

June 2022

'Recognizing Those Who Care'

Empire Heroes for June

Cartersville



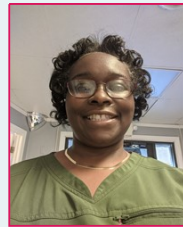
Chanell Hendricks

Orange Park



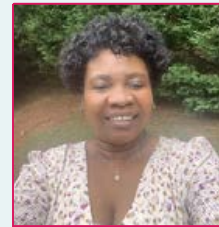
Brittini Gray

Nancy Hart



Etoy Flemming

Spalding



Janette Pierre

Fayetteville Center



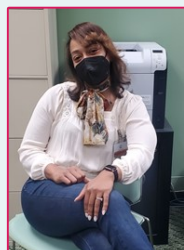
Margaret Helman

Canton



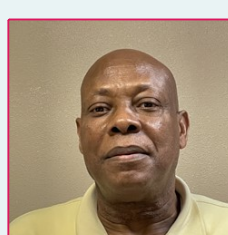
Ajoke Etomi

West Orange



Artishia Joseph

Powder Springs



Lionel Fleurant

The Meadows



Gloria Tyson

Normandy



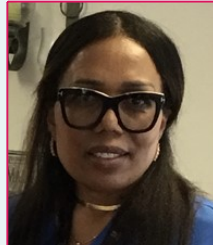
Alice Thelisma-Agent

Riverdale



Melanie Crumpler

Congers



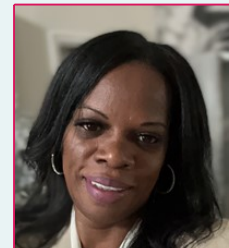
Charmaine Johnson

Jackson



Lillian Tingle

McDonough



Bonnie Gray

University



Eva Blair

Fulton Center



Fulton Center Managers

BEST.
TEAM.
Ever.



BEST.
TEAM.
Ever.



New Faces

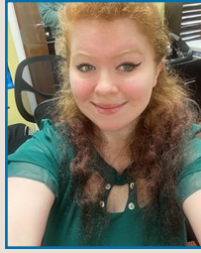
April 29th - May 27th

Canton



Kimberly Haynes

Kimberly joins Canton Center as a Nursing Assistant in our Nursing Department. She has 2 years experience in the healthcare industry. **Kimberly** was born in Atlanta, GA. She has 2 sons, 1 daughter and 1 grandchild. In her spare time **Kimberly** enjoys hiking, fishing and camping.



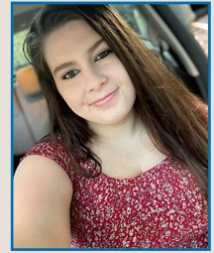
Lauren Kettler

Lauren joins our team as a Receptionist. She has 1 year experience as a Receptionist. **Lauren** was born in Atlanta, GA. She is married and has 1 son. In her spare time **Lauren** enjoys playing Sims, watching television shows, swimming and going to the park with her family.



Melissa Ocobock

Melissa joins our Nursing Department as a Wound Care Nurse. She has been in healthcare for 18 years. **Melissa** was born in Canton, GA. She is married and has 2 sons. In her spare time **Melissa** enjoys spending time with family, reading, church, travel baseball, and going to the lake or beach.



Leslie Walker

Leslie joins our Administration Department as a Receptionist. She has 7 years experience in the healthcare industry. **Leslie** was born in Marietta, GA. In her spare time **Leslie** enjoys Netflix and game nights.

Tammy joins our Nursing Department as a LPN Charge Nurse. She has 40 years experience in the healthcare industry. **Tammy** was born in Alameda, CA. **Tammy** is married and has 2 sons, 1 daughter and 7 grandchildren. In her spare time **Tammy** enjoys cross stitching, diamond painting, card paper crafts, and gardening. She also enjoys her 4 Pugs.

Tammy Tyler



Leslie Goodman

Leslie joins our team as a Dietary Aide. We are glad you are part of our Canton Center family.

Robert joins our Canton Center team as a Kitchen Aide. In his spare time **Robert** enjoys watching television and sports. Welcome to our Canton family.

Robert Hayden

Selma joins our team at Canton Center as a CNA. She has 30 years healthcare experience. **Selma** was born in Columbus, MS. She is married and has 1 son and 1 daughter. In her spare time **Selma** enjoys shopping and spending time with family.

Selma Akahomen

Riverdale



Alison Austin

Administrator



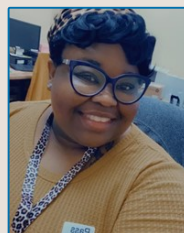
Christina McCowan

Registered Nurse



Tawanna Quiller

MDS Coordinator



Jasmine Scarver

Director of Social Services

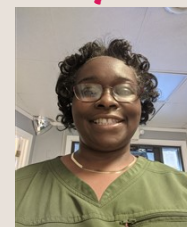
Eldondrea Ferguson

Dietary

Martese Pass

Dietary

Nancy Hart



Etory Flemming

Etory joins our Nursing Department as a Nurse Practitioner. Nancy Hart welcomes **Ms. Etory Flemming** to our Nancy Hart family. **Etory** has many years of experience. We welcome her with open arms and doors to guide and help to heal residents. She fits perfectly into our family values. Welcome aboard **NP-Flemming**.

“Summer is a promissory note signed in June, it’s long days spent and gone before you know it, and due to be repaid next January.” – Hal Borland



New Faces

April 29th - May 27th

Fayetteville



Nicola Williams

Nicola joins our Therapy Department as a Physical Therapist. She has 28 years experience in the healthcare industry. **Nicola** has 3 daughters and 1 grandchild. In her spare time **Nicola** enjoys event planning, life celebrations, drawing, and volunteering with the Sickle Cell Foundation of GA.



Adrielle Gilmore

Adrielle joins our Activities Department as an Activities Assistant. She has 10 years experience in the healthcare industry. **Adrielle** was born in San Bruno, CA. In her spare time **Adrielle** enjoys spending time with family and binge watching movies.



Jacqueline Wint

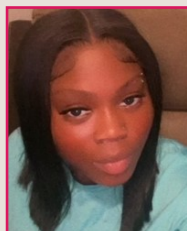
Jacqueline joins our team as a Dietary Aide. She has 19 years of healthcare experience. **Jacqueline** was born in New York, NY. She has 4 sons. In her spare time **Jacqueline** enjoys time with family.



Morgan Glass

Morgan joins our Fayetteville Center team as a Nutrition Technician. She has 7 years experience in healthcare. **Morgan** was born in Atlanta, GA. She is married and has 1 daughter. In her spare time **Morgan** enjoys kickboxing, tennis and cooking.

Cartersville



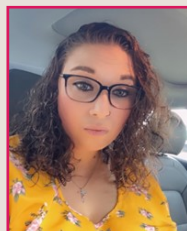
Amber Sherman

Amber joins Cartersville Center as a CNA. She has 14 years experience as a CNA. Amber was born in Kingston, NY. She is married and has 1 son. Welcome to our Cartersville Center family.



Jennifer Eller

Jennifer joins our team at Cartersville Center as an LPN. She has 20 years healthcare experience. Jennifer was born in Austell, GA. She has 2 sons and 1 daughter. In her spare time Jennifer enjoys gardening.



Samantha Lenardson

Samantha joins our Nursing Department as a CNA. She has been in healthcare for 12 years. Samantha was born in Rome, GA. She is married and has 2 sons and 1 daughter. In her spare time Samantha enjoys fishing, and decorating her home and yard.



Terry Owens

Terry joins our Dietary Department as a Dietary Aide. He has 5 years experience as a Dietary Aide. Terry was born in Atlanta, GA. He is married and has 3 sons and 3 grandchildren. In his spare time Terry enjoys listening to music and fishing.



Fiona Nelson

Fiona joins our team at Cartersville Center as a CNA. She has 4 years healthcare experience. She has 1 son and 2 daughters. In her spare time Fiona enjoys kickboxing and sleeping.

Powder Springs



Clayton Gayle

Clayton joins us as a Dietary Cook. He has 10 years experience. In his spare time **Clayton** enjoys cooking and spending time with his family.



