

HORIZONS

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



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

Volume 9, Issue 2

SPRING & SUMMER
April—July 2019

HEALTH FAIR A SUCCESS!



Visitors from Auburn Avenue Neighborhood Senior Center get safety tips from Atlanta Police Dept.

With gorgeous weather and over 200 participants, the 22nd Annual Community Health Fair at Sadie G. Mays Health & Rehabilitation Center was a huge success! Held on May 15, 2019, it was one of our biggest health fairs ever. Participants included more than 127 seniors from high-rises and senior centers around the city

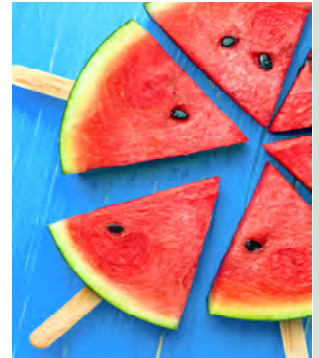
and 40 exhibitors who offered important health screenings, including cholesterol, HIV, blood glucose, bone density tests, etc., as well as 18 entertainers and 15 volunteers. "We loved it. We will definitely come next year!" said J. T. Smith, Director of the Harriet G. Darnell Center's Adult Day Program. The health fair was held in celebration of National Skilled Nursing Care Week with the theme, "Live Soulfully!" In

Vocalist, Reggie Parks, wows the audience with his smooth rendition of Smokey Robinson hits.



Attendee, Jennie Chivers, receives bone density test from Wellstar.

conjunction with this theme, Reggie Parks, a Smokey Robinson Tribute Artist, wowed the audience with his soulful vocals. Also providing great soul music were the DJ Barake and vocalist, Najuma, of the Griot Arts Center. The attendees also enjoyed performances by the Urban Line Dancers of Helene Mills Senior Center and exercising with Energy Fitness guru, John Lewis. *Cont. p. 4*



HAVE A GREAT SUMMER!

Sadie G. Mays Summer Calendar

"MAKE YOURSELF UNCOMFORTABLE"

A comedy play by Theater To Go
August 15, 3:00 p.m.
Free & Open to Public

PRE-LABOR DAY COOK-OUT

Friday, Aug 30, 2019
11:30 a.m.—1:30 p.m.

RUTH ROUSE CROWNED MS. SADIE G. MAYS 2019



Ruth Rouse (C) along with 1st runner-up, Artie Dykes (r) and 2nd runner-up, Rosa Franklin (l).

On April 27, Ruth Rouse (74) was crowned as the 2019 Ms. Sadie G. Mays. A native of Atlanta, Ms. Rouse was chosen from among a stellar

group of residents including: Artie Dykes (103), Rosa Franklin (77), Ezora Gaskin (75), Annie Harvey (??), Bertha McClain(??) and Helen Williams (72). When asked how she felt, Ms. Rouse said "Surprised! I feel good and I will do my best to uphold this honor! Thank you all for voting for me." The judges, including Wanda Phillips, Dr. Kathryn Clay, Wednesday Brown, RN, and Sandra Snow, based their selections on the residents' personalities, helpfulness and participation in facility activities. The program took place in the beautifully-decorated Dining Room and was emceed by longtime volunteer, Dr. Tara Billingslea. It also included Rev. Ludora Randall's prayer; the last walk of the previous queen, Sandra Jeter; song by Joey



Pageant contestants line-up.

Phillips; dance by V. Nkemadu; remarks by CEO Charles Robinson and a reception. Though she was fortunate to be discharged soon after the pageant, Ms. Rouse continues to return often to visit residents and staff.



Annie Harvey, gets "star" treatment from family after the pageant.



Ezora Gaskin answers a question



ARE YOU A FEDERAL EMPLOYEE?

NOW FEDERAL EMPLOYEES CAN DONATE TO SADIE G. MAYS THRU THE COMBINED FEDERAL CAMPAIGN. GIVE TO SADIE G. MAYS, CFC # 41253

MATRICE WILLIAMS IS EMPLOYEE OF THE YEAR 2018



Matrice Williams receives her award from Pres./CEO Charles Robinson, Jr.

