

February 2022

'Recognizing Those Who Care'

## Empire Heroes for February

**Cartersville**



**Rashonda Allen/Jackson**

**Congers**



**Iva Turner**

**University**



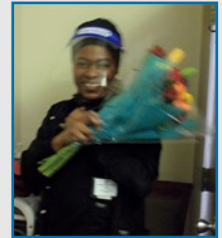
**Hanae Graves**

**Fulton Center**



**Michele Bowen**

**Fayetteville Center**



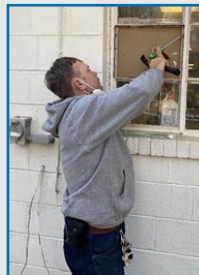
**Dorrett Green**

**West Orange**



**Luis Rodriguez**

**Nancy Hart**



**James Dunn**

**Powder Springs**



**Chingere Awa**

**Orange Park**



**Chantal Gue**

**Riverdale**



**Fatima Bah**

**Jackson**



**Lebreda Brown**

**McDonough**



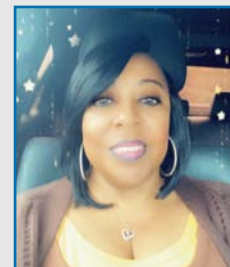
**Dominique Lucas**

**Renaissance**



**Madison Brown**

**Normandy**



**Melves Paige-Alston**

**The Meadows**



**Joni Sparkes**

Empire Care Centers extends a warm welcome to ...  
Our New Administrator



**Normandy Center for Nursing and Healing**  
**Glen Wright**



This months Administrator message was written by Steve Jobs, the founder of Apple. Mr. Jobs died at the age of 56 and was a billionaire. The following are some of his last words which are profound. We hope you take the time to read them.

I reached the pinnacle of success in the business world. In some others' eyes, my life is the epitome of success. However, aside from work, I have little joy. In the end, my wealth is only a fact of life that I am accustomed to. At this moment, lying on my bed and recalling my life, I realize that all the recognition and wealth that I took so much pride in have paled and become meaningless in the face of my death.

You can employ someone to drive the car for you, make money for you but you cannot have someone bear your sickness for you. Material things lost can be found or replaced. But there is one thing that can never be found when it's lost – Life. Whichever stage in life you are in right now, with time, you will face the day when the curtain comes down.

Treasure love for your family, love for your spouse, love for your friends. Treat yourself well and cherish others. As we grow older, and hopefully wiser, we realize that a \$300 or a \$30 watch both tell the same time. You will realize that your true inner happiness does not come from the material things of this world. Whether you fly first class or economy, if the plane goes down – you go down with it.

Treasure love for your family, love for your spouse, love for your friends...

Treat yourself well. Cherish others.

Therefore, I hope you realize, when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sung songs with, talk about north-south-east-west or heaven and earth, that is true happiness! Don't educate your children to be rich. Educate them to be happy. So when they grow up they will know the value of things and not the price. Eat your food as your medicine, otherwise you have to eat medicine as your food.

The One who loves you will never leave you for another because, even if there are 100 reasons to give up, he or she will find a reason to hold on. There is a big difference between a human being and being human. Only a few really understand it. You are loved when you are born. You will be loved when you die. In between, you have to manage!

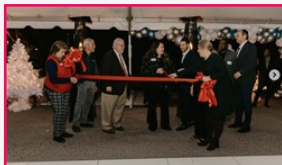
The six best doctors in the world are sunlight, rest, exercise, diet, self-confidence and FRIENDS".

## Winter Wonderland

## Congratulations ECC

## Ribbon-Cutting

Highlights from the Winter Wonderland and Ribbon-cutting of our very own On-site Dialysis Center at Westbury at Jackson. Now residents who need dialysis can avail themselves of this incredible service on-site, eliminating the draining commute to an off-site center. No more scheduling conflicts and hassles! No more endless wait for transportation to and from the center. No more dealing with nasty weather during transport. No more missing their favorite activities. Yes to keeping to our mission to do our utmost to



## On-Site Dialysis Center at Westbury of Jackson

Kindness is the most underrated skill in business.

The two things in life you are in total control of are your attitude and your effort.

Attitudes are contagious. make yours worth catching.

W E L C O M E

## New Faces

Dec 29th - Jan 27th



**Shannon Baxton**

**Shannon** joins our team at Jackson as a TNA. She was born in Charleston, SC. In her spare time **Shannon** enjoys going out with friends, family, and sleeping. A warm welcome to our Jackson family.



**Tamatha Brittain**

**Tamatha** joins our Nursing Department as a TNA. Welcome to our Jackson Center for Nursing and Healing family.



**Makayla Cummings**

**Makayla** joins our Rehab Department as a Speech-Language Pathologist, CFY. In her spare time **Makayla** enjoys spending time with her fiancé, playing games, and visiting with her family.



**Veronica Steele**

**Veronica** joins our team at Jackson as a PRN Auth Coordinator. She has 24 years of healthcare experience. A warm welcome to our Jackson family.



**Brittany Fisher**

**Brittany** joins our Nursing Department as a TNA. Welcome to our Jackson Center for Nursing and Healing family.



**Leorance Ward**

**Leorance** joins our team at Jackson Center as a PRN COTA. Welcome to our Jackson Center for Nursing and Healing family.



**Khadyah Super**

**Khadyah** joins our Rehab Department as a Physical Therapist Assistant. She brings to Jackson 15 years experience in the healthcare industry. Welcome to our Jackson family.



**Adrianne Gurley**

**Adrianne** joins our team at Jackson as a PRN OT. She brings 6 years of healthcare experience to Jackson. **Adrianne** was born in Morristown, NJ. Welcome to our Jackson family.

**Jackson**



**Paul Check**

**Paul** joins our Maintenance Department as our Director of Maintenance. He has 14 years of experience in the healthcare industry. **Paul** was born in San Diego, CA. He has 1 son and 3 daughters. In his spare time **Paul** enjoys hunting, fishing, camping, flying, kayaking, bowling, boating, skiing and spending time with his family.

**Jackson**



**Kevin Henderson**

**Kevin** joins our Jackson team as our Food Services Director. He has 18 years experience in healthcare. Welcome to our Jackson Center for Nursing and Healing family.



**Guerla Jean-Charles**

**Guerla** joins our Rehab Department as a COTA/L. Welcome to our Jackson Center for Nursing and Healing family.



**Jea'Naysia King**

**Jea'Naysia** joins Jackson team as an Aide in our Dietary Department. Welcome to our Jackson Center for Nursing and Healing family.



**Amber Mitchell**

**Amber** joins Jackson team as a TNA in our Nursing Department. **Amber** was born in Riverdale, GA. In her spare time **Amber** enjoys playing games, writing and listening to music.



**Dania Victor**

**Dania** joins our team at Jackson as a PRN LPN. We are glad you are part of our family here at Jackson, welcome.



**Aruna Maddela**

**Aruna** joins as a Physical Therapist. She has 5 years experience in healthcare. In her spare time **Aruna** enjoys watching movies.



**Lisette Valentin**

**Lisette** joins Jackson team as a DOR/COTA in our Rehab Department. Welcome to our Jackson family.

KINDNESS IS FREE - SPRINKLE THAT STUFF EVERYWHERE

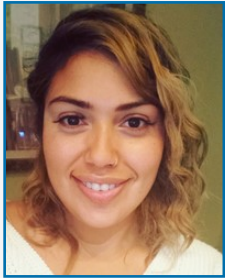


W E L C O M E

New Faces

Dec 29th - Jan 27th

West Orange



Denisse Reyes

**Denisse** joins our West Orange team as a Receptionist. She has 1 daughter. We are glad you are part of our family here at West Orange, welcome.

**Minh** joins our Nursing Department as a PRN CNA. In her spare time Minh enjoys listening to music and reading books. Welcome to our team.

Minh Nguyễn

Renaissance

**Marquita** joins Renaissance as a CNA in our Nursing Department. She has 8 years experience. **Marquita** was born in GRIFFIN, GA. She has 3 sons and 3 daughters. Welcome to our Renaissance family.

Marquita Norris

**Gulite** joins our team as a Wound care LPN. She has been a Wound care LPN for 22 years. Welcome to our Renaissance family.

Gulite Dejean

Fayetteville



Terry Beck

**Terry** joins our team at Fayetteville as a PRN RN. She has 43 years of healthcare experience. **Terry** was born in Pensacola, FL. She has 1 son, 1 daughter and 1 grandchild. In her spare time **Terry** enjoys reading, sewing, and cooking.



Maya Dobbs

**Maya** joins our team at as a PRN TNA. She was born in Riverdale, GA. **Maya** has 3 sons. In her spare time **Maya** enjoys doing makeup and is starting a clothing line.



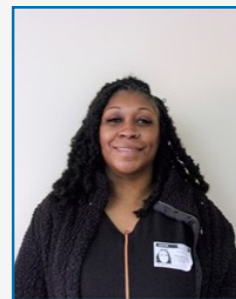
Leticia Perry

**Leticia** joins our Nursing Department as a CNA. She has 12 years experience in the healthcare industry. **Leticia** has 2 daughters. In her spare time **Leticia** enjoys listening to music, and taking walks.



Braden Roberts

**Braden** joins our team at Fayetteville as a PRN TNA. He was born in Atlanta, Ga. **Braden** is married and has 2 sons and 1 daughter. In his spare time **Braden** enjoys working out, pro wrestling, learning new things, and spending time with his family.



Shamika Carlos

**Shamika** joins Fayetteville as a LPN - shift supervisor in our Nursing Department. She has 11 years experience in the healthcare industry. **Shamika** was born in Tampa, FL. She has 1 son and 1 daughter. In her spare time **Shamika** enjoys traveling and watching TV.

**Michelle** joins our Nursing Department as a LPN/MDS. She has been in healthcare for 24 years. **Michelle** was born in Newport News, Va. She has 1 son, 1 daughter and 2 grandchildren. In her spare time **Michelle** enjoys Religion.

Michelle Sears

**Shaneka** joins our Nursing Department as a RN. She has 15 years experience in the healthcare industry. **Shaneka** was born in Baton Rouge, LA. She is married and has 2 sons and 1 daughter. In her spare time **Shaneka** enjoys spending time with her family.