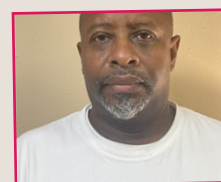
Mirhanda Legros

Mirhanda joins our team as a Receptionist. **Mirhanda** was born in Orlando, FL. In her spare time **Mirhanda** enjoys reading poetry books, singing, and drawing.



Tamara Clonts

Tamara joins our team as a CNA. She has 7 years experience as a CNA. Welcome to our Powder Springs Center family.



Renard Morris

Renard joins our family as a Housekeeper. He has 5 years experience as a Housekeeper. Welcome to our Powder Springs Center team.



New Faces

April 29th - May 27th

Jackson



Tammy Tanner

Tammy joins our Nursing Department as a CNA. She has 27 years experience in the healthcare industry. **Tammy** was born in Griffin, GA. She has 1 son, 2 daughters and 8 grandchildren. In her spare time **Tammy** enjoys sleeping, going out to eat, spending time with family, and watching TV.



Matthew LaVerda

Matthew joins our Dietary Department as an Aide. We are glad you are part of our Jackson team, welcome!



Kathryn Stroud

Kathryn joins our team at Jackson Center as a PRN Aide. Welcome to our Jackson Center for Nursing and Healing family.



Laura Moss

Laura joins Jackson Center as a RN/Director of Nursing. She has 8 years experience in the healthcare industry. **Laura** was born in Gwinnett, GA. She is married and has 2 daughters. In her spare time **Laura** enjoys spending time with family and friends.



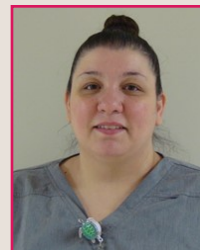
Reabar Evans

Reabar joins our Laundry Department as an Aide. **Reabar** was born in Forsyth, GA. **Reabar** has 2 daughters. In her spare time **Reabar** enjoys sewing, cooking, gardening, reading and cleaning.



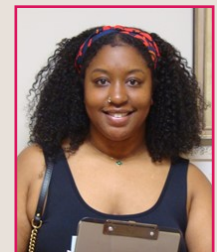
Alina Peeples

Alina joins Jackson Center as a CNA in our Nursing Department. She has 4 years experience in the healthcare industry. **Alina** was born in Griffin, GA. She has 2 daughters. In her spare time **Alina** enjoys taking her children to new places.



Lara Jester

Lara joins our Jackson Center family as a LPN. She has 11 years experience in healthcare. **Lara** was born in Newnan, GA. She is married and has 3 sons and 1 daughter. In her spare time **Lara** enjoys gardening, crafts, spending time with family, and shopping.



Kamerun Stevens

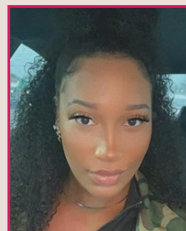
Kamerun joins our team at Jackson Center as a CNA. **Kamerun** was born in Fernandina, FL. She has 1 daughter. Welcome to our Jackson Center family.

West Orange



Vanessa Ocasio

Vanessa joins our team at West Orange Center as a Wound Nurse. She brings 3 years of experience to West Orange Center. In her spare time **Vanessa** enjoys watching Netflix, going to the beach and hanging out with her fur babies. Welcome to our West Orange family.



Terianna Myhand

Terianna joins our team as a Physical Therapy Assistant. **Terianna** was born in Jacksonville, FL. In her spare time **Terianna** enjoys travel and would love to travel the world one day. She is a proclaimed foodie and enjoys eating various foods. She enjoys spending time with her friends and family.

Just Sayin

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.





New Faces

April 29th - May 27th



Marie Elsie Sanon Delator

Marie joins our team as a LPN. She is originally from Haiti. She immigrated to the US 30 years ago. She has 3 children, a girl and twin sons. She became a nurse because she loves caring for people. She is compassionate, loving, dedicated and a down to heart person. I believe that nursing fits well with my personality. I enjoy what I do as a nurse which is caring for others. I am happy to join the Westbury family of healthcare family.

Conyers



Davia Peters

Davia joins our team at Conyers Center as a Receptionist. She is a mother of 2 handsome boys, age 5 and 10 months. She enjoys this field of health science. She is currently enrolled in school for Nursing, aspiring to be a Registered Nurse. She is a people person and a lover of sports. Welcome to Conyers.



Charmaine Harris

Charmaine joins our Nursing Department as a Med Tech. She is originally from Jamaica, She is hard working and loves to see everything. She is organized and in order, always on time. Once I begin to talk, I'll never leave until I am finished.

Serena Persaud
CNA

Sanya Simpson Ormsby
Queanna Killingsworth

Alicia Daniel
Anita Mayson

Wanda Curb
Med Tech

Christine James
Housekeeper

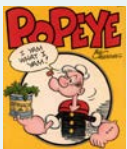
Armisha joins us as a Housekeeper. She is 28 years old, and has 2 boys, Taj and Tyree, they can make me crazy at times, but I love them with everything in me. She is going to school to be a CNA, and is a caregiver at this time. She is a people person and loves what she does and people can count on her.

Armisha Dave

Camille Fitten

Natasha Woolaston

Emil Walton



Spinach

Spinach contains choline and inositol, the substances that help to prevent atherosclerosis or thickening and hardening of arteries.

- ✓ Spinach and alfalfa help stabilize blood sugar among diabetics. Make a drink by getting several handful of spinach, add 3 cups of water. Place over low heat for one hour. Then strain. Take ½ cup twice a day. Spinach and alfalfa may be served as part of the meal.
- ✓ Spinach is loaded with flavonoid that functions as antioxidant and anti-cancer agent.
- ✓ Spinach contains carotenoid that help fights cancer.
- ✓ Spinach is a rich source of Vitamins C and A
- ✓ Spinach is an anti-aging vegetable.
- ✓ Spinach is a good source of Vitamin K, which aids in the formation of the blood substance required for clotting of blood.

Spinach is also helpful in the following cases; Anemia, Tumors, Constipation, Insomnia, Obesity, Neuritis (inflammation of nerves), Nerve exhaustion, High Blood Pressure, Bronchitis, Colon cancer, Prostate cancer, Breast cancer, Osteoporosis, Dyspepsia (chronic indigestion), Also helps ailment of the kidneys, bladder and liver.

Men's Health Month

Throughout June, Men's Health Month focuses on improving the lifestyles of men. While there are several approaches to improving overall health, diet and exercise are the targets of any changes.

According to the Center of Disease Control and Prevention, the leading causes of death among men are heart disease, cancer, and accidental death.

This month is all about encouraging the men in your life to take care of their bodies by eating right, exercising, and working to prevent disease.

Recognizing and preventing men's health problems is not just a man's issue. Because of his impact on wives, mothers, daughters, and sisters, men's health is truly a family issue.

It's important to encourage the men in our lives to get regular checkups and be aware of the risk of their age, ethnicity, and lifestyle.

- * Know your preventable risks
- * Take steps to create helpful habits
- * Schedule routine tests for early detection of disease
- * Learn your risk factors



Supervisor Shout Outs

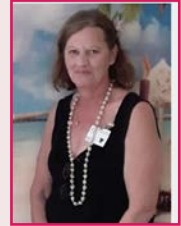
ORANGE PARK



Thank you, **Kristin** for all her hard work, teamwork and assistance during Nursing Home Week. Thank you for helping to make Nursing Home Week at Orange Park a success! You are much appreciated!



A big shout out to **Darryl** for all his hard work in the Dietary Department. During Nursing Home Week, he did an amazing job planning, coordinating, cooking, and serving all the various food for all the celebrations we had. He is genuinely invested in speaking with patients/residents regarding their food/dietary questions and concerns. He is responsive to feedback and requests. He can often work long hours and still maintains a positive attitude. He is a great asset to our building and we appreciate everything that he does. Thank you so much for your hard work **Darryl!!!**



Thank you **Theresa** for all your hard work! She always gives 110%. She did an unbelievable amount of work, decorating, serving, cleaning up, etc. during Nursing Home Week. She also helps out in other departments when needed. Thank You, **Theresa**.

A Few Shoutouts from Trista

RIVERDALE



Giving a GIANT shout out to **Valencia Driver**. **Valencia** is always there when you need her. She keeps the North wing on their toes. She is always willing to make sure the families of the residents have a complete understanding of each detail when it comes to their stay here at Riverdale. Again Thank You, Valencia for all you do because here at Riverdale we would not be able to do it without you!!