Matrice Williams was voted by her peers as *Employee of the Year 2018*. A native Atlantan, Matrice works as a Certified Nursing Assistant on Area A. She has been at Sadie G. Mays for 3 years. "I was very proud to be a part of it, and very thankful!" she said. She was chosen from among the 12 employees

who were voted *Employee of the Month* in 2018. A banquet was held on July 24 in their honor and the *Employee of the Year* was revealed. Honorees shown below are: Sharon Persons, Judy Jordan, Stacy Mouzon, Bobby Gibbs, and Bettye Page. Other honorees are: Blanca Hill, Felicia Washington, and LaKecia Troutman. *Congratulations, ladies!*



NURSES AND CNA'S OF SADIE G. MAYS RECOGNIZED

Sadie G. Mays employs approximately 48 nurses and 75 CNA's. We are blessed to have these dedicated professionals who represent the frontline of care for our residents. Our nurses were recognized during National Nurses' Week, May 6-10, 2019, with fun activities and a special luncheon. This was followed by National Nursing Assistants Week on June 14-21 and the theme was "CNA's – Heart of Nurses." Robin Shelton, RN, our Interim Dir. of Health Services said, "You have to have the heart to perform the job of a health care worker." We celebrate the *great nurses and CNA's of Sadie G. Mays!*



SGM's great CNA's, 1st row: M. Herring, M. Brown, T. Mayberry, V. Heard, N. Nwene, V. McGee, A. Thomas; 2nd row: D. Green, T. Brown, S. Mouzon, T. Adams; 3rd row: K. Futch, F. Godfrey, C. Tyson, T. Pierce, F. Washington.



CNA, L. Moody, picks name while N. Scott, F. Godfrey, D. Aiken and DOHS, R. Shelton look.



Nurses, C. Sterling (c) and S. Hill (r) offer CNA, S. Roberson (l) treats during CNA Week.



SGM's great nurses, 1st row: C. Eukukiam, I. Clayton, G. Miller; 2nd row: P. Okonya, C. Robinson, H. Fleurimond, S. Desuize, S. Crawford; Top: P. Fullwood, C. Coley, Q. Bennefield, G. Rufus.

RESIDENT SPOTLIGHT: JIMMIE & MAMIE COLLIER



Mamie and Jimmie Collier (both seated) are surrounded by family members in a recent photo.

Jimmie and Mamie Collier have been residents of Sadie G. Mays for about one and a half years and they have been a couple for 68 years! The lovebirds share a room and two comfortable recliner chairs that they brought from home. At Sadie G. Mays, Mamie (87) enjoys the Yoga and Tai Chi class. "I like it. I'm having fun," she said. Jimmie (93), who is blind, said of Sadie G. Mays, "They've got the best cooks in town!" The couple was married on August 11, 1951 in Atlanta, GA. They

had four children. Sadly, their two sons have passed away but Jimmie said of his daughters, Susan and Jasmine, "They're the nicest children I ever met." They also have 4 grandchildren and 3 great grandchildren. Jimmie is originally from Zebulon, GA and Mamie is from Lumpkin, GA. After working awhile and serving a stint in the U.S. Army, Jimmie attended barber college. Then he opened his own barber shop on Auburn Avenue which has operated for 47 years. Mamie taught herself to sew and had a home-based, dressmaking and design business for 20+ years. She created wedding dresses and evening gowns. "They said she was the best!" Jimmie said of his wife. Mamie agreed, "I sewed for the Buckhead crowd." They met one day when Mamie came into Jimmie's barber shop to have her nephew's hair cut. His barber shop served such notables as Muhammad Ali and Martin "Daddy" King, and was a

hub for civil rights activities. Later, Jimmie attended the Interdenominational Theological Center to study the ministry and founded his own church, New Hope Baptist Church in 1969. Jimmie has been a 33rd degree since the 70's and had a lodge named after him. After Mamie retired, she started an acting career. She was a founding member of the Harriett G. Darnell Center's Senior Citizens Drama Troupe. When their church was no longer operating, they became active members of Jackson Memorial Baptist Church.



The Collier's hold hands in their matching recliners.

When asked the secret of their long and successful marriage, Jimmie said, "I had a car and it would always go straight back to 2604 Baker Ridge Road!" (his home address) Mamie said the secret is, "Be a Christian."

SCENES FROM SADIE G. MAYS



The 54-member choir, Amazing Greys of First Baptist Tillman's Corner, Mobile, AL returned for a second visit to Sadie G. Mays on April 16.



Resident, James Jackson, responds to the stirring message and vocals of The Amazing Greys.



