

# HORIZONS

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



SADIE G. MAYS  
HEALTH & REHABILITATION CENTER

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Autumn- November 2016

## CELEBRATING OUR QUEENS!



Councilman Michael Julian Bond, Mrs. Emily Wise and Councilman C. T. Martin, greet the honorees: Gennie Sheffield, Artie Dykes, and Roxie Taylor (l-r).

purpose of this popular annual program is to recognize and honor the eldest of the elders at Sadie G. Mays. *"This is a remarkable day in my life and I want to thank each and every one of you!"* said Mrs. Roxie Taylor. Mrs. Artie Dykes said afterwards *"God brought me safe this far and I'm counting my blessings!"* The program is presented by Mrs. Emily Wise and the Dixie Hills Baptist Church. Members of the north-west Atlanta church celebrated the honorees through poetry, scripture and song, and presented them with gifts. Mrs. Wise was awarded a

plaque from the City of Atlanta by Councilmen C.T. Martin and Michael Julian Bond, for her vision and dedication to the program. The queens received additional gifts from the M.L. King Jr. Drive Merchants Assoc. and the Westview Cemetery.



Roxie Taylor, 99, prepares for the 96 & Above program.

Three lovely ladies were crowned "Queen For A Day" at the 16<sup>th</sup> Annual 96 & Above program on Friday, October 21 at Sadie G. Mays. The queens were Roxie Taylor, 99, Artie Dykes, 100, and Gennie Sheffield, 102, along with Corine Howell, 102, and Gladys Brown, 103, who were unable to attend the program. The



HAPPY AUTUMN!

SADIE G. MAYS  
AUTUMN CALENDAR

**Veteran's Day Program**  
Fri., Nov. 11 - 3:00 p.m.

**Metropolitan Atlanta  
Community Band Concert**  
Sat., Nov. 19 - 3:00 p.m.  
**FREE & OPEN TO PUBLIC  
DONATIONS ACCEPTED.**

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

**Christmas Party**  
Thu., Dec. 22 - 3:00 p.m.

**Kwanzaa Celebration**  
Thu., Dec. 29, - 11:00 a.m.

## SADIE G. MAYS HOSTS A RECORD 69 VOLUNTEERS!



The 69 Hands On Atlanta volunteers pose for a group shot.

This year's Hands On Atlanta Day was the biggest yet for Sadie G. Mays. 69 volunteers came to help spruce-up the facility on Saturday, October 1 2016. They were part of a city-wide effort organized by Hands On Atlanta (HOA), a volunteer service organization, that serves nonprofits by providing

valuable volunteers. That day, over **2,500 volunteers** served **10,000 hours** at different sites throughout Metro Atlanta. Sadie G. Mays was one of those sites. The volunteers included many groups, such as the Urban League's *Youth Empowerment* group, the Morehouse College Basketball team, Miss Schackne Thomas' large birthday group, the *Cornucopia Ministry* of the Word of Faith Church, HOA's *Teamworks* group and the Boykin Family Reunion group ( the family of our long time, retired employee, Janie Boykin).

They were all enthusiastic and hard workers who tackled several jobs around the facility including pulling weeds, planting pansies, painting door frames and window sills, painting the parking lot curbs and speed bumps and more. Thanks HOA!



HOA volunteers work in the garden courtyard.



**EMPLOYEES OF THE MONTH**

**MAY— Tequila Roberts**  
Nursing Dept.

**JUNE— Jimmie Erwin**  
Laundry Dept.

**JULY— Linda Howard**  
Nursing Dept.

**AUG.—Phyllis Collier**  
Environmental Svcs.

## THE CLINTON - TRUMP DEBATE:



Demonstrators interrupt Trump's speech.

Sadie G. Mays enjoyed its own taste of the election season with a production of the comedy play, "The Clinton-Trump Debate" on Sept. 24th. Written and

directed by Richard Ashe, Ph.D. and performed by The Sassy Seniors of Atlanta, the play was funny, thought-provoking and quite timely. A sizeable audience of residents and community members, were reminded by a spirited Hillary Clinton, played by Delores Hampton, of her goals of improving Obamacare and creating "common sense gun laws." Mr. Trump, played with enthusiasm by Dr. Richard Ashe, pledged to give guns to everyone and told women's rights demonstrators who showed-up to go "...back to Mexico!"