Shaneka Fudge

**First professional Black Baseball Player** - on April 5, 1947, Jackie Robinson became the first African-American to play major league baseball when he joined the Brooklyn Dodgers. He led the league in stolen bases that season and was named rookie of the year.

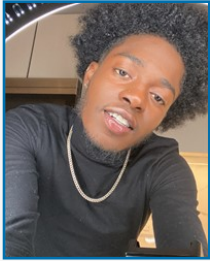
**Heavyweight Champ** - Jack Johnson became the first African-American man to hold the world heavyweight champion boxing title in 1908. He held onto the belt until 1915.

W E L C O M E

## New Faces

Dec 29th - Jan 27th

### Powder Springs



**James Lynch**

**James** joins our Nursing Administration Department as a Unit Secretary . James was born in Seattle, Wa. In his spare time **James** enjoys going shopping, hanging out with his best friends, doing adventurous things and traveling.



**Carlton Williams**

**Carlton** joins our team at Powder Springs as a PRN Receptionist. She brings 30 years experience to Powder Springs. **Carlton** was born in Birmingham, AL. She is married and has 1 son and 1 daughter. In her spare time **Carlton** enjoys reading, walking, cooking and watching movies.

**Nipa** joins our Powder Springs team as a Director of Rehab. She has been a Director of Rehab for 10 years. **Nipa** is married and has 1 son and 1 daughter. In her spare time **Nipa** enjoys spending time with her family and enjoys watching movies.

**Nipa Patel**

**Jesse** joins our Nursing Department as a Weekend Warrior CNA. She has 28 years experience as a Weekend Warrior CNA. **Jesse** was born in Atlanta, GA. She has 2 sons. In her spare time **Jesse** enjoys traveling, power walking, spending time with her family, drinking wine, socializing, reading, watching good movies and eating healthy foods.

**Jesse Jackson**

**Mona** joins our team at Powder Springs as a PRN CNA. She has 5 sons and 1 daughter. Welcome to our Powder Springs family.

**Mona Souprane**

### Cartersville



**Chris Edwards**

**Chris** joins our team at Cartersville as a Full Time Transportation and Maintenance Tech. He brings 10 years of experience to Cartersville. Welcome to our Cartersville Center for Nursing and Healing family.



**Ryan Ellis**

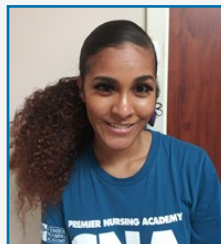
**Ryan** joins our Cartersville team as a Part-Time Social Services Assistant in our Administration Department. **Ryan** was born in Rome, Ga. She is married and has 6 grandchildren. In her spare time **Ryan** enjoys shopping, and spending time with her family.

### The Meadows



**Carmen Collymone**

**Carmen** joins The Meadows as a PRN RN in our Nursing Department. She brings to The Meadows 23 years experience. She has 1 son and 4 grandchildren and 8 great grandchildren. In her spare time **Carmen** enjoys sewing and reading.



**Danisha Carmenty**

**Danisha** joins our team at The Meadows as a FT PCA. She was born in Mayaguez, PR. In her spare time **Danisha** enjoys writing poems, playing volleyball, doing photography, karaoke and Korean BBQ.



**Victor Nwachukwu**

**Victor** joins our Nursing Department as a LPN. He has been in healthcare for 5 years. In his spare time **Victor** enjoys soccer. Welcome to The Meadows team.

W E L C O M E

## New Faces

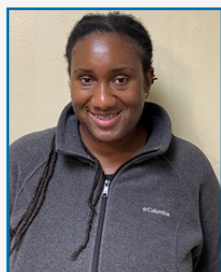
Dec 29th - Jan 27th

### McDonough



**Vearie Lipsey**

**Vearie** joins our Environmental Department as a Housekeeper. Welcome to our McDonough family.



**Latoya Howard**

**Latoya** joins our team as a PRN Housekeeper. We are glad to have you as part of our family at McDonough.



**Deonte Redfield**

**Deonte** joins our team at McDonough as a PRN Maintenance Assistant. Welcome to our McDonough Center for Nursing and Healing family.



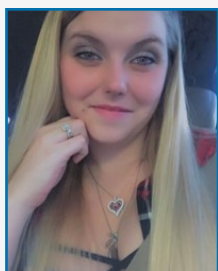
**Carlene Burnett**

**Carlene** joins our team at McDonough as a PRN Dietary Aide. Welcome to our McDonough Center for Nursing and Healing family.



**Collis Carswell**

**Collis** joins our Environmental Department as a Floor Tech. Welcome to our McDonough Center for Nursing and Healing family.



**Jessica Yarbrough**

**Jessica** joins our Environmental Department as a Housekeeper. Welcome to our McDonough Center for Nursing and Healing family.



**Je'Merick Cleveland**

**Je'Merick** joins our Environmental Department as a Housekeeper. Welcome to our McDonough Center for Nursing and Healing family.



**Deborah Wade**

**Deborah** joins our Nursing Department as a CNA. Welcome to our McDonough Center for Nursing and Healing family.



**Deondra Jones**

**Deondra** joins our McDonough Center Environmental Department as a Housekeeper. Welcome to our McDonough Center for Nursing and Healing family.

### Do a Grouch a Favor Day February 16th



Do a grouch a favor day takes place on February 16, 2022. Just do a grouch a favor day today, even if you do not like it. A grouch is one who is grumpy or irritable. You can celebrate this day by looking around for someone who is in a grouchy mood. Then you're doing him a favor that will delight his whole day. Maybe the fact of experiencing something good, like a stranger doing him a favor will astonish him so much that will change his behavior in the future.

There are certainly some reasons why your grouch became that way - try to be comprehensive and show him that not everything is a reason to complain. Do a Grouch a Favor Day is the one chance to get in touch. Take a close look and find out what kind of favor is the best for the particular grouch to ungrouch him.

### National Margarita Day February 22nd



*National Margarita day* is February 22, smack dab in the middle of winter. Many people think of Margaritas as a summer cooler. A date in February was selected, as Margaritas can be enjoyed any time of the year. There are all kinds of flavors, from strawberry and peach to mango and berry, and much more. Almost any fruit you can imagine can be used to make the perfect Mexican Margarita.

Margaritas are comprised of tequila, citrus or other fruits, and sugar. It is the most popular alcoholic beverage that uses Tequila. Margaritas are poured over ice, or can be put through a blender to make frozen margaritas.

Historically, Margaritas have been around since the 1930s and 1940s. The actual origin and creator is unknown. Frozen Margaritas came to the scene in the 1970s.

Todd McCalla, the heated of this day, started it to "celebrate Margaritas, plain and simple".



## February Birthdays

### Orange Park

- 2 Juanita Williams
- 3 Leeanne Prisley
- 10 Danielle Franklin
- 11 Melissa Danielecki
- 17 Daisie Rianzares
- 19 Therese Skiles
- 19 Denise Clairmont



### University

- 2 Jeniffer Beninati
- 4 Marcella Joyce
- 13 Maryoris Angel-Bello
- 15 Odalys Gonzalez
- 15 Jasmine Moody
- 20 Michelle Peterson
- 21 Mischa Daniel
- 23 Roselee Thomas
- 23 Sadrianna Bringham
- 25 Mohammed Umar



### Riverdale

- 2 Angela Crocker
- 3 Geraldine Odujole
- 12 Essaga Jallow
- 18 Michael Santos
- 18 Marcus Reese
- 20 Kia Gibson
- 24 Josephine Louis
- 27 Neil Griffith
- 27 Shonda Spann

### Powder Springs

- 2 Tajudeen Afolabi
- 4 Ornella Cole
- 5 Sunday Nwaubani
- 5 Delphine Takie
- 6 Acie Jones III
- 6 Ann Joseph
- 7 Peter Koalenz
- 9 Stella Ugorji
- 10 Ryan Robinson
- 13 Regina Pardon
- 17 Felicia Lindley
- 17 Ashey Willis
- 17 Mariah Gray
- 18 Patricia Watkins
- 18 Edith Fride
- 18 Tywanna Johnson
- 21 Jada Mason
- 24 Rashidat Tokosi
- 25 Katrina Hoskins
- 27 Evelyn Shields-Poole



### Conyers

- 4 Yaril Martinez
- 8 Dora Ashiabi
- 20 Patrick Imegwu
- 24 Demarion Howard



### The Meadows

- 1 Shanika Austin
- 10 Nesla Rivera
- 13 Zlatinka Stojanovic
- 15 Vivienne Turner
- 20 Vida Lester
- 21 Janet Kaufman

### Fayetteville

- 9 Sandra DeSuze
- 9 Johanne Jean Francois
- 10 Sabina Agyapong
- 11 Gabriel Beckley
- 21 Annie Harvey
- 24 Olatundun Akinyeye
- 27 Pennie Carter
- 28 Rosemary Ibeh



### Jackson

- 1 Crystal Baxter
- 8 Sandra Daniel
- 10 I Renee Fears
- 12 Chantel Stewart-Ingram
- 12 Julia Ann Walkett
- 13 Julia Carter
- 20 Darla Williams
- 20 Paul Check
- 24 Emily Gordy

### McDonough

- 3 Jacqueline Campbell
- 21 Ursula Ibekwe
- 25 Junia Parrish
- 26 Robyn Smith
- 28 Carlene Burnett



### Cartersville

- 12 David Farrell
- 20 Caitlyn Cobb
- 27 Salome Kamau



### Normandy

- 7 Marquia Johnson
- 8 Patrina Jackson
- 8 Mylissa Yates
- 9 Melves Paige-Alston
- 15 Wilda Medina
- 19 Terica Jennings
- 20 Urma Charles
- 24 Raymonde Jeann-Pierre
- 26 Lejani Rico



### Fulton Center

- 1 Cynthia Turner
- 5 Gail Bell
- 10 Lashaunta Cunningham
- 12 Khiry Albea
- 25 Daisy Adams
- 28 Cicely Anderson
- 28 Keymonntay Smith



### West Orange

- 2 Corey Rodriguez
- 9 Shirley Baldwin
- 11 Tamariza Guerrier
- 14 Marsha Magan
- 15 Lovely Jean Baptiste
- 15 Maurice Revangile
- 15 Joy Benbow
- 16 Dyna Victor
- 27 Erin Driver

