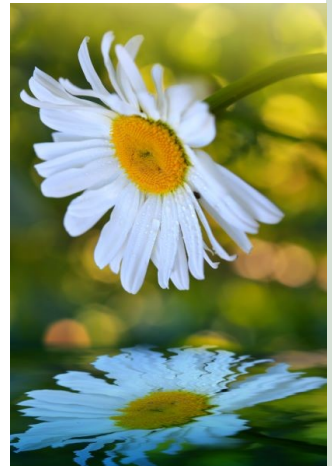


Sadie G. Mays Health & Rehabilitation Center (SGM) is open, with beds available and ready to serve the community. After 73 years in operation, this 206-bed skilled nursing facility is still providing quality nursing care. That includes its specialty services of physical, occupational and speech therapies, in addition to long-term nursing care, and hospice care. **In response to the ongoing coronavirus pandemic, SGM has implemented enhanced infection control**

Housekeeper, Vickie Evans, wipes railings and walls as part of daily deep cleaning regimen.



speaking with their loved ones by calling 855-742-5983. You may also find important Coronavirus Updates on our website, www.sgmays.org. We are doing all possible to be responsive to family needs. These conditions won't last forever and we hope to soon return to a more normal existence. Until then, our priority is to keep our residents safe and well-treated. If you'd like more info on admitting a patient, call our Admissions Coordinator, Pamela Scandrett, at (404) 901-4502, our Marketing Liaison, Karla Davis, at (404) 402-6985; or visit WWW.SGMAYS.ORG.



HAVE A GREAT SUMMER!

**ARE YOU A FEDERAL EMPLOYEE?
NOW FEDERAL EMPLOYEES CAN DONATE TO SADIE G. MAYS THRU THE COMBINED FEDERAL CAMPAIGN.
GIVE TO SADIE G. MAYS, CFC # 41253**



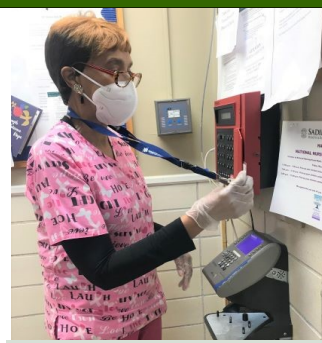
GRETA HOLLOWAY RETIRES AFTER 52 YEARS!



CEO, Charles Robinson, Jr. Presents Greta Holloway with roses.

It was 1968, when a young woman named Gretchen "Greta" Holloway began working at Happy Haven Nursing Home. 1968 was a momentous year with the Viet Nam War raging, Apollo 8 orbiting the moon, and the shocking assassinations of Dr. Martin Luther King and Sen. Robert Kennedy. Now -- 52 years later -- on Friday, May 15, 2020, Greta has retired at age 78. "That was the hardest day of my

life," she said of her retirement day. "52 years in one spot, over half a century, and you have to alter your life. You cry a bit and thank God you made it through," she continued. Greta was a nurse's assistant before they even had to be certified. She said that Dr. Albert Davis, the medical director at that time, trained them well. Greta even served Mrs. Sadie Gray Mays, the founder, when she became a patient in 1969 and later passed away. "I've had a lot of joy with so many residents and their families. It's been a big part of my life," she said. In her later years, Greta served as a Unit Clerk. She said, "They asked me if I would come back and volunteer sometimes and I will. God knows it's time for the young to take over and for us (older people) to be involved in a different way." On her last day, many of the staff gathered (socially-distanced, of course) to give Greta a standing ovation. They held signs to wish her well in retirement. She was given a large bouquet of red roses by CEO, Charles Robinson, and gifts by the staff. "Unbelievable!" she said of all the fuss. Then she went and clocked-out



Greta Holloway clocks-out for the last time.

for what was probably about the 13,000th time! Greta's sister, Sandra Berry, has worked as a cook at SGM for 32 years. Greta's son, Christopher Berry, an executive at Kaiser Permanente, is considering joining the board of Sadie G. Mays in the near future. The Berry family has given a lot to Sadie G. Mays over the years and the legacy continues. It won't be the same without you, Greta, but we wish you all the best!



SGM staff gives Greta a standing ovation.

REACHING A NEW MILESTONE



Interim DHS, Teresa Brown, RN, at her surprise celebration.