CEO/Pres. Charles Robinson, Jr. (blue shirt) stands with his fellow Masons as the members of the Atlanta Consistory #24A, grill meat for the Pre-July 4th cook-out.



Onya Downs and Ashton Billingslea, children of Delta Sigma Theta members, help Soror Tara Billingslea, at Ice Cream Social on July 10.



Resident, Rosie Lee, enjoys a sundae at the Ice Cream Social.



SGM Development Director, Shirley Coleman, greets Dr. Louis Sullivan, former HHS Secretary and founder of Morehouse School of Medicine, at a recent ARCHI meeting.



Resident, Bennie Fair, harvests green tomatoes from SGM's raised organic vegetable bed.

11 HEALTHY HOBBIES FOR SENIORS

Edited from article by Dana Larsen

When it comes to healthy aging, emerging research into longevity indicates that mental and social activity is just as critical as physical activity. **Here are 11 healthy hobbies for seniors to consider in order to live a long life:**

1. Caring for a Pet provides a comfort system and increases the production of the feel-good hormone serotonin. In fact, pets have been shown to reduce blood pressure and stress levels in humans and can actually help lower cholesterol and fight depression.

2. Creating Art / Doing Crafts is one of the best activities for seniors. From painting, sculpting and scrap-booking to photographing, knitting or sewing, art can be done as a social activity, stimulating the mind and soul. Art therapy is even used to help stimulate the brain, and stir memories of those with dementia.

3. Dancing is a great way for seniors to exercise and socialize. Dancing can improve senior balance, gait and



overall functioning, while also helping to reduce the risk of falls and fractures.

4. Gardening encourages use of motor skills while improving endurance and strength and even reduces stress levels. Gardening also promotes interest in nature and the outdoors.

5. Golfing improves flexibility and strength and also increases happiness and socialization. A favorite activity for many seniors, golfing also helps seniors maintain hand-eye coordination.

6. Playing Cards/Games from Bridge to Scrabble, and cards, is an excellent way for seniors to help keep their minds' sharp.

7. Practicing Yoga is great for senior because it reduces

hypertension and stress, helps to strengthen bones and build balance.

8. Swimming regularly can give seniors greater muscle tone and better posture. And it's a great way to boost energy through natural fitness endorphins, that is easy on the joints, and also fun!

9. Visiting Family and Friends helps combat senior isolation, one of the leading causes of mental and physical decline. Humans are wired to interact and socialize, and they especially need these interactions as they age and sometimes lose spouses and social circles.

10. Volunteering can provide great socialization and self-worth. Feeling helpful is an important human emotion that helps keep seniors stimulated.

11. Walking is especially helpful for seniors as it helps to maintain independence. From walking at the mall or around the park, there's no activity that offers an easier way to help seniors stay in shape. Walking with loved ones and friends is even more fun!

Health Fair cont. from page 1

"We are grateful to our sponsors for making this event possible," said Charles Robinson Jr., Pres. & CEO. (See "Thank You Sponsors"). The largest number of exhibitors ever offered valuable health screenings and information.

They included: American Heart Association, Anthem Medicare BCBS, ARC Area Agency on Aging, Atlanta Fire Rescue Dept., Atlanta Legal Aid Society/Kinship Care Project, Atlanta Police Dept/ Crime Prevention Unit, Centers for Medicare & Medicaid Service, Concoh Health Care, Council on Aging, Diabetes Assoc. of Atlanta, Diabetes "You Can Win!" Foundation, Dr. Biggs Chiropractic, Emory Alzheimer's Disease Research Center, Eye Specialists of Georgia, Foot Fittr, Georgia Cares, Georgia Center of the Deaf & Hard of Hearing, Healing Community Center, Homestead Hospice, Interim Health Care, Kaiser Senior Advantage, Leukemia & Lymphoma Society, Lincoln Cemetery, National Church Residences, Northwest Chiropractic, Odyssey Family Counseling Center, Social Security Administration, Sovereign Hospice, True Medical Supplies, Visiting Nurse Health System, Walmart Vision Center (Howell Mill Rd.) and Wellstar Community Education & Outreach. **Volunteers** from Hands On Atlanta and the National Women of Achievement Inc. - Midtown helped the event to run smoothly.



LIVE SOULFULLY

National Skilled Nursing Care Week
May 12-18, 2019

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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.

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Medical Director—
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Interim Director of Health Services -
Robin Shelton, RN



HAVE A SAFE & HAPPY SUMMER!

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