

January 2022

'Recognizing Those Who Care'

Empire Heroes for January

Riverdale



Leslie Lesseta

Nancy Hart



Casandra Gerasham

Powder Springs



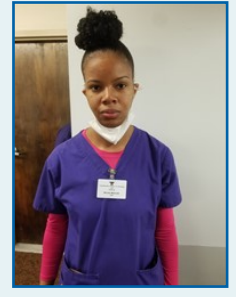
Katrina Hoskins

McDonough



Natasha Drummond

Fayetteville Center



Nicole Walcott

Fulton Center



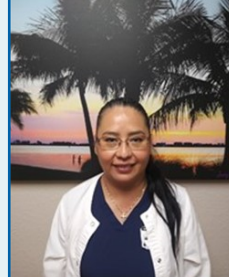
Angela Wiggins

Jackson



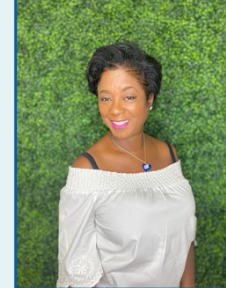
Laurie Maddox

The Meadows Center



Marisela Perez

Normandy



Yolanda Hobbs-Pickering

Cartersville



El Koike

Orange Park



Zen Sheffield

University



Kevin Callaway

West Orange Center



Jean Baptiste Lovely

Renaissance



Rick Fuller

Conyers



Gideon Algara

a warm welcome to..
our new Administrator



Julia Ann Walklett
Jackson Administrator



Empire Care Centers

Happy New Year



congratulations to..
our new Regional Director of
Clinical Operations



Jennifer Vasil



A Message From Jennifer Vasil Regional Director of Clinical Operations



Goodbye 2021 – Welcome 2022

To say I am glad to be done with 2021 is an understatement of significant proportion.

Living through COVID has been tough, living through COVID as a Nursing Home Employee, well, most people have no idea what we have been through and wouldn't believe it if we told them.

First off – the level of appreciation I as well as all of the Empire Care Center Administrators, Regional Team and Ownership have for each and every one of you is beyond my ability to adequately put into words. Through this entire past year (and a good part of 2020) You all have demonstrated strength and commitment when most would have walked away. Integrity, character, refusal to fail are just a few of the traits I have personally seen demonstrated by you, day in and day out. These are the traits of Heroes. These are the traits that are embodied in each of you, the ECC employees and it is because of you, we, as a company, have weathered the storm and I know we can weather anything thrown at us in the future.

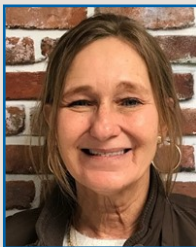
As we start a New Year, I pray that the worst is behind us and that all of us and our loved ones have good health and happiness throughout the New Year. However, should we encounter any more rough waters along our journey, I know we will weather them and come out the other side stronger and more resilient than ever, I know this because I am surrounded by true Heroes.



New Faces

Nov 26th - Dec 28th

Nancy Hart



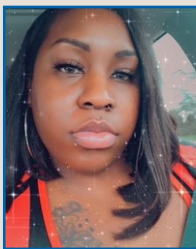
Maria Simms

Maria joins our team as a PRN ADON. She has 11 years healthcare experience. **Maria** was born in Farrell, PA. She is married and has 4 sons, 3 daughters and 14 grandchildren. In her spare time **Maria** enjoys computers, sewing, and doing projects around the house.



Patty White Burton

Patty joins our Nursing Department as a CNA. She has been in healthcare for 27 years. **Patty** was born in Winder, GA. She is married and has 2 sons, 1 daughter and 9 grandchildren. In her spare time **Patty** enjoys shopping at flea markets, ball games, spending time with her grandchildren, and going out to eat with her husband.



Lekisha Grant

Lekisha joins Nancy Hart as a CNA in our Nursing Department. She has 4 years experience as a CNA. **Lekisha** has 2 sons and 1 daughter. In her spare time **Lekisha** enjoys listening to music and enjoys spending time with her children and family.



Andrea Bowling

Andrea joins our team at Nancy Hart as a LPN. She has 25 years healthcare experience. **Andrea** was born in Middletown, OH. She is married and has 1 son, 1 daughter and 8 grandchildren. In her spare time **Andrea** enjoys spending time with family.

Normandy

Jwana joins our Nursing Department as a CNA. She brings to Normandy 20 + years experience. Welcome to our Normandy Center family.

Jwana Carn

Junett joins our team at Normandy as a CNA. She has 7 years experience as a CNA. She is married and has 1 daughter. In her spare time **Junett** enjoys sleeping. A warm welcome to our Normandy team.

Junett Jones

Amanda joins our Nursing Department as a CNA. She has 3 years experience in the healthcare industry. **Amanda** was born in Muncie, IN. She has 3 sons and in her spare time **Amanda** enjoys spending time with her boyfriend and children.

Amanda Brees

Helen joins our team as a CNA. She has 30+ years healthcare experience. **Helen** was born in Earth, TX. She has 3 sons, 1 daughter and 28 grandchildren. In her spare time **Helen** enjoys reading, drinking coffee and cooking.

Helen Greene

Orange Park

Craig joins Orange Park team as a LPN in our Nursing Department. He was born in Rochester, NY. **Craig** is married and has 1 son. In his spare time **Craig** enjoys spending time with his son, Luke and his wife Sherry.

Craig Barcliff

Aimee joins our team at Orange Park team as a Laundry Aide. She was born in Jacksonville, FL. **Aimee** is married and has 1 son and 1 daughter. In her spare time **Aimee** enjoys painting, sculpting, and anything art related.

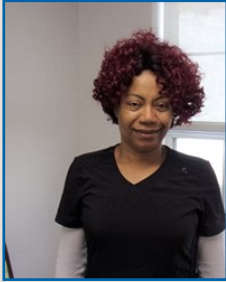
Aimee DeSorbo



New Faces

Nov 26th - Dec 28th

Fayetteville



TaShawanda Coleman

TaShawanda joins our team as a CNA. She has 4 years of healthcare experience. **TaShawanda** was born in Detroit, Mi. She has 1 daughter. In her spare time **TaShawanda** enjoys being creative, singing, listening to music, writing and observing the beauty of the world around us.



Paula Thebaud

Paula joins our Fayetteville team as a LPN. She has 20+ years experience in the healthcare industry. She is married and has 1 daughter and 7 grandchildren. In her spare time **Paula** enjoys seeking out information to make informed decisions.



Marlene Darbouze

Marlene joins our Nursing Department as a CNA. She has been in healthcare for 15 years. She is married and has 2 daughters. In her spare time **Marlene** enjoys cooking and watching TV.



Dashana Turner

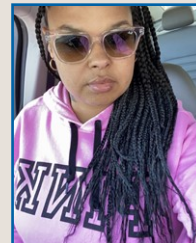
Dashana joins our Nursing Department as a CNA. She enjoys reading, watching movies, music, writing and playing with her nephew. Welcome to our Fayetteville family.

Powder Springs



Daniel Guillaume

Daniel joins our Powder Springs team as a Dietary Cook. He has 38 years experience as a Cook. He is married and has 4 sons, 2 daughters and 12 grandchildren. Welcome to our Powder Springs family.



Jaqueline Shogan

Jaqueline joins our Nursing Department as a CNA. She has 14 years experience as a CNA. **Jaqueline** was born in McKeesport, PA. She is married and has 1 son and 1 daughter. Welcome to our Powder Springs team.



Leticia Johnson

Leticia joins Powder Springs as a LPN in our Nursing Department. She has 6 years experience as a LPN. **Leticia** was born in Blakely, GA. She has 3 sons, 1 daughter and 14 grandchildren. In her spare time **Leticia** enjoys shopping.

Evans joins our dietary Department as a Dietary Aide. **Evans** was born in Douglas, Ga. He is married and has 2 sons and 1 daughter. In his spare time **Evans** enjoys reading the Bible.

Evans Nyasimi

National Hugging Day

January 21st



National Hug Day or National Hugging Day is an annual holiday created by Rev. Kevin Zaborney. It occurs on January 21st and is officially recognized by the United States Copyright Office, but is not a public holiday. The holiday was founded on March 29th 1986 in Caro, Michigan, and has since spread to multiple countries.

Because hugging is something everyone can do and because it is a healthful form of touching, this day should be spent hugging anyone who will accept a hug, especially family and friends.





New Faces

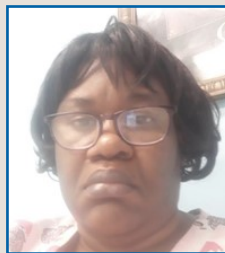
Nov 26th - Dec 28th

West Orange Center



Janise Colston-Watson

Janise joins our team at West Orange Center as a Marketing Liaison. She has 16 years of healthcare experience. **Janise** was born in Tallahassee, FL. She is married and has 1 son and 2 daughters. In her spare time **Janise** enjoys sipping coffee, meditating and relaxing.



Foufoune Victor

Foufoune joins our Nursing Department as a CNA. **Foufoune** was born in Orlando, FL. She is married and has 2 sons. In her spare time **Foufoune** enjoys spending time with her family.

Dyna joins West Orange Center as a PCA in our Nursing Department. **Dyna** was born in Port-Au-Prince, HT. She has 1 daughter. Welcome to our West Orange Center family.

Dyna Victor

Conyers

Montavious joins our Dietary Department as a Dietary Aide. Welcome to our Westbury Center of Conyers family.

Montavious Brown

Marquita joins our Nursing Department as a CNA. Welcome to our Westbury Center of Conyers for Nursing and Healing family.

Marquita Boyd

Stephanie joins our Conyers Nursing Department as a CNA. She has 2 years experience in the healthcare industry. Welcome to our Westbury Center of Conyers for Nursing and Healing family.

Stephanie Hunter

Renaissance

Melody joins our Nursing Department as a RN Night Supervisor. She brings to Renaissance 23 years experience. **Melody** was born in Thomaston, GA. Melody has 3 sons, 4 daughters and 8 grandchildren. In her spare time **Melody** enjoys painting and cooking.

Melody Bowers

Savannah joins our Nursing Department as a Wound Care RN. She has been a Wound Care RN for 8 years. She is married and has 1 son and 2 daughters. In her spare time Savannah enjoys gardening and camping.

Savannah Driskell

Samaada joins our Renaissance team as a CNA. She has 5 years experience as a CNA. In her spare time **Samaada** enjoys listening to music.

Samaada Carter-Ross

Valencia joins Renaissance as a Weekend Warrior in our Nursing Department. Welcome to our Renaissance Center for Nursing and Healing family.

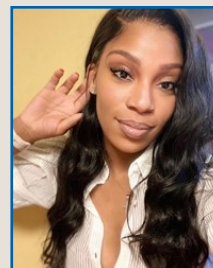
Valencia Goodrum

Riverdale



Keith Caregie

Keith joins our Housekeeping Department as a Director of Housekeeping. He has been in healthcare for 10 years with 8 years as a Director of Housekeeping. Welcome to our Riverdale Center family.



Karesia Davis

Karesia joins our team at Riverdale Center as our Director of Marketing and Admissions. She has 12 years healthcare experience and has been a LPN for 9 years. She has 1 son and a set of twin daughters. Welcome to our Riverdale Center family.

National Pharmacist Day January 12th

This special day, aimed to showcase pharmacists and their positive effect on health, and has been coordinated by the International Pharmaceutical Federation since 2010.





New Faces

Nov 26th - Dec 28th

Jackson



Tara Edwards-Coleman

Tara joins our Jackson team as a RN. She has 20 years experience in healthcare. **Tara** was born in Cleveland, OH. She is married and has 2 sons, 4 daughters and 1 pending grandchild. In her spare time **Tara** enjoys reading, family time, and self care.



Alaysia Roussaw

Alaysia joins our Dietary Department as an Aide. She has 1 son. Welcome to our Jackson team.



Marlene Edward

Marlene joins our Nursing Department as a LPN. A warm welcome to our Jackson family.



Anthony Lunsford

Anthony joins our Housekeeping Department as a Floor Tech. Anthony was born in Macon, GA. He is married and has 1 son, 3 daughters and 4 grandchildren. In his spare time **Anthony** enjoys fishing, playing baseball, camping, etc.



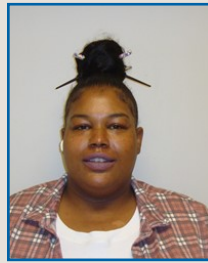
Kelsey Lewallen

Kelsey joins Westbury Center of Jackson for Nursing and Healing as a Cook in our Dietary Department. She has 1 daughter. In her spare time **Kelsey** enjoys skating.



