

HORIZONS

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



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

GROUP ACTIVITIES RETURN TO SADIE G. MAYS!



Activity aide, L. McCrimmon, leads residents in a *Get Fit While You Sit* exercise session.

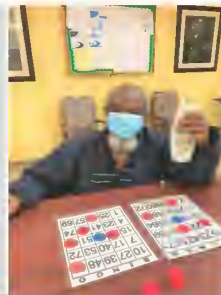
Group activities have returned to Sadie G. Mays!

It's been over a year since residents were allowed to participate in group activities. Due to COVID-19 protocols, residents were confined to their rooms for meals and in-room activities. Since the

majority of residents, as well as staff, have now been vaccinated against COVID-19, it is considered safe to resume some group activities. Now, a limited number of residents are able to join in socially-distanced, group activities in the dining room. "We are ecstatic to provide our residents with some normalcy," said Activity Director, Sybil Jennings. The first activities provided were a *Get Fit While You Sit* class and a Bingo game. "I did the best I could and I feel pretty good right now!" said Mary Cross, 97, after her exercise class. David

Green, 70, was the first Bingo winner of the year. "It's like the party started again," he said. "I go to have fun – win or lose!" he continued. Other activities include Chair Yoga, Nail Grooming, Movie Time and Bible Study led by resident, Josie Pegeese. Group meals will begin soon.

Resident, David Green, was the first Bingo winner when activities resumed.



**WISHING YOU A
HEALTHY & HAPPY 2021!**



WELCOME BACK, VISITORS!

Great news! **Sadie G. Mays is now allowing indoor visits!** Socially-distanced outdoor visits began last fall and now we're welcoming limited, indoor visits, as well. Residents are thrilled that they will now be able to visit with their relatives indoors and even get a quick hug, as long as they and their visitors are vaccinated. Though social distancing is recommended, we realize the toll that separation and isolation have taken.

Therefore, if the resident and visitor are fully vaccinated, they can choose to have close contact (including touch) while wearing a well-fitting mask and performing hand hygiene before and after the visit. The family members must make an appointment in advance and provide proof of their

COVID-19 vaccination. Masks are still required during the visit and no more than two family members at a time will be allowed to visit. For family members and/or residents who have not been vaccinated, outdoor visits are still available by making an appointment in advance. **See more detailed information on our website www.sgmays.org or call Linda Walker (Area A or D) at (678) 420-2914 or Jasmine Ellis-Carless (Area C or B) at (678) 420-2950. Thank you!**



Resident, Minnie Benning, enjoyed an indoor visit with her relative, Ms. Ethel Wright recently.

74TH ANNIVERSARY CELEBRATION!



President & CEO, Charles Robinson, Jr. addressed staff members on SGM's 74th Anniversary.

On March 23, 2021, Sadie G. Mays celebrated its 74th anniversary. Founded by Sadie Gray Mays -- social worker, professor and the wife of Morehouse College President Dr. Benjamin E. Mays -- this skilled nursing facility, formerly known as Happy Haven, accepted its first patients in 1947. It's been going strong ever since! Residents and staff celebrated with special cupcakes and a few words by President and CEO, Charles Robinson, Jr. "We thank you for continuing the legacy of quality nursing care," he said.

Sadie G. Mays is currently raising money for renovation and expansion and hopes that the community will support this effort, especially leading up to the 75th anniversary in 2022. The managerial team also honored Mr. Robinson's 41 years of service to the facility by gifting him with a personalized pen set. Mr. Robinson has not only been a leader at Sadie G. Mays, but also a trailblazer and leader, especially for African Americans, in the nursing home industry.



Asst. Administrator, Keino Robinson, (r) presented CEO, Charles Robinson, Jr. (l), with a gift from the managerial team at SGM.

CAROL THORNTON RETIRES AFTER 44 YEARS



Dietary Supervisor, Carol Thornton, (l) receives roses from Food Service Director, Joyce Umana, (r) on her last day.

Longtime Dietary Supervisor, Carol Thornton, retired on Dec. 24, 2020, after 44 years of service at Sadie G. Mays. "It was the only job I ever had," she said. Carol came to SGM in 1976 and said that she saw many changes over the years. "It was good. I liked the residents and I got along

with people," she continued. Food Service Director, Joyce Umana, said of Carol, "She was a hard worker and our residents were her #1 priority!" She explained that Carol was known to be very accurate when it came to the residents' meals. Carol is the proud mother of two sons and grandmother of two grandsons. When asked what she'll do next Carol said that she'll just relax for now and probably do something else later on. Thank you for your service, Carol. We wish you a wonderful retirement!



Dietary staff gathers to show their appreciation of Carol Thornton on her last day at Sadie G. Mays.

STAFF SCENES



Staff demonstrates their team spirit while wearing t-shirts that read, "Our Residents Are The Coolest!"

Interim Director of Nursing, Teresa Brown, RN (l), Myrna Watson, RN (c) and Sabrina Tyer-M'Baye, RN (r) admire hand creams donated for every staff member by Mary Kay Sales Director, Angela L. Mattox for Christmas.



NOW HIRING NURSES AND CNA's, and more!