### Nancy Hart

- 5 Amanda Derrico
- 14 Tommie Teasley

Happy Birthday

### Renaissance

- 3 Veneshia Mallory
- 9 Sieglinde Nobles
- 9 Randy Geiger
- 11 Shelly Sullivan
- 20 JoAnn Bowden
- 21 Sharon Grant
- 23 Betty Alexander

## Supervisor Shout Outs

### JACKSON



**Lissette** - Your professionalism, concern and friendliness is very much appreciated. Thank you and your team for always providing excellent care for our residents.  
~ Shanice Daniel

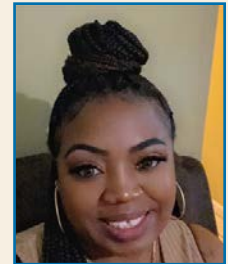


**Shanice Daniel** - Thanks for the exceptional job you do here at Westbury! The residents smile and joyful moments are a reflection of you and your Team caring and amazing work!  
~ Lissette Valentin

A huge thank you to **Shanice** for always being willing to share her activity staff including herself with the nursing department in times of need. **Shanice** also makes sure that activities continue as well. Thank you, Shanice for a great job of managing a tough situation.  
~ Julia Ann Walklett



**Jackie** - Thank you for being willing to step up and serve as our interim DON. I know its hard to come back to full time work but we appreciate your loyalty and dedication!  
~ Julia Ann Walklett



**Peaches** - Thank you for stepping up to the plate and handling the dietary department--and the surveyors. We appreciate your great attitude and willing spirit. Thanks for noticing and handling even the little things--yes, even picking up the trash outside around the dumpsters at 6am! **Peaches**, you are appreciated!  
~ Julia Ann Walklett

**Laura** - Thank you **Laura**, for the professional way you handle our HR/Payroll Department. Your kind demeanor even when you are on the receiving end of misguided anger is appreciated  
~ Julia Ann Walklett

**Ikella** is the prime example of going above and beyond. She floats wherever she is needed and is a wonderful and kind nurse!!  
~ Dena Roach

### FAYETTEVILLE



**Almoni** has been in the activity department a short time, but she has stepped up like a pro. Her assessments are timely and she offers new ideas or a way to "change things up" Our residents have come to depend on her when they need someone, even if it just to listen to them. Residents will stop by her office to see if she is working and ask "can I talk to you a minute". **Almoni** also helps when needed at the receptionist desk, answering phones and assisting new visitors with the check in process. As her supervisor I really appreciate her work ethics and willingness to try anything for the residents. We are glad to have her at Fayetteville Center.  
~ Margaret Helman

## POSITIVE VIBES

One day your life will flash before your eyes. Make sure it is worth watching.

Be the reason someone smiles today.



Live as if you were to die tomorrow.  
Learn as if you were to live forever.  
— Gandhi



## Supervisor Shout Outs

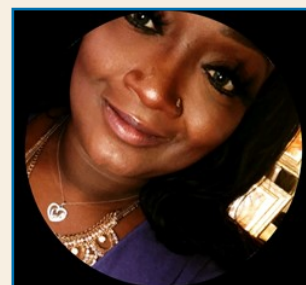
### ORANGE PARK



**Crystal** is an essential part of the team! She is always willing to help in every department and she is always so caring to all the residents and staff! We really appreciate everything she does for us!!  
~ Kristen Stafford



**Tai** you are so appreciated by all the staff and all the residents and their families! You are always so sweet and pleasant and truly care about everyone here at Orange Park! We love you!  
~ Kristen Stafford



**Rachael** - I speak for all managers when I say how much we absolutely love **Rach**! She has such a passion for what she does and I truly admire that!  
~ Kristen Stafford

### RENAISSANCE



**Nija**, you came to Renaissance with so much passion and compassion in your heart towards making our resident's lives better. Your dedication towards making sure that each admission is given utmost attention shows your true character. We appreciate you.  
~ Team Renaissance

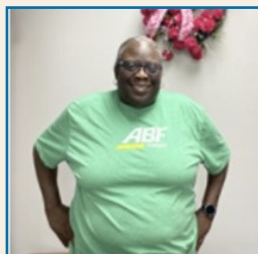


**Miranda** - Your passion to improve the process in wound care in our facility has been so inspiring and all your hard work has shown great progress! Thanks for working so hard towards making this facility great!  
~ Prachi Elmore



**Meredith** - Thank you for staying tough during some of our staffing challenges and working through it as a great supervisor! Your effort is extremely appreciated!  
~ Prachi Elmore

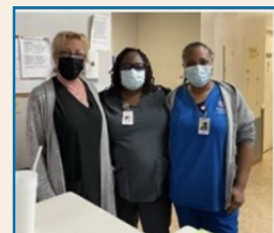
### RIVERDALE



**Shawn Williams** - We would like to take a moment to wish our amazing Social Worker, who is always giving so much love to those around her, a Happy 17 Years at Riverdale! We love you Shawn!!!  
~ Michelle Lewis



**Shelia Campbell & Lesseta Leslie** - These two ladies will tell you, they are not afraid to take care of business! They both say, they were a CNA first! Nurses Rule!!!  
~ Michelle Lewis



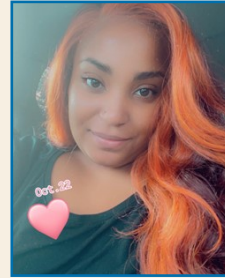
**Ladies of East Wing** - 1st, 2nd & 3rd shifts - Thank you Ladies for all you do! We all know East Wing can be a Wild Ride sometimes!!  
~ Tiffany

## Supervisor Shout Outs

### WEST ORANGE



**Elaine** - Thank you for your outstanding teamwork. We really appreciate the way you care for our residents .  
~ Artarshia, DOR



**Shantele** - Thank you for working so diligently with or without assistance in your department, with always a smile on your face.  
~ Marie Kamara

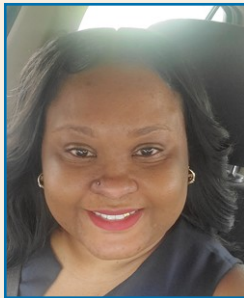


**Erin** - Thank you for all that you continue to do in the business office day in and day out despite the obstacles. You are truly appreciated!!  
~ Marie Kamara



**Luis** - You are such an amazing human. You are always available to help out in each and every way. Such an amazing team player with a great attitude. You are appreciated more than you could ever know!!  
~ Marie Kamara

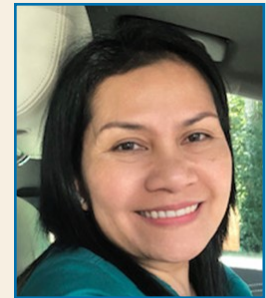
### POWDER SPRINGS



**Ashley!** Thank you for everything. You always keep our facility stocked with everything we need. You are always there from helping out at the receptionist desk to helping pass out trays on the hallway. We appreciate everything!!  
~ Team Powder Springs



**Willa**, Thank you for everything you do in our Housekeeping Department! You go above and beyond. Our residents appreciate everything you do for them.  
~ Team Powder Springs



We want to give a huge shout out to **Maria Harris!** Thank you for all you do on the 11-7 shift. You have been a huge help and always go above the expectations. Thank you so much!  
~ Senan Ashley!

### NANCY HART



**Maria** - You are doing a good job caring for our residents. Your dedication shows in your attention to detail. Our residents are blessed to have you. You are making the difference. Keep up the good work.  
~ Suzette



**Beth & Laurie** - Thank you ladies for all your support in the work place. **Beth** has been dedicated to Nancy Hart since she was 31 years old. She has worked here for 17 years in our HR Department. **Beth** has great knowledge and always gives a helping hand to whoever needs help. Thank you for all the years you have given to Nancy Hart. Thank you to our Nurse Practitioner, **Laurie**, for her dedication to our residents. Your presence has made a difference here at Nancy Hart. You are both very dear people to Nancy Hart.  
~ Suzette

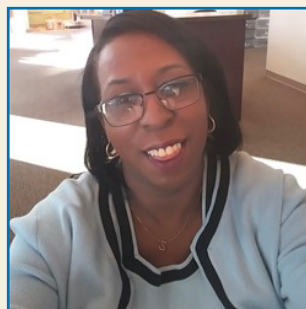


## Supervisor Shout Outs

### UNIVERSITY



**Lisa Rueckel** is our SLP therapist who went above and beyond for our team. She has been helping out in the kitchen. Thank you for your wonderful teamwork.  
~ Jeanna Stover



Big shout out to **Susie Lacey** our BOM/HR who works super hard and is super sweet and dedicated to everyone here!. She just started with us a few months ago and has been working hard since she arrived! Our team notices all your hard work and we all really appreciate you.  
~ Team University

### CONYERS



Kudos to **Kim White** in the Dietary Department for providing excellent service to our residents and staff. She always gives service with a smile.  
~ Kathy Nicholas



**Charlotte, CNA**, There is no task too big or too small for you! Your constant willingness to assist with whatever needs to be done, is such a breath of fresh air. We just want to say how much we appreciate your effort in helping the facility. Your consistency and dedication exemplify what we strive to show our clients, staff, and families.  
~ Administrative Team



**Kenkel** - Words cannot describe the gratitude we have for you! Your dedication to our residents and your servant heart is an example of what we strive for in health care. Thank you for your dedication and perseverance!!! Our residents Thank you! We Thank you!  
~ Administrative Team

### CARTERSVILLE



To our **Kitchen Staff** - Thank you to our devoted Kitchen Staff for all the hard work you put in everyday! **Marissa**, you have done a great job taking on leadership in the kitchen. You all make a difference in the lives of others daily. Something simple as a meal to us might seem small, but for our residents it's much greater, as it's one of the fewest things they look forward to daily. And you all make it happen. You provide wonderful meals and service to each resident. Everyone is easy to work with when residents are asking for a meal change, whether it is portion enlargement or modification. The kitchen is very welcoming to the staff when we need to get these particular items. As long as we do what you all ask by washing our hands and putting on a hairnets. Thank you all for your respect and good deeds! You rock! Great teamwork!  
~ Courtney - Activities

### Nutrition Tip

**Not eating enough -- or often enough.** While overeating and undereating may seem like contradictory nutrition mistakes, they are related. If you don't eat at regular intervals throughout the day, you risk disrupting your blood sugar and insulin levels, which in the end, can promote fat storage and lower your metabolism -- both of which lead to weight gain. The solution: Eat something every four hours and never let yourself "starve" from one meal to the next.