Tiondra Callejas

Tiondra joins our Nursing Department as a RN. She has been in healthcare for 12 years. **Tiondra** was born in Providence, RI. She is married and has 2 daughters. In her spare time **Tiondra** enjoys the outdoors such as walking & hiking. I spend a lot of my time with family in outdoor activities and family vacations.



Garphella Jones

Garphella joins our team at Jackson as a CNA. **Garphella** was born in Baltimore, MD. In her spare time **Garphella** enjoys doing nails, reading, having fun, and making others laugh.



Julia Ann Walklett

Julia Ann joins Jackson as our Administrator. She has 40+ years experience in healthcare. **Julia Ann** was born in Griffin, GA. She is married and has 3 sons, 2 daughters and 12 grandchildren. In her spare time **Julia Ann** enjoys camping, watching my recorded episodes of General Hospital and spending time with family and friends.



Robin Lewis

Robin joins our Jackson team as a CNA. She has 12 years of healthcare experience. **Robin** was born in Detroit, MI. She is married and has 3 sons and 3 daughters. In her spare time **Robin** enjoys spending time with family, furthering her education in the medical field. She recently graduated with and Associate Degree of Science (RN) and will soon be enrolling to earn her Bachelor's Degree.

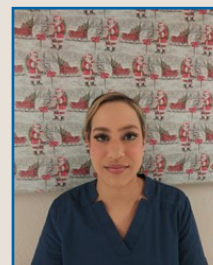


The Meadows Center



Keisha Odalyar

Keisha joins our Nursing Department as a LPN. She brings to The Meadows Center for Nursing & Healing 7 years experience in the healthcare industry. **Keisha** was born in SW Ranches, FL. Welcome to The Meadows Center family.



Marisela Perez

Marisela joins our team at The Meadows Center as a Nurse. She has 13 years healthcare experience. She has 1 son and 3 daughters. In her spare time **Marisela** enjoys reading.

Employee Birthdays

Normandy

- 1 Dorey Douglas
- 1 Jacqueline Lawton
- 1 Gerrit Mallatt
- 1 Chiquita Robinson
- 1 John Woods
- 15 Angelia Brown
- 23 Leishla Robles

McDonough

- 10 Sylvie Francois
- 12 Bridgette Jackson
- 16 Elgiva Wilson
- 22 Virginia Thompson
- 25 Marie Cambronne
- 25 Sabrina Williams
- 27 Jacqueline Campbell



Cartersville

- 1 Shelia Henderson
- 5 Joyce Thuo

Nancy Hart

- 5 Sara Penson
- 6 Brenda Bowers
- 11 Lynne Land
- 14 Sherika Banks
- 27 Randy Norman
- 28 Melissa Chapman
- 30 Lisa Starks

Conyers

- 1 Amara Koroma
- 2 Nikemia Hodge
- 2 Sherry Maddox
- 5 Christine Kates
- 6 Nadia Williams
- 8 Julie Williams
- 8 Sandra Scott
- 9 Berinda Jack
- 9 Montavious Brown
- 12 Shonta Saint Paulin
- 12 Shirley Phillips
- 18 Lakeria Gardner
- 21 Shineika Seivright
- 26 Jacqueline Armstrong Gore
- 30 Deyuan Williams Jr

Fayetteville

- 1 Nneka Anachebe
- 1 Christine Willis
- 1 Vanessa Negusse
- 3 Sarah Wanjiru
- 3 Felicia Holloman
- 4 Deidre Lowry Snipes
- 7 Kimberly Dunham
- 8 Shanquaveion Keaton
- 10 Savannah Moore
- 11 TaShawanda Coleman
- 14 Rebecca Walczak
- 22 Mimose Trevil
- 25 Freda Butler
- 28 Lamar Tatum
- 28 Daphne Pygeol
- 30 Brittany Tucker



The Meadows Center

- 3 Tisha Watson
- 7 Lakosha Richardson
- 12 Ruthe Marcdonis
- 14 Olga Zatyahnykh
- 15 Catherine St. Jean
- 15 Camille Wheeler
- 16 Tavis Freeman
- 17 Gertillia Xavier
- 18 Chantell Snipes-Booker
- 19 Amy Clements
- 20 Kerlange Metayer
- 24 Mariela Brutus
- 27 Edrix Ceneus

Orange Park

- 3 Yasmine Spatcher
- 7 Michelle Perkins
- 14 Nkafu Ekokobe
- 15 Yves Paul
- 17 Terasha Chavis
- 24 Ruth Capistrano
- 26 Ashley Pompa
- 27 Michelle Jarvis
- 27 Shpetim Ymeraj
- 30 Taquia Lomax



Powder Springs

- 1 Monique Beauge
- 1 Igwe Nne
- 1 Oni Grace
- 1 Edna Jackson
- 1 NaTuavea Miller
- 1 Ukandu Emeonye
- 1 Lynette Jackson
- 1 Nasha Landrum
- 1 Adrian Mann
- 1 Nickia Anderson-Folkes
- 1 Sonya Floyd
- 1 Karra Haslett
- 1 Isaac Agyemang
- 2 Sindy Howard
- 3 Alisa Mosby
- 3 Primo Murillo
- 3 Lannie Smith
- 5 Kenneth Campbell
- 12 Annmarie Grier-Oxable
- 15 Ronald Bourdeau
- 16 Rose Harris
- 17 Natalie Labbe
- 20 Vivian Smith
- 21 Francisca Ogojiaku
- 24 Julane Contursi
- 31 Michele Reynolds-Lamb



Jackson

- 4 Rita Alexander
- 10 Carolyn Webb
- 11 Terrika Grier
- 11 Delores Davis
- 12 Felicia King
- 13 Garphelia Jones
- 20 Laurie Maddox
- 20 Erica Owens
- 22 Shaquarius Barber
- 23 Davina Smith
- 23 Melissa Crowder
- 24 Jaden Taylor
- 25 Colette Greene
- 26 Wykeisha Dean
- 26 Valenta Golden
- 31 Aleia Maddox

University

- 1 Anne Amerson
- 1 Edward Burkhardt
- 1 Agnes Culver
- 1 Carmen Diaz-Marquez
- 1 Christina Jenkins
- 4 Shantell Nettles
- 5 Victor Jaja
- 9 Patrice Morrison
- 9 Prachy Garg
- 10 Carrie Jones
- 20 Cara Myers
- 22 Shakimba Davis



Fulton Center

- 3 Donald McMichael
- 4 Darryl Pipkin
- 10 Joseph Riordan
- 11 Tiana Hodge
- 15 Jayla Taylor
- 17 Lora Fairley
- 20 Tracy Walker
- 23 Rachel Cadet

Employee Birthdays

Riverdale

1 Marie Ducasse
1 Angela Turner
1 Erin Williams
5 Regenia Mallard
8 Modupe Omoniyi
14 Teniola Adekoya
20 Mabinth Kamara
29 Karlton Lawrence
29 Sheila Pratt



West Orange Center

2 Foufoune Victor
3 Marie Theodore
5 Elaine Taylor
9 Audrianna Bepott
18 Olea Mitchell
22 Marie Gabriel
22 Audrey Bontemps
24 Michelene Pierre
25 Eunite Philippe
26 Janise Colston-Watson
31 Esther Moise

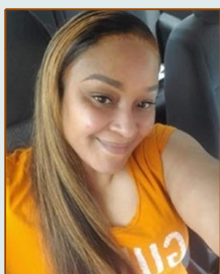


Renaissance

3 Clifford Sams
18 Patricia Robinson
20 Tracy Walker
21 Labrittany Sheppard
21 KIMBERLY ADAMS
22 Keyera Jones
23 Delroy Thomas
23 Stephanie Vereen
23 Cheryl Rutherford
29 Tenika Woolridge

Supervisor Shout Outs

THE MEADOWS CENTER



Special Shout Out for **Mildred Smith (Mary)** The Scheduler at The Meadows Center, for Going Above and Beyond in helping with the staffing schedule. With Mary's help we will achieve our goal of eliminating agency usage soon. Thank you, Mary.
~ Jean-Marc Ulyssee

POWDER SPRINGS

A Few Shoutouts from Team Powder Springs



Ken, Thank you for all you do! You have been with our facility for a long time and you have been a tremendous help. You are a leader in the kitchen and we appreciate the support and dedication you show everyday you come to work.

RENAISSANCE



Nija has an amazing soul and is a breath of fresh air for our team here at Renaissance. Nija is selfless and has shown so much compassion and care for all of our residents and has gone above and beyond to make sure that they are taken care of. Thank you for all you have done, we appreciate you more than you know!
~ Prachi Elmore



To Sheila - A huge heartfelt thank you for your expertise and calmness during the recent outbreak at Renaissance. I was amazed by your professionalism, dedication and clinical skills. We are so blessed to have you on our team!!
~ Andre Hardy



A quick shout out to **Guempster** - one of our floor techs. Thank you for all your hard work. You do an awesome job making sure our building looks good! Keep up your great work.



Our team wants to shout out one of our CNAs, **Barbara Wiley**! She has been displaying awesome work and is very dependable. Thank you Barbara for everything you do!

Did You Know?

New Year's Ball - Times Square. The tradition first began in 1907. The original ball was made of iron and wood; the current ball is made of Waterford Crystal, weighs 1,070 pounds, and is six feet in diameter.



Supervisor Shout Outs

CONYERS



Regina - The position of Director of Nursing is not an easy one. You're doing a great job! Thanks for your unyielding efforts to improve the clinical outcomes!



Gideon - Thank you for working so diligently with IT to keep us going!



Tracy - Thank you for your dedication to growing census month over month! The families and residents appreciate you going the extra mile!



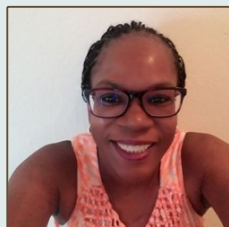
Susan provides exceptional service to our residents. Our new families especially appreciate your effort to ensure their loved one's transition into the facility is a smooth one.

A Few Shoutouts from Tressa

JACKSON



Dena - I appreciate everything you do to make the admission and application process as seamless as possible. You are a pleasure to work with. Great team work!
~ Laura Carlson



Collette - Thanks for your willingness to cover the COVID Unit. It is great when someone volunteers for the job that is hard to fill.
~ Julia Ann Walklett



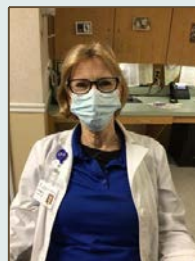
Jackie - Thank you Jackie for helping out and working long hour during these crucial times over the past couple of weeks! Your help has been much appreciated, I'm sure. You've always lent a helping hand with a compassionate heart.
~ Carolyn Fennell

UNIVERSITY

A Few Shoutouts from Prachy



Shantel - We appreciate your diligence and want to thank you for the wonderful job you do in the therapy gym

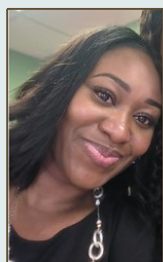


Carrie - We appreciate your willingness and flexibility in helping other departments whether it's housekeeping or activities department, you do it with zeal and a smile

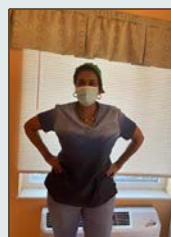


Thank you **Shannon** for helping in the Activities Department and reviewing worldwide Christmas traditions! Our residents really enjoyed this group.

WEST ORANGE CENTER



Akissi - Thank you for your amazing clinical leadership skills and for all that you continue to do on and off the clock day in and day out. You are truly appreciated and valued!!
~ Marie Kamara



Eunice - Our residents and the Activities Department appreciate all your efforts with driving the facility van to planned outings. Thank You, **Eunice!!!**
~Luis Rodríguez

Supervisor Shout Outs

A Few Shoutouts from Suzette



Sarah - Thank you for making Christmas a memorable time for all of us. The Christmas party was a blast!



Amanda - Thank you for your hard work caring for our residents. You always have a smile on your face and treat our residents with kindness. You are a real team Hero!



James - Congratulations on becoming the new maintenance man. You will do great!

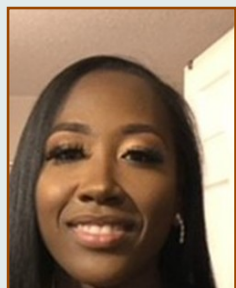
A Few Shoutouts from Rachel



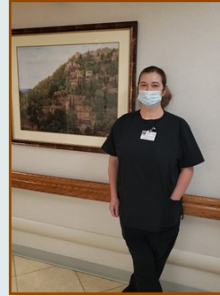
To **Heike Duban** - Thank you to our new, wonderful addition to our team!!! We have seen such an improvement in wound management and we owe it all to you!!



