

HORIZONS

THE NEWSLETTER OF SADIE G. MAYS HEALTH & REHABILITATION CENTER



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

Volume 10, Issue 3

October 2020

OUTDOOR VISITS BEGIN AT SADIE G. MAYS



Resident, Vernon Sanders, visits with his son and daughter outdoors

family members and the family members are excited to see their loved ones!" said Linda Walker, Social Services Director. "My phone is full of messages from family members wanting to schedule visits every day," she continued. Mr. Vernon Sanders was the first Sadie G. Mays resident to have an

outdoor visit. On October 5th his daughter and son came to visit him. "It wasn't long enough," said Mr. Sanders. "But it was better than video chats and phone calls!" he declared. His daughter, Ebony said "It felt great! I was happy to see him and I know he was happy to see us. He looked well." Each resident is allowed one 20-minute, outdoor visit per week. Visitors must wear masks and have their temperature checked. Visitors are not allowed to touch their loved one or give them anything. Family members should call Social Services, in advance, to schedule a visit. If their loved one resides on Area A or B, call Jasmine Ellis-Carless at (678) 420-2950 and if their loved one resides on Areas C or D, call Linda Walker at (678) 420-2914. Also see www.sgmays.org.

For 7 months, residents of Sadie G. Mays were unable to see their family members in person. But under Gov. Brian Kemp's Sept. 15th COVID-19 executive order, residents are now allowed to visit with guests outdoors. Because Sadie G. Mays has been COVID-19 free for two months and we are testing our residents and staff weekly, we meet the criteria for outdoor visitation. "The residents are excited to see their



Vernon Sanders is happy after an outdoor visit with his family.



**HAPPY
THANKSGIVING!**

SADIE G. MAYS AUTUMN CALENDAR

In accordance with restrictions placed by the governor's office due to the COVID-19 pandemic, there will be no public programs at Sadie G. Mays for the remainder of 2020. However, we wish you all the best for the holidays!

WE'RE GRATEFUL FOR YOU!



Staffer, Leslie Moody, shows a Rosebud Vital Signs Monitor.

We are grateful to Atlanta's philanthropic community. Thanks to their help, we can provide our residents with the equipment and care that they need to survive and thrive. This summer and fall, we received grants for our ongoing efforts to prevent COVID-19 and to help us purchase

10 Rosebud Vital Signs Monitors. The COVID-19 relief grants will help us to fund weekly testing for residents and staff and PPE needed to prevent COVID-19. The new Rosebud Vital Signs Monitors are allowing our nurses to transfer vital clinical data, such as blood pressure, pulse, oxygen saturation and temperature, wirelessly to Electronic Health Records. This provides more accurate, up-to-date and comprehensive information, quicker, leading to better service and care for our residents.

Here are the grants:
Anonymous - \$75,000 (COVID-19 Relief)
Georgia Health Foundation - \$10,000 (COVID-19 Relief)
Atlanta Foundation - \$7,500 (Rosebud Vital Signs Monitors)
Mary Allen Lindsey Branan Foundation - \$5,000 (Rosebud Vital Signs Monitors)
Lois & Lucy Lampkin Foundation \$1,000 (COVID-19 Relief)
Thank you all very much!



Sadie G. Mays unit managers get training to operate the new Rosebud Vital Signs Monitors.



SGM STAFF SCENE



SGM staffers wearing pink to show their support for Breast Cancer Awareness month in October.



Staffers, S. Jennings, S. Coleman and L. Walker show their spirit on Election Day, Nov. 3rd.

Would you like to join our team? Visit

WWW.SGMAYS.ORG/CAREERS

to see available positions, including:

- CNA
- LPN
- Floor Tech & more!

CHECK OUT OUR SIGNING BONUSES!

Sadie G. Mays is a great place to work!



LPN, Michelle Winston and DON, Teresa Brown, await attendees to the Job Fair on September 3, 2020.

KUDOS TO ACTIVITIES!

August 18, 2020

Dear Mr. Robinson,

I wanted to say thanks a million to the Activity Dept. for their continued love and support that they have shown to the patients at Sadie G. Mays, especially to my sister, Geneva Walker; Also for the effort they put into their daily responsibilities to ensure smooth days during this pandemic. Their Video Chats with family and residents made it possible to stay connected. To be able to see my sister smile made me feel a bit more at ease. Their creativity and willingness to help continuously exceed my expectations. Their dedication, caring spirit and hard work is greatly appreciated...

Warm Regards,

Floretta Pauldo Daniel

Activity Director, Sybil Jennings (l) and Activity Aide, Lisa McCrimmons (r), received kudos recently.



FAREWELL, DR. POWELL



C. Clayton Powell, OD, longtime board member of Sadie G. Mays, passed away on Friday, Oct. 23 at the age of 93. Dr. Powell served as a member of the board of directors of Sadie G.

Mays for 54 years. Beginning in 1962, when he was personally invited to join the board by Mrs. Sadie Gray Mays, through 2016, he faithfully served this facility. Even after he became wheelchair-bound, he still attended every board meeting with help from his devoted wife, Deborah. Dr. Powell had a long and distinguished career as a pioneering optometrist and community activist. He was a co-founder of the Natl. Optometric Assoc. and charter member of the

Fulton County Development Authority. He was a Morehouse College graduate and the only black in his class at the Illinois College of Optometry. Dr. Powell had a thriving optometry practice. He served as the personal eye doctor for Dr. and Mrs. Mays. He was also involved in the NAACP, Omega Psi Phi fraternity, 100 Black Men and more. **We will miss Dr. Powell and we honor his service and dedication!**



Dr. Powell (seated left) is shown with former board members, Fletcher Coombs (l), the late Leroy Johnson (seated right) and CEO, C. Robinson, Jr.