Delores Hampton plays Clinton.

Sadie G. Mays residents Brenda Diaz and Rev. James Jackson, along with Marva Shelton, were among the audience members who questioned the candidates.

### Sadie, the Therapy Dog, visits Sadie G. Mays

Sadie, a 2-yr. old, Golden Retriever, and her master, Chris Foster, owner of *A Hand to Hold* home health care, came to visit the residents of Sadie G. Mays on October 12<sup>th</sup>. Sadie is a Therapy Dog, trained to interact with



Sadie, the therapy dog, greets resident, Robert Binns, with a lick.

seniors in a nursing home setting. "She made you feel good!" said resident, Robert Binns, with a huge grin on his face. Therapy dogs can promote laughter and stress relief, provide the opportunity to give and

receive affection, and bring back memories of pets the seniors had before. Foster, his sales representative, Amber, and SGM staffer Shirley Coleman, took Sadie through the entire facility to greet residents who wanted a little "puppy love." Foster provides visits free of charge to nursing homes throughout Atlanta. "Sadie was enthusiastic and very sweet. We hope she'll visit again soon!" said Coleman.



Resident, Christine Blount, meets Chris Foster and his dog, Sadie.

## CNA WEEK 2016:

### "Nursing Assistants – I Choose Respect."

National Nursing Assistants Week was June 9-16, 2016. The annual observance of Nurse Assistants' Week is a special time to celebrate and recognize the efforts of the Nurse Assistant in long-term care services. Each day, more than 4.5 million caregivers provide hands-on care to our nation's frail, elderly, or chronically challenged citizens in nursing homes and other long term care settings. Sadie G. Mays employs approximately 74 Certified Nursing Assistants (CNA). Additionally, we periodically help to train CNA students from the Atlanta Job Corps.

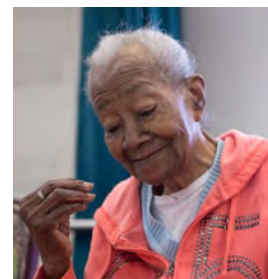


Top row: E. Clark, V. McGee, L. Carroll, T. Mayberry, T. James, Front Row: S. Morris, T. Roberts, D. Norman, B. Hill and her two children.

The theme for this year's celebration was "Nursing Assistants — I Choose Respect." "We truly appreciate our Nursing Assistants and respect the hard work they do every day," said Eula Wright, SGM Director of Health Services. "They faithfully and respectfully serve our residents daily," she continued. At Sadie G. Mays, we celebrated our CNA's with a week of festivities including a Talent Show, Nurse Station Decorating Contest, and a luncheon. Thanks, CNA's, for all you do!

### Getting to Know: Shirley McKibbens

This is a profile on our resident, Mrs. Shirley McKibbens. According to her niece, Lillie Rushin, McKibbens grew up on a farm in rural Georgia. She didn't have the opportunity



to finish to school. Much later, after 2<sup>nd</sup> husband died, she moved to Atlanta and decided to go back to school to "learn something" she said. McKibbens got her GED and eventually graduated from Spelman College with a degree in Music. Her niece said that McKibbens plays the piano very well. McKibbens later co-authored a book called *Women of Wisdom*, with some fellow residents of her senior high-rise. In the early 90's, she held a book-signing at Spelman and donated the proceeds from the book to the college to help other students. As her niece said, and we agree, "She's a very interesting lady! She's done a lot!"

## SCENES FROM SADIE G. MAYS



Resident, Dora Baldwin, gives a warm kiss to her daughter, Deborah Baldwin.



B. Williams, V. Evans, M. Toliver & J. Parker of Environmental Svcs. show their patriotism and style for Memorial Day.



Staffer, M. Tucker, hugs Maxine Verdree, on her last day. She will pursue a master's degree and work.