To **Morgan** our Dietician - Thank you for the care that you give the residents. Thank you for your knowledge and insightfulness!!!



Tameka - Thank you for coming to this facility and giving 200 percent. You work the cart and you also do managerial duties and you never stop smiling. You are awesome. Thank you for being the person that you are!



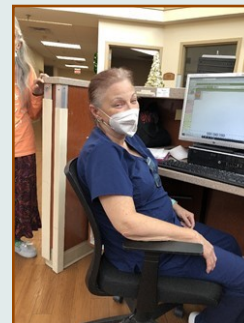
Caroline - Thank you for starting to pass the lunch trays as soon as they hit the floor due to everyone else being busy! Thank you for always going above your duties for our residents!
~ Krystyne Rubio



Lashonda - You rock! Thank you for your dedication to the residents and all the hard work you put in.
~ Tyler Johns



Kelley - I'm so excited for you taking over the Rehab Director position! You are an awesome team player and dedicated to providing the highest level of care to our residents. You are going to do great!
~ Keri Johnson



To **Nurse Val** - Thank you for showing great sportsmanship and teamwork **Val**. Thanks for helping out with coverage also! I really appreciate you.
~ Shanna



To **Joyce, Cari, Sinalin, and Sarah** You guys are awesome nurses and CNA's I see you guys in action daily and you all have been in the health care field for a very long time. Continue to show your love and affection towards your residents and co-workers. Kindness goes a long way.
~ Kiawanna Johnson Cabrera

NANCY HART

NORMANDY

ORANGE PARK

FAYETTEVILLE

CARTERSVILLE

Supervisor Shout Outs

RIVERDALE



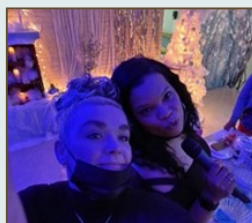
Tanisha's main focus for making our Christmas Party memorable this year centered around how hard she has witnessed everyone work since COVID! She said we need the food to be good and the atmosphere to be nice! She had a vision that was out of this world, but it came true at our Christmas Party! Thank you **Tanisha** for all you did to make this a joyous occasion!!!
~ Michelle Lewis



In **Dee's** spare time, she enjoys decorating and hosting events! Thank you **Mrs. Dee** for all your hard work in making the Christmas Party a night to remember! **Dee** allowed us to use several of her items from her personal storage! Her husband assisted by bringing items and helping us set up! Not one time did he gripe or complain! :) Thank you **Mrs. Dee** for bringing Tanisha's Winter Wonderland vision to light! We were all very amazed!!! Everyone is still talking about how beautiful everything was! We are so blessed to have you as a new member to our family!
~ Michelle Lewis



Tanika - Thank you for helping us decorate for the Christmas Party!
~ Michelle Lewis



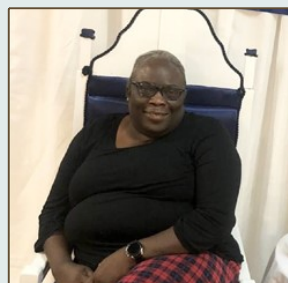
Michelle -Thank you so much for all you do. We really did have a great time at the Christmas party 2021! Let's make 2022 and EXPLOSION!
~ Tiffany



Shay and **Dee** collaborated and came up with a vision that provided the residents with the best Christmas Party one could imagine! The decorations were so elegant and the residents had an amazing time!
~ Michelle Lewis



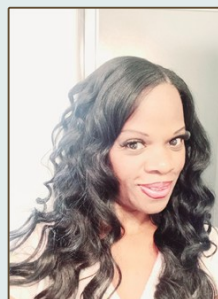
Nick is so helpful when needed! I asked him to assist me in servicing a room. He was about to clock out and go home. He stopped what he was doing and without any complaints assisted me in servicing a room for a resident. Thank you **Nick** for all you do and all your help.
~ Roslyn Nurse, LPN



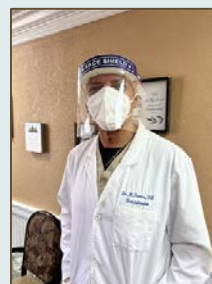
Shawn - Thank you for assisting in designing the balloon display and sharing your personal items to decorate for the Christmas Party!
~ Michelle Lewis



Angela, LPN - Thank you for assisting with decorating, cooking food and cleaning up after the Christmas Party!
~ Michelle Lewis



Bonnie assisted before and after hours on several days to make our Christmas party special! From cleaning to unpacking and designing the fire place, she made sure it was an environment for everyone to enjoy! Thank you **Bonnie** for making this event special!!
~ Michelle Lewis



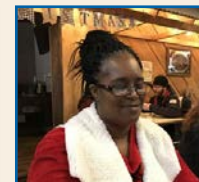
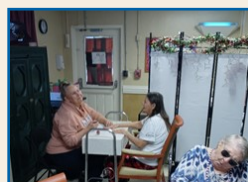
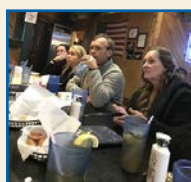
Dr. Santos - Thank you for making your amazing signature rice and beans for the Christmas Party! Not a single drop was left! It was simply amazing!
~ Every Associate



Nancy Hart

Shout Outs

- ✦ To **Nancy Hart Team** from Suzette - Thank you for making this Christmas a memorable holiday season. You are a great team to work with. Merry Christmas to all!
- ✦ My **New Year's Resolution** from Heidi Trimble, DON - This year I plan to be more organized, both at work and in my personal life.
- ✦ To **Julia Erwin** from Suzette - Merry Christmas, looks like you got a load of gifts!
- ✦ To **Maria** from Beth - Thank you for all you do for the residents and staff. You rock! We hope you like it here at Nancy Hart.
- ✦ To **Treasure** from Beth - Thank you for all you do
- ✦ To **Sara** from Beth - Thank you for everything, you are the best!
- ✦ To **Suzette** from James - I hope everyone has a Happy New Year with all of us at Nancy Hart nursing home all year round.
- ✦ To **Department Heads** from Beth - I hope that everyone has a very Merry Christmas. So glad we could have a moment to celebrate.
- ✦ To **Sarah** from Suzette - You are a fun Administrator with lots of ideas to keep Nancy Hart thriving with excitement. Your doing a great job!



Normandy



- ✦ To **James** from Larry Lance - I Think James is great with the residents.
- ✦ To **Anis Davis** from Cindy Collins - You are a wonderful cook and very nice to work with!
- ✦ To **Marquia Johnson** from Rosa Ferguson - Way to go Marquia. Keeping the kitchen rocking and rolling! You're a Rockstar!!
- ✦ To **Patrina Jackson** from Rosa Ferguson - Thanks for your help making the lobby look like the holidays! You Rock!
- ✦ To **Krystyne Rubio** from Rosa Ferguson - Thanks for all your help in "everything".
- ✦ To **Chiquita Robinson** from Rosa Ferguson - Thanks for always being there!
- ✦ To **Glen Wright** from Aaron Levy - Welcome our new Administrator to Team Normandy! Super excited to have you join the Team.
- ✦ To **Patrina Jackson** from Tyler Johns - Thanks for helping us decorate the Christmas tree! It looks beautiful.
- ✦ To **Management** from Activities Department - Thank Ya'll For Helping With The Residents Christmas Party.....You Guys Rock!
- ✦ To **Krystyne Rubio** from Patrina Jackson - Know matter what I have going on in activities, you always show up and lend a helping hand. Thank you!
- ✦ To **Emma and Rosa** from Tyler Johns - Thank y'all both for being so dependable. I know I can always count on y'all up front

Conyers

- ★ To **Sheryl James** - The employee holiday party was a success thanks to you!
- ★ To **Kiarra Lott** - Conyers is very fortunate to have Kiara as the welcoming face of the facility. She greets each and every person with a smile and offers a welcoming hand to anyone in need. The residents, families, visitors, and staff appreciate all that you do!
- ★ To **Michelle** - Michelle continues to be a shining star at Conyers! Michelle is willing to assist wherever is needed! During these challenging times, her flexibility is priceless!
- ★ To **Rita Thomas** - Rita is a GEM! Families, Visitors, and Staff line up on Thursday "Chicken Day". Thank you for never disappointing!
- ★ To **Neka Hodge** - Thank you for assisting the activities department in making the facility festive and beautiful during the holidays.
- ★ To **Estaban Brooks** from Sherry Maddox - Estaban has done an exceptional job in assisting in housekeeping and laundry. We thank you for stepping up and leading to ensure service was on time.
- ★ To **Kimberly Maylor** - The holiday party was a success, thanks to your efforts! We appreciate your selflessness.
- ★ To **Kathy Nicholas** from Tressa Hammond - The residents and families appreciate your tireless efforts in ensuring that activities carry on. Thank You!



January 29th - National Curmudgeons Day

An annual celebration of the crusty, yet insightful, wags who consistently apply the needle of truth to the balloons of hypocrisy and social norms.

Merriam Webster defines a curmudgeon as "a crusty, ill-tempered, and usually old man."

This day is observed annually on January 29th, marking the birthday of W.C. Fields, one of America's most beloved curmudgeons.

"If at first you don't succeed, try, try again. Then quit. There's no point in being a damn fool about it"

- W.C. Fields

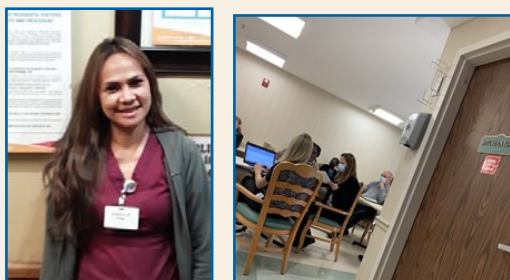
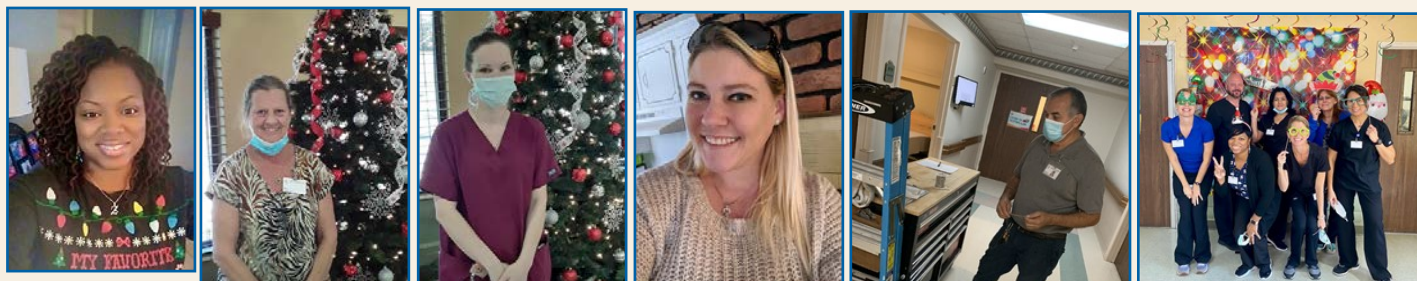


