

HORIZONS

The newsletter of Sadie G. Mays Health & Rehabilitation Center



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

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Honorees (seated) and organizers of the 96 & Above program.

96+ YEARS OLD: PASSING THE TORCH

On Oct. 25, 2018, seven residents of Sadie G. Mays were honored at the *96 & Above Celebration*. The annual program recognizes residents of who have reached the revered age of 96 years old and older. They were: Mildred Matthews 97, Sharon E. Bowen, 97,

Madge Lee, 97 (not in attendance), Mary Grant, 99, Artie Dykes, 102, Gennie Sheffield, 104 and Corrine Howell, 104. The ladies were resplendent in their Sunday best and they enjoyed the program, which included special letters from Atlanta Mayor Keisha Lance Bottoms.

Just as those ladies have passed the torch on to younger generations, the founder of the "96 &

Above" program passed the torch as well. Mrs. Emily Wise, a loyal member of the Dixie Hills 1st Baptist Church, led the "96 & Above" program for 17 years. This year, she passed it on to fellow church member, Keona Green. "She did a great job!" said Mrs. Wise of Green. Several of the program participants were 2nd, and even 3rd, generations of their family to host the program, including the senior pastor, Rev. Michael Sutton, Jr. It was a multi-generational, family affair! The residents enjoyed it and are grateful to all for keeping the tradition alive.



HAPPY AUTUMN!

SADIE G. MAYS AUTUMN CALENDAR

Veteran's Day Program
Fri., Nov. 9 - 3:00 p.m.

**Metropolitan Atlanta
Community Band
Thanksgiving Concert**
Sat., Nov. 17 - 3:00 p.m.
FREE & PUBLIC INVITED
DONATIONS ACCEPTED.

Annual Xmas Tree Lighting
Sat., Dec. 1 - 3:00 p.m.

**Kwanzaa Celebration -
With Total Dance Co. &
Baba "Yoga" Bey**
Thu., Dec. 27 - 11:00 a.m.

Congratulations!

EMPLOYEES OF THE MONTH

MAY—Bettye Page, Security
JUNE—Shankyrea Harris,
Nursing
JULY—Sharon Person,
Nursing
AUGUST—Felecia
Washington, Nursing
SEPTEMBER— Stacy
Mouzon, Nursing

FAMILY NIGHT AT SADIE G. MAYS



Our Social Services Department hosted an informative Family Night on Fri., Aug. 24, 2018. Social Services Director, Linda Walker, (r) and social worker, Yolanda Kagler (l), hosted the event, which covered important new developments. They talked about the importance of creating **Advance Directives** (See article "Advance Care Directives," p. 3) for residents as well as family members. (See video at <http://bit.ly/ACPPProgram>, password: acpvideos). Advance directives help to outline, in advance, the types of treatment a person may or may not want in the future.

Next, Wanda Phillips, of the Business Office, discussed the **new Medicaid Allowance** which **increased from \$50 to \$65 per month**. She also noted that **Medicare numbers** will no longer be the person's social security number. The new numbers are already being issued through 2019. Christine Coley, LPN, discussed the importance of the **flu and pneumonia vaccines**. **Flu season begins in October**. Family members or the resident, must sign an **authorization form to get the vaccines**. You may get a form from the unit managers. They also encouraged family members to **go on Google.com and write a review of Sadie G. Mays**. Finally, Charles Robinson, CEO, thanked the family members for coming and for trusting Sadie G. Mays to care for their loved ones.

JUDGE MARVIN ARRINGTON AT SGM



Marvin Arrington Sr. works out in Rehab Gym.

Following a recent hospital stay Judge Marvin Arrington, Sr. came to Sadie G. Mays to continue his rehabilitation. He reflected on his stay: "I was brought here. 'Didn't know what to expect. The service has been outstanding. People here are responsive and friendly. It was good to be in a **place like home**. I would recommend it." Judge Arrington is also donor to SGM. He said, "I don't know why I started writing a \$25 check every month. People don't know about this facility and don't contribute to it. As people get older, they need resources. I urge the Atlanta community to support Sadie G. Mays. You get **first class service!**"

ONE BIG TRAVELING FAMILY!



Michelle Curry-Toliver disembarks in Cozumel, Mexico.

