

HORIZONS

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



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

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SPRING - SUMMER
March—June 2024

A Night of Elegance Under the Stars!



Prom King, Ron Thomas, and Prom Queen, Rosa Swanson waved to all.

With the banquet hall exquisitely decorated in silver and midnight blue accessories, jazzy music playing, and men and women dressed in their finest attire, the “Evening of Elegance Under the Stars” was underway. Held on Friday, June 28th, Sadie G. Mays residents attended their very own “senior prom” where they enjoyed champagne, hors d’oeuvres, music, and dancing. Prom King, Ron Thomas, and Prom Queen, Rosa Swanson, were crowned. Prom-goers had professional photos taken and received an 8x10 framed photo. With disco lights swirling, everyone hit the dance the floor when the DJ



Resident, John Evans, shares a hug with his daughter at the prom.

played the “Electric Slide.” “This was my first prom because I didn’t get to go in high school,” said resident, Cleola Trammell. SGM team members were excited to see how wonderful the residents looked and what a great time they were having. It was a lovely and memorable time for all!

A Radiant 25th Annual Health Fair!



Attendees appreciated the activities and info.

Our 25th Annual Community Health Fair was a success! Held on Thurs., May 23rd in honor of National Skilled Nursing Care Week, the theme was, “Radiant Memories: The Golden Age of Radio.” We created our own “radiant memories,” as we enjoyed Golden Oldies from Motown and more! Approximately 200 people took part in the event, including vendors, volunteers, entertainers, and attendees. We are grateful to our sponsors for helping us bring free health services to the community (List at right). Groups from several senior centers attended. 23 service



Actors from “Stepp Stewart’s Motown Motor City Revue” performed.

providers offered free health screenings and information. Atlanta City Councilman Byron Amos brought greetings and Fulton County Commissioner Khadijah Abdur Rahman provided produce from Fulton Fresh. Entertainment was provided by the Old Adamsville Senior Center Line Dancers, Kamilah “Coach K” Williams, DJ Barake and vocalist, Najuma. Performers from “Stepp Stewart’s Motown Motor City Revue” thrilled the crowd with hits like “Ain’t No Mountain High Enough,” and “My Girl.” See videos at <https://www.facebook.com/SadieGMays>. Thanks for your support!

HAVE A GREAT SUMMER!

THANK YOU HEALTH FAIR SPONSORS!

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THANK YOU, GRANTORS!

We thank the following foundations for their support of our capital campaign:

- **Fraser-Parker Foundation**
- **Atlanta Foundation**
- **The Rich Foundation**
You’re awesome!

RESIDENTS VISIT CENTER FOR CIVIL & HUMAN RIGHTS



SGM residents pose at the National Center for Civil and Human Rights.

On March 26, 2024, nine lucky residents took a field trip to the National Center for Civil and Human Rights. The field trip was courtesy of a grant from the **Lettie Pate Whitehead Foundation**, which supports elderly, Christian women. The residents enjoyed visiting the exhibits, viewing



Activity Dir., S. Currier, and resident, P. Oliver view exhibits.

films, and listening to firsthand accounts of civil rights activists. “I remember those days,” said Shirley Gates, one of the residents who attended. The others were R. Swanson, A. Porter, L. Smith, T. Coleman, A. Brown, P. Williams, and P. Oliver. It was their first field trip since the pandemic. Despite the rainy weather, they thoroughly enjoyed it. We look forward to the next field trip!

A WORD FROM BETH'S DESK



SGM's
Top
Notch
Nurses!



SGM's
Super
Star
CNAs!

In July, we celebrated our dedicated nursing team members in honor of National Nurses' Week and National Career Nurse Assistants' Week. Our team members enjoyed a catered lunch from the Hard Rock Café, and each person received a gift card. Our nursing team members play a vital role at Sadie G. Mays. From providing direct care for our residents to being a listening ear, they embody the spirit of compassion and care. Our nursing team members personify the Sadie G. Mays' mission, *"to provide our residents with professional, compassionate, individualized care that protects their health and allows them to achieve their highest level of well-being."* We appreciate all our nurses and CNAs, and we are grateful that they chose Sadie G. Mays as the place to do their important, life-giving work.