Resident, Hattie Lester(r) and her sister, Jeanette Lowe, enjoy each other's company at the Pre- July 4th cookout.

## VOLUNTEER SPOTLIGHT: Aaron Tabernacle FBH Church



Churchmembers, Tan Ward, Rodrina Aaron, Mary Swift, Valeria Williams, Corliss Aaron and Nicole Aaron surround SGM resident, Charlotte Peterson after visiting with her.

As you round the corner you hear the melodious sounds of female voices singing "And he walks with me and he talks with me and he tells me I am his own." But it's not a choir of angels, it's the volunteers from the Aaron Tabernacle Fire Baptist Holiness Church of God of the Americas. They may well be earthly angels though, because this group of loyal volunteers comes every 1st, 3rd and 5th Saturday. They do room visits with the residents of Sadie G. Mays and they have been doing it for 16 years! The members are led by Rodrina Aaron, President of the Missionary Department. Her late grandparents, Rev. DeWitt and Mrs. Mattie Aaron founded the church in 1954. Located on

Hollywood Road in northwest Atlanta, the church is now under the leadership of Pastor Kimberly Edwards. The volunteers go from room to room visiting with any resident who would like them to come in. They read, pray, sing, counsel and encourage the sick, elderly and sometimes lonely residents. They stay for as long as the resident would like for them to stay before moving on to the next room.

"We get our motivation from the scriptures," said Valeria Williams. "Love thy neighbor as you love yourself. Our mission," she concluded, "...is to help those who can't help themselves." *Thanks Aaron Tabernacle!*

## Got Pain? Try Therapy, Not Drugs! by Joseph Brence, DPT (Edited)

**October was National Physical Therapy Month.** This annual observance recognizes and celebrates the transformative power of physical therapy. Through our partner, Pruitt Health, Sadie G. Mays offers individualized physical therapy services. **Our facility has twice won Pruitt's "Best in Class" award this year.** The monthly award is based on Customer Service surveys of 23 facilities in the region. Call our Rehab Dept. at (678) 420-2923 for more information.

As America combats a devastating opioid epidemic, safer, non-opioid treatments have never been of greater need. Opioids are medica-

tions that relieve pain such as, hydrocodone (e.g., Vicodin), oxycodone (e.g., OxyContin, Percocet), morphine (e.g., Kadian, Avinza), codeine, etc. Potential side effects of opioids include depression, overdose, addiction, plus withdrawal symptoms when stopping opioid use. Physical therapy is



Therapist, Mela Furgerson, assists resident, Mary Johnson, with hand exercises.

among the safe, effective alternatives recommended by the Centers for Disease Control and Prevention in guidelines urging the avoidance of opioids for most pain treatment. Whereas opioids only mask the sensation of pain, physical therapists treat pain through movement. Here's how:

**1. Exercise.** A study following 20,000 people over 11 years found that those who exercised regularly experienced less pain. And among those who exercised 3+ times per week, chronic widespread pain was 28% less common. Physical therapists (PT's) can prescribe exercise specific to your goals and needs.

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**2. Manual Therapy.** Research supports a hands-on approach to treating pain. From carpal tunnel syndrome to low back pain, this type of care can reduce pain and improve movement. PT's may use manipulation, joint and soft tissue mobilizations and other strategies.

**3. Education.** Physical therapists will talk with you to make sure they understand your pain history, and help set realistic expectations for treatment.

**4. Teamwork.** Recent studies have shown that developing a positive relationship with your PT and being an active participant in your own recovery can impact your success. This is likely because physical therapists are able to directly work with you and assess how your pain responds to treatment.

*Remember to get your flu shot!*



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NOV. 17**

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type in *Sadie G. Mays* to  
make a donation by  
Nov. 17th.  
The 5th Annual Georgia Gives Day  
celebrates the work of Georgia's  
nonprofit organizations. **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. Rated 5-Stars by Centers for Medicare & Medicaid Services.

Listed in *U.S. News & World Report* "Best Nursing Homes" 2015, 2012 & 2011  
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