A veteran nurse of 28 years, Teresa Brown serves as the Interim Director of Health Services (DHS) at SGM. Her staff surprised her with a celebration on March 5th to congratulate her on completion of her Bachelors of Nursing degree from Chamberlain Univ. A native of Washington, DC, Ms. Brown began her career at the age of 17 as a nursing assistant. She became a Licensed Practical Nurse in 1992. Later, she earned her Associates Degree from the Univ. of D.C. She has been at SGM for 7 years, primarily as Unit Manager of Area A, until she was tapped to fill the Interim DHS position. She says "It's been a beautiful experience and a good learning experience, too. I got a chance to grow, so I'm happy."



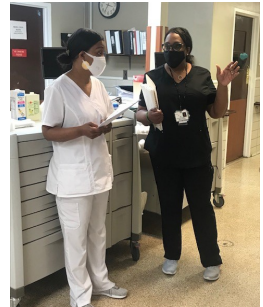
SGM NURSES & CNA'S ON THE FRONT LINES



Sadie G. Mays employs approximately 50 nurses and 65 CNA's. We are blessed to have these dedicated professionals who represent the frontline of care for our residents. Our nurses were recognized during National Nurses Day, May 6, 2020 with a special continental breakfast. We also recognized National Skilled Nursing Care Week on May 13 with a special Chick Fil A meal for everyone and we'll celebrate Certified Nursing Assistants Week on June 18th. We thank **Starbuck's Cascade** and **Chick Fil A—MLK** for donations towards our staff. We salute the Healthcare Heroes of Sadie G. Mays!



On left, G. Rufus, LPN, S. Tyer-Mbaye, RN, and N. Nwene, CNA. On right, S. Sullivan, LPN, and W. Sanders, RN, V. Ogle-tree, CNA, and K. Stallworth and Q. Bennefield, LPN's.



THANK YOU SUPPORTERS!

We are grateful to the following foundations and organizations who rallied to support SGM during this challenging time. They generously provided funding for Sadie G. Mays for a variety of initiatives — from PPE, respiratory equipment and vital signs monitors to roof repairs. On May 12, we also received help from individuals through the #GAGivesNow campaign. *With your help, we are still going strong!*

- Greater Atlanta COVID-19 Response & Recovery Fund,**
a partnership between the Community Foundation for Greater Atlanta and United Way of Greater Atlanta—**\$50,000**
- Ida Alice Ryan Charitable Trust—**
\$15,000
- Georgia Natural Gas Foundation—**
\$10,000
- Ray M. and Mary Elizabeth Lee Foundation—**
\$10,000
- Frances Wood Wilson Foundation—**
\$7,500
- Betty and Davis Fitzgerald Foundation—**
\$5,000
- #GAGivesNow Campaign—**
\$2,225
- Atlanta Chapter of the Links, Inc.—**
\$744

WELCOME TO THE NEIGHBORHOOD!



Dignitaries turn the first shovel full of dirt for the new True Light Haven apartments.

We congratulate our neighbor, True Light Baptist Church, under the leadership of Rev. Dr. Darrell D. Elligan. The church held a groundbreaking ceremony for its new development, True Light Haven, on Feb. 25. True Light Haven is a 124-unit, senior, independent, apartment community. The church partnered with National Church Residences to bring this dream to life. The \$25 million dollar community should be completed by

the spring of 2021 and will include 1 and 2-bedroom apartments. Sadie G. Mays is happy to welcome this new development, which is directly across the street from our facility. "It will help this community to become a hub for senior life and care in northwest Atlanta," said Charles Robinson, Jr., CEO.



Fulton County Commissioner, N. Hall, Rev. D. Elligan, SGM Development Dir., S. Coleman, and D. Jordan of National Church Residences at the groundbreaking.

SCENES FROM SADIE G. MAYS



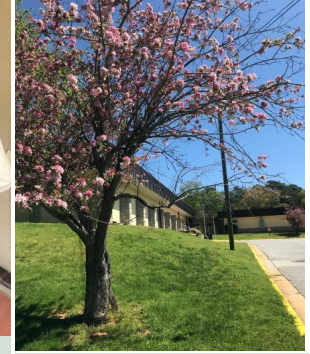
W. Holloman and Z. Walters enjoy pizza provided by the Kappa Alpha Psi Fraternity.



James Johnson of the Maintenance Department proudly erected a banner thanking SGM heroes.



Curtis Ulmer of the Maintenance Dept. is ready to tackle any project!



