

HORIZONS

The newsletter of The Sadie G. Mays Health & Rehabilitation Center



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

Volume 8, Issue 2
SPRING & SUMMER
March—June 2018

CELEBRATING LIFE'S STORIES!



Cynthia Watts, celebrated storyteller and American Griot, enralls the audience with a tall tale.

Over 150 people came, through the rain, to participate in the 21st Annual Community Health Fair at Sadie G. Mays (SGM) on Wed., May 16. Terry Preston, a service provider from Halcyon Hospice, called it "...a great turnout of sensational seniors!" Nearly 100 sen-

iors from high-rises and senior centers made their way to SGM to take advantage of the free health screenings and a great line-up of entertainment. Almost 30 service providers offered vital health screenings, including bone density, vision, hearing, etc. The health fair was held in honor of National Skilled Nursing Care Week with the theme, "Celebrating Life's Stories!" Accordingly,



"Sensational Seniors" enjoy program.



Baba "Yoga" Bey gives an attendee a Drum Therapy lesson.

storyteller, Cynthia Watts, was featured; along with entertainment provided by D.J., Barake and vocalist, Najuma Mulefu; Energy Fitness Trainer, John Lewis; and the Urban Line Dancers of Helene Mills Senior Center. "The annual health fair is our way of thanking our community," said Charles Robinson, Jr., Pres./CEO of SGM. **Cont., p 4.**



HAVE A GREAT SUMMER!

Sadie G. Mays Summer Calendar

SADIE G. MAYS OBSERVES 71-YEAR ANNIVERSARY!



Thanks to all of our friends and supporters, Sadie G. Mays Health & Rehabilitation Center (SGM) has reached its 71st anniversary milestone! The occasion was marked with an upbeat celebration on Friday, March 23, 2018. The 206-bed skilled nursing facility was founded on March 23, 1947 by the late **Sadie Gray Mays**

-- social worker and wife of **Dr. Benjamin E. Mays**, President Emeritus of Morehouse College. The highlight of the celebration was an interview with **Gretchen "Greta" Holloway**, SGM's longest-serving employee. She has been employed at SGM for 50 years, serving in several capacities. Currently, she is a unit clerk in the **Cont., p. 2**

TWO GRANTS FOR NEW BEDS



Housekeeper, Bobby Gibbs, makes up a new, electric bed.

Sadie G. Mays is grateful for two new grants recently awarded for the purchase of new, electric beds: the **SunTrust Foundation—\$25,000** and the **John and Mary Franklin Foundation—\$10,000**. Both of these loyal partners have donated to this project before. In fact, 12 foundations have awarded 17 grants for new beds, totaling \$270,500. We have replaced 139 beds, with just 52 to go! **To donate, call (678) 420-2915 or scoleman@sgmays.org.**

BIRTHDAY OF SADIE GRAY MAYS
August 5

PRE-LABOR DAY COOK-OUT
Friday, Aug 31, 2018
11:30 a.m.—1:30 p.m.

Congratulations!

EMPLOYEES OF THE MONTH

FEBRUARY—

Bianca Hill

Nursing Dept.

MARCH—

Bobby J. Gibbs

Housekeeping Dept.

APRIL—

Matrice Williams

Nursing Dept.



NATIONAL NURSES WEEK 2018
AMERICAN NURSES ASSOCIATION

Sadie G. Mays' nurses are the greatest! We showed our appreciation during National Nurses Week, May 6-12, 2018 with several fun activities. This year's theme was "Nurses: Inspire, innovate, influence." National Nurses Week culminates on May 12, the anniversary of the birthday of Florence Nightingale, the original nurse leader. Please join us in recognizing nurses for the critical work they do in bringing better care and better health to all Americans.



Nurses, front:: C. Turner, K. Cunningham, S. Crawford, C. Ekuinam; back: K. Robinson, I. Clayton, W. Brown, C. Coley and M. Watson.



