

HORIZONS

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



SADIE G. MAYS
HEALTH & REHABILITATION CENTER

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Spirit of America Alive at Sadie G. Mays!



The intergenerational, Caribbean-inspired group, **Pan People Steel Band**, play at the event.

The American spirit of cultural diversity, community, cooperation, and caring were in abundance at the Sadie G. Mays Health and Rehabilitation Center on Thursday, May 25, 2017. It was the Center's 20th Annual

Community Health Fair. Held in honor of **National Nursing Home Week**, the theme of the event was "**The Spirit of America**" and representatives of Caribbean, African, and African American cultures; Christian and Muslim faiths, were all there. 175+ attendees participated in the



Keli Allen, PruittHealth Hospice, gives bags to Dogwood Center seniors.



Nurses from **WellStar Community Outreach** screen attendees.

event which offered free health screenings, information and entertainment. "We are grateful to our service providers and sponsors for helping to make this event available to our community," said Pres./CEO, Charles Robinson Jr. Screenings for bone density, cholesterol, blood pressure, blood glucose, and hearing ...**See p.4**



HAVE A GREAT SUMMER!

Sadie G. Mays Summer Calendar

SANDRA JETER CROWNED MS. SADIE G. MAYS



Sandra Jeter, with Boy Scout, Xavian Fletcher, prior to her crowning.

"I was really, really surprised!" exclaimed Sandra Jeter, after being crowned as Ms. Sadie G. Mays 2017. "I'm thankful too!" she continued. Ms. Jeter was crowned on Saturday, April 22 in the beautifully-decorated Dining Room at Sadie G. Mays. There were three lovely contestants in addition to Ms. Jeter: Hattie Lester, Gladys Reaves and Barbara Schenk. Ruth Davis, the Mistress of Ceremonies, introduced the contestants who were escorted by Boy Scout Troop

of East Point. Each contestant was asked a question. While the judges deliberated, the audience enjoyed music by volunteer, Myrna Brown, and dancing by Aunye' and Mattison Downs. Finally, the judges-- Tiffany Downs, Hermith Fleurimond, and Wanda Phillips —announced the winner. Sandra Jeter has been a resident at Sadie G. Mays for over a year. She grew up in Philadelphia, PA. with her sister and two brothers. She moved to Atlanta as an adult and worked as a hotel maid in the Omni Hotel and other hotels. She married and stopped working for awhile. She enjoyed



B. Schenk, H. Lester, G. Reaves, S. Jeter and 2016 Ms. SGM, Lois Murph, line-up during pageant.



S. Jeter with her court: 2nd Runner-up, B. Schenk(l), 1st runner-up, G. Reaves (r). Back row, Troop #54: X. Fletcher, J. Owens, M. Webb, P. Owens, T. Woods, N. Webb.

going out with friends from Philadelphia to the sites in Atlanta such as the Fox, Alliance Theater, etc. Ms. Jeter's philosophy is "You should be kind to one another. You get more friends with honey than meanness. And pray a lot!" Pres. & CEO, Charles Robinson, Jr., congratulated her and all the participants. Presented by the Activity Dept., it was a lovely affair.

PRE-JULY 4TH COOK-OUT
Friday, June 30, 2017
11:30 a.m.—1:00 p.m.

PRE-LABOR DAY COOK-OUT
Friday, Sept. 1, 2017
11:30 a.m.—1:00 p.m.



Emcee, Ruth Davis, asks Gladys Reaves, a question.



Volunteer, Myrna Brown of WSB-TV's *Family 2 Family* show, plays piano and sings.

NATIONAL NURSES WEEK 2017



AMERICAN NURSES ASSOCIATION

Nursing: The Balance of Mind, Body, and Spirit



1st row: T. Brown, G. Miller, W. Brown, S. Brown; 2nd row: T. Bibbs, S. Hill, B. Abrams; 3rd row: M. Watson, B. Williams, L. Woodard, M. Scruggs; 4th

Held on May 6-12, the theme of National Nurses Week was "Nursing: The Balance of Mind, Body & Spirit."

Its goal was to help nurses discover tools and strategies to infuse meaning, joy, and restoration into their practice and their lives. **Sadie G. Mays employs 15 RN's, and 26 LPN's.** "Our nurses strive daily to provide exceptional care for our residents. We're proud of their loyalty, commitment to caring, and professionalism," said Interim Director of Health Services, Wanda Sanders, RN. She continued, "It is truly an honor to be able to serve the community and make a difference in the lives of our residents." Sadie G. Mays' nursing staff is diverse with both male and female nurses from Georgia and across the U.S.A, in addition to nurses from Jamaica, Nigeria, and Guyana. Our longest-serving nurses are **Ida Clayton, LPN**, who has been serving the residents of Sadie G. Mays for 36 years,

Vanessa West-Duke, LPN, who has served for 29 years. We appreciate and congratulate all the nurses at Sadie G. Mays!



Wanda Sanders, DOHS, meets with Hermith Fleurimond, RN.



Katina Martin, LPN with Shirley Hill, LPN in background, enjoying a special Nurses Week lunch on the patio.



Modeling special Nurses Week t-shirts are Deborah Williams, RN, Unit Mgr., Area B, and Shirley Hill, LPN, and Sharon Crawford, LPN.