Giving an amazing shout out to **Sha** the Director of Activities always keeping the resident's busy with dancing, game time, celebrating and making sure that they are felt loved and respected. We here at Riverdale could not do this without you, THANK YOU.

A Few Shoutouts from Tiffany



Giving a very LOUD Thank You to **Oby**. **Oby** is an amazing person. She is very strict but if it was not for her being so strict we would not be where we are when it comes to keeping our residents safe. Safety is one of her GOALS in all she does when it comes to Riverdale. Again, Thank You **Oby** for all you do!!

CARTERSVILLE



CNA TEAM - Thank you all for the hard work you put in. You guys are the foundation of the facility and often we forget to acknowledge you like we should.
~ Leigh



Mama Janice - Thank you for going above and beyond for the residents and staff you are an amazing person!!!
~ Ashlee



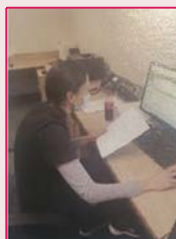
Sarah - Thank you for being an awesome therapist. You go above and beyond for your pts to ensure they are receiving the best therapy. You interact with families and are so good with floor staff. Thank you for assisting with manager duties when I'm off. Your work does not go unnoticed.
~ Hope Calaway

Supervisor Shout Outs

WEST ORANGE



Ebony - Your hard work is truly appreciated!! Thank you for getting our center through 3 regulatory surveys in such a short time as our Director of Nursing. Look forward to greater things!! Thank you..
~ Marie Kamara



Rhonda - I really appreciate you for being our MDS Coordinator though it's difficult to put all the assessment together but at the end of the day you make it happen for billing what awesome job you are doing without knowing but accomplish each task successful at the end of the month. Thanks for being part of West Orange Nursing Team.
~ Aminata Sesay



Dietary Staff - I am so grateful that I have such a hard working staff. Everyone plays their part and does their role well. I am proud to be called their leader. To the best Dietary Team in all of Central Florida.
~ Sharon Latulippe-Dietary Director



Dolcie has been caught on candid camera - **Dolcie** is our night shift supervisor, she's dedicated and unique, strives to provide the Best Quality of Care for our residents and is a Team Player. Thank You Dolcie. You're a rockstar!
~ Luis Rodríguez



Shantele - Thank you for all you do in our Social Services department. You are truly a Rock Star!!
~ Marie Kamara



Tasha - Thank you for being an amazing team player. You go over and beyond especially during regulatory inspections. You are the Real MVP!!
~ Marie Kamara

POWDER SPRINGS



Vanessa - Big shoutout to **Vanessa** for being very flexible and teaching me many new things in the Social Services Department. **Vanessa** is very caring towards me and kind. **Vanessa** thanks me everyday at the end of my shift which shows her appreciation while I'm working under her supervision. Thanks
~ Destinie



Thank you **Maggie** for going above and beyond during the National Nursing Home Week. Your hard work will never be in vain. You will get your reward from God. Keep working hard.
~ Team Powder Springs



Thank you **Jope** for all the hard works you are doing in the Activities Department. We are glad you are back and congratulations on graduating with a bachelor's degree in business from KSU. Keep working hard and the sky is the limit.
~ Maggie



Mirhanda - Welcome to Powder Springs as our new Receptionist. I know you will be nice to our customers and staff. Thank you for choosing our facility for your work place. Thanks
~ Powder Springs Center



Supervisor Shout Outs

FULTON CENTER



Tierra - Thank you for all your hard work and positive attitude about everything. You Rock Tierra!



Jessica - Thank you for updating the residents room and throughout the building. Great Looking Renovations. Keep up the Awesome Work.



Vilma - Thank you for all the loving care you provide daily to all the residents.

A Few Shoutouts from Quinnethia

CONYERS



Angela Wiggins - Kind, compassionate, helpful. Good customer service. She serves with a smile.
~ Kathy Nicholas

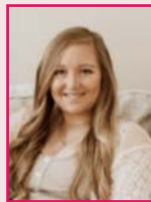


CANTON



Teresa - Thank you for always being willing to help wherever and whenever you can. **Teresa** is not only a super Housekeeping Supervisor, she is also always willing to do whatever is necessary to help our residents.
~ Kelly Byers

SPALDING



Talar - Thank you for all you do to get the Rehab Department, revamped and running smooth! You have shown great leadership thus far and can't wait to see more from you!
~ Prachi Elmore



Thank you for leading the Maintenance Team and all the work you have put in so far to get our facility in compliance!
~ Prachi Elmore

FAYETTEVILLE



Margaret - Thank you for all that you do for our residents. You continue to put a smile on their faces with the great activities that you have for them. You truly go above and beyond your job description to make sure everything goes smoothly.
~ Nyisha Hutchinson



Danielle - You came in and you owned the ADON position. You are truly the GOAT. From CNA to RN, BSN you are a pleasure to work with. Remember people like me are watching you, you give us hope. THANK YOU **DANIELLE**
~ Nyisha Hutchinson



Huge Shout Out to **Kawanna Marie** for holding it together at Fayetteville Center for Nursing and Healing! We are all blessed to be a part of your team. To our mentor, counselor and Mediator. You are loved!!!!
~ Kelley Marie



Keith Holt - Our cookout would not have been possible without the grilling expertise of **Stephanie** and **Keith**. The food was great, you two always step up when grilling needs done.
~ Margaret Helman



Fayetteville

- 4 Sonia Gill
- 4 Valerie Cook
- 5 Shana Roberts
- 5 Myrlande Fleurimond
- 7 Kristen Colyott
- 9 Keon Nesmith
- 9 Janice Thomas
- 9 Nicole Walcott
- 11 Pamela Mosely
- 12 Almoni Atwell
- 12 Margaret Kofoworola Adetunji
- 15 Juanita Gamble
- 15 Marielisvine Dufreny
- 18 Jude Velez
- 20 Lamita Smith
- 20 Timothy Canada
- 22 Deepak Bhagwandas
- 22 Arienne Clarke
- 22 April Stinson
- 27 Sandra Howell



Cartersville

- 2 Ira Ellis
- 4 Mary Owens
- 9 Stephanie Williams
- 15 Chanell Hendricks
- 16 Barbara Berger
- 17 Dennis Ramos
- 21 Jeffrey Newborn
- 24 Althea Bowe
- 26 Rena Parker
- 26 Christopher Edwards
- 28 Malicia Ashford
- 30 Thomas Matwetwe



Conyers

- 1 Makador Cooper
- 5 Barbara Butts
- 5 Dilma Avila
- 6 Becky Jones
- 10 Brian Harnage
- 11 Jennifer McAllister
- 14 Jayson Shaifer
- 14 Gladys Louis Jean
- 17 Stephanie Hunter
- 17 Sheryl James
- 22 Kimberly Haile
- 26 Marilyn Stallworth
- 26 Tiffany Robinson
- 27 James Wright
- 29 Hortense Reid
- 29 Jerry Lackey
- 30 Paula Coombs Davis



Riverdale

- 2 Chanlar Brewster
- 6 Edith Okoye
- 7 Esther Gorgor
- 17 Shafaunis Mitchell
- 17 Alicia Murray
- 20 Lamita Smith
- 20 Nevasha Robinson
- 21 Carrie Hubbard
- 21 Tiffany Logan
- 22 Arienne Clarke
- 27 Hannah Ukiwo
- 30 Terrance McGee



June Birthdays

Jackson

- 1 Angela Cochran
- 8 Laura Carlson
- 11 Sherry Lawson
- 17 Shaquandra Taylor
- 18 Guerla Jean-Charles
- 23 Misty Gross
- 26 Amber Fish
- 27 Elaine Newton



Spalding

- 6 Darlene Colquitt
- 6 Gulite Dejean
- 10 Prachi Elmore
- 14 Lamettretya Clark
- 17 Elisha Means
- 17 Vashti Smith
- 22 Theresa Prentice
- 30 Jacquelyn Wallace-Lawrence



Happy Birthday

The Meadows

- 5 Suong Byers
- 5 Christian Vazquez Ortiz
- 12 Ethel Thompson
- 12 Javier Orta
- 22 Tracye Stephens
- 28 Geoffrey Alessi