Nurses: S. Crawford, W. Brown, C. Coley, K. Cunningham, L. Woodard (seated), G. Rufus, C. Martin, T. Caldwell, H. Fleurimond, G. Miller, C. Ekuinam, D. Brown-Taylor and T. Brown.



CNA's have a Balloon Release (above) and Cider & Cheese (below) for CNA Week.



Nursing Assistants: Creating a Community of Caring

Did you know that Career Nursing Assistants (CNA's) provide 85-90% of the daily, hands-on care in nursing homes? These dedicated professionals collaborate closely with other health care providers to provide quality care to the elderly, frail and disabled members of our community. National Nursing Assistants Week is the time when we celebrate and recognize their efforts. **This year Nursing Assistants Week was June 14-21. Sadie G. Mays employs approximately 64 CNA's. We are blessed to have these dedicated professionals who represent the frontline of care for our residents. Kudos to the great CNA's of Sadie G. Mays!**



CNA's at luncheon: front row: M. Green, R.Woods, V. McGhee, B. Hill, A. Gunn, J. Jordan; Back row: K. Portis, T. Davenport, W. Holloman, F. Washington and D. Davison.

SGM Welcomes New Medical Director



Nurse practitioners, Marie Nozil-Bernadel, FNP and Sabine Doirin, FNP, consult with G. Rufus, LPN.

Sadie G. Mays is happy to announce its new Medical Director, T. Andrew Frinks, M.D. of Georgia Long-Term Care & Consulting. Dr. Frinks practices Family Medicine with an emphasis on the elderly population. His large practice serves many nursing facilities throughout Georgia. To handle the load, he has other Physicians, Nurse Practitioners and Physician Assistants who visit

each facility several times a week. Marie Nozil-Bernadel, FNP, and Sabine Doirin, FNP, serve Sadie G. Mays every Monday and Thursday. They see patients, review charts and answer any questions or concerns that the residents or nursing staff may have. "I enjoy coming here," said Marie Nozil-Pernadel. "The staff is very good and they work very well with us. It's a team effort!" she said. Dr. Frinks himself visits the facility at least once per month for Quality Assurance Performance Improvement meetings. Welcome, Dr. Frinks and your team!

Oops! Our mistake. We inadvertently omitted two members of the Culture Changers Committee in our last issue of HORIZONS: Leslie Moody (r), Central Supply, and Pamela Scandrett (l), Admissions Coordinator. If you are a staff member who would like to join this group dedicated to uplifting the employees of SGM, contact Yolanda Kagler or Linda Walker.



SGM Observes cont.,

Nursing Dept., keeping files on all the residents. "Working at Sadie G. Mays was the destiny that God gave me. I've watched it grow and I was glad to be part of it," she said. "I wouldn't change my route for nothing in this world!" she stated.



Ms. Greta Holloway reached her 50-year mark at SGM on March 15, 2018.

The celebration also included music by 93 year-old musician, **Mason Johnson** and vocalist, **Myrna Clayton**. Nearly 65 people attended, including Atlanta City Council President, **Felecia A. Moore**; SGM Board Chair, **Samuel Bacote III**; Ms. Holloway's son, **Christopher Berry**; and her sister, **Sandra Berry** (who herself has worked at SGM for 31 years). They were joined by residents, staff, family and volunteers.

SCENES FROM SADIE G. MAYS



Resident, Alma Porter, gets in the Easter spirit.



Residents, Gwen Ransom and Oscar Young enjoy barbeque at the Memorial Day cookout.



SGM retiree, S. McCrary, serves resident, C. Peterson, at Memorial Day cookout.



Resident, G. Sheffield, 103, talks to student volunteers from the Reset Youth Conference.