Spring has sprung at Sadie G. Mays!



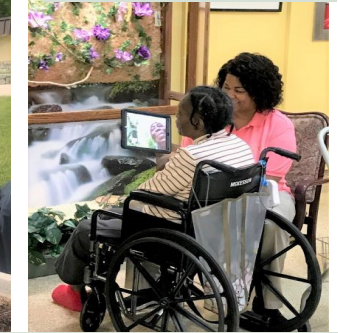
Michelle Curry-Toliver of Environmental Services reminds everyone to social distance 6 feet.



Resident, Tearrice Sims, has a window visit with his grandchildren.



Resident, David Green, admires the veggies he planted in the SGM raised garden beds.



Activity Director, Sybil Jennings, helps resident, Mary Jackson on a Video Chat with a relative.

Self-Care During the Covid-19 Outbreak

By Michelle Fritsch, PharmD, BCGP, BCACP | Kathleen Cameron, BS Pharm, MPH | 4.24.2020 Edited version.

As we're all navigating uncertainty, upsetting news, isolation, and grief, all of the self-care activities that were important before the pandemic may be even more critical now. The better controlled your chronic conditions, the better you'll be able to fight the virus, if you get it. Consider the following steps for managing chronic conditions.

Daily movement - Even though you are staying home, remember to keep moving. Back pain, muscle tension, weight management, blood pressure, blood sugar, and even your emotional health can improve with movement:

- Walk around your home;
- Walk around your neighborhood;
- Sit down and stand up from a stable chair to keep your legs strong;
- Dance to your favorite music;
- Take advantage of free online resources and exercise videos.

Healthy eating - It is so easy to eat more often or to eat junk foods when we are stressed or bored or lonely. But



more than ever, eating healthy foods can be an important part of improving your health and your immune system:

- Add more color to your plate by eating fruits and vegetables daily;
- If eating canned vegetables, rinse them in water first (to lessen the salt);
- Minimize sugary treats or high processed food (cookies, crackers, chips);
- Drink plenty of water;
- Minimize sugary drinks.

Health tracking - The more information you have to share with your doctor, the better. As the pandemic continues, chronic conditions can be impacted by stress and grief. Think about ways you can monitor and record aspects of your health (you may need special equipment) and bring this info to medical or telehealth appointments:

- Blood pressure;
- Blood sugar and other factors that impact diabetes management;
- Weight;
- Lung function;
- Changes in moods and emotions;
- Pain: Where do you have pain? What is the severity of the pain on a scale of 1-10? How long does the pain last, etc.?
- Falls, near falls, or injuries from falls;
- Episodes of nausea, diarrhea, dizziness, chest pain, or shortness of breath.

Staying connected - Although we can protect ourselves and others by staying six feet apart and not going to public places, we can and should still stay socially connected. Here are some ways to avoid feeling isolated:

- Telephone calls;
- Porch conversations. Talking with neighbors porch to porch or porch to sidewalk;
- Family gatherings. Family can talk thru the window or from a car in the driveway;
- Video calls via smart phones and computers. (If need be, reach out to a younger family member to help).

OUR COMMUNITY CARES!



B. Dupree (l) and Angela Jones (r) donate masks, handmade by Ms. Jones.



Pastor Ron Bonner donated 1,500 surgical masks from Lutheran Church of the Redeemer.



C. Latimore (l), C. Robinson (c) and W. Brooks (r) of Kappa Alpha Psi - Atlanta Alumni Chapter donated a pizza lunch for SGM staff (in background).



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.

www.sgmays.org

Quality People. Quality Care.

President & CEO—
Charles Robinson, Jr., CFACHCA

Medical Director—
T. Andrew Frinks, M.D.

Interim Director of Health Services -
Teresa Brown, RN



Steve Lee (l) and Brandon Black (r) of the Independent Order of Odd Fellows donated 1,000 surgical masks.



Members of the Independent Order of Odd Fellows organization, and friends, pose in front of SGM with boxes of masks.

SADIE G. MAYS STANDS IN SOLIDARITY WITH #BLACKLIVESMATTER



HAVE A SAFE & HAPPY SUMMER!

Sadie G. Mays Health & Rehabilitation Center

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The Joint Commission
The Gold Seal
of Approval™



**DURING THIS CRITICAL TIME,
PLEASE DONATE TODAY!**

WWW.SGMAYS.ORG