I HAVE A DREAM

We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.



*I have a dream...*

## February - Celebrates



*African Americans and the Civil War*

Black History Month is a month set aside to learn, honor, and celebrate the achievements of black men and women throughout history. Each year a different theme is chosen to highlight this event. The theme for 2011 was *African Americans and the Civil War*.

Over the course of the war, the four million people of African descent in the United States proved Douglass right. Free and enslaved blacks rallied around the Union flag in the cause of freedom. From the cotton and tobacco fields of the South to the small towns and big cities of the North, nearly 200,000 joined the Grand Army of the Republic and took up arms to destroy the Confederacy. They served as recruiters, soldiers, nurses, and spies, and endured unequal treatment, massacres, and riots as they pursued their quest for freedom and equality. Their record of service speaks for itself, and Americans have never fully realized how their efforts saved the Union.

In honor of the efforts of people of African descent to destroy slavery and inaugurate universal freedom in the United States, the Association for the Study of African American Life and History has selected "African Americans and the Civil War" as the 2011 National Black History Theme. We urge all Americans to study and reflect on the value of their contributions to the nation.

## Interesting Facts about Black History Month

Every year in February, we honor **Black History Month**. According to History, Black History Month is "an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history."

The story of Black History Month begins in **Chicago during the summer of 1915**. An alumnus of the University of Chicago with many friends in the city, Carter G. Woodson traveled from Washington, D.C. to participate in a national celebration of the fiftieth anniversary of emancipation sponsored by the state of Illinois

### Black History Month Wasn't Always A Month

When it was first founded, Black History Month was only a week and was called Negro History Week. In the '60s, various colleges and universities expanded the recognition of African American history to the full month of February. Per People, President Gerald Ford officially recognized it as the month-long celebration that it is now.

### Black History Month Was Founded in 1915.

According to *People*, Harvard historian Carter G. Woodson and minister Jesse E. Moorland founded the Association for the Study of African American Life and History to bring awareness to the African American people who had made contributions to society, but had been forgotten or left out of the narrative. That turned into Negro History Week, and later into Black History Month.

### Woodson Did More Than Just Establish Black History Month

As *People* explains, Carter Woodson helped to create Black History month. He also did many more things in his life for African Americans, including establishing the Journal of Negro History in 1916 and the Negro History Bulletin in 1937. He did this as a way of giving Black scholars a place to publish their research and findings.

## Black Inventors

### The Three-Light Traffic Signal, Invented by Garrett Morgan in 1923

With only an elementary school education, Black inventor (and son of an enslaved parent), Garrett Morgan came up with several significant inventions, including an improved sewing machine and the gas mask. However, one of Morgan's most influential inventions was the improved traffic light. Morgan's was one of the first three-light systems that were invented in the 1920s, resulting in widespread adoption of the traffic lights we take for granted today.

### Refrigerated Trucks, Invented by Frederick McKinley Jones in 1940

If your refrigerator has any produce from your local grocery store, then you can credit African American inventor Frederick McKinley Jones. Jones took out more than 60 patents throughout his life, including a patent for the roof-mounted cooling system that's used to refrigerate goods on trucks during extended transportation in the mid-1930s. He received a patent for his invention in 1940, and co-founded the U.S. Thermo Control Company, later known as Thermo King. The company was critical during World War II, helping to preserve blood, food and supplies during the war.

### Carbon Light Bulb Filament, Invented by Lewis Latimer in 1881

The light bulb itself was perfected by Thomas Edison, but the innovation used to create longer-lasting light bulbs with a carbon filament came from African American inventor Lewis Latimer. Latimer, the son of formerly enslaved people, began work in a patent law firm after serving in the military for the Union during the Civil War. He was recognized for his talent drafting patents and was promoted to head draftsman, where he co-invented an improved bathroom for railroad trains.

His successes would garner him further attention from the the U.S. Electric Lighting Company, putting him at a company in direct competition with Edison, in 1880. While there, Latimer patented a new filament for the light bulb, using carbon instead of more incendiary materials, like bamboo, that were commonly used for filaments. The addition of the carbon filament increased the life span and practicality of light bulbs, which had previously died after just a few days. In 1884, he went on to work with Edison at the Edison Electric Light Company.

## National Pizza Day

February 9th



### HISTORY OF NATIONAL PIZZA DAY

Though flatbreads with toppings were consumed by ancient Egyptians, Romans, and Greeks, the modern birthplace of the pizza is in southwestern Italy's Campania region, home to Naples. Founded around 600 BC as a Greek settlement, Naples in the 1700s and early 1800s was a thriving waterfront city. Technically an independent kingdom, it was notorious for the throngs of working poor, or lazzaroni. These Neapolitans required an inexpensive food that could be consumed quickly. Pizza - flatbreads with toppings that can be eaten for every meal - fulfilled this need. These early pizzas featured tasty toppings such as tomatoes, cheese, oil, anchovies, and garlic. More well off Italian authors judged Naples' innovation, often calling their eating habits disgusting.

In 1861, Italy finally unified, and King Umberto I and Queen Margarita visited Naples in 1889. Legend says that the traveling pair became bored with a steady diet of French cuisine and asked for an assortment of pizzas from the city's Pizzeria Brandi, founded in 1760. The variety the queen enjoyed the most was called pizza mozzarella, a pie topped with soft white cheese, red tomatoes, and green basil much resembling the Italian flag. Since then, this particular choice of toppings has been dubbed the Margherita pizza.

However, even with the Queen's love for the dish, pizza would remain little known in Italy beyond Naples' borders until the 1940s. Across the sea, immigrants to the United States from Naples were replicating the flatbreads in New York and other American cities. They were coming for factory jobs, but accidentally made a culinary statement. Relatively quickly, the flavors and aromas of pizza began to intrigue non-Neapolitans and non-Italians like.

Interesting facts about Pizza

- 57% of Americans say they love pizza
- 53% of Americans prefer restaurant over frozen pizza
- 30% of Americans eat pizza at least once a week
- 22% of Americans say they can eat an entire pizza by themselves
- 19% of Americans like to have beer with their pizza



350 slices - That's how many slices of pizza are sold in the U.S. every second. Roughly 120 of those slices per second are delivered to the National Today offices.

17% are pizzerias.

17% of all restaurants in the U.S. are pizzerias and more than 10% of those are located in New York City.

251.7 million pounds.

This is how many pounds of pepperoni are consumed in the U.S. every year. Most of which ends up on a pizza.

During the Super Bowl, more than 2 million pizzas are sold by franchise Pizza Hut.

Lombardi's was America's first pizzeria, with its outlet in New York.



# HEROES OF EMPIRE CARE CENTERS

## Cartersville Center for Nursing and Healing



Rashonda Allen/Jackson

Our Hero this Month is **Rashonda Allen/Jackson**. **Mrs. Allen/Jackson** is a mother of 3. Her most recent arrival non other than Mr. Chistyn Jackson, 9 pounds and 12 ounces and 4 weeks early. **Mrs. Allen/Jackson** is a licensed Practical Nurse and also our Wound Care Treatment Nurse. **Mrs. Allen/Jackson** is very passionate when it comes to her work. **Rashonda** enjoys when her pressure ulcers begin closing, that means her work was a success. **Mrs. Allen/Jackson** has a big heart when it comes to her residents. We are grateful to have **Mrs. Allen/Jackson** on our team. Thank you **Rashonda** for all that you do.

## Westbury Center of Conyers for Nursing and Healing



Iva Turner

Congratulations to **Ms. Iva Turner, LPN**. **Iva** is Westbury Center of Conyers for Nursing and Healing's Hero of the Month! A HERO indeed. **Iva's** heroic efforts during our most recent Covid 19 outbreak is greatly appreciated. **Iva** assisted where ever needed. Her willingness to work long hours to ensure we had more than enough coverage made the difference in the recovery of our residents. **Iva**, the staff, residents and families of Conyers appreciate you. Thank you for being a daily example of the difference kindness and compassion makes in the lives of others. Congratulations!

## University Center for Nursing and Healing



Hanae Graves

Congratulations to **Hanae Graves** for being our Hero of the Month, as not all heroes wear capes! She stepped up and performed manager duties while her manager was out sick for a week. We're so lucky to have her on our team. We are consistently amazed by her performance. **Hanae** is very dedicated to her job and deserves this recognition. Your consistent positive attitude has made a huge difference in our team. Thank you for being you and for truly reflecting the DREAM TEAM vision here.

## West Orange Center for Nursing and Healing



Luis Rodriguez

Congratulations to **Luis Rodriguez** for being our Hero of the Month. We notice all your hard work, and your team player character. The empathy and compassion you have for your residents/patients, the family members, and your coworkers have made a difference. Today we recognize you as our Hero of the Month! We are greatly honored that you are apart of the team. You make us look good with your impeccable customer service. Thank you for all you do, and we appreciate everything you do.

## Fayetteville Center for Nursing and Healing



Dorrett Green

**Dorrett Green**, RN has been with Fayetteville Center for over 2 years. She has been our Unit Manager on the TCC unit for short term residents and she recently stepped up to take ownership of the ADON position and greatly assists our DON and ED. **Dorrett** is very focused on "getting the job done right" and offers in-services to her nursing staff on documentation and good customer service. As Unit Manager she has developed an excellent rapport with her new family members when they are feeling anxious about being in a new situation/location with their loved ones. **Dorrett** has 2 daughters, loves to read and spend time with her family. We are privileged to have an ADON at Lafayette of Dorrett's caliber. Congratulations on being our Hero of the Month.

## Powder Springs Center for Nursing and Healing



Chinyere Awa

Team Powder Springs wants to announce our Hero of the Month, **Chinyere Awa! Chichi** is a CNA at our facility and she is always there when we need her. We are consistently amazed by your performance. Keep up the great work! We are so happy to have you as part of our Nursing Staff. Thank you so much for everything you do! You are greatly appreciated.

## Fulton Center for Rehabilitation



Michele Bowen

Congratulations to **Michele Bowen**, RN, Wound Nurse for being our Hero of the Month.. We are consistently amazed by your performance. Companies dream of hiring employees like you for all your hard work. I continuously want to say thank you. It's incredible to see you consistently pushing the bar to heal our Angels wounds. You're an inspiration to us all! Your outstanding performance helped push up our company quality of care to greater heights. Your consistent positive attitude has made a huge difference in our team. You are always the first to volunteer a helping hand. You work the cart without a whimper. We couldn't do it without you. Thank you!