VOLUNTEER SPOTLIGHT: AMVETS POST #44



Members of AMVETS #44, include C. Wyatt, R. Massey, C. Robinson, W. Merritt, C. Redwine and C. Finkley, along with SGM staffers, G. Scott and L. McCrimmon,

The members of American Veterans (AMVETS) Post #44 visited veterans and other residents of Sadie G. Mays recently, the 2nd of their quarterly visits. "It was very touching and gratifying to talk to the people," said AMVETS member, Charles Wyatt. "We prayed with each one of the vets," he continued. The group also brought care packages to the vets. AMVETS Post #44 Pres., Albert Wright, explained, "There are a lot of veterans in nursing homes who don't

have any family to visit them. We want to give them inspiration, a sense of camaraderie, and be there for them." He noted that AMVETS is a service organization which helps vets, as well as widows, financially, and provides guidance and assistance with V.A. benefits. The 109-member Post #44, is based at Greenforest Community Baptist Church in Decatur, where many of the vets are members, including SGM Pres. & CEO, Charles Robinson, Jr. "We're about helping veterans to help veterans!" Wright said.

DONATE LIFE THROUGH ORGAN AND TISSUE DONATION

Edited from article by S.T. Jackson

More than 115,000 Americans are in need of life-saving organ transplants, over 5,300 in Georgia. 63% of those on the transplant waiting list in Georgia are African American, as are 67% of patients in need of a kidney transplant specifically. Rey had a beautiful life. He was dedicated to raising his children and working hard to support his family. He suffered from diabetes, but never thought it might be life-threatening. Then, all of a sudden bad news arrived, he was in renal failure and he began dialysis. Rey attributed keeping his faith and hope intact, to his trust in God. In October, 2004 he received his second chance, his long waited miracle, a kidney transplant. In the years since, Rey has rarely been sick and experienced no complications. He is grateful to be enjoying his family,



Reinaldo "Rey" Adarich, Kidney Recipient.

working in his garden, listening to music and spreading information about the importance of organ and tissue donation. Rey says, "We need to return all what we have been blessed with." **One organ and tissue donor can potentially help as many as 75 people.** Organ and tissue donation does not disfigure the body or interfere with funeral arrangements, including open casket services. The **donor's family**

does NOT pay for the costs associated with donation and all major religions approve of organ and tissue donation. In fact, many religions consider donation the ultimate charitable act. Georgians can join the state's organ and tissue donor registry through the website www.DonateLifeGeorgia.org, when obtaining/renewing a driver license or identification card at a local driver license office, or by calling **Donate Life Georgia directly at 1-866-57-SHARE (1-866-577-4273) and requesting a registry card.** Please share your donation decision with your family and encourage them to do the same.

LifeLink® of Georgia is the not-for-profit organization that coordinates organ and tissue donation in Georgia. For more information, contact (800) 544-6667 or visit www.LifeLinkFoundation.org.

Celebrating...cont. from page 1

"We are grateful to our sponsors and donors who made it possible for us to provide this free event to the public," Robinson continued. (See "Thank You Sponsors" for listing). Many service providers offered valuable health screenings and information. They included: AARP, Academy of CPR, Aquatic Occupational & Physical Therapy, ARC Area Agency on Aging, Avon Foundation, Center for Diabetic Hearing, Council on Aging, Diabetes Assoc. of Atlanta, Eye Specialists of Georgia, Georgia Cares, Georgia Center of the Deaf & Hard of Hearing, Halcyon Hospice, Healing Community Center, Homestead Hospice, Humana, Inc., JenCare, Kaiser Permanente, Leukemia & Lymphoma Society, Morehouse School of Medicine, National Black Men's Health Network, New York Life Insurance, Oasis at Scholars Landing, Odyssey Family Counseling Center, Options for Senior America, Sparlin Healthcare, Spine Align Center, Visiting Nurse Health System, and Wellstar. We also thank volunteers from Hands On Atlanta, GA State Univ. and Natl. Women of Achievement -Midtown.



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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.

Director of Health Services -
Jeryl Horton-Pittman, RN



HAVE A SAFE & HAPPY SUMMER!

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