Orange Park

Shout Outs



- ◆ To **Ena & Todd** from Rachael - I would like to say thank you to Ena, our Administrator and Todd, our DON who took the time in our morning meeting to present all staff with presents and tokens of appreciation.
- ◆ To **Theresa Twedt- Activity Assistant** from Trista Delaney- Activity Director - Thank you for all your hard work throughout the building putting up festive decorations and helping to make the resident and staff holidays parties a success! Your hard work, creativity, and positive attitude were much appreciated!
- ◆ To **Dru Lovecky - Speech Therapist** from the Management Team - We would like to to recognize and thank Dru for her hard work to make the resident's & patient's lives better. She advocates for the residents, helps out with trays/in the dining room, and is committed & cares about the patients/residents.
- ◆ To **All Nurses** from Rachael - Today, I saw a nurse cry tears for a resident. Nursing is different from other professions. Nursing is a call to be multifaceted... you do not only pass medications...you are a minister...you are called to uplift any that you come into contact with.
- ◆ To **Management Team** from Rachael - We have had many changes. Many may be the understatement of the year. Regardless, we are continuing to move forward, welcome new team members and tearfully tell old members good bye. In a season of changes we at OPMC remain grateful!
- ◆ To **Freda Mentor- CNA** from Resident Council - Resident Council would like to thank Freda for all her hard work! She takes good care of us AND is nice, funny, and friendly. Thank you again!
- ◆ To **Yanira De Leon - Therapy** from Resident Council - Resident Council would like to thank Yanira for her hard work and going out of her way to help patients and residents especially with dressing and putting on TED hose.
- ◆ To **Zen Sheffield -Therapy** from Resident Council - Resident Council would like to thank Zen for all her hard work. She helps patients to workout hard for their rehab. She is a very good therapist!
- ◆ To **Theresa Twedt- Activity Assistant** from Resident Council - Resident Council would like to recognize Theresa for her hard work in Activities. She is happy and talks to the residents. She makes them feel at home and provides daily devotionals.
- ◆ To **Jaqueline Pistorio - CNA** from Resident Council - Resident Council would like to recognize Jaqueline for her hard work. She is nice and seems pleased to be able to help us. She comes back when she says she will and does a great job!
- ◆ To **Kristen Stafford- Staffing Cordinator** from Trista Delaney- Activity Director - I wanted to recognize and thank Kristen for all the time and energy she put into planning and coordinating this years staff holiday party. She had some big shoes to fill and she did a great job! She put a huge amount of time into planning, shopping, decorating, etc. Thank you and well done!
- ◆ To **Joy Perea- CNA** from Resident Council - Resident Council would like to thank Joy for her hard work. She is fast, has a great personality, and is always busy doing something.
- ◆ To **Nicholas Ramirez** from Rachael - Thank you to the hardest working Maintenance Director around!!!!
- ◆ To **Orange Park Therapy Team** from Rayshawna Tunsil-Jones - Happy Holidays from the BEST Therapy team in Orange Park, FL!! We appreciate your service, dedication & commitment to serving our patients daily! You all are the BEST! THANK YOU!!!
- ◆ To **CNA's (staff and agency)** from Rachael - Thank you for taking awesome care of our residents. Thank you for showing up each day ready to roll up your sleeves and provide the best care to our residents. Thank you for being a member of their extended family. Thank you for being dependable.
- ◆ To **Cheryl Young** from Rachel - Thank you for being such an awesome DOR. Thanks for encouraging me and giving me words of wisdom. Thank you for being so meticulous about your job. I thank you, the patients thank you and the facility thanks you.



JUST A FEW OF OUR
SPECIAL SHOUTOUT FOLKS
HERE AT ORANGE PARK



Cartersville

- ★ To **Aireanne Clarke** from Renee Ellis - Huge shout out for always helping nursing!!
- ★ To **Mike in Maintnence** from Courtney / Kia - Thank you Mike for replacing our air unit Your hard work and dedication is appreciated ! A lot of people don't see all the behind the scenes here at the center. You are always working in various areas of this huge building. You do your job well!
- ★ To **All Certified Nursing Assistants** from Michael Ostrozynski - Thank you for your faithfulness in getting the job done!



Fayetteville

Shout Outs



- ✦ To **Nyeisha Hutchinson** from Dorrett Green - Shout out to the most reliable central employee. Any item you need, Nyeisha finds it. Thanks for being a great team player.
- ✦ To **Pernel Wright** from Lamar Tatum - Thank you Pernel for the teamwork and dedication to our patients that you go above and beyond.
- ✦ To **Christine Willis** from April Stinson - Thank you for being such a team player and attentive to the residents. on TCC.
- ✦ To **Nicole** from April Stinson - Thank you for being such a team player and so attentive to the residents on TCC.
- ✦ To **Keisha Grant** from April Stinson - Thank you for your overall kindness.
- ✦ To **Sharon and Asha "Our Super UMs"** from Shanna - Thank you Ladies for stepping in without hesitation! The teamwork is shown everyday. Thank you for paving the way for all of our floor staff. I really appreciate everything you do for the company.
- ✦ To **Nyisha** from Shanna - Thank you Nyisha for going that extra mile everyday. The residents eyes light up when they see you.
- ✦ To **All Nursing Staff** from Shanna - Thank you for the commitment and dedication to our residents. Thank you for helping out when we need more help on the floor. A special thank you to the staff that does it with no hesitation! I appreciate everything that you do.
- ✦ To **Tawanna Quiller** from Cashe Hill - I thank you from the bottom of my heart for being a team player. You promote unity in whatever that's needed. You present excellent work ethics and provide assistance on a daily basis. It doesn't go unnoticed or unappreciated.
- ✦ To **Pamela Mosley** from April Stinson - Just wanted to say you are very appreciated for you daily effort and positivity.

Holiday Traditions

Margaret Helman - Our family is a "blended" family, and our first Christmas together with five children was a challenged when it came to the holiday dinner. No one wanted Turkey, "We just had that for Thanksgiving" (a lot of whining) and ham was out, that's our traditional New Years dinner. My husband and I came up with the idea of Cornish Game hens. Each child had half a bird. They all thought the idea of each of them having half a "little chicken" was cool. Even though our children are now grown and on their own, we still have "little chickens" for our Christmas dinner. Merry Christmas!

Keri Johnson - For me, when I think of Christmases over the years, it's not the many presents I received. It's sitting at the top of the stairs as my parents turned on Amy Grant's "Tennessee Christmas" before running down the stairs to see our gifts under the tree!

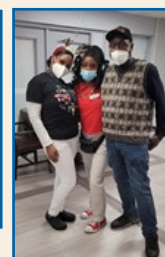
Special Thanks

To **All Staff** from The Walker Family - The Walker Family wanted to express their gratitude for the care given to their grandmother and for getting their grandmother back home to them!



Fulton Center

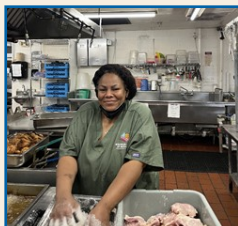
- ✦ To **Angela Wiggins** from Mico Turner - No matter how big a crowd may be, a person like you always stands out! There's no one who has worked as hard as you have in the last year trying to keep this building staffed in the midst of the constant changes and or call outs. You do this with grace. Mrs. Angela Wiggins, I just want to say thank you for your unmatched dedication.
- ✦ To **Bridget** from Activity Dept - Thank you to Bridget for catering the party, job well done.
- ✦ To **Mico Turner** from Activity Dept - Thank you to our new Administrator, Mico Turner. Our first party was awesome and many more to come. Welcome to team Fulton.
- ✦ To **Our Nurses** from Activity Dept.- Gigi and Tierra, you ladies rock at what you do. Keep up the good work, it shows.
- ✦ To **Housekeeping Dept** from Activity Dept - Thank you awesome for the awesome job you do at Valencia and staff.
- ✦ To **Fulton Staff** from Activity Dept - Thank you to all the staff that participated the holidays. It's about Love, working together at Fulton. We always have all hands on deck.
- ✦ To **Fulton Staff** from Activity Dept - Merry Christmas and Happy New Year to you all, be Blessed.
- ✦ To **All Fulton Center Staff** from Activity/Olga - Merry Christmas and Happy New Year to everyone. Best wishes to all.
- ✦ To **Happy Holidays** from Fulton Center - Everyone had a gift!



McDonough

Shout Outs

- ✦ To **Shirley Wilson** from Rose Cummings - Thank you Miss Shirley for all that you do. Your endless devotion and covering as many shifts as you can is appreciated. Your willingness to help in any capacity that you can does not go unnoticed. I really do appreciate you. Thanks.
- ✦ To **Josephine Campbell** from Rose Cummings - I appreciate you coming back and doing PRN for us here at the facility and the effort that you put into being able to accommodate us by covering the shifts. Thank You.
- ✦ To **Hermalee Graham** from Rose Cummings - The residents as well as the staff are happy that you have returned full-time to the Westbury Center of McDonough family. Thank You.
- ✦ To **Mrs.Chevyn and Mrs.Margaret Carter** from Dwaniq Dieudonne - Thanks for all you guys do on Heritage Hall. Y'all rock as nurses and show love and care to our residents.
- ✦ To **Doris Thomas** from Dwaniq Dieudonne - Thanks for great care and attitude, you rock and care about your residents.
- ✦ To **Hilder, Sumler** from Dwaniq Dieudonne - Thanks for all you do for the residents, you rock.
- ✦ To **Disheika Robinson** from Margaret Brooks - Thanks for all your hard work. We all appreciate you more than you know.



West Orange Center

Special Events



Community Partners Universal Church Pastor Luiz and his wife delivered gifts for our Elders for Christmas.



Even through these tough Covid times our community partners still rise. Tons of goodies and bunches of joy were delivered for our Elders to enjoy during this season. The Universal Youth together with its members play a vital role at West Range with our Elders.

Feeling Ducky?



January 13th

1800s

The First Rubber Toys

Manufacturers utilized Charles Goodyear's method for rendering rubber into malleable material.

1940s

Behold, The Rubber Ducky

Rubber Ducks evolved into the recognizable floating yellow figure with an orange bill.

1970s

Sesame Street

Ernie from Sesame Street sings his catchy song 'Rubber Ducky.'

1992

Rubber Duck Spillage

A cargo ship tipped over with 29,000 bathtub toys descending into the Pacific.

Renaissance

- ✦ To **Ninja Lewis** from Britni Jordan - Great teamwork. Thanks for going above and beyond.



The Meadows Center

- ✦ To **Mary Hunt** from Joey Blair - It's beginning to look a lot like Christmas, Thanks to you. Great job getting the facility decorated. You are Amazing!!!
- ✦ To **Javier Orta** from Joey Blair - Thank You for helping with the Resident Christmas party.
- ✦ To **Naomi Bieber** from Joey Blair - Thank You for helping with the Resident Christmas party.
- ✦ To **Annette Altmann** from Joey Blair - Thank You for helping Activities with our resident Christmas light outings.



Jackson

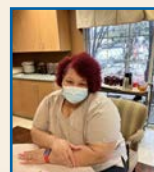
Shout Outs

- ❖ To **Renee Yarbrough** from Laura Carlson - Thank you for your hard work and dependability. You are appreciated!
- ❖ To **Lillian Tingle** from Laura Carlson - Thank you for your hard work and dependability. You rock!
- ❖ To **Colette Greene** from Laura Carlson - Thank you for pushing through and working hard to make sure residents are taken care of. You rock!
- ❖ To **Julia Ann W.** from Erica O. - Welcome to Westbury!
- ❖ To **Westbury/ Jackson CNAs** from Erica O. - Thank you ALL for taking such good care of our residents!! Y'all have the toughest job in the building... hands down.
- ❖ To **Joye, Faith & Laura C.** from Erica O. - Thanks for all you do! The three of you are appreciated more than you know!
- ❖ To **Angela Cochran** from Julia Ann Walklett - Thanks for having such a great attitude when being pulled in the middle of your shift!
- ❖ To **Shanice, Sonya, And Kim In Activities** from Julia Ann Walklett - Thanks for always being willing to do whatever is necessary to care for our residents. We are truly blessed with the best Activity Team.
- ❖ To **Lebrea Brown** from Julia Ann Walklett - Thanks for going the extra mile during difficult times. Your smile and attitude are very uplifting.
- ❖ To **Westbury Jackson LPN's** from Julia Ann Walklett - I am grateful to each of you for the way you stepped up during the last week of December. Your dedication to your residents is amazing. Please remember that "tough times don't last, tough teams do!" Better times are ahead!
- ❖ To **Westbury Jackson Dietary** from Julia Ann Walklett - Thank you for pulling together during our latest outbreak. I know it's been difficult but you have shown what a great team you are.
- ❖ To **Westbury Jackson Environmental Services** from Julia Ann Walklett - Thanks for keeping our building fresh and clean as well as our linens and patients' clothes. You are an amazing team. You proved your greatness during our latest outbreak. When things seemed impossible, you figured out a way to make it happen.
- ❖ To **Carlos Duffey** from Julia Ann Walklett - Thanks for "changing hats" and helping to clean rooms. We appreciate your flexibility.
- ❖ To **Jackson Department Heads** from Julia Ann Walklett - Thanks for the way you jump in and get things done when needed. The way you got patients moved to the COVID unit was amazing. You are a great group and it is a privilege to work with you.
- ❖ To **Yumeka Roberts** from Julia Ann Ridgeway - Thanks for coming in on your day off and taking care of things.
- ❖ To **Kim, Shanice And Sonya** from Carolyn Fennell - A genuine, huge shoutout to our amazing Activities staff. During the difficult duration of this Covid 19 pandemic, they have taken on additional roles and helped out in other departments, doing whatever needed to be done. They love our residents and are dedicated team players.
- ❖ To **Joye England** from Julia Ann Walklett - Thanks for all you do to make my life easier. Your knowledge of the building and the workings of the facility is much appreciated. There are no words to express how grateful I am for you.
- ❖ To **Dena and Carlos** from Julia Ann Walklett - Great job with admissions! You are really knocking it out of the park. Thank you!!
- ❖ To **Julia Ann Walklett** from Carolyn Fennell - Thank you to Julia Ann, for accepting the position of Administrator for our location. Julia Ann is making a positive difference in our facility. She is kind, approachable and has a calm demeanor, with a genuine smile and an encouraging word.
- ❖ To **Joye England** from Julia Ann Walklett - Thank you Jackie for helping out and working long hours, during these crucial times, over the past couple of weeks! Your help has been much appreciated, I'm sure. You've always lent a helping hand, with a compassionate heart.
- ❖ To **Westbury Jackson CNA's** from Julia Ann Walklett - Thank you for all of the excellent care you give our residents. Your dedication is truly appreciated. Y'all have proven "tough times don't last but tough teams do!" We will get through this together.
- ❖ To **Westbury Jackson LPN's** from Julia Ann Ridgeway - There are no words to express my gratitude to all of you for the way you stepped up during the last week of December. Your dedication to your residents is phenomenal. Thanks! Please remember "Tough times don't last, tough teams do!"
- ❖ To **Activities Department** from Erica O. - We happen to have the best!!!! Y'all go out of your way to make our residents happy and step in and help other departments anytime you're asked. We appreciate y'all!
- ❖ To **Laurie Maddox** from Erica O. - Thanks for all you do!
- ❖ To **Kevin Fuller** from Julia Ann Walklett - Thanks for all you do. I appreciate the many hats you wear.
- ❖ To **Rob Cathcart** from Julia Ann Walklett - Thanks for taking the residents to see the lights. I appreciate all that you do.
- ❖ To **Teleigh Crowder** from Jackie Brooks - Thanks for all the extra shifts you are working. Your dedication to your residents is truly evident.
- ❖ To **Jackson LPNs And CNA's** from Jackie Brooks - Thanks for your flexibility during these tough times.
- ❖ To **Faith Hardy** from Julia Ann Walklett - Thanks for giving up your time off to help with staffing. We truly appreciate you.
- ❖ To **Faith Hardy** from Shanice Daniel - Thank you for always being present and there when we need you!
- ❖ To **Yumeka Roberts** from Shanice Daniel - Thank you for your hard work in delivering supplies for our residents. We appreciate you!
- ❖ To **Rob Cathcart** from Shanice Daniel - Thank you for all you do. We appreciate you Rob!
- ❖ To **Kelvin Fuller** from Shanice Daniel - Thank you for all you do. We appreciate you!
- ❖ To **Terry & Michelle** from Melissa Allen - Thank you both for your teamwork and for always working hard!