## Orange Park Center for Nursing and Healing



Chantal Gue

Congratulations to **Chantal** for being our Hero of the Month. **Chantal** has been a part of the Orange Park team for over 20 years now! She was one of our first employees and has been a dedicated worker since day one! All the patients and the staff absolutely love and appreciate her! She is like a work mom to so many of us! **Chantal** works so hard to make sure the patients and the staff are taken care of every single day! She never misses a beat. We truly don't know how we got so lucky to have such an amazing, kind hearted, strong nurse on our team! THANK YOU **CHANTAL** FOR EVERYTHING YOU DO!



# HEROES OF EMPIRE CARE CENTERS

## Riverdale Center for Nursing and Healing

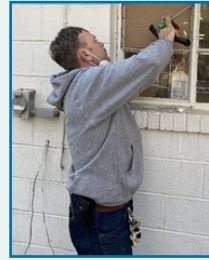


**Fatima Bah**



**Fatima** is an amazingly beautiful person inside and out! Her kindness is shown in every aspect of her work. All her nurses speak highly of her! One day, a visiting nurse worked with **Fatima** and **Fatima** was so helpful to a point where the nurse had to leave a note for the DON and ADON to read! The nurse stated **Fatima** anticipated every need she had for the residents that night. The nurse was so impressed to where she insisted that she work with **Fatima** again when she comes. **Fatima's** residents and family members also speak highly of her. We have received compliments of **Fatima** and her patience while providing care. Others have commented on how **Fatima** has a smile that shines through her mask. The families have mentioned how **Fatima's** kind words and encouraging nature have helped their loved one when they are not feeling the best. When the residents inquire, they say things like, "I hope I have **Fatima** helping me today!" We are so blessed to have **Fatima** at Riverdale and as our Hero of the Month.

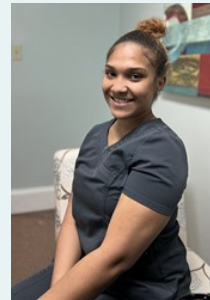
## Nancy Hart Nursing Center for Nursing and Healing



**James Dunn**

Congratulations **James**, you have been chosen as our Hero of the Month. **James** has recently transferred to the maintenance department. He is doing a great job. **James** has fixed floor tiles, repaired beds, call lights, assembled products, fixed window panes, put up outdoor holiday decorations, put up plastic wall barrier and even took on extra work helping in the kitchen! **James**, keep up the good work. Your dedication to Nancy Hart is super. You deserve to be our Hero of the Month. We wish you great success in the maintenance department.

## Renaissance Center for Nursing and Healing



**Madison Brown**

Our Hero of the Month is **Madison Brown**. **Madison** has been a part of the Renaissance team since August 2021. **Madison** has shown exceptional customer service and compassion for the residents here since day one. **Madison** is a team player, she is always willing to lend a helping hand with no questions asked. **Madison** was asked why she chose the medical field as a career and her response was simple, "to make sure others are treated with dignity and respect" Being a CNA is a tough job but you would never know that it was hard for **Madison** because she does it each shift with a smile on her face. Again we say thank you and congrats again on being Renaissance's HERO OF THE MONTH!!

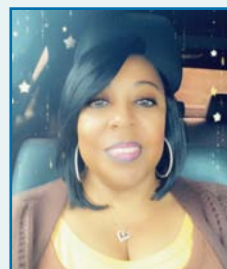
## Westbury Center of McDonough for Nursing and Healing



**Dominique Lucas**

To be unique means that you are one of a kind and no other person is exactly like you. CNA, **Dominique Lucas** shows off her uniqueness through her actions and her behavior. **Dominique** started at McDonough a few months ago, and already has made a big impact on the residents. All her residents speak highly of **Dominique** and her thoughtfulness and kindness. A few weeks ago our ice machine was out of order, **Dominique** went out and purchased enough ice for all residents for two shifts. No one asked her, no one instructed her, she just did it. This act of generosity along with her many other selfless acts, is what makes **Dominique** unique. Thank you **Dominique** for all you do, you are loved by many, and appreciated by all. Congratulations on being our Hero of the Month!

## Normandy Center for Nursing and Healing



**Melves Paige-Alston**

**Melves Paige-Alston** is our Hero of the Month. She goes above and beyond in her role as our Staffing Coordinator. She is always willing to lend a helping hand in every department and is essential in our efforts to recruit staff. She works tirelessly throughout the week and even on the weekends to make sure our building is staffed. She is a superstar that we are lucky to have and a dependable team player you can always go to if you need a helping hand. She is always willing to share her knowledge and take time out of her day to train others as well. Thank you for all you do! Our team here is better because you are a part of it, **Melves**!!



## The Meadows Center for Nursing and Healing



**Joni Sparkes**

Congratulations to **Joni Sparkes** for being our Hero of the Month. **Joni** is an excellent CNA that has been with Tarpon Point/The Meadows Center for 14 years. She works all shifts. She shows unbelievable compassion for the residents as far as bringing in clothing for residents that don't have clothing. **Joni** is very polite and nice to everyone. She is a pleasure to be around. **Joni** follows directions to the tee. We are glad that she is a valued employee and an awesome team player at The Meadows. Way to go **Joni**!!!

## Westbury Center of Jackson for Nursing and Healing



**Lebreda Brown**

Westbury of Jackson would like to recognize **Lebreda Brown** as our Hero of the Month. **Lebreda** has been employed here since June of 1993. She is currently our Environmental Services Supervisor. The employees of her department have nothing but praise for her. She is described as an attentive, compassionate, and encouraging supervisor. **Lebreda** is always willing to lend a hand and do anything to help our housekeepers keep our facility clean and running at its best for our residents. All the other departments recognize the dedicated work ethics in **Lebreda** as well. Any task that is asked of her, including the numerous room changes that Covid 19 has created, **Lebreda** willingly accepts, in a positive and receptive manner, no matter the challenge. Under her leadership, our laundry staff run a top-notch department. Everything is neat and organized. Westbury of Jackson is blessed to have **Lebreda** as a vital part of our team. She works long hours, long days and deserves this special recognition. **Lebreda** is kind to the residents, staff and visitors and always has a positive smile for all. A huge "Thank You **Lebreda**" from your fellow co-workers and friends here at Westbury of Jackson. You are the best!

## West Orange

## Shout Outs



- ★ To **Dolcie Campbell** from Joy Benbow - You are a very dedicated nurse/supervisor. Always willing to go the extra mile. From Supervisor to nurse, on the cart to CNA. Awesome sauce!
- ★ To **Elaine Taylor** from Shantele Harris - Thank you for all your hard work day in and day out for our residents. You are awesome!
- ★ To **Sakelus Foster** from Shantele Harris - You are the best!!! Thank you for all that you do and for always laughing. Your hard work does not go unnoticed.
- ★ To **Housekeeping Staff** from Akissi Aka - A sincere shoutout to our housekeeping staff and their leader Monique. Throughout this outbreak, even as a new team member at this facility, Monique is able to perform above expectation with or without staff to ensure that all room changes were done. No matter the time of day or night, she makes sure that all the cleaning needs are met. Thank you very much, you are a great part of our Team. You are a big deal!
- ★ To **Joy Benbow** from Akissi Aka - You are the center of Nursing at this time, you make it stick! Thanks so much for all you do, Day in and day out. With you in charge of scheduling, even when it is hard everywhere else, you find a way to make it work. Thanks so much for all you do and know that we appreciate you.
- ★ To **Erin Driver** from Akissi Aka - Congratulation again to your first plan of correction that was accepted. You are doing great! We appreciate you!
- ★ To **Tasha And Therapy Team** from Akissi Aka - You all have been very helpful during this crisis. Day in and out, you show your team spirit and it is very much appreciated by our Nursing staff. Thanks so much for all you do.
- ★ To **Akissi Aka** from Joy Ben-bow - To one of the best DON's I've had the pleasure of working with. Always there for us no matter what time of day or night.
- ★ To **Joy** from Erin - Thank you Joy for always being so dedicated to the facility & employees. The facility & employees are very lucky to have someone as great as you. Thanks for ALL that you do!
- ★ To **Luis Rodriguez** from Daphne Anderson - Team work is an understatement for Luis. He is available to assist every department with calm and direction for proper completion.
- ★ To **Elaine Taylor** from Luis Rodriguez- Life Enrichment Coordinator - Integrity\* without hesitation...She's always going above and beyond her call of duty- Greatly Appreciated Elaine Taylor for getting the job done!!
- ★ To **Lou Silva** from Luis -Life Enrichment Coordinator - Appreciating All that it is you do Lou. You Rock!!
- ★ To **Mick Scalf** from Terry Hudson - Mick is a great team member, he always helps everyone with a smile.
- ★ To **Maurice Revangile** from Joy Benbow - Always there for his co-worker willing to give a helping hand. Never complains, no matter how challenging the situation may be.



A FEW OF OUR SHOUTOUT FOLKS

## Powder Springs

- ✿ To **Jane G.** from Mariah - Thank you Jane! It has been a pleasure working with you. When ever we need you, you rise to the occasion.
- ✿ To **Katrina** from Maggie - Katrina, thank you for helping me out in the department. You are appreciated and I hope you can see it.
- ✿ To **London Richards** from Margalie Cherenfant - London, welcome to Powder Springs' activities department. We are happy that you chose to work in our department. Thank you, from from the activities' team.
- ✿ To **Olunbumi** from AU staff - Bebe thank you for everything you do.
- ✿ To **Angela Butler** from Mariah - Angela, thank you for everything you do to help keep the Housekeeping department running.
- ✿ To **Carla Jackson** from Mariah - Carla, you and Rashell are doing an amazing job in admissions.
- ✿ To **Sherry C.** from Mariah - Sherry! You are such a beautiful soul. You keep me laughing. Thank you for being so nice to every one here at our facility.
- ✿ To **Kailani** from Mirah - Kailani you are doing a great job at holding down the receptionist desk. Keep up the good work.
- ✿ To **Jacqueline S.** from Nursing Staff - Jacqueline you have been a great addition to the west wing. You are so easy to work with and we greatly appreciate everything you are doing.
- ✿ To **Horace** from Housekeeping Department - Thank you Horace!
- ✿ To **Robert** from Coleman - Robert thank you for everything you do you are so helpful. I really appreciate working with you.