Easter Time at Sadie G. Mays



A DAY OF FUN & LAUGHTER!



Residents, Rosa Franklin, Mary Freeman, Hattie Lester and Mary Gartrell dye Easter Eggs.



Activity Aide, Lisa McCrimmon, shows off Easter eggs dyed by resident, Gwen Ransom and others.



Members of the Word of Faith Church's *Cornucopia Ministry* brought a special program called "A Day of Fun & Laughter" to the residents of Sadie G. Mays on April 29. With music, dancing, Bingo, homemade cake and lemonade, it was a hit with residents! Pictured here are residents Mary Gartrell and D. Glover with WOF church members.

SCENES FROM SADIE G. MAYS



Stepping out for Mother's Day, resident, Annie Moore shows off her Sunday Best!



Resident, Robert Archer, is looking sharp for the Memorial Day cookout.



Resident, V. Reese, Activity Director, S. Jennings and resident, D. Wyms, enjoy the sunny day cookout.



CEO Charles Robinson greets resident, Calvin Smith at the Memorial Day cookout.

VOLUNTEER SPOTLIGHT: CATHEDRAL OF FAITH



Members of the Cathedral of Faith: (l-r) Rudolph Austin, Lissie Smith, Calvin Jackson, Wilma Wright, Loretta Fisher, Sherrie Dunn and Pete Roberson, prepare for their monthly service.

For the past 35 years, volunteers from the Cathedral of Faith, in SW Atlanta, have conducted a monthly, church service at Sadie G. Mays. Every 2nd Saturday at 3:00 p.m. you will find them faithfully serving the residents. Evangelist Lissie Smith explained "We minister to those who are shut-in so they can hear the word of God. They may be shut in a building, but they are not shut out from God!" The church began coming to Sadie G. Mays when its Outreach Ministry called several nursing homes in the area to inquire about providing services. They received permission to conduct a monthly service at Sadie G. Mays.

The first leader was Ms. Burgess who then turned it over to Evangelist Lissie Smith. They usually have 6-12 members who conduct the service, which consists of devotion, prayers, scripture, an opportunity for residents to testify and a speaker. Oftentimes, the speakers are young ministers who are learning to preach. At Christmastime, they even bring "goodies" to the residents. Their services are usually very well-attended with 30 or 35 residents. The church also conducts services at four other nursing homes and the prison. Evangelist Smith continued, "We pray for their healing and whatever their needs are. We carry it to the Lord!" Rev. Arthur Mosley is pastor of the church.

JUNE—NATIONAL FRUITS & VEGETABLES MONTH! Edited from www.benefits.gov

Did you know the average American consumes about 25 pounds of bananas per year? In the U.S., we eat a wide variety of fruits and vegetables throughout the year, and June marks National Fresh Fruit and Vegetable Month. Fruits and vegetables are an important part of a healthy diet year-round. Here is some helpful information for achieving a more nutritious lifestyle.

The U.S. Department of Agriculture (USDA) recommends that most adults eat at least three cups of fruits and vegetables per day. Fruits and vegetables are high in fiber, low in calories, and contain numerous vitamins and minerals. There are many ways to



add them to your diet, like chopping them up into your pasta sauce, grilling vegetable skewers on the barbecue, or blending vegetables and fruits together into a nutritious smoothie. For other ideas, check out ChooseMyPlate.gov's *10 Tips Nutrition Education Series*. Eating healthy can be expensive, but there are many low-cost ways to meet your

nutrition needs. According to ChooseMyPlate.gov's *Smart Shopping* tips, fruits and vegetables that are in season are often less expensive and on sale at local grocery stores.

In addition, many states offer their own fresh fruit and vegetable programs, including menus, nutrition information, calendars, tools, and suggestions. These programs can help you learn where to go and how best to get fresh fruits and vegetables in your state. View the rest of the *Food and Nutrition* benefits on www.benefits.gov and, beyond that, take the *Benefit Finder* questionnaire to see what other government benefits you may be eligible to receive. You can also check out USDA's page of *Fruit and Vegetable Resources* to find out more about

Spirit cont. from page 1

were provided by many organizations, including Wellstar Community Education & Outreach, Odyssey Family Counseling Center, Center for Diabetic Hearing, Alzheimer's Association, WalMart Vision Center (Howell Mill) & Atlanta Eye Center, City of Atlanta Watershed Management, Georgia Cares, Avon Foundation, Council on Aging, Humana, Inc., Georgia Prostate Cancer Coalition, Muslim Community (Min. Plemon El Amin), Diabetes Assoc. of Atlanta, Nurse Inc., Fulton-DeKalb Hospital Authority, Respire Massage & Spa, Riverwoods Behavioral Health, PruittHealth Hospice, Spine Align Center, Hope Center Memory Care, Atlanta Regional Commission Area Agency on Aging, and Adrienne Jones, Aging Resource Consultant. We thank our entertainers: Griot Arts

Center, Pan People Steel Band and Edeliegba Dance Ensemble.

THANK YOU ALL!

Sadie Jo Dennard of GEORGIA POWER, the principal sponsor of the Health Fair, attends the event.



HAVE A FRESH & HAPPY SUMMER!



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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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Celebrating 70 Years of Service!
1947—2017