McDonough

- 1 Margaret Carter
- 5 Deborah Wade
- 11 Tamika King
- 11 Valeria Johnson
- 14 Lueann Perkins
- 16 Derick Frazier
- 21 Marie Marcelin
- 28 Hermalee Graham
- 29 Patricia Jackson
- 29 Vearie Lipsey
- 29 Wendy Bethancourt
- 30 Edna Phillips



Fulton Center

- 5 Jacob McCallie
- 10 Evette Bridges
- 18 Karen Metcalf
- 23 Latanya Brown
- 26 Yvonne Williams
- 26 Janis Davis



West Orange

- 2 Jonathan Parra
- 4 Marie Samedi
- 14 Loxene Gordon
- 15 Lovellie Chancey
- 16 Marie Cajuste
- 22 Caroline Lebron
- 29 Carmell Nelson

Powder Springs

- 2 Senan Njiru
- 4 Shayna Quatrain
- 10 Ngozi Okwu
- 12 Adebola Ojemuyiwa
- 12 Marie Cephas
- 13 Eddy Sagnan
- 13 Anita Bethel
- 14 Tawanda Nash
- 19 Elisa Muro
- 21 Arienne Clarke
- 22 Joseph Cavaliere
- 25 Destinie Jones
- 26 Renette Jean
- 27 Vicka Brown
- 27 Brionam Avery
- 27 Angela Butler
- 28 Alicea Shim
- 28 Beverly Strachan

Orange Park

- 11 Marisa Milhous
- 12 Lolita Pereau
- 12 Jorge Gonzalez
- 14 Rachael McCauley-Goodson
- 15 Chris Neus
- 17 Kimberly Jordan
- 18 Quatina Little
- 18 Kristen Stafford
- 19 Batelhem Taylor
- 22 Dalaungwa Cullers
- 28 Amber Lee Willis
- 30 Cleete Dorestin

Normandy

- 7 Jwana Carn
- 7 Larry Lance
- 8 Christine Heaney
- 11 Christopher Bartley
- 18 Jacqueline Hansen
- 21 Helene Augustin
- 21 Yolanda Hobbs-Pickering
- 24 Teresa Thomas
- 29 Ranita Pryor

Nancy Hart

- 10 Tamara Dye
- 13 Melinda Gaines
- 13 Trista Hughes
- 21 Sandra Cox
- 26 Maria Simms
- 28 Lurie Norman

University

- 8 Christine Heaney
- 13 David McCormick
- 18 Janet Kincheloe
- 26 Litisha Branch
- 28 Robin Lowry

Canton

- 2 Quincy O'Mahony
- 9 Carolyn Mincey
- 16 Rita Hulsey
- 22 Aireanne Clarke
- 26 Janice Cantrell

Canton

Shout Outs

- ✦ To **Bloodsworth** from Dee - I want to give a big shoutout to Cat, Cent and Carolyn for helping me when I was in Dietary helping them out. I could not have done it without their help. Thank you and may God bless them.

Jackson

- ✦ To **Lebreda Brown** from Sherry Lawson - Thank you for being an amazing supervisor and being so helpful and nice. Thank you so much.
- ✦ To **Bettie Young** from Sherry Lawson - Thank you for being so helpful, you are a very nice person.
- ✦ To **Paul** from Brittany - There is never a day you don't see him trying to help with whatever the problem maybe. When he sees a resident in need he helps them if he can. He is always walking around with a smile on his face. It's like when your having a bad day he just knows how to make your day better even if it's just in passing and saying good morning to you or have a great day. You never see him staying in one place longer than needed. He is always on the go to make sure things are done.
- ✦ To **Julia Ann** from Joye - We appreciate all you are doing to help us improve!
- ✦ To **Brittany Lawson** from Sherry Lawson - You're amazing team work and hard work does not go unnoticed.
- ✦ To **Lebreda** from Brittany - She is the best supervisor to have. She checks on all her people and makes sure they are good. She always goes above and beyond to make sure her crew is done and things are good. Wouldn't want to work for anyone else.
- ✦ To **Jackie** from Joye - Thank you for coming back. It's so comforting that you are here.
- ✦ To **Bettie** from Brittany - She is sweet and kind, she helps you, shows you what needs to be done and will help anyone. She has a heart of gold. She is always working, making sure what needs to be done is done.
- ✦ To **Teleigh Crowder** from Sherry Lawson - Thank you, you're an amazing nurse.
- ✦ To **Sherry** from Brittany - She is always trying to help. She does anything she is asked to do. She is very sweet and helpful. She brings a lot to the Laundry Department with all the help she offers.
- ✦ To **Pattie Joyner** from Joye - It's great to have you here. Thank you.
- ✦ To **Paul** from Sherry Lawson - Thanks for being helpful.
- ✦ To **Nora Sands** from Lisa V - Thanks for being a wonderful team leader.
- ✦ To **Nora Roberts** from Sherry Lawson - Thanks for being so helpful and being a very good team leader.
- ✦ To **Rhonda Cobb** from Joye - You are a great fit! Thank you for coming to work here.
- ✦ To **Nora** from Brittany - She is always helpful and explains everything. When you ask her something she is always very happy and works with you as a team. She does anything she can to help anyone. She goes above and beyond to help.
- ✦ To **Lisa Akin, Brittany Lawson, Sherry Lawson** from Nora Sands - We appreciate you! Thanks for joining our team! Keep up the good work!
- ✦ To **Crystal Baxter** from Laura Moss - Thank you for going above and beyond for your residents! Your dedication does not go unnoticed!! I appreciate you more than you know!
- ✦ To **Teleigh Crowder** from Laura Moss - Thank you for being willing to help no matter what I ask you to do!! Your presence, dedication and loyalty to your residents and teammates is honorable!! Thank you for all that you do!
- ✦ To **Rhonda Cobb** from Laura Moss - Thank you for being my right hand man! You are doing an amazing job and you help keep me sane and organized! We make a great team!! Thank you for all that you do!!
- ✦ To **Laura Moss** from Joye - Thank you for being here. You have no idea how wonderful that is!
- ✦ To **Our Maintenance Guys** - Thank you for being so good-natured and always helpful.
- ✦ To **Ali** - Thank you for being a friend.
- ✦ To **The Entire Housekeeping Department** - Thank you SO MUCH for all your hard work. We love you!!!
- ✦ To **Natacha Destra** from Joye - Thank you for all your help. You are doing a great job!
- ✦ To **Brad and the Dietary Department** - Thank you so much for all your hard work. We appreciate you!!



A Message From Julia Ann Walklett



Every day that I enter Westbury Center of Jackson, I am amazed by the dedication of many of our employees. Although we have faced many staffing challenges, the rock-solid employees always come through. Thank you to our dedicated employees who are always helping to fill our vacancies and helping to recruit new employees. It does not go unnoticed.

Orange Park

Shoutouts from our Resident Council

- ★ To **Heike Duban, DON** from Resident Council - Resident Council would like to shoutout Heike for being a great nurse! She is kind, hard working, and dependable. She is never too busy to answer resident questions and concerns. Thank you for all you do!
- ★ To **Georgette Keeling-LPN** from Resident Council - Resident Council would like to shoutout Georgette for being a great nurse! She is dependable, helps residents, and is never too busy to respond to resident questions and requests. Thank you for all your hard work!
- ★ To **Yves Paul - LPN** from Resident Council - Resident Council would like to shoutout Yves for being a great nurse! He is a dependable nurse who is always on the go, but never too busy to help a resident. Thank you for all you do!
- ★ To **Quatina Little-CNA** from Resident Council - Resident Council would like to shoutout Quatina! She is a hard worker, lovable,



Nancy Hart

Shout Outs



- ◆ To **Brooke Bango** from Anonymous - Joined first maintenance call ever!!!!
- ◆ To **Brooke** from Thomas - Keep up the good work, you're putting the facility in order, Thank You.

Spalding

- ◆ To **Christopher Brunson** from Shana Roberts - Welcome to the Renaissance Team as our new Staff Scheduler. Chris has been a huge asset to our team. He has jumped right in with his duties and we are so thankful to have him here. Continue to grow and excel with Renaissance Chris!!
- ◆ To **Randy Geiger** from Prachi Elmore - You are amazing!! Thanks for all your hard work!
- ◆ To **Melissa Methany** from Pinkie Hunt - Melissa, Well done, coworker! I can't express how much I appreciate your efforts. It's great to have someone as special as you to work with. You have done a fantastic job as our interim DON while keeping up with your own work. We need more like ya!!!



