



HORIZONS

THE NEWSLETTER OF SADIE G. MAYS HEALTH & REHABILITATION CENTER



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

Volume 7, Issue 2

October 2017

SADIE G. MAYS GIVEN 2017 BEST OF ATLANTA AWARD

Edited from Atlanta Award Program



P. Scandrett, R. Carter, K. Davis, C. Robinson, Jr., (Pres./CEO) W. Sanders (Dir. Health Svcs.) W. Phillips, and K. Perkins pose with new award.

the Atlanta Award Program. The Atlanta Award Program honors the achievements and accomplishments of businesses in the Atlanta area annually. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Atlanta area a great place to live, work and play. Various sources of information were gathered and analyzed to choose the winners in each category. The 2017 Atlanta

Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Atlanta Award Program and data provided by third parties. Recognition is given to those companies that have shown the ability to use best practices and implemented programs to generate competitive advantages and long-term value. Our organization works exclusively with local business owners, trade groups, professional associations and other groups to recognize the small business community's contributions to the U.S. economy.



HAPPY AUTUMN!

SADIE G. MAYS AUTUMN CALENDAR

Veteran's Day Program
Fri., Nov. 10 - 3:00 p.m.

Metropolitan Atlanta
Community Band
Concert
Sat., Nov. 18 - 3:00 p.m.
**FREE & OPEN
TO THE PUBLIC**
DONATIONS ACCEPTED.

Annual Xmas Tree Lighting
Sat., Dec. 2 - 3:00 p.m.

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SADIE G. MAYS RECEIVES \$98,637 IN GRANTS FOR NEW EQUIPMENT

Top 10 Myths About Seniors and Exercise

From December 2016 through October 2017, Sadie G. Mays received grants totaling \$98,637 from a total of 9 foundations and organizations towards the purchase of new equipment. Eight foundations gave grants towards new electric beds. They were:

- **Billye & Hank Aaron Philanthropic Fund** (\$25,000)
- **Luther & Susie Harrison Foundation** (\$20,000)
- **Imlay Foundation** (\$15,000)
- **Frances Wood Wilson Foundation** (\$10,000)
- **AEC Trust** (\$10,000)
- **Ida Alice Ryan Charitable Trust** (\$7,500)
- **John & Mary Franklin Foundation** (\$5,000),
- **Mary Ryan & Henry Kuhrt Foundation** (\$5,000)

Additionally, the **Atlanta Senior Care Networking Niche** (ASCNN) gave a grant of \$1,137 for a new bi-directional bike in the Rehabilitation Department to challenge higher functioning residents. "We are so grateful to these foundations and organizations, which recognized our needs and partnered with us to fulfill them," said Charles Robinson, CEO.



Resident, R. Archer, exercises on new bike, provided by a grant from ASCNN.

Gone are the days when older adults were expected to take to their rocking chairs. Check out these 10 common misconceptions about seniors and exercise:

Myth #1: "I'm 75 years old and have never exercised—it's too late to start." Fact: Experts say that seniors who have led a sedentary lifestyle can benefit from beginning a regular program of fitness, even if they start at age 65, 70, 80 or older. **Myth #2: "Heart health is the only benefit of exercise." Fact:** Heart health is just the beginning! Leading an active lifestyle slows physical decline, protects our lungs, muscles, bones and joints; reduces stress and boosts our immune system; helps us delay or manage many chronic health conditions, such

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"YOU GOTTA HAVE PASSION!"



CNA's S. Mouzon, A. Clayborn, V. Heard, V. McGee, V. Ogletree and K. Evans pose.

On *National Nursing Assistants Day*, when asked about her job, CNA Tammy Mayberry said, "You gotta have a passion for these people and this is our passion!" We agree.