University

- ❖ To **Setina Dunn** from Danielle Gatson - She's always willing to lend a hand and help when needed, she's one of the best staffing coordinators I've worked with!
- ❖ To **Jaime** from Eva - Thank you for helping pass out goodies to the residents.
- ❖ To **Vicky** from Activity Director - Thanks you for helping in organizing the residents gifts.



HEROES OF EMPIRE CARE CENTERS

Nancy Hart Nursing Center for Nursing and Healing



Casandra Gerasham

Congratulations **Casandra** for being our Hero of the Month. **Casandra** has worked faithfully at Nancy Hart for 14 years as a CNA. **Casandra** is dependable, caring and works with dedication to our residents. She says she has always liked working with the elderly. She has work in this profession for 21 years. **Casandra** feels it is rewarding to care for people that so much appreciated the care they receive. Congratulations **Casandra** you are our Nancy Hart Hero of the Month!

Fayetteville Center for Nursing and Healing



Nicole Walcott

Nicole, CNA shows her passion for healthcare on a daily basis. **Nicole** works with a smile, respect, and a warm heart every shift she is scheduled. While working mainly on our rehab unit, **Nicole** is very patient and kind to the new residents and families. She goes above and beyond the call of duty and never complains when extra is needed from her. This Hero of the Month award is well deserved and earned by an individual we appreciate and adore. Thank you again for all you do **Nicole**. Congratulations on being our Hero of the Month!

Westbury Center of Jackson for Nursing and Healing



Laurie Maddox

Westbury Center of Jackson is proud to announce our Hero of the Month, **Laurie Maddox**. **Laurie** is a lifelong resident of Jackson and has been employed with Westbury for 32 years. Currently a Unit Manager, **Laurie** has performed numerous roles during her long tenure at Westbury. She has been a Charge Nurse, CNA Trainer, Orientation, Staffing, COVID Outbreak Care, and COVID Testing. She quickly jumps in to help whenever there is a crisis. She has been a true "HERO" during this latest outbreak. Thank you, **Laurie**, for jumping in and handling things for us!

Fulton Center for Rehabilitation



Angela Wiggins

Congratulations to **Angela** for being our Hero of the Month for Fulton Center. Where do I start? **Angela** is our Staffing Coordinator and does Central Supply. She always goes above and beyond all our expectations. She is on call 24/7 with the obstacles we all face during these challenging times. She possesses many great qualities, she is confident, a great team player, reliable, honest, dependable, flexible, loyal and above all humble. Throughout it all, she truly cares for her fellow co-workers and providing the best for our residents. Probably her most treasured asset is that through it all she smiles gracefully. We are truly blessed to have **Angela** as our Hero of the Month. We love and appreciate all you do. Way to go **Angela!!!**

Powder Springs Center for Nursing and Healing



Katrina Hoskins

We would love to announce our Hero of the Month - **Katrina Hoskins**! **Katrina** is a member of our activities team! **Katrina** is a bunch of help when ever and where ever we need her. From running activities to helping out on the floor, **Katrina** is there to answer the call when ever we ask her. **Katrina** and the other members of our activities team have wonderful events for our residents. They truly enrich the lives of our residents. **Katrina**, thank you for all your hard work. This shout out does not express how thankful we are to have you on our team and as our Hero of the Month. #TeamPOWDERSPRINGS. Congratulations!

Westbury Center of McDonough for Nursing and Healing



Natasha Drummond

Congratulations to **Natasha** for being our Hero of the Month. **Natasha** is an LPN and has taken the lead in our Covid Unit. **Natasha** takes pride in caring for our residents and providing the best care to all our residents and those in our Covid Unit. **Natasha** shows unconditional love to all our residents. She is also an awesome Unit Manager. **Natasha** is always interacting with our residents and they all love her. Her dedication to her job, her positive outlook on life is truly a blessing. It is a pleasure to work with her and her contagious smile makes everyones day brighter. We appreciate all you do, today and always. We are glad to have you as part of our team. Our Hero, always.

Normandy Center for Nursing and Healing



Yolanda Hobbs-Pickering

Congratulations to **Yolanda** for being our Hero of the Month. **Yolanda** is an outstanding employee. She is a hard working CNA, fills in as a Dietary Aide and works as a Receptionist when needed! She is a great team player and an asset to our team here at Normandy. She always has a great attitude and a smile on her face. Our residents love her and so do we! Thank you for all of your hard work. Way to go **Yolanda**!

Westbury Center of Conyers for Nursing and Healing



Gideon Algara

Congratulation to **Gideon Algara** for being Westbury Center of Conyers for Nursing and Healings Hero of the Month. **Gideon** works tirelessly with Medical Records. He makes doctor's appointments and appointments for transportation. Additionally, **Gideon** has been appointed as the facility contact for any IT issues because of his computer knowledge. **Gideon** wears many hats! He does so graciously and efficiently. You are an awesome teammate, and we are fortunate to have you on the Conyers Team. Thank you for all you do!

HEROES OF EMPIRE CARE CENTERS



Cartersville Center for Nursing and Healing



El Koike

Our Hero of the Month is one of our frontline Super Heroes. **Mrs. El Koike**. **Mrs. Koike** is punctual, a team leader, very positive and is super when it comes to patient care. **Mrs. Koike** goes the extra mile for her residents. Here at Cartersville Center of Nursing and Healing. We are blessed to have this beautiful person on our team. Continue to be the person that you are. Congratulations on being our Hero of the Month.

University Center for Nursing and Healing



Kevin Callaway

Congratulations to **Kevin** for being our Hero of the Month. As a CNA, **Kevin** is dependable, easy going, and awesome team player. **Kevin** always helps our residents to make sure they are happy and are taken care of. He always goes out of his way to make sure everything is right and is done right. Kevin takes enormous pride in his work and it shows. We are honored to have Kevin as part of our University team. Thank you for making our facility be the best it can be. Way to go Kevin!!!

West Orange Center for Nursing and Healing



Jean Baptiste Lovely

Congratulations to **Jean Baptiste Lovely**, our Hero of the Month. Our facility has been truly blessed by your love, dedication and compassion that you continue to show to your co-workers and residents. We cannot do what we do daily during this public health emergency without your help. You are our facility decorator, chef, Covid-19 weekly testing champion and everything in between. You are truly a rock star and we appreciate all that you do with always a smile on your face. Congratulations to you!!

Renaissance Center for Nursing and Healing



Rick Fuller

Congratulations to **Rick** for being our Hero of the Month. As our Environmental Services Manager, he works directly with our Housekeeping and Laundry team. During these challenging times, **Rick** has been working day and night to make sure our facility is always in the best shape possible. **Rick** works to assist in housekeeping, laundry and floor tech during being short staffed during the pandemic. We can't begin to thank you for all that you do for our facility. Your positive attitude, flexibility, and dedication to your job and your co-workers, is truly a blessing. Through it all, your positive attitude and your contagious smile make working with you a pleasure. You are greatly appreciated.

Orange Park Center for Nursing and Healing

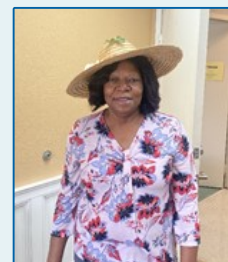


Zen Sheffield

Resident Council nominated **Zen** for a shout out and our staff agree that she is our Hero of the Month! Resident Council thanks her for all of her hard work. She does a great job encouraging patients to workout hard during their rehab times. She is a very good therapist! Staff has also observed that she is always there for the patients, even if the patients are not currently in rehab. She is kind, compassionate, and dedicated to all the residents and staff in the facility. She is a great asset to the Therapy team and facility. Thank you for all you do **Zen**! You are much appreciated!

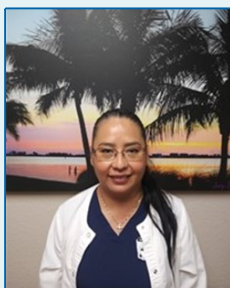


Riverdale Center for Nursing and Healing



Mrs. Lesetta Leslie, R.N. is our Director of Nursing and most will agree she serves as a backbone for the Riverdale Center Community and is our Hero of the Month. She says she is here to serve and take care of the residents. When presented with a challenge, she comes up with a solution that is best for the residents and the associates! Her commitment is not only geared towards the residents, it is also geared towards the associates! She will work tirelessly checking on associates when they are sick and she will go out of her way to call them and visit them. She has been known to deliver food to staff, take them to doctor's appointments and visit them in their home to provide care. She is the true definition of what nursing is all about. Her ministry is to serve the people! She will tell you, I am a nurse first! The family members, residents and associates know her by name and it gives her peace when she knows she has done all she can and provided the best care for all those she meets.

The Meadows Center for Nursing and Healing



Marisela Perez

Congratulations to **Marisela** for being our Hero of the Month. **Marisela** is an RN and is our interim Unit Manager on our East Wing in our Dementia Unit. **Ms Perez** is very detailed oriented, resident centered and very compassionate to our residents. Her commitment to her job and her pleasant personality make it a pleasure to be around her. **Marisela** truly reflects the Dream Team vision here at The Meadows Center. Thank you for making our facility be the best. Way to go **Marisela**!

Powder Springs

Shout Outs

- ✦ To **Ryan Robinson** from Mariah Gray - Ryan! It has been great having you here. You are so helpful!
- ✦ To **Pat Watkin (East Wing Unit Manager)** from Dawn Jackson (SW) - You are a great asset to East Wing and I enjoy working with you.
- ✦ To **Brittany Rowe** from Robert McMichael - Excellent employee always helpful. Takes great care of her residents. Great attitude!!!!
- ✦ To **Arkeshia** from Robert McMichael - Very friendly helpful employee, always a team player.
- ✦ To **Pat Watkin (East Wing Unit Manager)** from Dawn Jackson (SW) - You are a great asset to East Wing and I enjoy working with you.
- ✦ To **Jayne West/East Wing Clark** from Venessa King - You are always helpful very, professional with residents and staff.
- ✦ To **Venessa King SSD** from Dawn Jackson - You're very helpful to the residents and he appreciate your hard work.