University

- ◆ To **Dennis Dietician** from Staff - Thanks for your hard work.
- ◆ To **Connie** from Residents - Thanks for the donuts.
- ◆ To **Dennis** from Staff - Thanks for luau meal.
- ◆ To **Robert** from Staff - Thanks for luau meal.
- ◆ To **Anne** from Managers - Thanks for the goodies.
- ◆ To **Staff** from Staff - Welcome new employees.
- ◆ To **Jaime** from staff - Thank you for all your help!
- ◆ To **Sanel Causevic** from Robert Lewis - Thanks for always stepping up to help.
- ◆ To **Dietary Staff** from Robert Lewis - Thank you for all the hard work you all have put in to make sure our residents needs are being met. I can't thank you enough with all of my heart I say thank you thank you thank you a thousand million times.



Compliment Box



Fayetteville

- ★ To **Restorative Team** from Nyisha Hutchinson - Thank you Mastonia and Michael for stepping up and rocking the restorative program. Both of you are amazing and I am so proud of you both.
- ★ To **Margaret** from Tamikia - This week has been nothing short of Amazing!! Kudos to you Ms. Margaret! I really enjoyed participating in all the activities at Fayetteville. This was Fun! You Rock!!!!
- ★ To **Nyisha** from Sandra - She came to work dressed up like a Queen.
- ★ To **Margaret Helman** from Shanna - You have been truly amazing throughout the who process with all activities, all admin activities, just all around with everything at Fayetteville Center! We love you Margaret.
- ★ To **All Of Our Team** from Shanna - The balloon release was one to remember for a lot of our residents here. The excitement and anticipation to join, from the residents was enough to brighten anyone's day. I hurried to the other side to capture the picture.



Thank you for showing up and showing out!!! The residents appreciated the week of festivities and I am very pleased that many of you did as well. You are such a strong team and I love how you show up each day, no matter what. Thank you Fayetteville Center for Nursing and Healing!



Watermelon is one of summer's best summer treats. Did you know that water melons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables

Fulton Center

Shout Outs

- ✦ To **Cynthia** from Michael Ostrozynski - Thank you for holding the Activity Department together for me!!! You are doing a great job.
- ✦ To **All Fulton Center Staff** from Michael Ostrozynski - Thanks for the great job everyone has done in getting ready and passing our first Joint Commission Survey!!!
- ✦ To **Donald McMichael** from Michael Ostrozynski - I appreciate all that you do for our residents. Keep up the good work.
- ✦ To **The Dietary Staff** from Michael Ostrozynski - Great job with preparing the meals. You are providing delicious food for the residents!
- ✦ To **Therapy Department** from Michael Ostrozynski - The residents are really enjoying the "Restore Program" let's continue to increase our usage.
- ✦ To **Victor** from Quinnethia - Thank you for being so awesome in Wound Care!
- ✦ To **Willie Parks** from Michael Ostrozynski - Great job with keeping up the pace with the floor stripping and waxing on schedule with the room renovations.
- ✦ To **Tracy Brown** from Michael Ostrozynski - Thank you for all the help you provided us to get through the joint commission survey. Your expertise is incredible. Love you my friend!!
- ✦ To **LaTanya Brown** from Michael Ostrozynski - I love the way you make me laugh everyday. Your personality is uplifting. Thank you.
- ✦ To **Tierra Bailey** from Michael Ostrozynski - I know you were nervous with the Joint Commission survey but you did a great job and had all the information at your fingertips. Thank you!!
- ✦ To **Nikki Anthony** from Michael Ostrozynski - Welcome to Fulton Center as our new Activity Director. We look forward to the exciting programs you will bring to our residents.
- ✦ To **Latanya** from Quinnethia - Thank you for keeping admissions up and rolling daily.
- ✦ To **Brittney Tucker** from Michael Ostrozynski - Congratulations and thank you for a job well done with the Joint Commission. You were confident and sure of everything you presented. What a great DON I have!!!
- ✦ To **Cynthia** from Quinnethia - Thank you for such a great job in everything you do.
- ✦ To **200 Hall CNA** from Quinnethia - Thank you for taking such loving care of the Residents! You Rock!
- ✦ To **Fulton Speech Language Pathologists** from Darryl - Happy Speech Language Pathology month to the Fulton SLPs who were here in May. You were "awesome."
- ✦ To **Valencia** from LaTanya - Thank you for all your help daily, much appreciated.
- ✦ To **Quinnethia** from LaTanya - Congratulations on buying your home.
- ✦ To **LaTanya** from Minnie - You are an awesome at your job.

Normandy

- ✦ To **Rosa Ferguson** from Amanda Brees - Thank you for your friendliness when we come through the front door. It's a pleasure to work with you.
- ✦ To **Kerlin Haynes** from Rosa Ferguson - Thanks for looking out for me during Nursing Home Week! Big shoutout!!
- ✦ To **Ranita Pryor** from Patrina Jackson - You're awesome! Always willing to lend a helping hand.
- ✦ To **Alice Thelisma-Agent** from Patrina Jackson - Thank you for your jumping in and helping when needed!
- ✦ To **Tyler Johns** from Patrina Jackson - Thank you for always being so kind and always willing to lend a helping hand!
- ✦ To **Krystyne Rubio** from Patrina Jackson - Thank you for always popping in activities helping out when needed!
- ✦ To **Ranita Pryor** from Della Nyman - You are amazing! Always going the extra mile for our residents!
- ✦ To **Ranita Pryor** from Krystyne Rubio - You rock! You are always willing to help when I call about admissions
- ✦ To **Dietary** from Admin - Thank you guys for all your hard work!! The kitchen is no easy job and we appreciate all you do to keep it running.
- ✦ To **The Team** from Activities - Activities Would Like To Thank You All For Your Help With Nursing Home Week, You Guys Rock!
- ✦ To **Wilda Medina** from Patrina Jackson - Thank you for all your help in activities!
- ✦ To **Justin Walker** from admin - Thank you for all your hard work!! We have had family members praise you for your care of their loved ones in their time of need and we appreciate you for all you do!
- ✦ To **Terry Williams** from Lashonda Brannon - You go above and beyond for your team and residents and we appreciate ya!
- ✦ To **Terry Williams** from Tyler Johns - Thank you for always being compassionate and helping to remind our team to have that same compassion for our residents.



The Meadows

- ✦ To **Angela Timmons** from Angel. Perez - Thank you for all your help these last two months that I have been here. Keep up the good work.
- ✦ To **Dietary Department** from Jean-Marc Ulysse - Big shout out to the Dietary Department staff for providing the exceptional dietary services to our dear residents. Also big shout out to everyone who has been helping in the Dietary Department during some difficult times. Thank you for all your help.
- ✦ To **Joey Blair** from Jean-Marc Ulysse - Huge shout out to Joseph (Joey) Blair, our Activities Director for a successful activity program during our Nursing Home Week. Thank you Joey for your dedication and continued commitment to the facility and our residents at the Meadows Center.
- ✦ To **Team Meadows** from Jean-Marc Ulysse - Huge shout out to Team Meadows for achieving the Joint Commission Accreditation. We could not do it without you all. Thank for all your effort because together we have achieved this milestone.