SGM staff from every department show their passion and commitment to their jobs and our residents every day. To honor them, each department has a special week designated to honor the work that they do. Over the past few months, we've celebrated **National Nursing Assistants Week** (June), **Environmental Services Week** (Sept.) and **Dietary Week** (Sept.). We celebrate you for your dedication and compassion. **Thanks for all you do!**



Dietary Team: Standing: A.Branch-Chef, B. Johnson-Dietician, L. Smith, J. Umana-Food Svcs. Dir., A. Holloway, S. Rose, M. Tucker. Seated: (l-r) N. Alexander, J. Hughey, S. Trammell, W. Williams, S. Bell, C. Thornton, S. Berry.



Matrice Williams, displays CNA spirit.



CNA's: L. Edwards, D. Clark, S. Gay, C.Mitchell and T. Mayberry enjoy a treat.



Environmental Services Team: B. Williams, A. McMillan, V. Evans, M. Toliver-Curry, C. Duncan-Director, J. Erwin, D. Clark, J. Short, and B. Gibbs.



Sheila Bell, Shanterry Trammell and Robert Odong of the Dietary Dept., serve lunch at the Pre-July4th cookout.

ROBINSON RECEIVES DONALD HOLLOWELL LEADERSHIP AWARD



Charles Robinson, Jr.(c) receives Hollowell Award from Province Polemarch, Deland Rosemond(l) and Atlanta Alumni Chapter Polemarch, Norman Johnson(r).

Charles Robinson, SGM Pres.& CEO was honored with the Donald L. Hollowell Leadership Award from the Atlanta Alumni Chapter of Kappa Alpha Psi Fraternity, Inc. at the Francis H. Young Awards Breakfast on June 10, 2017. The award is given to a brother who displays leadership qualities similar

to Atty. Hollowell, one of the nation's legendary, legal professionals. Hollowell served as lead counsel for many notable cases defending African Americans: Horace Ward, Hamilton Holmes and Charlayne Hunter, among others. "His legacy is such an inspiration, and I am greatly honored," stated Robinson. A native of Dublin, GA, Robinson is a graduate of Ft. Valley State Univ. and Brenau Univ., where he earned his MBA. Robinson was the first black certified by the American College of Healthcare Administrators (ACHA); first black President of the GA Chapter of the ACHA and the first black Chairman of the Georgia Health Care Association Board of Directors. Most recently, he received their 2016 *Eli Pick Facility Leadership Award*. Under his leadership, Sadie G. Mays has been named to the U. S. News & World Report's list of *Best Nursing Homes* 3 times. Mr. Robinson serves as a deacon at Greenforest Community Baptist Church. He is a 33rd degree Prince Hall Mason, a Vietnam veteran, husband, father and grandfather.

SADIE MAYS STAFF FOR BREAST CANCER AWARENESS

In honor of Breast Cancer Awareness month, several staffers teamed-up to try to make a difference. Led by SGM Activity Director, Sybil Jennings, CNA's Patricia Winnfield and Tammy Mayberry, and Unit Clerk, Greta Holloway, they held a successful bake sale on Oct. 17th. **They are also selling \$1 raffle tickets for gift baskets, and collecting donations in a special container in the Activity Dept.** Stop by and try your luck! They will be raising money all month and donating the proceeds to **Sisters By Choice**; a multi-faceted organization which provides free mammograms and breast exams for the uninsured and under-served women of metro Atlanta.



S. Jennings, P. Winnfield & T. Mayberry display gift baskets to be raffled off.

SCENES FROM SADIE G. MAYS



Resident, Ruth Freeman, talks with nephew, Vance Fanning, a visitor from Philadelphia, PA.



Residents, Morris Durham and Janice Jackson prepare soil for planting in raised vegetable beds.



Exec. Asst. Debra Gray greets volunteer and retiree, Sharon McCrary at the Pre-July 4th cookout.



Residents enjoy the pre-July 4th celebration.



Resident, Susie Collier enjoys the Pre-July 4th cookout.



Residents, Gwen Ransom and Oscar Young enjoy hanging-out at the Pre-July 4th cookout.



Resident, Clyde Hudson enjoys dancing at the cookout.