THOUGHTS ON THE QUARANTINE



Ahmed Obafemi, SGM Resident

“Because I’m in the situation I’m in, the quarantine compounds it. I just miss my family. But I look at others and I know my condition could be worse. I’m blessed because I have a lot of support.”

SCENES FROM SADIE G. MAYS



Resident, Clyde Hudson, smiles after receiving a Certificate of Appreciation from CEO, C. Robinson on Veterans Day, Nov. 11.



Resident, Reginald Mitchell, heads to the polls with daughter, Jessi, on Election Day. L. Walker and K. Stallworth assist.



Resident, Tearrice Sims receives a Halloween treat bag from Activity Director, Sybil Jennings



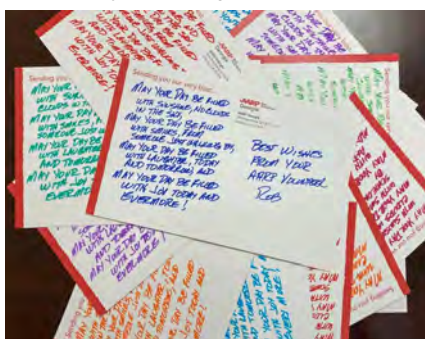
Resident, Mable Jackson talks with roommate, Josie Pegeese, after receiving the gift of a new hearing aid.



Environmental Services (EVS) Director, Calvin Duncan, shows off his new Sling Shot car.



LPN, Kristal Stallworth, is ready to check-in visitors outdoors.



This is a sampling of postcards sent to our residents monthly by AARP volunteers.



EVS lead, M. Curry-Toliver receives her weekly COVID-19 test from Dawn James, LPN.

COVID-19 AND THIS YEAR'S FLU SEASON *Source: DailyCaring.com*

Because of the Covid-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. The flu vaccination is especially important for adults 65 years and older, who account for most hospitalizations and deaths from flu and from Covid-19. Dr. Leslie Kernisan, a specialist in geriatrics, says "This year, more than ever, it's important to do what you can to reduce respiratory illness, to protect yourself, and to protect others. We don't yet have a COVID vaccine, but we do have influenza vaccines."

Getting a flu shot prevents severe illness in seniors. Older adults are one of the highest risk groups for flu, but getting a flu shot will significantly reduce the chance that you'll get sick. If you do get the flu, already having the flu vaccine makes it less severe. We share 5 reasons why a flu shot for seniors is important for protecting your health.

1. Seniors and caregivers are at higher risk for flu. Cold and flu season is here.

Two of the most at-risk populations are seniors and their caregivers. Many seniors are vulnerable to seasonal flu because their immune systems are weaker due to age and often made worse by chronic illness. Getting a flu shot protects seniors against serious illness and complications. For caregivers, the chronic stress of taking care of an older adult impairs your immune system and makes you more vulnerable to illness. A flu shot, will reduce your risk of getting sick and infecting your older adult.



2. Flu is a serious health risk for seniors. For seniors, the flu can quickly develop into a severe illness and even death. In fact, the CDC estimates that 70 – 85% of flu-related deaths and 50 – 70% of flu-related hospitalizations happen in people age 65 and older.

3. Getting the flu shot reduces flu risk and severity. **Even if the flu vaccine isn't 100% effective, it's still worth it.** People 65 and older are at high risk of serious flu complications. But seniors who got the flu shot reduced their risk of being hospitalized due to the flu by 40% and reduced the risk of being admitted to an ICU with flu by 82%.

4. The flu vaccine is free under Medicare. If you have Medicare, the flu shot is free, as long as the provider accepts Medicare. Most private insurance companies cover flu shots as a preventive service and many drugstores and clinics offer flu shots at low cost.

5. Protect against deadly flu complications. A severe form of pneumonia is a common and deadly complication of the flu. In addition to the flu shot, people age 65 or older, smokers, and those with diabetes or lung problems should consider getting a pneumococcal vaccination. Check with your doctor to find out if you need one.

THANKS, EBENEZER BAPTIST!



Barbara Adams of Ebenezer Baptist Church's *October Club* brought lots of Tide detergent for us. Thanks for 40 years of donations, *October Club*!



*Show your love on #Giving Tuesday.
Even a little, helps a lot.*

**Please give a donation
to
Sadie G. Mays on
GIVING TUESDAY
DEC. 1, 2020 at
www.GAgives.org**

OR

MAIL YOUR TAX DEDUCTIBLE CHECK :

*Sadie G. Mays Health & Rehabilitation
Center, 1821 Anderson Ave., NW
Atlanta, GA 30314*

THANK YOU!



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
www.sgmays.org

President & CEO—
Charles Robinson, Jr., CFACHCA

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

Interim Director of Health Services -
Teresa Brown, RN

PREVENT COVID-19:



**HAVE A SAFE
& HAPPY
THANKSGIVING!**

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The Joint Commission
The Gold Seal
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**DURING THIS CRITICAL TIME,
PLEASE DONATE TODAY!
WWW.SGMAYS.ORG**