Powder Springs

Shout Outs

- ★ To **All Powder Springs Nurses** from Senan - Happy Nurses Week to the great Nurses who put out their best daily for our residents!!
- ★ To **HOUSEKEEPING DEPARTMENT** from Keith Carnegie - Shoutout to the #1 Housekeeping Team in the country! #PowderSprings
- ★ To **Whielma Whiegar** from Team Powder Springs - Team Powder Springs, is so happy to announce a new addition to our CNA family at our facility. Congratulations on transferring from Housekeeping to our Nursing team! We are happy to help you start your journey as a CNA! We are here for you every step of the way! If you need anything please reach out & we will support you! You are a wonderful teammate thank you for everything you do!
- ★ To **Powder Springs Nurses** from Senan - Thank you to all of our dedicated Nursing staff! Thank you for all you do!
- ★ To **Lota** from Mariah - Lota, thank you for all your help in the dietary department. You are a rock star!
- ★ To **Tequila** from Powder Springs - Tequila, CONGRATULATIONS ON YOUR NEW ADDITION TO YOUR FAMILY. We are so happy to help you celebrate your new baby girl!
- ★ To **Annolita** from Mariah - Annolita Thank you for all you do! I have had the pleasure to work with you and all of dietary staff!
- ★ To **Marie** from Mariah - Thank you for everything you do! I cannot stress this enough. You are very strong employee! I am so happy I got the opportunity to work with you!
- ★ To **Pamela Thorpe** from Mariah - Pamela, I am so happy that you joined our team! You are so smart and kind. It has been a pleasure to work very close with you. You are very dedicated and a big asset to our team.
- ★ To **Maria C.** from Mariah - Thank you for all your hard work in the kitchen! I am so excited for you to be crossed trained!
- ★ To **Whiegar** from Keith - Thanks for all you do!
- ★ To **Cathy** from Keith - Thank you for all the hardwork you do!
- ★ To **Jane** from Mariah - Jane, thank you for always helping me out! Also, thank you for helping with scheduling transportation for our residents
- ★ To **Powder Springs** from Team PS - I want to give this BIG shout out to all of our employees. Team PS wants to thank everyone for helping provide good care to our resident. From Nursing staff to Dietary and Housekeeping staff, we are able to provide care for our residents!
- ★ To **Willa Aponte (Nove)** from Maggie - I know, Nove made you a proud mom. Congratulations to her and may God continue blessing her dreams and path in life. Love Maggie. Nove, keeps making your mom proud.
- ★ To **Activities' Team** from Maggie - Thank you very much for all your hard work for making the week of Nursing Home Week fun for the our residents and staff.
- ★ To **Jayne and Patrice** from Maggie - Thank you for participating in the throwback contest . Go 70s. By the way, I want to borrow your dress.



Recipe of the Month

CAJUN BARBEQUE CHICKEN

1 cup bourbon
1/2 cup brown sugar
1 tablespoon molasses

1 cup soy sauce
1 teaspoon paprika
3 cloves garlic, smashed

2 tablespoons freshly grated ginger

1 1/2 teaspoons onion powder
1 1/2 teaspoon garlic powder

pinch hot red pepper flakes
salt and pepper, to taste

6 chicken thighs

6 drumsticks



Combine all ingredients for marinade. Set aside 1/2 cup of marinade in a clean jar (do not use to marinate chicken - this portion will be used for basting the chicken during the grilling). Keep refrigerated.

Put marinade into a ziploc bag with chicken pieces and distribute evenly. Marinate chicken for 6-12 hours in refrigerator, turning occasionally.

Remove chicken from marinade and drain. Allow to sit at room temperature while grill heats up.

Grill over medium high heat (grill open) for 5 minutes, then close grill and reduce heat; continue cooking over low heat, for 15-20 minutes, or until chicken is done (juices will run clear when pierced with a fork). Baste with fresh marinade every few minutes, turning chicken to cook both sides evenly.



Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. In 1863, during the American Civil War, President Abraham Lincoln issued the Emancipation Proclamation, which declared more than 3 million slaves living in the Confederate states to be free. More than two years would pass, however, before the news reached African Americans living in Texas. It was not until Union soldiers arrived in Galveston, Texas, on June 19, 1865, that the state's residence finally learned slavery had been abolished. The former slaves immediately began to celebrate with prayer, feasting, song and dance.

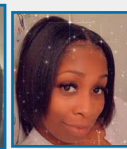
From its Galveston, Texas origin in 1865, the observance of June 19th as the African American Emancipation Day has spread across the United States and beyond.

Today Juneteenth commemorates African American freedom and emphasizes education and achievement. It is a day, a week, and in some areas a month marked was celebrations, guest speakers, picnics and family gatherings. It is a time for reflection and rejoicing. It is a time for assessment, self improvement and for planning the future. Its growing popularity signifies a level of maturity and dignity in America long overdue. In cities across the country, people of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continue to influence our society today. Sensitized to the conditions and experiences of others, only then can we make significant and lasting improvements in our society.

Shout Outs

Riverdale

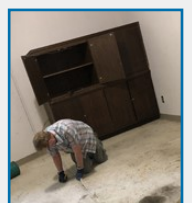
- ★ To **Therapy Department** from Tiffany - Wanted to say "Thank You All" for going above and beyond to make sure each resident gets the assistance they need. To **Shiquenta** from Tiffany - Thank you for each and everything you do!! Just always being there for the residents and all their needs!
- ★ To **Nevasha** from Tiffany - Thank you for keeping the North Wing a great place to adventure!
- ★ To **Delilah & Semetria** from Tiffany - Thank you Ladies for keeping the residents in their dancing shoes and learning all the latest moves!!!
- ★ To **Tawanna** from Tiffany - Welcome to Riverdale! The MDS department is Blessed to have you on board!!
- ★ To **Alison** from Tiffany - Welcome to Riverdale!! Looking forward to making wonderful adventures!!!
- ★ To **Dietary** from Tiffany - Just want you all in the Dietary Department to know that we are so thankful for all you do!!
- ★ To **Tanisha** from Tiffany - Thank you very much for the Delicious Lasagna for Nursing Home Week!!
- ★ To **LaToya** from Tiffany - Thank you for jumping in and making sure that Transportation is right on schedule with each resident getting to their doctors appointments!!!
- ★ To **Tiffany** from Linda - She's always willing to help, no matter what's she's doing. Thank you Tiffany for all you do!!!!
- ★ To **Tiffany Logan** from Alison - Thank you for doing a great job!!!
- ★ To **Jerry & Ronald** from Tiffany - Thank You guys for always being on top of the repairs through out the building, we couldn't do it without you!!



Hello Staff of Riverdale Center, I just want to say to each and everyone of the staff here at Riverdale THANK YOU for making my 1st couple of weeks here at Riverdale an Amazing one. You all pulled together making our surveyor visit one of the best and again I could not have done it with out ALL of the staff here at RIVERDALE!!!

Cartersville

- ✦ To **Althea And Dennis** from Hope - Y'all are the best OT and PT anyone could ask for. Thank you for always working hard and going above and beyond for the patients.
- ✦ To **Tressa Brown** from Kim Carrigg - Tressa always has a servant attitude and is a truly caring nurse! She exhibits exceptional professionalism and is definitely a resident advocate! She is an asset to Cartersville and Empire as a whole!
- ✦ To **Lori** from Ashlee - Thank you for everything you do!!!
- ✦ To **Mama Janice** from Ashlee - Thank you for making the building look great!
- ✦ To **Chanteal** from Ashlee - Thanks for all you do!
- ✦ To **Cheryl** from Ashlee - You are an awesome therapist!!
- ✦ To **Leigh** from Ashlee - Awesomeness!!!
- ✦ To **Candice** from Ashlee - Thanks for always being great!
- ✦ To **Kiawanna** from Ashlee - Activists are boomin thanks for all you do!!
- ✦ To **LaShaun Clayton** from Tressa Brown - Thank you for everything you do for the residents and your dedication. You are truly an awesome and compassionate person. Your going to go far! You're the best!
- ✦ To **Courtney Honeycutt Recreational Assistant** from Kiawanna Johnson Recreational Director - Thank you for your hard work during Nursing Home Week you really Rocked!!!! May God continue to bless you.
- ✦ To **Lori-DON** from Hope Calaway - Thank you for your leadership and guidance. You are doing a great job!!!
- ✦ To **Michelle and Barbara** from Hope Calaway - Thank you both for all your support in MDS. You both are great to work with.
- ✦ To **Courtney-CNA** from Hope Calaway - Therapy appreciates all you do to assist us with getting pts ready for therapy.
- ✦ To **Joyce** from Ashlee - Thanks for stepping up as unit manager you are doing great!!!
- ✦ To **Roena** from Ashlee - Thank you for waiting so hard and being you!!
- ✦ To **Ira** from Ashlee - Thank you for all you do!!
- ✦ To **Hope** from Ashlee - You rock sis!!!!
- ✦ To **Kitchen Staff** from Leigh - Shout out to our Dietary Staff for keeping our residents fed. Keep Rocking!
- ✦ To **Joyce K** from Hope Calaway - Thank you for always having a friendly smile daily. You make each day better.
- ✦ To **Mike Davis** from Ashley and LaShaun And Courtney - You are so awesome thank you for everything!