Special Thanks

Goodbye **Cheryl!** We are sadly saying goodbye to our Receptionist, **Cheryl!** She has been a big help around our facility and has been working her for 5 years. She has been a great asset here and we are so glad that she will be staying on doing PRN receptionist work.

Holiday Traditions

- ✦ **Ashley T.** - I put our Christmas tree up on Thanksgiving Night with my family. We always do an Advent calendar. On Christmas Eve night, we always dress up in matching Pajamas and bake cookies. I love Christmas!
- ✦ **Eddy Sagnan** - My Holiday tradition is to make money.
- ✦ **Eddy Sagnan** - January 1st is Independence Day for my country, Haiti. We always celebrate Independence Day. We have special foods like Soup Joumou.
- ✦ **Maggie C** - In Haiti, the true Christmas day was on December 24th. We wake up at midnight and open gifts on Christmas Eve. We would have Revellion and go party and celebrate. Lots of foods. All the fun is on the 24th. Christmas Day we would go to church and relax.
- ✦ **Kailani G.** - Every year at midnight we open Christmas gifts to start off Christmas Day. Plus, me and my family love to play poker when we get together.
- ✦ **Ryan R.** - One Christmas it has always been a tradition to open one gift on Christmas Eve.
- ✦ **Arkeishia C.** - When my children were small, we would all sleep in the same room wearing matching pajamas. I loved that every year. We would all wake up on Christmas Day together.
- ✦ **Mariah** - Every year on Christmas, we would celebrate by playing various Christmas games like White Elephant.
- ✦ **mathel jawo** - Always gifts and my youngest daughter dresses up in a Christmas suit and opens gifts.
- ✦ **Erin Thomas** - Spend time with family and friends.
- ✦ **Marla Hamm** - I make peanut butter candy every year.
- ✦ **Lydia** - We give out gifts, spend time with family, and eat.
- ✦ **Pilar** - We get together have fun, dance and eat good food. One tradition I miss from my country is going around caroling to all of the neighbors.
- ✦ **Olubunmi B.** - We have people come over and party!
- ✦ **Yvonne** - Be at home with my kids.
- ✦ **Ashley Willis** - On Christmas eve, we bake and open our stockings. This year we will be playing white elephant
- ✦ **Patricia Watkins** - Gather with my family on Christmas Eve and play games. We love to talk about what we used to do when we were younger.
- ✦ **Karra O** - On Thanksgiving, we have this table cloth and everyone writes what they are thankful for.

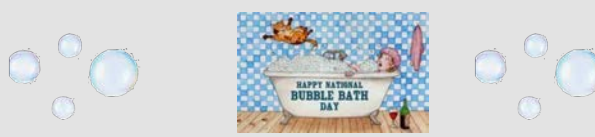
New Year's Resolutions

- ✦ **Ashley Trice** - To work on myself, to watch my mouth lol and to finish school!
- ✦ **Eddy Sagnan** - My resolution is to retire lol!!!!
- ✦ **Ashley Willis** - Go to the gym more!
- ✦ **Annite Delice** - To get money.
- ✦ **Kailani G.** - My resolution for this year is to launch my nail supply business and to start selling supplies.
- ✦ **Ryan R.** - My resolution is still pending. There are a lot of things I want to do in the next year. :)
- ✦ **Arkeisha** - Exercise, exercise, exercise!
- ✦ **Mariah G** - My resolution is to improve in all areas of my life to ensure that I continue growing as person, coworker, wife, daughter, etc. I love going into each year with a positive resolution that is always achievable.
- ✦ **Sherre Pate** - To have peace in the world.
- ✦ **Matel Jawo** - Work smarter, not harder!
- ✦ **Erin Thomas** - To be better than I was last year. Save more and cut back on unnecessary spending.
- ✦ **Willa Aponte** - To find true love! (:
- ✦ **Marla Hamm** - I don't have one at this time, I change my mind too much. HaHa!!!
- ✦ **Maggie C** - I want to take the time to study and take my boards!
- ✦ **Maggie C** - My resolution for the building is to get a good team together and provide the best care for our residents. It makes me happy to see everyone smiling and laughing.
- ✦ **Lydia Anyan** - To make more money and go home to see my family.
- ✦ **Pilar N** - try to get more funding for my non-profit organization. I am praying to God for more resources to help more people!
- ✦ **Yvonne** - To hope that everything gets better.

January 14th – National Hot Pastrami Sandwich Day



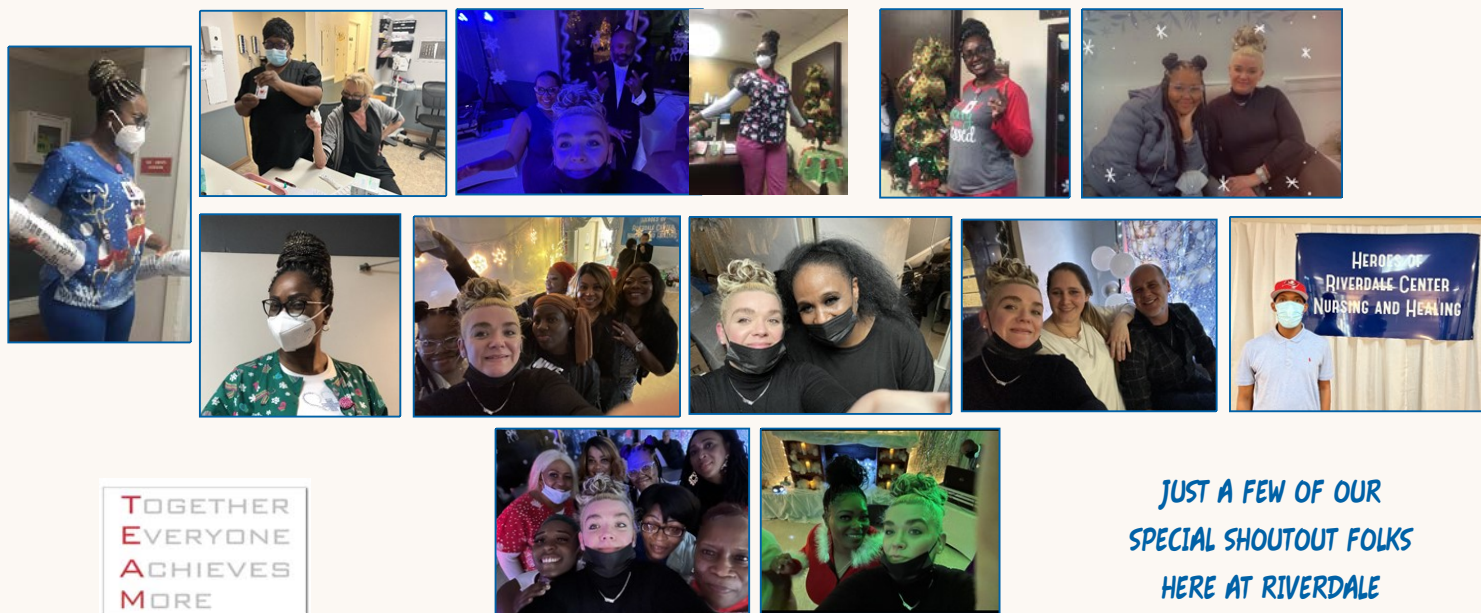
January 8th – Bubble Bath Day



Shout Outs

Riverdale

- ★ To **All Staff** from Tiffany - Happy New Year!! 2022 let's give them something to talk about!!
- ★ To **Karesia Davis** from Tiffany - WELCOME ABOARD!! Let's knock these admissions out of the park!
- ★ To **Shiquenta** from Tiffany - Thank you for making Activities the place to hang out, keeping the residents laughing!! CONGRATULATIONS!!!!
- ★ To **Dee & Yvette** from Tiffany - Thank You for keeping the MDS department on point!!! We couldn't do it without you two!!
- ★ To **Oby M.** from Tanika D. - You bright smile and festive attire expresses the joy of the season! Happy Birthday and Merry Christmas!
- ★ To **Oby M** from Tanika D - Another festive photo
- ★ To **Oby M** from Tanika D - Candid photo of Oby M and her Christmas attire! She has kept our spirits bright! Thanks Oby.
- ★ To **Dee Searcy** from Tiffany - You did an AMAZING job with the staff Christmas party!!!! Thanks a million!!!!
- ★ To **All the Ladies** from Tiffany - Thank you for all Ladies do!! Christmas 2021
- ★ To **Angela** from Tiffany - The Christmas party was a BLAST!!
- ★ To **The Ladies** from Tiffany - Thank you Ladies for all you do!! Christmas 2021
- ★ To **The Riverdale Staff!** from Melanie Crumpler - I just wanted to say thank you for the nice Christmas Party. I thank everyone who decorated and made this happen.
- ★ To **Ashley Satchell** from Tiffany - Enjoying the wonderful time! Christmas 2021
- ★ To **Tanisha** from Tiffany - Your vision for the Christmas party was Amazing!!!! Thank you so much!!!!
- ★ To **Therapy Team** from Michelle Lewis - Thank you for doing all you do to assist the residents in getting stronger! Your encouragement and motivation is not just physical, it also impacts the residents from an emotional standpoint! They have so much joy when they see the progress and the staff members enjoy witnessing their progress as well.
- ★ To **Dining Services** from Michelle Lewis - Thank you for preparing and serving nutritional, tasty meals to the residents and the staff! Nutrition plays a major role in how the residents heal! Thank you for the healthy snacks as well.
- ★ To **Danila** from Tiffany - Dancing the night away!! Christmas 2021.
- ★ To **Delilah Fields** from Tanisha Southard - Thank you for all your help in blowing up balloons and helping us search for items need led for the Christmas party!
- ★ To **All Nurses And All CNAs** from Michelle Lewis - Thank you for picking up additional shifts and agreeing to help out where needed! You all came through this month! I know it has been challenging but you all are doing a great job caring for the residents!
- ★ To **Environmental Services Team** from Michelle Lewis - It is obvious that you all truly care! We have faced some challenges but you all are always willing to help! Thank you for all you do to care for the residents!
- ★ To **Leadership Team** from Michelle Lewis - Thank you for filling in and working numerous shifts and on the weekends to care for the residents! We are so thankful for all your hard work and dedication!
- ★ To **Ulla Manza, LPN And Dorathy Enweani, RN** from Michelle Lewis - These two ladies have been working together for over 15 years helping each other! Thank you for providing amazing Nursing Care to our residents and all the love you share with everyone! These ladies call them selves "The Queens of East Wing!"
- ★ To **Keith Carnegie** from Tanisha Southard - Keith, we are so happy to have to back with the family! Thank you for helping with the Christmas Party!
- ★ To **Keith Kelly** from Tanisha Southard - Thank you Keith for running out to take care of last minute errands and assist us in cleaning up and hanging different things that were difficult to reach!
- ★ To **Rachiim Hasan** from Tanisha Southard - Thank you for assisting us with cleaning and decorating! We could not have done it without your help!
- ★ To **Shay Robinson** from Tanisha Southard - Thank you for helping to decorate for the Christmas party! The resident party and associate party were both really fun!
- ★ To **Tanisha** from Tiffany - Thank You for keeping the Admissions Department on the go and so festive!!
- ★ To **Oby M.** from Tanika D. - Oby Moneke Spreading Christmas Joy!



JUST A FEW OF OUR
SPECIAL SHOUTOUT FOLKS
HERE AT RIVERDALE



Happy New Year



RECIPE OF THE MONTH

SWEET POTATO CLASSIC

- 5 sweet potatoes
- 1/4 teaspoon salt
- 1/4 cup butter
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/3 cup white sugar
- 2 tablespoons heavy cream
- 1/4 cup butter, softened
- 3 tablespoons all-purpose flour
- 3/4 cup packed light brown sugar
- 1/2 cup chopped pecans



- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Bake sweet potatoes 35 minutes in the preheated oven, or until they begin to soften. Cool slightly, peel, and mash.
- In a large bowl, mix the mashed sweet potatoes, salt, 1/4 cup butter, eggs, vanilla extract, cinnamon, sugar, and heavy cream. Transfer to the prepared baking dish.
- In a medium bowl, combine 1/4 cup butter, flour, brown sugar, and chopped pecans. Mix with a pastry blender or your fingers to the consistency of course meal. Sprinkle over the sweet potato mixture.
- Bake 30 minutes in the preheated oven, until topping is crisp and lightly browned.