Michelle Curry-Toliver works as the Environmental Lead at Sadie G. Mays. But she's also our International

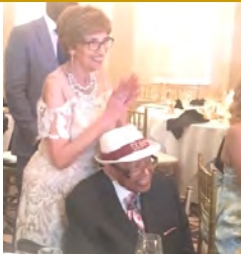
Cruise Leader! Michelle has been organizing groups from Sadie G. Mays to go on cruises since 2000. She's taken 19 groups in 18 years! Michelle said it started with her honeymoon cruise to the Bahamas when she invited other friends and family to join her and her husband. It's been going strong ever since! Old and new staff go cruising with Michelle, as well as friends and family. The first time, there were about 12 people and the last trip was 23 people. The travel arrangements are made by Carolyn Evans of

Nylo Rack Travel Agency. "We laugh, talk, eat and joke together. We're one big traveling family!" said Michelle. "It's a great bonding experience," said Keisha Robinson, of Sadie G. Mays' Medical Records Dept. "The first time, I took my kids and the second time, I was by myself." She continued, "The kids were really excited. It was our first time cruising and going out of the country." The cruises have taken staff to many countries, including Jamaica, Cayman Islands, Virgin Islands, Puerto Rico, the Dominican Republic, and even, Venezuela. Myrna Watson, RN, said "This was my 5th time going. I keep going back because I love it. It's peaceful, serene and you get to meet folks from all over." She said that the cruises have increased the camaraderie among staff. "We create memories and work better together. Michelle concludes by saying "We love to travel and all are welcome!"

Group photo taken on the way to New Orleans to board the cruise ship.



SEN. LEROY JOHNSON CELEBRATES 90TH BIRTHDAY!



Sen. Johnson enjoys festivities with wife, Cleopatra Johnson.

Long time Board Member of Sadie G. Mays Health & Rehabilitation Center (SGM), Leroy R. Johnson, celebrated his 90th birthday in grand style on Saturday, July

28, 2018 at the Georgian Terrace Hotel. Johnson, a prominent attorney, was advisor to Atlanta's civil rights movement in the 1960s. In 1962, he became the first African American to be elected to the GA General Assembly since the Reconstruction era. He worked in his own law firm until he retired a few years ago. Johnson has been an active member of the SGM board

since 1970—that's 48 years of service! Johnson's celebration was attended by his wife, Cleopatra Johnson, other family members, dignitaries and community leaders. The host committee of the event included Andrew Young, Raphael Warnock and Henrietta Antoinin, among others. Speakers included Otis Moss, Jr. and Robert Franklin, and several government officials. He was showered with kind words and proclamations. After dinner, guests were treated to a video of the Muhammad Ali-Jerry Quarry fight which was produced by Johnson. It signaled the comeback of Ali after he was sidelined due to his anti-war stance. Johnson said "I am blessed to be on planet Earth for 90 years!" We are grateful for all you have done and continue to do for your community and for Sadie G. Mays!



Sen. Leroy Johnson with SGM Pres. & CEO, C. Robinson, Jr.

MEET OUR REHAB TEAM!

"We want to provide the best care to the people we serve," M. Pupilampu, Rehab. Manager.



October is National Physical Therapy Month. It's a time to celebrate physical therapists and their great work! Sadie G. Mays partners with Pruitt Health to provide our residents with physical therapy, occupational therapy and speech therapy. We have a full-time team of 8 in the Rehab Dept., with a combined total of 121 years of experience! Michelle Pupilampu, the Rehab Manager, says "We have an excellent, experienced, and competent team of therapists. They're like a hidden jewel!" The team consists of (in order shown above): Dr. Ogechukwu Okoli, PT, DPT, Dreamella Furgerson, OTR/L, Dr. Kathryn Clay, PT, DPT, Trina Lawrence, SLP, Michele Pupilampu, OTR/L, Davina Jackson, COTA (not shown), Sandra Blet, PTA, and Dr. Michael Santos, OTR/L, OTD. Keep up the great work, Rehab Team! (PT-Physical Therapy, OT-Occupational Therapy, ST-Speech Therapy).

LAUGHTER YOGA IS THE BEST MEDICINE!