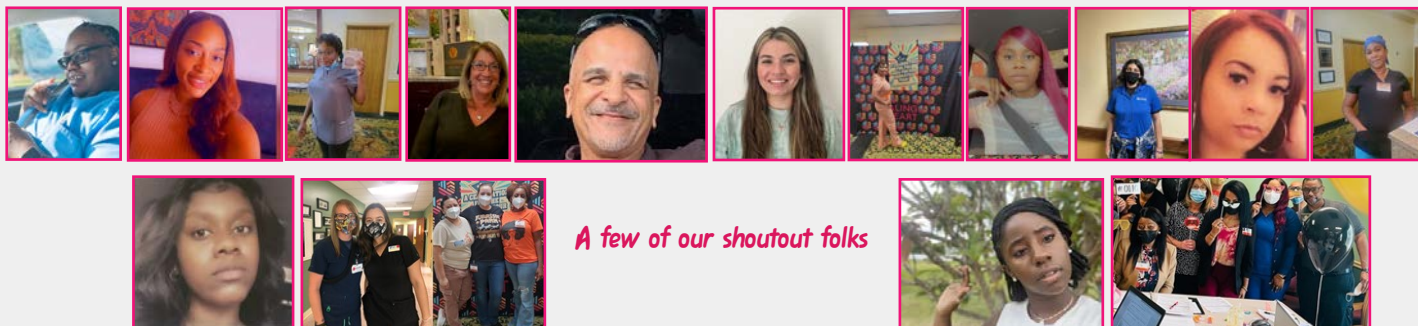
"Every father should remember that one day his son will follow his example instead of his advice."

"A dad is someone who wants to catch you when you fall. Instead he picks you up, brushes you off and let you try again."

West Orange

Shout Outs

- ✦ To **Luis Rodriguez-Activity Director** from Fatima- Receptionist - You are an amazing leader. Leadership is not about giving out orders but about serving people. You work hard behind the scenes to ensure that the job is done well. Luis, you are humble and ready to complete any task that needs to be done. Your patients love you and West Orange is happy you are here. Thank you for an amazing Nursing Home Week.
- ✦ To **Sharon Jones- Business/ HR Director** from Fatima-Receptionist - Thank you for all that you do. It's not easy to adjust to a new system but you are improving everyday. You're giving your best shot and it does not go unnoticed. Keep up the hard work and keep your head held high
- ✦ To **Alexis** from Aminata Sesay - Thank you so much for working so hard and helping which ever way you can . You are really awesome, we appreciate for being part west Orange nursing team.
- ✦ To **Jocelyn Betty** from Marcia Jackson - Thank you Jocelyn for always covering the 3-11 shift. I really appreciate you
- ✦ To **Alexis Pierre** from Ebony Felder - You have been the wind beneath my wings. Your hard work, dedication and efforts has not gone unnoticed. You're remarkable and that goes beyond words, your leadership and consistency will take you farther than the eye can see. Thank you for all you do
- ✦ To **Entire West Orange Admin Team** from Jennifer Osborne - I would like to shout out the entire team. They are all amazing in own personal way. They all work together and when under pressure they come even closer together Winning comes down to who can execute under pressure the West Orange team are Winners! I am proud to be apart of the team.
- ✦ To **Anistazzia Morehouse** from Amy Sesay - Thanks for your constantly demonstrating efficient customer skills to our residents and family. Thank you for doing what you do. You're a team player because of your dedication and commitment. We appreciate you.
- ✦ To **Emily Waltzie -Laundry/Housekeeper** from Luis Rodriguez - Thank You for assisting the residents with personal belongings and always responding to the call of duty when needed.
- ✦ To **Lovely Jean Baptiste** from Fatima-Receptionist - This wonderful woman is multifaceted. Lovely works on the floor, in the covid unit, conducts all the covid tests for patients and staff, participates in activities for the residents and still has enough energy to beautify and decorate West Orange. Your creativity is second to none and your eye for decor is truly amazing. Thank you for a wonderful Nursing Home Week.
- ✦ To **Vanessa** from Aminata Sesay - Welcome to West Orange team of hard working nurses. You came and just blend right in and we appreciate you. We are happy to have you as our awesome hard working wound nurse.
- ✦ To **Rehab Team** from Brandon Register - I am appreciative for my co-workers. These ladies are skillful, welcoming, diligent at their job and we work so well together. I am happy to work beside them.
- ✦ To **Rhonda Turnbough** from Ebony Felder - Thank you for your support with care plans always going over and beyond to capture vital information you are truly an asset, keep up the hard work.
- ✦ To **Fatmata Sesay** from Ebony Felder - Thank you for generous words & calming spirit. You're always ready for the day and never complain. Keep setting the tone for our fellow workers. YOU ROCK
- ✦ To **Lovely Jean- Baptiste** from Aminata. Sesay - I really appreciate you so much for a job well done during nurse week. You're always there to help. Thank you for all that you do.
- ✦ To **Linda M** from Joy Benbow - Shout out to Linda Mckey who is one of our best and finest employees at West Orange. No matter what or where she never argues or tells me no. She just goes with the flow. Thanks for all you do
- ✦ To **Sharon Jones** from Marie Kamara - Thank you for your hard work in keeping our center's Business Office in order!! You are such a multi-tasker and you are appreciated!!
- ✦ To **Admissions/ Marketing Team** from Marie Kamara - Thank you for your hard work with census development. You have stepped up as a team and it shows. Truly appreciate this department. Keep up the great work!!
- ✦ To **Luis Rodriguez** from Aminata. Sesay - Thanks for all that you do for our residents, everything you do for them is out of selfless love. You are a team player, always willing to give a helping hand when there is a need. We appreciate you for being part of such a wonderful team.
- ✦ To **Artisha Sims Joseph** from Aminata - Thanks for being diligent and performing at your very best. You help in many departments such as being the secretary to the administrator, DON or ADON and whatever department you see fit. You are the director or PT/OT but due to your LOVE for your job you are willing to go the extra mile to assist in any area. Thank you for trying your very best, you are appreciated at the West Orange team!
- ✦ To **Sakelus Foster** from Joy Benbow - Sakelus Foster you have gone through so much, but she always shows up and shows out. Whatever the circumstances it has not stop her from shining . Thanks for been a part of this team.



A few of our shoutout folks

When the sun is shining I can do anything; no mountain is too high, no trouble too difficult to overcome.



I wonder what it would be like to live in a world where it was always June.

I could never in a hundred summers get tired of this.

Some of the best memories are made in flip flops.



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



Spalding



Fulton Center



Riverdale



University



Canton



The History of Father's Day



When Sonora Smart was 16, her Mother died while giving birth to her sixth child, the last of five sons. Back then, like today, single parenthood was no easy task. By Sonora's account, though, Mr. Smart did a wonderful job. Because of this love and esteem, Sonora Smart Dodd believed that her Father deserved a special time of honor just like that given to Mother's on Mother's Day.

In 1909, Sonoma Smart Dodd approached the Spokane YMCA and the Spokane Ministerial Alliance and suggested that her Father's birthday, June 5, become a celebration day for Father's Day. Because they wanted more time to prepare the Ministerial Alliance chose June 19 instead.

The first Father's Day was thus observed in the state of Washington on June 19, 1910. The ideal of officially celebrating fatherhood spread quickly across the United States, as more and more states adopted the holiday. In 1924, President Calvin Coolidge recognized Father's Day as the third Sunday in June of that year and encouraged states to do the same. Congress officially recognized Father's Day in 1956 with the passage of a joint resolution

10 years later, in 1966, President Lyndon Johnson issued a proclamation calling for the third Sunday in June to be recognized as Father's Day. In 1972, President Richard Nixon permanently established the observance of the third Sunday in June as Father's Day in the United States. Sonora Smart Dodd lived to see her idea come to fruition. She died in 1978 at the age of 96.