New Year's Food Traditions

Southern - Eating cornbread will bring wealth.

Eating black-eyed peas will bring luck for the coming year.

Eating greens such as cabbage, collard greens, kale or spinach to bring money.

Eating pork symbolizes progress and prosperity.



Did You Know??



On January 28, 1887, a snowflake 15 inches wide and 8 inches thick fell in Fort Keogh, Montana, making it the largest snowflake ever observed.



NATIONAL CORN CHIP DAY

January 29th



National corn chip day is observed on January 29, 2022. A corn chip is a snack food made from cornmeal fried in oil or baked, usually in the shape of a small noodle or scoop. Corn chips are thick, original and very crunchy. Corn chips have the strong aroma and flavor of roasted corn, and are often heavily dusted with salt.

In the US, Fritos is one of the oldest and most widely recognized brands of corn chips. While American-style corn chips and tortilla chips are both made from corn, the corn in tortilla chips is subjected to the nixtamalization process, resulting in a milder flavor and aroma, and less rigid texture. Tortilla chips also tend to be larger, thinner, and less salty than American style corn chips.

Corn chips are usually eaten alone or with a chip dip. They are a common ingredient in homemade and commercial party mix. In the Southwestern US, a popular dish, Frito pie, is made with corn chips and chili. In some areas, it is popular to pour the chili into a bag of corn chips and eat the mixture directly from the bag.

National Law Enforcement Appreciation Day

January 9th



This day was established to thank and show support to law enforcement officers for their dedication to duty and service to their communities.

Please take time on January 9th to show your appreciation to the law enforcement professionals by:

Wear blue in support of law enforcement

Send a card or letter of support to your local police department, county sheriff, tribal or state agency

Tell an officer "Thank You"

Share a story about a positive law enforcement experience on social media

Participate in Project Blue Light – Proudly display your blue light in support of law enforcement

Turn your social media channel blue

Fly a blue ribbon on your car antenna, mailbox, or anywhere a ribbon can be tied

Most importantly, if you see a police officer, thank a police officer.

January 15th National Bagel Day



Bagels are round rolls with a hole in the middle and made from chewy, dense dough.

Historically, National Bagel Day was celebrated on February 9th, which happens to be the same day as National Pizza Day. But thanks to an initiative started by Thomas' Breads in 2014, bagels now have a day of their very own on January 15th.

Bagels have earned their day in the spotlight, with the chewy circular bread first debuting in 1610 in Krakow, Poland. Eastern European Jewish immigrants introduced bagels to the U.S. in the 19th and 20th centuries.

With thousands of Jewish immigrants settling in New York, particularly Manhattan's Lower East Side, the bagel soon became a common sight around the city, and hundreds of small bagel bakeries were set up, and it is the New York-style bagel that is now the most famous around the world. They even had their own union until the 1960s - Bagel Bakers Local 338.

Bagels continue to be a popular breakfast staple, with more than 200 million bagels sold in the U.S. each year alone.

NANCY HART

Employee Events

Christmas Carols



Many children volunteered to come and give our residents a Christmas card and sing Christmas carols through the halls. Our Residents greatly appreciated the kindness of the children. They put smiles on our residents faces. Thank you for to all the children for sharing your Christmas spirit!

Christmas Party Country Club



Everyone had a blast at the Staff Christmas Party at the Country Club in Elberton, GA. MERRY CHRISTMAS to all Nancy Hart Heroes!

Christian Music



We had a good time listening to some awesome live Christian music. Our residents enjoyed an afternoon of special music played by Ray Witherington from Seneca, South Carolina.



Residents Christmas Party



Hot Chocolate and Pajama Party



Merry Christmas! The residents had a good time at their Christmas Party. They all received gifts and a visit from Santa Claus. Santa put a smile on everyone's face as he passed out gifts and a candy cane to our residents.

Hot Chocolate and Pajamas Day. Day of fun with the residents and staff celebrating the Christmas season!

NANCY HART

Employee Events

Christmas at Nancy Hart



Merry Christmas and Happy New Year to Empire from Nancy Hart Heroes. May 2022 be a great year to all of you!



To a Great Team of Heroes. Have a Merry Christmas and a Happy New Year!

ORANGE PARK

Christmas at Orange Park



Christmas For Those We Care For

Thank you Kristen Stafford, Darryl, our Dietary Manager and everyone for making all our staff feel thought of and appreciated, always and especially during the holiday season.

We had a great time and turnout for our Annual Resident Holiday party. Residents and patients enjoyed great food from Darryl and his Dietary Team. Residents also received their Secret Santa gifts from staff and Coldwell Banker Realtor volunteers. They also enjoyed some live music from Dennis and Clara. Thank you to all the people that helped put smiles on our resident's faces!

NORMANDY

Employee Events

December Birthdays



We had a birthday balloon party hats celebration.
All the residents had a blast!

Christmas Carolers



Everyone and our residents enjoyed our Christmas Carolers.

Christmas Party



We had such a good time making sure our residents had the best Christmas Party ever!!!
Enjoying great food, fun and music.

CONYERS

Employee Events

Christmas Celebration at Conyers



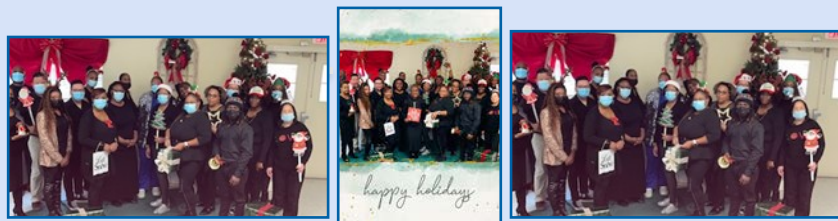
Supporters of our Angel Tree Program. Rock Dale Baptist, AKA, Lewis Presscot, Pleasant Hill Baptist Church, Peace Baptist Church, Sandra Jack, Rose Bud Club, Jennifer Edwards from the City of Conyers, Empower Atlanta Foundation.

Ugly Christmas Sweater Day



The staff really enjoyed modeling their beautiful/ugly sweaters.

Department Head Gathering



In the spirit of the holiday season, the Department Heads gathered for photos and fun!

Christmas Celebration



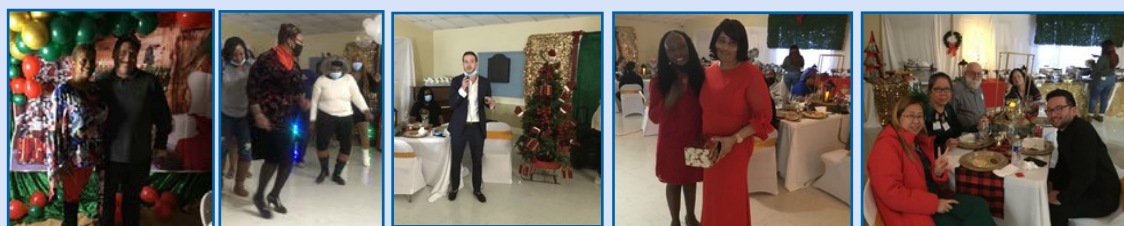
Santa and his helpers endured that our residents had a nice Christmas celebration. They received presents and goody bags.

Christmas Caroling



Resident caroling at our Christmas tree.

Christmas Party



A night of fun, food, games, prizes, great music and dancing.

Special Celebration 101 Years Old

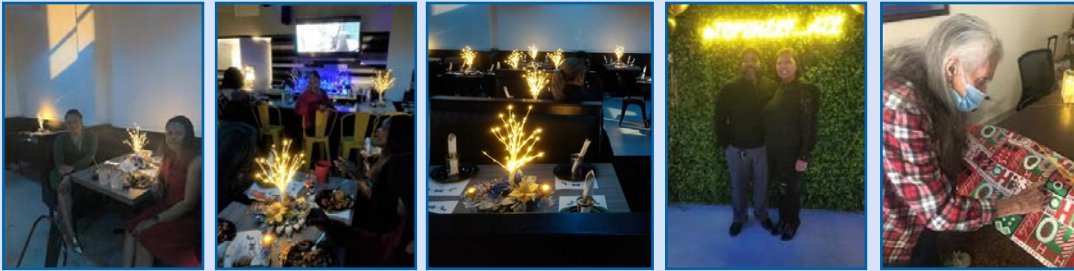


Ms Leslie Robinson
celebrating her 101st birthday on November 4th. Her family and the city of Conyers Police Department joined in her celebration.

FAYETTEVILLE

Employee Events

Staff Holiday Party



This year we were able to have our holiday celebration off campus at the Topshelf restaurant. Ms. Kawanna, our ED, Shana and Keisha from the business office really went all out to give us an elegant setting to celebrate. Ms. Sarah always has a hand in any celebration here at Fayetteville Center. She helped wrap the staff door prizes. Good food, music, dancing and fun were the order of the evening. We all had a good time seeing a different side of our co-workers. Have a safe and happy holiday from us here at Fayetteville Center.

Supporting One of our Own



Holidays are supposed to be a time of joy, but for one of our CNAs it began as a time of personal trials. Just before Thanksgiving, **Tanya Daniel's** lost her home to a fire. Her husband and dog were safe, but they lost everything else.. The community reached out to help and so did the Fayetteville Center family. Lead CNA Sandra Howell (left) spearheaded the drive to collect donations for **Tanya** (pictured on the right) and her family. We will continue to support her in any way that we can.

Ugly Sweater/Shirt Contest



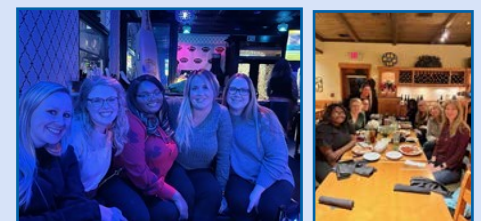
Residents, staff and visitors all enjoyed seeing the variety of "ugly" holiday tops. (Some of the visitors could have competed) We had Santa being fussed at for tracking in soot to several reindeer claiming to be Santas favorite.



Celebrating the Holidays



As we come to the end of 2021, we celebrate our good friends and co-workers for keeping our smiles in place and even getting a little silly. Traditions like decorating the trees, " ugly holiday" shirt contest and enjoying fellowship at our staff party (don't forget "Secret Santa") help to spread cheer throughout the facility community. Holiday blessings from Fayetteville Center. May 2022 be brighter



Some of our therapy team celebrating at the facility Christmas Party!

I got a
slush on
you

I cold
you I
love
winter

The best
things in
life are
freeze

A little Winter Pun

You don't
know
what's at
flake here

For
goodness
flake

I came,
I *thaw*,
I conquered

CARTERSVILLE

Employee Events

Christmas Party



Merry Christmas from Cartersville. Having fun at our Cartersville Christmas Party.

Welcome - Mike



Welcome **Mike** to Cartersville Nursing Center. We are very pleased to have you as our new Administrator. You seem like the perfect fit for our center. You're always seen observing and walking the halls. We believe you will direct our Center appropriately as needed in hopes of next year becoming a 5 star Center . Thank you Mike for taking the lead. We are excited to see the direction the Center is headed! You rock!