Resident, Andrea Reed, gets a hug from her daughter, Paecon Muhammad, at the Pre-July 4th cookout.

Top 10 Myths About Seniors and Exercise Source: IlluminAge Communication Partners; copyright 2017

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as arthritis, diabetes, and depression. It helps us maintain a healthy weight. And it reduces the risk of some cancers. **Myth #3: "Working puzzles is the best brain exercise."** **Fact:** Mentally stimulating activities such as reading, music, crafts, puzzles and spending time with others all build connections in the brain that protect our thinking and memory. Yet experts say that exercising our bodies is most likely the top factor in maintaining brain health. **Myth #4: "Going for a brisk walk everyday pretty much covers my exercise needs."** **Fact:** Walking is great exercise. However, a complete exercise program for seniors should include aerobic activities (such as swimming, dancing or aerobics-type classes); muscle strengthening activities, such as lifting weights; flexibility exercises such as stretches or yoga; and exercises that improve our balance, such as tai chi. Gardening, dancing, sports, and house cleaning also provide exercise. **Myth #5: "I exercise for half an hour each day, so it's OK to be a**

couch potato the rest of the time." **Fact:** Studies show that even if we get the recommended amount of exercise every day, our health can suffer if we sit down the rest of the time. Get up every few hours to move around. Lift weights while you watch TV, walk while talking on the phone, etc. **Myth**



#6: "Avoiding activity is the best way to prevent falling." **Fact:** Inactivity actually increases the risk of falling. Fear of falling causes you to reduce your level of activity. This reduces your reserve of energy, muscle tone and alertness, which makes it more likely that you'll fall. Ask your doctor about a fall prevention exercise plan. If you use a cane or walker, be sure it's properly fitted. **Myth #7: "If I have arthritis or osteoporosis, I should exercise only sparingly."** **Fact:** Exercise is one of the best ways to build

strong bones and protect the joints. It increases muscle mass, which reduces pain, improves function and helps to avoid debilitating fractures. (Ask your doctor for safe exercises). **Myth #8: "It's not safe for people with Alzheimer's disease to exercise."** **Fact:** When a loved one has Alzheimer's, their exercise routine may need to be modified to keep them safe. But physical activity reduces pain, improves sleep, increases appetite, and decreases agitation and wandering. Ask their doctor about exercise classes. **Myth #9: "I'm not fit enough to attend an exercise class!"** **Fact:** Exercising at home is fine, but working out with others is much more fun! There are exercise classes for seniors of every fitness level or disability. Find a class through health clubs, senior centers, etc. **Myth #10: "I've had the same exercise routine for years, and I don't need to change."** **Fact:** Our fitness needs change as we age. You might need to adjust your exercise routine to be safe and meet all your fitness needs. Ask your doctor's advice!

VOLUNTEERS MAKE THE



Glenda Henderson, Keisha Dix, Tamela Whittaker and other members of Delta Sigma Theta Sorority from throughout Metro Atlanta, hosted a *Crimson & White Ice Cream Social* for the residents of Sadie G. Mays in July 17 in celebration of National Ice Cream Day.

The holidays are coming —
Please **GIVE** a gift to
Sadie G. Mays on
GIVING TUESDAY
NOV.28 online at
www.GAgives.org

For the first time, *Georgia Gives Day* is combining with *Giving Tuesday* for a super day of giving. Support the great work of Georgia's nonprofit organizations.

Please give!

MAIL YOUR TAX DEDUCTIBLE CHECK:
Sadie G. Mays Health & Rehabilitation
Center, 1821 Anderson Ave., NW
Atlanta, GA 30314

THANKS!

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—
Andrew Frinks, M.D.

Interim Director of Health Services -
Wanda Sanders, RN



Volunteers from the Mary Dodson/Kathy Boykin Families and UCB corporation volunteered at Sadie G. Mays for *Hands On Atlanta Day*, Oct. 7. Thanks everybody!



Remember to get your flu shot!

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