## Powder Springs



From Team Powder Springs - **Pilar**, we'll miss you and wish you good luck and only the best on your new journey.

Good Luck Pilar

## Conyers

To **Esteban Brooks -Environmental Services** from Kathy Nicholas - Hard working dependable staff. Loves the residents and can make them smile.



## University

## Shout Outs

- ♦ To **Eiji Graves** from Jeanna Stover - Sending out a big Thank you to Eiji Graves for being a great team player. He is a CNA and works central supply, but has been finding time to lend a hand to the Dietary Department.
- ♦ To **Hanae Graves** from Jeanna Stover - Hanae Graves is a Superhero! She is a cook, but also stepped up when the manager was out. She cooked, ordered groceries, made the schedule, helped keep the kitchen organized and clean. She worked many doubles and her days off. Thank you Hanae for your dedication to the residents and your fellow co-workers. Hanae, your light shines bright at University Center.
- ♦ To **Team Of University** from Jeanna Stover - Wanted to give the biggest shout out to the whole team at University Center. When rooms had to be changed, everyone helped. When rooms had to be cleaned, everyone helped. When they asked for help, everyone came to help. Great to see the whole team working together..

## Fulton Center

- ❖ To **Olga Fontaine** from Rachel - Thank you for your never-ending positivity. Your exceptional work ethic and incredible organizational skills are truly inspiring.
- ❖ To **Team Fulton** from Angela Wiggins - Thank you all for your hard work and dedication especially during this challenging time.
- ❖ To **Activity Dept** from Activity Dept - Day by day we are responsible for tending to the mental and spiritual well-being of the elders. Bringing them joy and smiles, keeping them entertained and engaged, providing them with hope and encouragement. We are God's hands and feet.
- ❖ To **Cynthia Turner** from Olga Fontaine - Happy Activity Week thank you for all you do
- ❖ To **Therapy Dept** from Activity Dept - Shout out to the Therapy Dept thanks for all you do, Thank you Darryl for lending a hand when needed
- ❖ To **Nursing** from Activity Dept - A big shout out to our ADON, Tierra you Rock !!!
- ❖ To **Nursing Staff** from Activity Dept - Shout out to our nursing staff during our Covid pandemic, you guys work so hard Big shout out, Hugs all around
- ❖ To **All The Department Managers** from Activity Dept - Big shout out to all the Dept Managers
- ❖ To **Minnie Gibson** from Activity Dept - Shout out to Minnie in Therapy Dept, for always showing Love. to the residents
- ❖ To **Joe and Rachel** from Activity Dept - Shout out to Joe and Rachel in therapy you guys are great.
- ❖ To **Residents Council Members** from Activity Dept - Shout out to our residents council members Victor West, Kenneth Motes, Jackie Smith
- ❖ To **Laundry Staff** from Activity Dept - Shout out to our LAUNDRY staff.
- ❖ To **Rehab Team** from Rachel - You guys doing do amazing work keep up the good work.
- ❖ To **Fulton IDT Team** from Activity Dept - Fulton IDT Team you Guys Rock!!!
- ❖ To **Dietary Staff** from Lisa Rodgers FSD - Thank you for all you do. Keep up the good team work!!
- ❖ To **Donald** from Rachel - Thank you for all you do, for all your dedication to your work you always find a way to get things done!
- ❖ To **The Activity Director** from Activity Dept - I thank my self for helping the residents to find hope and peace. My efforts have an eternal impact and I pray the Lord will richly reward me for my compassionate care. I'm very grateful and blessed.
- ❖ To **All Our Residents** from Activity Dept - A big shout out to our residents, for putting up with us during our Covid pandemic, for staying in the rooms, thank you You guys are the best....
- ❖ To **Our Residents** from Activity Dept - Every month we celebrate our residents Birthday in style.
- ❖ To **Fulton Center Staff** from Activity Dept - When we scream team work, we scream team work, @Fulton that's one quality we have, to all our staff, Nursing, Activity, Housekeeping, Floor Tech, Kitchen, and Maintenance, Thank you for all you Do.
- ❖ To **Donald McMichael** from Angela Wiggins - Thank you for always being willing to help!
- ❖ To **China Skipper** from Angela Wiggins - Welcome to Team Fulton!



### A Warm Welcome to Ms. China Skipper



A warm welcome to Ms. China Skipper. She is our new Social Services Director. Ms. Skipper brings 10 years of long term healthcare experience and a host of other knowledge as a Certified Activity Director. We are excited to have an enthusiastic, new member with a creative mindset amongst us here at Fulton Center.

~ Mich Turner, LNHA

### Did You Know?

*eliminate puffiness under your eyes*

All you need is a dab of preparation H, carefully rubbed into the skin, avoiding the eyes. The hemorrhoid ointment acts as a vasoconstrictor, relieving the swelling instantly.

*Be happy not because everything is good, but because you can see the good side of everything.*



## Shout Outs

### Normandy

- ✦ To **Terry Williams** from Tyler Johns - You are an asset to our team! Thank you for all the work you put in to make the West Wing run smoothly! We appreciate you.
- ✦ To **Glen Wright** from Tyler Johns - Welcome to the team!! Thank you for jumping right in and assisting us!
- ✦ To **Glenn Fortuno** from Melves Paige-Alston - you rock. Thank you for never complaining and being willing to pick up extra shifts.
- ✦ To **Wilda Medina** from Melves Paige-Alston - Thanks for all you do and always being willing to pick up shifts without complaint.
- ✦ To **Alice Thelisma** from Melves Paige-Austin - Thank you for going above and beyond.
- ✦ To **Anis Davis** from Melves Paige-Alston - Thank you for all you do in the kitchen. You go above and beyond!
- ✦ To **Terry Williams** from Melves Paige-Alston - Thank you for jumping right in and helping both the residents and staff.
- ✦ To **Lashonda Brannon** from Melves Paige-Alston - Thank you for always coming in anytime of day to help out!!
- ✦ To **Tyler Johns** from Patrina Jackson - You wear many hats and do a good job wearing them all.....It doesn't go unnoticed!
- ✦ To **Chiquita Robinson** from Yolanda Hobbs-Pickering - Thank you for being an outstanding Social Work and a blessing to the residents and staff.



### The Meadows

- ★ To **Charolette Ward** from Rosie Castro - I appreciate you! Thank you for everything you do for our residents and our team.
- ★ To **Mary Hunt** from Joey Blair - Great Job keeping the Residents entertained. You are Amazing!!!
- ★ To **Katie Quatrale Wound Care** from Brenda Johnson RN ADON - A BIG shout out to Katie, our IT guru! Always willing to help everyone out! Thank you for being the beautiful person you are!

### Orange Park

- ✦ To **Kyle Nguyen** from Kristen Stafford - Kyle just want you to know that your very hard work every day does not go unnoticed, you are an awesome part of the team!
- ✦ To **Johnny Wheeler** from Kristen Stafford - John is our new housekeeping director and he really keeps life interesting at orange park! I love his positive attitude and awesome sense of humor! We are happy you are a part of the team John!

#### *A few shoutouts from Resident Council*

- ✦ To **Georgette Keeling, Nursing** from Resident Council - Resident Council would like to shout out Georgette for being an excellent nurse! She knows what needs to be done and is respectful to everyone.
- ✦ To **Nick Ramirez-** Maintenance Director from Resident Council - Resident Council would like to shout out Nick. He gets things done right. If he can't do something, he gets someone to do it. Thank you!
- ✦ To **Kamrie Johnson, CNA** from Resident Council - Resident Council would like to shout out Kamrie. She is a very good CNA. She always makes sure I've had my shower! Thank you
- ✦ To **Shelia Johnson, CNA** from Resident Council - Resident Council would like to shout out Shelia for being a good CNA. She is a good worker, experienced, and changes people and bedding quickly. She is also a nice person. Thank you!



### National Polar Bear Day



February 27th

Polar Bear Day on February 27 raises awareness on the issues facing polar bears and the ways in which we can reduce our carbon footprint. Climate change is a huge threat to polar bears' existence and it's up to us to take action and protect their future.

International Polar Bear Day is an annual event celebrated every February 27, to coincide with the time period when polar bear moms and cubs are sleeping in their dens, and to raise awareness about the conservation status of the polar bear.



*A special Thank You to everyone that goes the extra mile during these challenging times. It is greatly appreciated.*

## Jackson

## Shout Outs

- ❖ To **Tami Shell** from Laura Carlson - Thank you for all your hard work. YOU ROCK!
- ❖ To **Crystal Baxter** from Ikella Watts - She's the best nurse ever! Thank you for your team work and all that you do!!!
- ❖ To **Mattie Gilbert** from Ikella Watts - Thank you for being flexible and doing what it takes to get the job done! You're appreciated more than you know!
- ❖ To **Tamara Goodrum** from Ikella Watts - Thank you for training all of our new aides and taking such good care of our residents. You're appreciated more than you know!!
- ❖ To **Michelle & Terry, Housekeeping** from Shanice Daniel - Thank you for always going above and beyond for our residents! Y'all are awesome!!!
- ❖ To **Nora Sands** from Nora Sands - Happy Anniversary To Me!!!
- ❖ To **Sonya Williams** from Julia Ann Walklett - Thanks for always displaying a willing attitude when asked to help cover the halls as a CNA. Your team spirit is truly appreciated!
- ❖ To **Yolanda Fears** from Laura Carlson - Thank you for having such a great attitude and a wonderful smile.
- ❖ To **Erica & Carolyn** from Shanice Daniel - Thank you both for ALWAYS going above and beyond for our residents and their families. Y'all are an awesome team. We truly appreciate you both.
- ❖ To **Shanice Daniels** from Dena Roach - Thanks for helping out when needed!!
- ❖ To **Ikella** from Shanice Daniel - Ikella, you are a true definition of a team player. Anything that is asked of you, you do it. You are excellent at every role you play! We appreciate you!
- ❖ To **Westbury/Jackson Staff** from Erica Owens - I just wanted to share how complimentary our families were today during IDT care conferences. They thanked ALL staff for taking such good care of their loved ones & said they recommend our facility to others. So nice to hear the positive feedback!!!
- ❖ To **Nora Sands** from Carolyn Fennell - A sincere, heartfelt shout out to one of our dedicated, hardworking laundry staff, Nora Sands. Nora is a beautiful lady, both inside and out and has worked at our facility for 15 years. Thank you Nora, for always lending a hand when I need it and taking good care of our residents.
- ❖ To **Colette Greene** from Erica Owens - Several residents told me you took fantastic care of them on the COVID unit. One even said "When I saw her, I knew we'd be well taken care of!" Thank you for loving our residents. They feel it!
- ❖ To **Kevin Henderson & Paul Check** from Erica Owens - Welcome to Jackson!!!
- ❖ To **ALL Night Shift Employees** from Laura Carlson - Thank you for all that you do. We appreciate you all.
- ❖ To **Laura Carlson** from Dena Roach - Big shout out to Laura Carlson for trying endlessly to help everyone with payroll and other areas within the building.
- ❖ To **Joye England** from Dena Roach - Always a helping hand!!! She's dynamic and so good at what she does!
- ❖ To **Kim Ridley** from Julia Ann Walklett - Thanks Kim, for your willingness to fill in as a CNA when needed. We truly appreciate your team spirit!
- ❖ To **Paul Check** from Julia Ann Walklett - Welcome to the team at Jackson! We are happy to have you join our family!
- ❖ To the **Entire Jackson Team** from Julia Ann Walklett - Thanks for your superior teamwork! Teamwork makes the dream work! Great survey results because of the hard work that you ALL do EACH and EVERY day! Thank you!!!!
- ❖ To **Kevin Henderson** from Julia Ann Walklett - Thanks for being willing to travel to Georgia and serve as our interim Dietary Manager. Welcome to our team