Come join our team!
Visit WWW.SGMAYS.ORG/CAREERS
to see available positions.
WE OFFER SIGNING BONUSES!

VENDOR SPOTLIGHT: Steve "Bugman" Strickland



Steve Strickland of B & S Pest Control explained that the initials stood for "Barnes & Strickland" till Mr. Barnes left. "Now it stands for "Bugs & Stuff!" he said.

If there are any pesky bugs near Sadie G. Mays, they'd better watch out -- Steve "Bugman" Strickland of **B & S Pest Control** will be sure to get them! B & S has been the pest control company at Sadie G. Mays for over 40 years. "My Dad, Esco "Red" Strickland, started the business when I was in high

school," he said. "I used to come out here and help him do the kitchen," Steve continued. "When I turned 20, he offered me the job and I've been doing it ever since!" he said. Steve services Sadie G. Mays once a week, every Wednesday, even during the pandemic. His company specializes in nursing home, warehouse and residential business. They are licensed by the Georgia Dept. of Agriculture and must keep abreast of the latest developments for safety in pesticides and techniques. Steve said of Sadie G. Mays, "The employees are always nice. They've got the best housekeepers and the nursing staff has always been good to me!" he said. Steve and his company not only serve, but they support Sadie G. Mays as well, donating annually to the community health fair and the Giving Tuesday campaign. "Steve takes care of Sadie G. Mays like it was the Taj Mahal or the Waldorf Astoria!" said Keino Robinson, Asst. Administrator. He continued, "You won't find anyone better!"

THANK YOU, AEC TRUST!

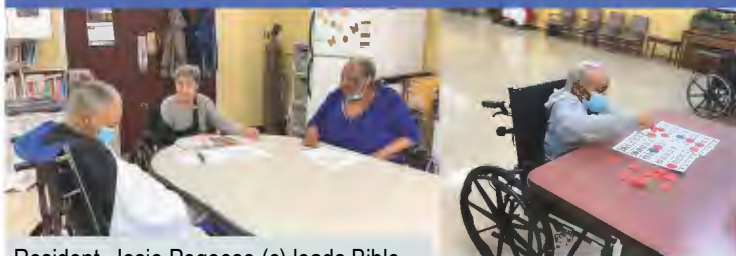
Our appreciation goes out to The AEC Trust for providing a \$10,000 grant to Sadie G. Mays for COVID-19 Relief.

ASK DR. YEARGIN-ALLSOPP!



Sadie G. Mays board member, Marshalyn Yeargin-Allsopp, MD, of the CDC (in red), hosted a Zoom meeting for Sadie G. Mays staff to explain the COVID-19 vaccine. Staff members were grateful for the opportunity to have all their questions answered.

SCENES FROM SADIE G. MAYS



Resident, Josie Pegeese (c) leads Bible Study, with R. Freeman (l) and S. Jeter (r).



Resident, Bertha McClain, enjoys a game of Bingo.



Gearlyn Rufus, LPN, and Myrna Watson, RN, prepare to vaccinate SGM residents.



Staff members line-up for their COVID-19 vaccines from CVS pharmacists.



Resident, Teartice Sims, receives his COVID-19 vaccine from Myrna Watson, RN.



Resident, Jesse Hopkins, enjoys "Happy 97th Birthday" greetings from family with help from SGM social worker, J. Elliss-Carless



Resident, Geneva Walker, enjoys New Years fun!



"Happy New Year!" says resident, Mattie Clemons.



Resident, Sarah Jackson, is all smiles after receiving a Christmas gift.



Christmas "elves," Lisa McCrimmon and Sybil Jennings prepare to distribute gifts to residents.



Resident, Sandra Jeter, shows the Christmas gifts that she received from her Bible Study group.



Residents, Harold Gates (l) and Ray Wright (r), along with Lester Woodard, LPN, (c) admire a Christmas tree donated by Friendship Baptist Church.



Residents, J. Thrasher and J. Pegeese, decorate the Area D Christmas tree.



Thanks to the ladies of the Pi Alpha Omega chapter of Alpha Kappa Alpha sorority for donating lunches for our staff in honor of Care for the Caregiver National Impact Day.



Residents are lined-up to greet family members at the Thanksgiving Day Family Parade.



Family members wave at residents and staff during Thanksgiving Day Family Parade.



**HAVE A
HAPPY &
HEALTHY
SPRING!**

Sadie G. Mays Health & Rehabilitation Center

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A SEASON OF GIVING & SHARING



Doris Walton brought her hand-made throws for Sadie G. Mays residents.



T. Williams and L. O'Connor brought a donation from Zion Hill Baptist Church to Sadie G. Mays.



Chelsea Hosch brought boxes of masks, socks and books for our residents from the employees of Owens Corning—Atlanta Roofing.



Fiyin Korede, owner of Events by Imole Aye, brought a donation from her company's fundraiser.



Representatives of Second Wind Dreams presented gifts for every resident to C. Robinson of SGM. The Cornucopia Ministry of Word of Faith Family Worship Cathedral brought a Christmas gift for every SGM resident.

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
President & CEO -
Charles Robinson, Jr., CFACHCA
Medical Director -
T. Andrew Frinks, M.D.
Interim Director of Health Services -
Teresa Brown, RN