Merry Christmas



MCDONOUGH

Christmas at McDonough



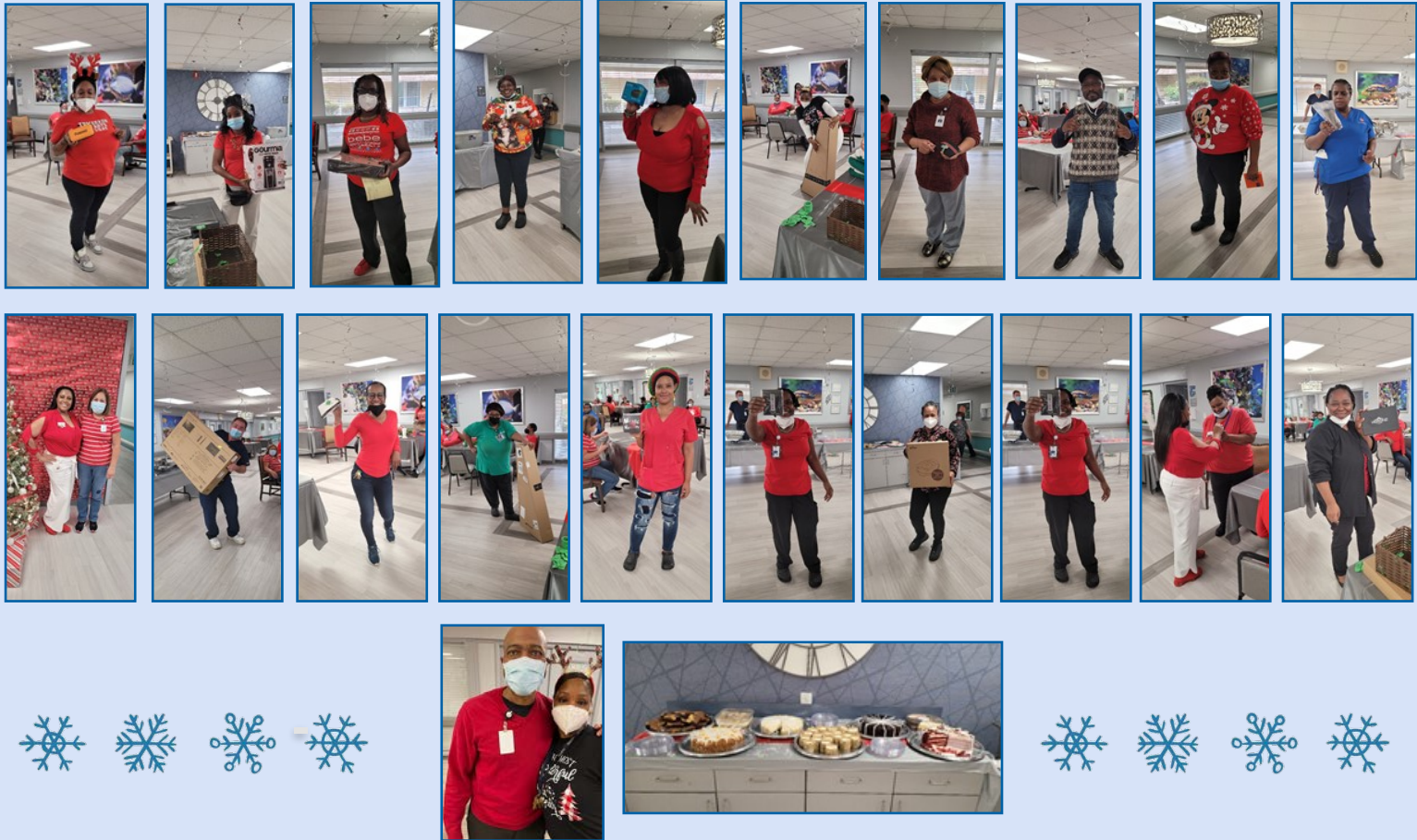
Merry Christmas from McDonough!



FULTON CENTER

Employee Events

Christmas Party - Giveaway



Happy Holidays from Fulton Center. We had a wonderful time celebrating the holidays and fun was had by all during our giveaway.

JACKSON

Jackson Christmas Parade

Christmas Ham Drawing



We all had a wonderful time at the Butts County Christmas Parade!
Merry Christmas from your Jackson family.



Quality Tire Recycling Company donated 8 hams for a drawing for our employees at Christmas. Pictured is Carlos Duffey presenting Carolyn Webb with the ham that she won. Many thanks to Quality Tire Recycling.

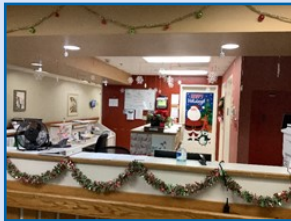
Merry Christmas



UNIVERSITY

Employee Events

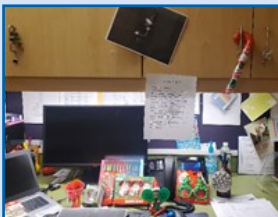
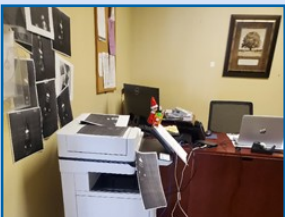
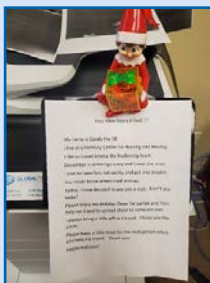
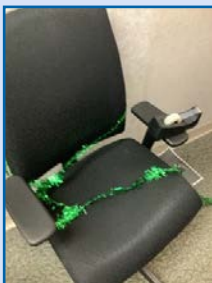
Christmas on the West Wing



Christmas on the East Wing



Candy the Elf



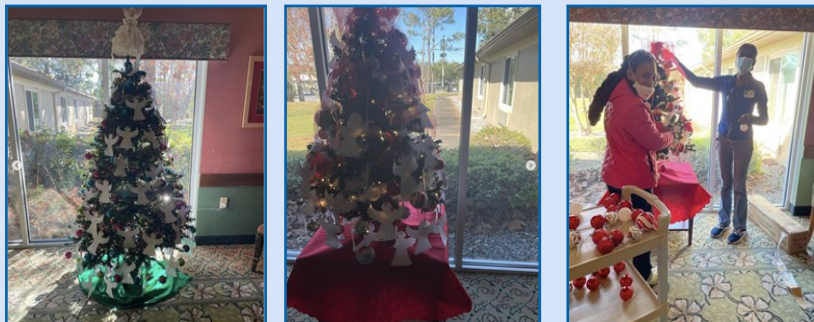
You've been elf'd!!! Who will be elf'd next?

Christmas at University



WEST ORANGE CENTER *Employee Events*

Christmas



Spreading the holiday joy at West Orange Nursing Center for the season with our Angel Trees.

THE MEADOWS CENTER



Spreading holiday cheer throughout our facility.

RENAISSANCE

Employee Christmas Party



We had a great Christmas Party at Renaissance.

Skills Fair at Renaissance



We had a great time doing education and competency checks.

Fantastic Friday



Fantastic Friday at Renaissance



JANUARY

National Blood Donor Month



According to the American Red Cross, winter is "one of the most difficult times of year to collect enough blood products to meet patient needs." That's because of, among other things, busy holiday schedules and bad weather often result in canceled blood drives. Furthermore, seasonal illness such as the flu force potential donors to forgo their blood donations.

That's just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, "blood is the most precious gift that anyone can give to another person - the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components - red cells, platelets and plasma.



POWDER SPRINGS Employee Events

*Merry Christmas
from our family to yours*



Auld Lang Syne

Auld Lang Syne

As the clock strikes midnight on New Years Eve one song will, in households up and down the country, be sung with gusto; Auld Lang Syne. But how is the history and tradition of this song?

It is an old Scottish song that was first published by the poet Robert Burns in the 1796 edition of the book, Scots Musical Museum. Burns transcribed it (and made some refinements to the lyrics) after he heard it sung by an old man from the Ayrshire area of Scotland.

Auld Lang Syne literally translates as 'old long since' and means 'times gone by.' The song asks whether old friends and times will be forgotten and promises to remember people of the past with fondness.

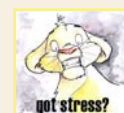
Guy Lombardo popularized the song and turned it into a New Year's tradition. Lombardo first heard Auld Lang Syne in his hometown of London, Ontario, where it was sung by Scottish immigrants. When he and his brothers formed the famous dance band, Guy Lombardo and His Royal Canadians, the song became one of their standards. Lombardo played the song at midnight at a New Year's eve party at the Roosevelt Hotel in New York City in 1929, and a tradition was born.

FITNESS TIP

Reduce stress - At the present times, according to medical studies, stress reduces physical and mental health of an individual while increasing the chances of various systemic diseases. No doubt, jobs are often stressful with cut-throat competition and deadlines that one can barely meet, but that should not be your excuse. Health is the most precious form of wealth that one could ever possess. There are many ways to reduce stress levels. Physical activity, meditation, breathing exercises, massages, talking to your kids and pets, etc, are some of them. Some would also turn to soothing music, while others would just take a little nap to clear their head.

got stress?

RELAX.....



RIVERDALE

Employee Events

Christmas Party



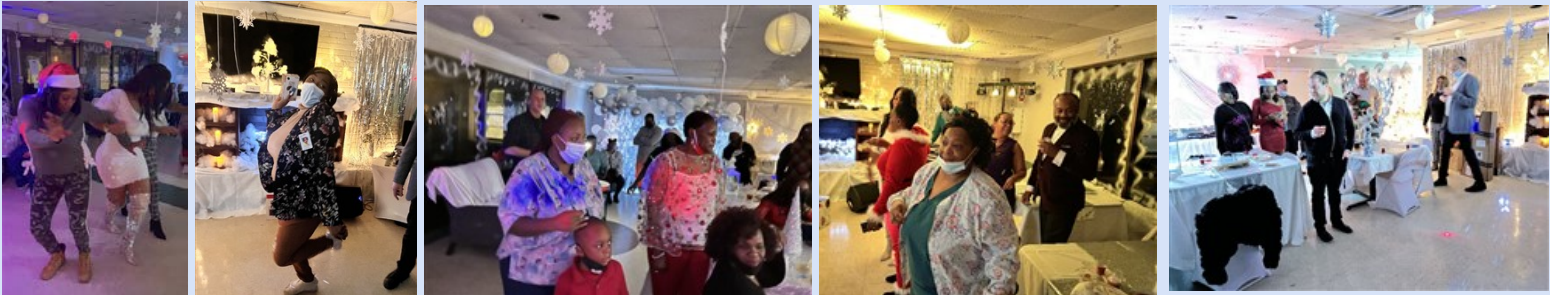
Everyone had a wonderful time at our Riverdale Christmas Party.

Rock your Christmas Outfit



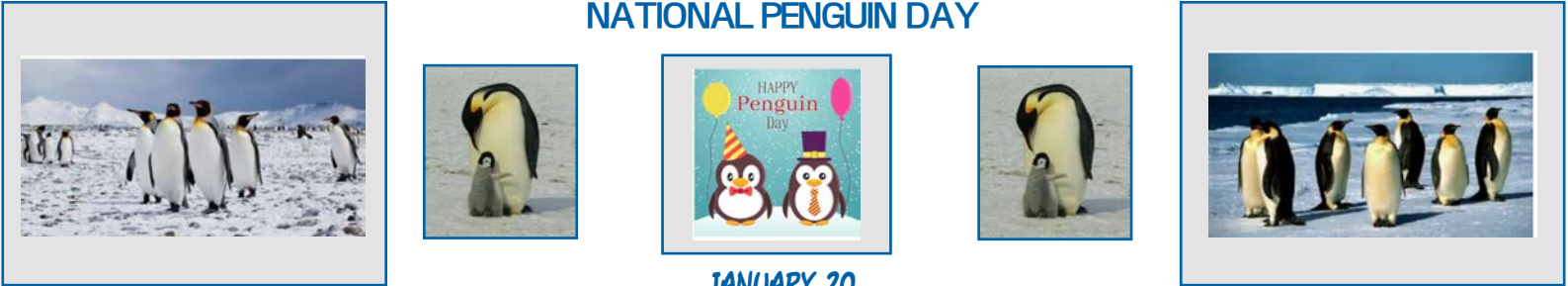
We had so much fun rocking our Christmas outfits! The residents loved them!

Employee Christmas Party



Thank you Empire and Riverdale for celebrating this Christmas Season with us! We had so much fun!

NATIONAL PENGUIN DAY



JANUARY 20



To all our Empire Care Center Employees
Tell the world why you love being part of the Empire Care Family
We see how much HEART you put into your jobs everyday



SHARE THE LOVE

With your phone
Review us on Google



Scan the QR Code associated with your facility below and share your thoughts



The Meadows

West Orange

Fayetteville

McDonough

Conyers

Jackson

Normandy

Orange Park



Cartersville

Powder Springs

Nancy Hart

Renaissance

Fulton Center

Riverdale

University

Martin Luther King, Jr.



A man can't ride your back unless it's bent.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made straight and the glory of the Lord shall be revealed and all flesh shall see it together.

Faith is taking the first step even when you don't see the whole staircase.

If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He said sweep streets so well that all of the host of heaven and earth will pass to say, 'Here lived a great street sweeper who did his work well.'

~ Winston Churchill



January 17th
I have a dream...
MLK

Honoring the achievements of Martin Luther King, Jr. A Baptist minister who advocated the use of nonviolent means to end racial segregation, he first came to national prominence during a bus boycott by African Americans in Montgomery, Alabama, in 1955. He founded the Southern Christian Leadership Conference in 1957 and lead the 1963 March on Washington. The most influential of African American civil rights leaders during the 1960s he was instrumental in the passage of the Civil Rights Act of 1964, which outlawed discrimination in public accommodations, facilities, and employment, and the Voting Rights Act of 1965. King was awarded the Nobel Prize for Peace in 1964. He was assassinated on April 4, 1968. Martin Luther King, Jr, Day is celebrated on Monday, January 17, 2022.



2022