JUST A FEW OF OUR SHOUTOUT FOLKS HERE AT JACKSON

## Special Thanks from Julia Ann

To the **Jackson Team** —Thank you from the bottom of my heart. You have stepped up during difficult times. I appreciate how each of you have done your part to make sure that our residents are cared for in a loving, professional manner. Whether you are a nurse, a CNA, a Housekeeper, a Laundry Aide, a Cook, a Dietary Aide, part of the Business Office Team, an Activity Professional, Maintenance, Admissions, Marketing, Central Supply, or a Social Service staff member, you have truly shown what it means to "Heal with Heart!". It takes all of us to make Westbury Center of Jackson for Nursing and Healing the great center that we are. Remember "tough times don't last, tough teams do."



## Healthier ways to eat dessert

- ✓ Low fat cookie
- ✓ Frozen 100% juice bar
- ✓ Fresh berries with low fat creamer
- ✓ A few pieces of chocolate
- ✓ Frozen grapes
- ✓ Angel food cake
- ✓ Pudding made with skim milk
- ✓ Nondairy frozen dessert
- ✓ Low fat ice cream or sorbet
- ✓ Pieces of fruit

*There are lots of ways to make your favorite recipes healthier.*

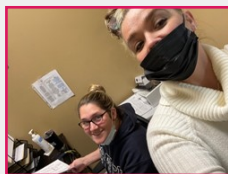
- ✓ Egg substitutes or egg whites instead of whole eggs.
- ✓ Apple sauce or prune puree instead of oil when baking to naturally trap moisture into your cakes and breads.
- ✓ Less sugar. A lot of recipes call for much more sugar than is needed.
- ✓ Fruit-based desserts. Although you still have to be careful, these desserts often have less calories and fat than a chocolate or cream based one.



## Shout Outs

### Riverdale

- ✦ To **Angela** from Tiffany - Thank You always taking great care of our Residents!! Our Treatment Nurse YOU ROCK!!
- ✦ To **Melanie** from Tiffany - Thank You for all you do with making sure we have reliable staff!!
- ✦ To **Linda Showalter** from Tiffany - You do a great job with all you do with our supplies and handing all that medical paperwork!!
- ✦ To **Sheila** from Tiffany - A Great BIG Shout Out "THANK YOU FOR KEEPING US ALL SAFE & ON OUR TOES!!"
- ✦ To **Tanisha** from Angela - Thank you for all you do! You are the best!
- ✦ To **Shawn** from Angela - Thank you for keeping us all in line mama Shawn! We would be a mess without you and your chicken and rice..
- ✦ To **Leslie** from Angela - You have helped me out in more ways than just work. You are always there and willing to help with no questions asked. You're not just a DON, you are whatever we need you to be and I am grateful for all of your help!
- ✦ To **Tiffany** from Angela - I love walking in and seeing you behind the front desk! Thank you for holding the place down and being there for us when we need you!
- ✦ To **Keith C** from Tiffany - WELCOME!! Thank you for coming in and making our Housekeeping/Laundry Department your #1 priority! Also making sure the building looks GREAT!!
- ✦ To **Tanika** from Tiffany - Thank you for all you do for making sure our residents get to their doctor appts to reuniting with their families!
- ✦ To **Valencia** from Tiffany - Thank You for always keeping North Wing on their toes!!
- ✦ To **Leslie** from Tiffany - Thank You Ms Leslie for always "ROCKING AROUND THE CLOCK!!" We could not do it without you!!!
- ✦ To **Ladies of the West Wing 1st, 2nd & 3rd shift** from Tiffany - You Ladies do a wonderful job with welcoming new residents and making sure their stay at Riverdale is your #1 Priority!
- ✦ To **Ladies of the North Wing 1st, 2nd & 3rd shift** from Tiffany - Thank You Ladies for all you do each and every day!! North Wing would not be anything without you LADIES!!!



### Fayetteville

- ✦ To **CNA's - Savannah, Jennifer, June, and Tanya** from **Resident Council** - These ladies were given a loud shout out from members of our February Resident Council. The council members wanted everyone to know that they appreciate the attention that is given to our residents. They assist on other halls, not just on their assignments and really listen. Good Job!!!
- ✦ To **Activity staff** from **Resident Council** - Almoni and Margaret work hard to keep everyone entertained, bring them supplies for independent activities and support them when family can't visit.

### National Bird Feeding Month

February became National Bird Feeding month in 1994 by Congressman John Porter. Being one of the toughest months of the year for birds to survive, he was determined to help feed birds during this time.

Spread your giving wings this February and take part in National Bird Feeding Month. The birds have it tough in winter. They have families to feed and the natural resources to do so aren't as plentiful as at other times of the year. That's where we can all chip in and help. National Bird Feeding Month is a chance for bird feeders, watchers, and anyone else who is feeling in the spirit to extend a hand out to our flying friends. The month was created to educate the public on the seasonal journeys of birds, and for us to provide some aid at the height of winter when it is needed most. So, if you enjoy the beautiful sounds of the birds singing, it's time to show your appreciation and put some food on their proverbial plates.



### Children's Dental Health Month

*Make this month an opportunity to help your kids brush up on good oral hygiene. The following tips can help your children maintain a great and healthy smile all year long.*

1. Brush at least twice a day to remove plaque. If plaque is not removed, it can lead to cavities. Make brushing can be fun for kids.
2. Floss daily. Flossing helps to remove food debris from in between the teeth that a toothbrush can't reach.
3. Eat healthy and nutritious food and limit the intake of sugary carbonated drinks.
4. Visit your dentist for regular check ups and cleanings.
5. Fluoride treatments twice a year are very beneficial in preventing tooth decay.
6. Wear a mouth guard during sports. Mouth guards can greatly reduce injuries to the mouth and teeth.



A tooth fell out, and left a space so big my tongue could touch my face. And every time I smile, I show a space where something used to grow. I miss my tooth as you can guess. But then, I have to brush one less!





It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans.

President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

Throughout the month, the American Heart Association's "Heart to Heart: Why Losing One Woman Is Too Many" campaign will raise awareness about how 1 in 3 women are diagnosed with heart disease annually.

The first Friday of American Heart Month, Feb. 5, is also National Wear Red Day as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease.

This year, the federally designated event is even more important due to the impact of the coronavirus on the public's heart health, including potential harmful effects on the heart and vascular system, according to recent research.

Also, during the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes – netting poorer outcomes and prompting the AHA to create "Don't Die of Doubt," a national awareness campaign that reminds people that hospitals are the safest place to go when you have symptoms.

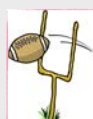
And while in lockdown, more people have engaged in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol and limiting physical activity, that can contribute to heart disease.

Meanwhile, heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the AHA's Heart Disease and Stroke Statistics – 2021 Update.

The update, published in the association's flagship journal Circulation, reports that nearly 18.6 million people across the globe died of cardiovascular disease in 2019, the latest year for which worldwide statistics are calculated. That's a 17.1% increase over the past decade. And 523.2 million cases of cardiovascular disease were reported in 2019, a 26.6% increase over 2010.

During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.



## Touchdown guacamole



Not every food for your football fanatics have to be unhealthy. This guacamole dip uses the freshest ingredients which gives this dip an incredible taste. One bite of this guacamole and you're sure to score a touchdown.

### Ingredients:

3 ripe Avocados, peeled and pitted  
1/2 clove garlic= 1/2 tsp. minced garlic  
1/8 cup fresh cilantro  
1/4 cup finely chopped onion  
1/2 tsp. salt  
1 lime  
1 jalapeno pepper, seeded  
1 Roma tomato, seeded and diced

In a blender or food processor, combine all ingredients and mix until all vegetables are chopped and you have a smooth consistency. Chill in refrigerator 2 hours. Serve with tortilla chips.

**Avocado is a good source of potassium, a mineral that helps regulate blood pressure.** Adequate intake of potassium can help guard against circulatory diseases, like high blood pressure, heart disease, or stroke.

## DID YOU KNOW?



Aside from being the most-watched U.S. television broadcast of the year, the Super Bowl is the second-largest U.S. Food Consumption Day after the Thanksgiving Day.

To give you an idea, here are some Super Bowl food facts.

The average Guacamole that is consumed on that day is 8 million pounds, 14,500 tons of chips and 4,000 tons of popcorn. Ten million man-hours is spent on Super Bowl food preparation. On Monday, the day after the Super Bowl, antacid sales increase to 20 percent and 6% of all working Americans will call in sick the day after the Bowl.

## Employee Events

### JACKSON

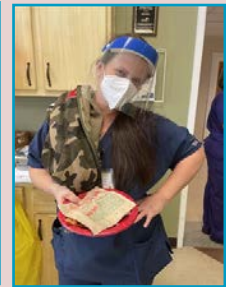
#### Sweet Treats Cart



You are what you eat, so eat something sweet! We love our sweet staff!!