Beth Laxton, SGM
Executive Director

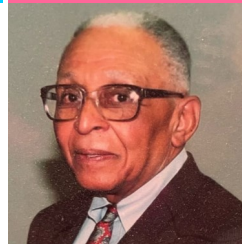
STARS OF THE MONTH



Each month SGM team members choose a **"Star of the Month."** Winners receive a plaque and \$100. Congratulations to our Stars for Spring/Summer 2024:

- MARCH - CHRISTINE COLEY** - Nursing
- APRIL - SOMPONG "DAVE" DETVONGSA** - Environmental Services
- MAY - MICHELLE TOLIVER** - Environmental Services
- JUNE - DONNESS CLARK** - Laundry

FAREWELL, MR. COOMBS



Fletcher Coombs, Jr.

We honor our dedicated former board member, **Fletcher Coombs, Jr.**, who passed away on July 7, 2024 at the age of 99. Mr. Coombs was Director Emeritus of Mutual Federal Savings and Loan Assoc., the first black-owned savings and loan in Georgia, where he served 44 years. He also served 44 years on the board of directors of Sadie G. Mays Health & Rehabilitation Center, which he joined in 1968 at the personal request of Mrs. Sadie Gray Mays. Mr. Coombs served faithfully in many capacities, including Board Chair and Chair of the Finance Committee. A quiet, steady presence, he was a champion in our community and in our hearts.

GARDENING PARTNERS!

Our SGM gardening club got off to a great start in April with help from **Mike McCord of Community Foodscapes**. Together, they planted tomatoes, cucumbers, bell peppers, hot peppers, and even watermelons! Mike engineered an irrigation system throughout our three raised vegetable planters that allowed the plants to flourish even during the dry, hot days of early summer. The residents feasted on a salad bar recently which included veggies that the gardening club grew. We are still enjoying a hearty harvest from the garden. On June 5th, a team of volunteers from **Paradies Lagardere Travel Retail** came to help plant flowers to beautify the courtyard. They brought a wonderful assortment of flowers, along with mulch, trowels, gardening gloves, and refreshments to eat after the planting was done! Our residents thoroughly enjoyed the day. Special thanks to Nancy Cooke and Allen Glover who coordinated the project.



Allen Glover (center) of
Paradies Lagardere,
helps residents plant
flowers.



Garden Club members pull
weeds to prepare the soil.



Resident, S. Taylor, gar-
dens, with M. McCord.



Resident, D. Green, dis-
plays the garden harvest.



The team of volunteers from Paradies Lagardere
Travel Retail is ready to get to work.

SCENES FROM SADIE G. MAYS



SGM team members, W. Brown, M. Ahmed, and S. Currier join the fun at the "Evening of Elegance Under the Stars."



Resident, Bertha Ramsey, boogies with E. Binger at the prom.



These residents enjoy the Father's Day Slam Jam celebration and gifts on June 17.



Resident, Tonya Coleman, poses with volunteers from HeArt who donated student paintings.



Resident, E. Smith, sings karaoke at the June birthday party with volunteers from St. Anthony of Padua Catholic Church.



The Old Adamsville Senior Center Line Dancers go western at our annual health fair.



A representative from Legal Aid talks with health fair attendees.



Resident, Darrell Glover, enjoys the spa treatment with volunteer, Alisha, in honor of Mother's Day.



Resident, Bessie Davis, enjoys the Mother's Day tea sponsored by Paradies Lagardere.



The St. James Lodge of Prince Hall Masons hosted a cookout for the residents on April 27.



Resident, Pennie Williams, enjoys a hot dog from the cookout hosted by the St. James Lodge.



Ajile Axam, founder of Total Dance/ Dancical Productions, introduces the youngest members of her company after performing on April 21.



Sadie's Divine Community Choir sings at the Easter program on April 12.



Ebenezer Baptist Church members bring a Palm Sunday service for residents.



Former board member, Wm. Allison (center) and Dr. B. Dunston (right), visit resident, W. Harris.



HAVE A SAFE & HAPPY SUMMER!

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**Visit our website
www.sgmays.org
DONATE TODAY!**



Thanks for your support!



Tiffany Mincey of AT&T brought a carload of gifts and supplies from AT&T Employees for the residents of SGM.



Three Hills CDC volunteers brought gifts for Father's Day (Mother's Day, too) and took a selfie with SGM team member, Shirley Coleman.



Two friends and neighbors brought Father's Day gifts for our residents



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

Executive Director
Beth Laxton, MS

Medical Director
T. Andrew Frinks, M.D.

Director of Health Services
Myrna Watson, RN



Members of the St. James Lodge of the Prince Hall Masons gather before starting the cookout for SGM residents.



The Keenagers and KPC Auxiliary of St. Anthony of Padua Catholic Church help residents celebrate at the monthly birthday parties.