In observance of National Grandparents Day (Sept. 9), the residents of Sadie G. Mays were treated to a lively session of Laughter Yoga! It was brought to SGM

by the Atlanta-Fulton Public Library Foundation, courtesy of the 2015 Bill Fox Mini Grant Program on Sept. 6. Conducted by Storyteller and Wellness Leader, Josie Bailey, and librarian, Annette Jenkins, the class encouraged residents to "Laugh your way to a healthier, happier life!" The residents got a real kick out of laughing on purpose and everyone had fun doing the yoga breathing and exercises.



SCENES FROM SADIE G. MAYS



Resident, David Green, admires okra grown by SGM's Garden Club.



Resident, Mildred Matthews, flashes a big smile during her introduction at the "96 & Above" event.



Resident, Gennie Sheffield, celebrated her 104th birthday with her family on Oct. 10



Resident, Benny Fair enjoys a sunny day.



Marilyn Thompson brought gifts from the Social Security Admin. as a Diversity Day Community Service Project.



Environmental Services (EVS) team enjoys a special lunch for EVS Week.



Resident, Gwen Ransom aka "Minnie Mouse" heads out to a Halloween Party with her daughter.



Members of AMVETS, Post #44 pray with resident, L. Acosta.

ADVANCE CARE DIRECTIVES *Source: MedlinePlus.gov*

When you are very ill or injured, you may not be able to make health care choices for yourself. If you are unable to speak for yourself, your health care providers may be unclear as to what type of care you would prefer. Your family members may be uncertain or disagree about the type of medical care you should receive. **An advance care directive is a legal document that tells your providers what care you agree to in advance of this type of situation. With an advance care directive, you can tell your providers what medical treatment you do not want to have and what treatment you want, no matter how ill you are.** Writing an advance care directive may be hard. You need to: 1) Know and understand your treatment options; 2) Decide future treatment options you may want; 3) Discuss your choices with your family. A living will explains the care you do or do not want. In it, you can state your wishes about receiving: 1) CPR (if your breathing stops or your heart stops beating); 2) Feedings through a tube into a vein (IV) or into your stomach; 3) Extended care on a breathing machine; 4)

Tests, medicines, or surgeries; and 5) Blood transfusions. Each state has laws about living wills. You can find out about the laws in your state from your providers, the state law organization, and most hospitals. You should also know that a living will is not the same as a last will and testament after a person dies.



You aren't able to name someone to make health care decisions for you in a living will. Other types of advance directives include: 1) Special health care power of attorney is a legal document that allows you to name someone else (a health care agent or proxy) to make health care decisions for you when you cannot. It doesn't give power to anyone to make legal or financial decisions for you. A do-not-resuscitate order (DNR) is a document that tells providers not to do CPR if

your breathing or your heart stops. Your provider talks to you, the proxy, or family about this choice. The provider writes the order on your medical chart. Fill out an organ donation card and carry it in your wallet. Keep a second card with your important papers. You can find out about organ donation from your provider. You can also have this choice listed on your driver's license. Verbal instructions are your choices about care that you tell providers or family members. Verbal wishes usually replace those you made previously in writing. Write your living will or health care power of attorney according to your state's laws. Give copies to your family members, providers, and health care agent. Carry a copy with you in your wallet or car glove compartment. Take a copy with you to the hospital. Tell all medical staff involved in your care about these documents. You can change your decisions at any time. Be sure to tell everyone involved, family members, proxies, and providers, if you change your advance directive or living will. Copy, save, and share the new documents with them.

VOLUNTEERS MAKE THE DIFFERENCE!



Members of the Atlanta Consistory #24A, Prince Hall Masons, continued their tradition of grilling meat for our Labor Day cook-out!



Volunteers from LabSolutions, LLC, and others, pose after working at SGM for Hands On Atlanta Day, Oct. 6.



**HAVE A
HAPPY
AUTUMN**

Remember to get your flu shot!

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LOVE
ON NOVEMBER 27, 2018

Help make Georgia's biggest day of giving even bigger. Show your love on #Giving Tuesday and together, we'll do a lot for the causes we care about.

Please GIVE a gift to
Sadie G. Mays on
GIVING TUESDAY
NOV.27 online at
www.GAgives.org

OR

MAIL YOUR TAX DEDUCTIBLE CHECK :
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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

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Thanks for your support!



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