#### Pizza Party

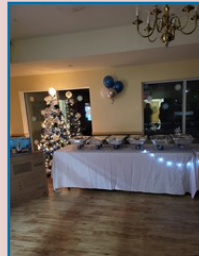
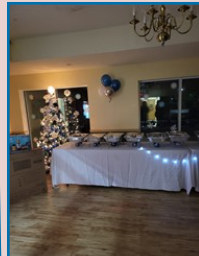
Any way you slice it, that's the way we like it.



We are so grateful for our work family!

### WEST ORANGE

#### Staff Christmas Party



Everyone had a wonderful time at our staff Christmas Party.

#### Holiday Cheers

*Good Times*



*Good Times*

### POSITIVE VIBES

No matter how good or bad you think life is,  
wake up each day and be thankful for life.  
Someone somewhere else is fighting to survive.

and I simply decided to be happy again.

It's the possibility of having a dream come  
true that makes life worth living.

Make today so awesome yesterday gets jealous







## Employee Events

### NANCY HART

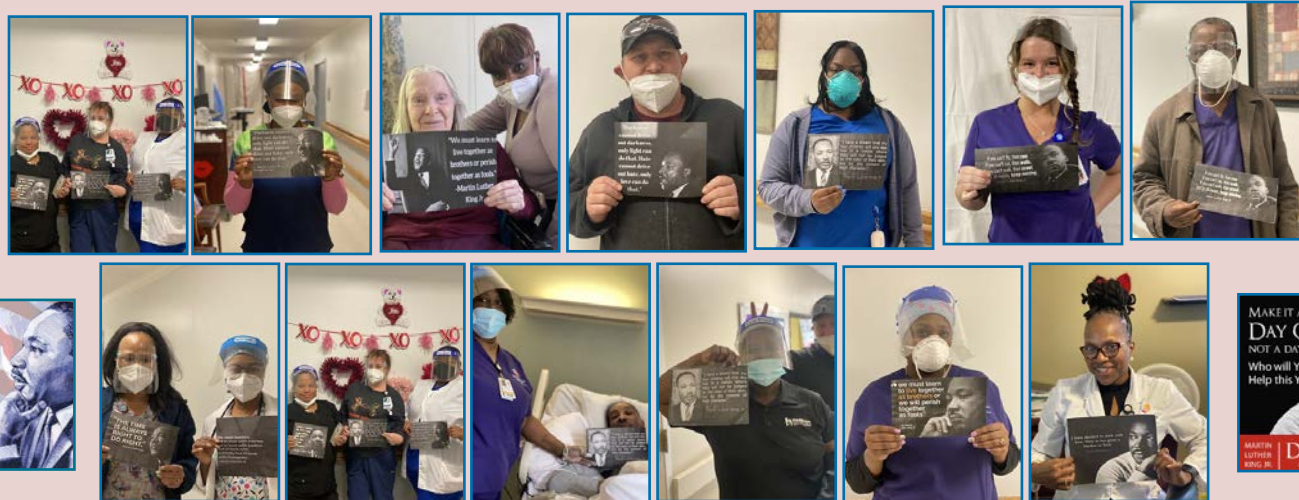
#### New Year's Eve Celebration



Celebrating the New Year with some bubbly and cookies. Had our traditional count at noon. The residents enjoyed bring the New Year in with Music, dance and bubbling fruit juice. Happy New Year to Empire Care Centers, Corporate, our sister facilities from Nancy Hart!

### CARTERSVILLE

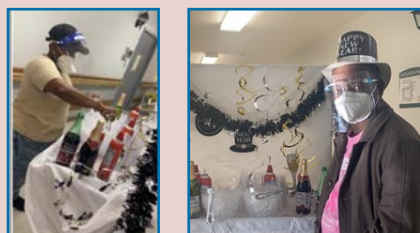
#### MLK Day



### I have a dream...

Thank you to all the staff who participated in MLK day! By sharing inspirational quotes from MLK, we can show his wisdom / acts of character unto others by his inspiration in our lives everyday!

#### Happy New Year



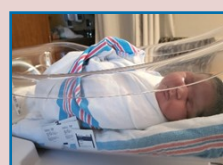
HAPPY NEW YEAR!  
May we rock this year together.

#### Welcome



Welcome aboard to all our new and former employees, we wish you the best. Thank you to the amazing staff who make them feel welcomed. Great Team Work!

#### Congratulations Rashonda



Congratulations on your new, precious, bundle of joy! He is so handsome.

#### Having Fun



**Kawanna Johnson & Sara Miles**

Thank you for always having the courage to get down with the folks here, we gotta make work fun!

## Employee Events

### CONYERS

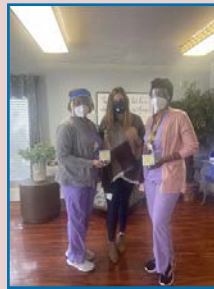
#### National Popcorn Day



Our staff and residents enjoyed fresh popcorn on National Popcorn Day.

*What's Popping*

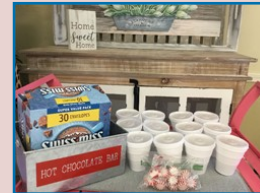
#### Activities Week



Celebrating Activities Week with staff, Michelle Wilson and Kathy Nicholas and Christina from Brightmoor Hospice.



#### Hot Cocoa On Wheels



Activities staff, Michelle Wilson. No better way to start your day than serving residents with hot cocoa and peppermints on a cold winter morning.

### NORMANDY

#### Happy New Year



*Good Times*

Heroes with Heart



Everyone enjoyed the New Year's Celebration. We are so excited for a fun-filled 2022.

#### Do a Grouch a Favor Day



February 16th



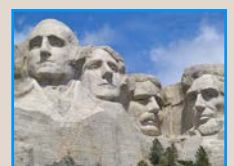
#### Pride in Food Service Week Feb 7 - 11

We want to send out a special thanks to all our food service team members.

Celebrate this week with them by letting them know how much we appreciate their hard work and dedication in preparing our food and taking such good care of us and our facility.



#### President's Day



February 21st



## Employee Events

### McDONOUGH

#### Activities Week

Who knew we had a bunch of 'Picasso's' at McDonough?



*She's got some skills*

**Morgan Jackson** showing off her hula hoop skills.



*Good Times*

Activity professionals work with residents to create a vibrant and active daily calendar. Improving the lives of those who may be restricted by injury or illness, our activity team deliver interesting and fun activities for everyone. Realizing that different residents have varying levels of capability, these staff members customize the events they coordinate to be enjoyed by all involved. HAPPY ACTIVITIES WEEK!!

### Empire Corporate Team



*So Much Fun*



*Thankfull*



Team McDonough would like thank the Empire Corporate Team for all the gifts and festivities during the Holiday Season. Everyone is still raving about the festivities and the Christmas Party.

### ORANGE PARK

#### Happy New Year



HAPPY NEW YEAR! Residents enjoyed a New Year's Eve party and are looking forward to many blessings and a great 2022 for everyone!



## Employee Events

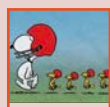
### RENAISSANCE



Cleaning the COVID Unit



After a very challenging COVID outbreak, DON, ADON, and administrator finally tear down the temporary wall!



DON's Birthday Party

Fun Friday with our DON during her birthday party. We know how to have a good time at Renaissance.



Resident's Birthday Party

Happy Birthday!

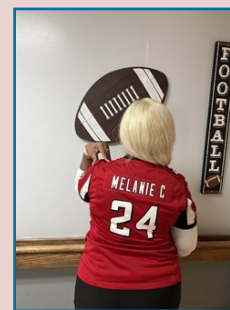
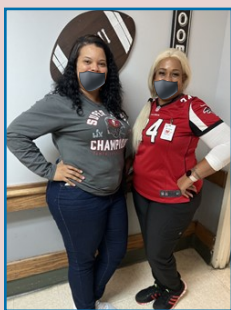
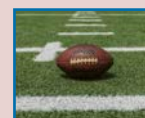


Our residents always enjoy celebrating their birthdays, especially with beer, wine and cake. A huge thank you for everyone making our residents happy!

### RIVERDALE



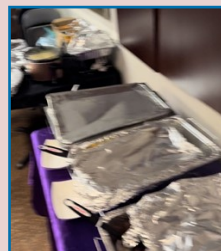
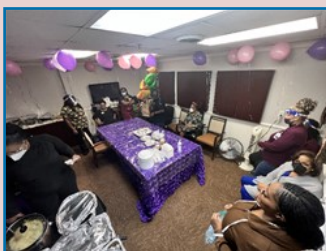
Who's your favorite football team?



Residents and Staff were encouraged to wear their favorite football team's gear!

Shelia's Birthday Celebration

Happy Birthday!



Happy Birthday!

Happy Birthday Sheila! Some say Sheila is the type of person that will never miss an opportunity to make you feel special! Tanisha says that Sheila will give you the shirt off her back! Her CNAs say they will work if Mrs. Sheila asks them! Her nurses come to check to see if they need to do anything else! Sheila we love you! Don't party too hard!



## FEBRUARY 2ND - GROUNDHOG DAY - TRIVIA

- Yes, Punxsutawney Phil is the only true weather forecasting groundhog. The others are just impostors.
- There has been only one Punxsutawney Phil. Punxsutawney Phil gets his longevity from drinking "groundhog punch" (a secret recipe). One sip, which is administered every summer at the Groundhog Picnic, gives him seven more years of life.
- On February 2nd, Phil comes out of his burrow on Gobbler's Knob, in front of thousands of faithful followers from all over the world, to predict the weather for the rest of the winter.
- According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.
- No, Punxsutawney Phil's forecasts are not made in advance by the Inner Circle. After Phil emerges from his burrow on February 2nd, he speaks to the Groundhog Club President in Groundhogese. His proclamation is then translated for the world.
- The celebration of Groundhog Day began with the Germans, Pennsylvania's earliest settlers. They brought with them the legend of Candlemas Day, which states "For as the sun shines on Candlemas day, so far will the snow swirl in May...". The settlers found that groundhogs were plentiful and were the most intelligent and sensible animal to carry on the legend of Candlemas Day.
- Punxsutawney held its first Groundhog Day in the 1800's. The first official trek to Gobbler's Knob made on February 2nd, 1887. In 2008 it will be the 122nd prediction.



**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**  
**Review us on Google**  
**With your phone**



**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**