A Bunch of Hot Air

Hot Air Balloon Day, on June 5, celebrates the incredible achievement of the Montgolfier brothers. On this day in 1783, the brothers demonstrated the first unmanned flight of a hot air balloon in the skies above their hometown of Annonay, France. The balloon itself was constructed of taffeta, fabric, and paper. It may seem amazing that it lifted off the ground at all considering that it weighed in over 500 pounds. But fly it did, reaching a tremendous height of 6,000 feet. The Montgolfier brothers knew their invention was a wonder, and they decided to take it to Paris for a demonstration in front of King Louis XVI and Marie Antoinette. The balloon was still unmanned, but no less marvelous for its historic flying of a rooster, duck and sheep before a crowd of 130,000 Parisians. The miracle of flight had, at last, moved from imagination to reality.



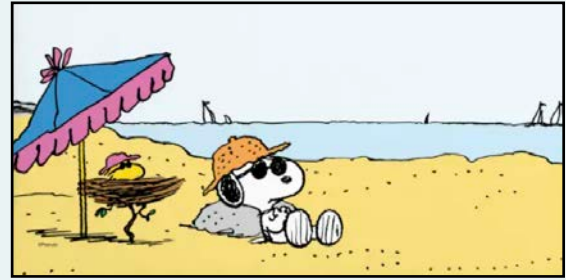
Happy Nursing Home Week

HAPPY BIRTHDAY



On June 27, 1859, a school teacher name Mildred Hill composed a tune she called "Good Morning to All." Her younger sister, Patty Hill, wrote some cheerful lyrics that two could sing to their students upon their arrival at school. In 1924, however the song underwent a dramatic change. A verse was added with

the line "Happy birthday to you." Soon, it became the most popular song in the world, sung on everyone's birthday. Yet the song was never credited or copyrighted. In 1935, the Dummy Company decided to register a copyright to the song, and then in 1988, Warner/Chappell Music purchased the company owning the copyright, claiming ownership of the song. While Warner/Chappell claims that a royalty of \$700 is owed each time the song is sung, no one is going to let an exorbitant fee like that spoil the pleasure of singing "Happy Birthday to You" at a loved one's birthday party.



From May 8th - 14th we celebrated National Skilled Nursing Care Week and we hope that each and everyone of our incredible Empire Care Centers Employees enjoyed the festivities. We want to make sure you know, with absolute certainty that each and every employee is truly Valued, Appreciated and Respected by the entire ECC corporate and regional team.

This is not a slogan but rather our mantra. It is our responsibility to demonstrate to you how very much we appreciate what you have done before the pandemic, during the pandemic and as we are coming out of the other side and hopefully getting back to some level level of normality.

Since 1967, National Nursing Home Week has been incorporated into the celebration of Older Americans Month. National Nursing Home Week spotlights nursing home residents and staff and encourages everyone to celebrate the elders who make a positive difference in the lives of every American.

Established by the American Healthcare Association in 1967, the week-long observance stars each year on Mother's Day and is celebrated through the following Saturday.

The 2022 theme for NSNCW will celebrate the essential role that skilled nursing care centers and staff play in *Creating and Nurturing Connections* for the residents.

As human beings we have a natural yearning to connect. Studies have linked people with strong social relationships to many aspects of positive health outcomes, especially among older adults.

Skilled Nursing Facilities and their staff provide a steadfast commitment to providing high -level of care for the residents. This has never been more evident than the last two years during the pandemic. In addition to protecting and caring for the residents around the clock during a time of limited visitation and social distancing, staff stepped in and served as family members and friends to ensure that residents had the essential social connections they needed.

We celebrate you, the Empire Care Centers employee. It is because of you, the residents who reside at our facilities receive the very best care day in and day out. This care is given with your hearts and we see and feel it.

To you, our employees, we say, Thank You for all you do and for making the Empire Care Centers the very best Skilled Nursing Facilities any resident and their families can choose.

HEROES OF EMPIRE CARE CENTERS

Canton Center for Nursing and Healing



Ajoke Etomi

Congratulations to **Ajoke** for being Canton Center's Hero of the Month. **Ajoke** is one of the most devoted and dedicated employees! She shows patience, compassion and love to all of the residents at the facility. She is soft spoken, calm, and always comes to work with a smile on her face as she greets residents and co-workers. She is a natural leader who we can always count on to train new staff members. Thanks for your commitment to our facility.

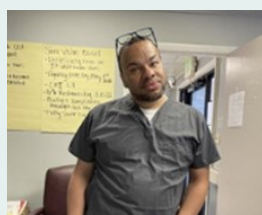
Westbury Center of Jackson for Nursing and Healing



Lillian Tingle

Westbury of Jackson is proud to announce **Lillian Tingle** as our Hero of the Month. **Lillian** has a longstanding history with our facility. She has served as a CNA since 2005. Prior to that, she was in our Activities Department in the old building at Jenkinsburg as well as being a Nursing Assistant there. **Lillian** brings true stability to our night shift. She is always kind and compassionate to our patients as well as her co-workers. **Lillian** always has a smile and is very even-tempered. No matter what comes her way, she manages it without a complaint. **Lillian** is the epitome of a great employee. We are proud to have her on our team; and we are very appreciative of her arduous work and dedication.

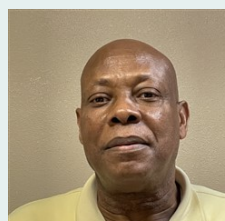
Nancy Hart Nursing Center for Nursing and Healing



Thoma Goodman

Congratulations to **Thomas** for being our Hero of the Month. **Thomas** helps keep Nancy Hart in the best shape ever. He is always stepping up and doing whatever it takes to help the facility run smooth. He excels in keeping our residents happy. **Thomas** is always jumping in and helping out wherever it's needed, without being asked. He sees what is needed and helps in getting things done. **Thomas** is a true asset here at Nancy Hart. We appreciate all he does. We are proud to have you as our Hero of the Month.

Powder Springs Center for Nursing and Healing



Lionel Fleurant

The Powder Springs Center would like to nominate our fellow Floor Tech, **Lionel Fleurant** as our Hero of the Month. **Lionel**, we are so happy to announce you as our Hero of the Month. Thank you for everything you do to help keep our facility looking beautiful! You are an asset to the Housekeeping department and the Powder Springs Center cannot thank you enough. We constantly get comments on how good the floor looks. Thank you for your constant dedication to our facility! **Lionel** keep up the hard work. Everything you do does not go unnoticed. Once again, Thank you **Lionel** for your hard work.

Westbury Center of McDonough for Nursing and Healing



Bonnie Gray

Congratulations to **Bonnie Gray** for being our Hero of the Month. **Bonnie** is our BOM and has been a blessing to our family here at McDonough. **Bonnie** has been in the skilled nursing facility for over 17 years. She is driven and loves to face challenges. Since coming to McDonough, she is very appreciative of the administrator and the entire staff that have been so supportive of her. Team work makes dream work and that's what we are striving for. Thanks for your commitment to our facility and we are proud to have you as part of our family. Congratulations!

Orange Park Center for Nursing and Healing



Brittini Gray

Our Hero of the Month is **Brittini Gray**, **Brittini** is our 3-11 nurse supervisor that was just hired however she has been working with us for a few years now! She was a contract worker that came to us during COVID and loved working here so much she moved down to Florida and joined the team permanently. For the longest time people have been nominating her for Hero of the Month and now that she is a full time employee here we can finally congratulate her with Hero of the Month for all her hard work a dedication! She has gone above and beyond since day 1 with us and truly has the biggest heart for her residents and co-workers. She is always willing to help out in any department and we value her and everything she does for us! **Brittini** you are amazing and we are so happy to

Westbury Center of Conyers for Nursing and Healing

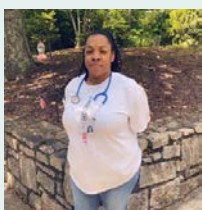


Charmaine Johnson

Congratulations to **Charmaine** for being selected Conyer's Hero of the Month. She is an awesome LPN who consistently goes above and beyond to ensure our residents receive the best care. **Charmaine** displays kindness, compassion, and respect in all her interactions. Her positive attitude and stellar work ethics sets her apart from the rest. **Charmaine** is always positive and will to help, resident's families and our staff love her! We truly value **Charmaine** and everything she brings to our Nursing team. Thanks for all you do and your continued dedication and commitment to our facility. You are truly our Hero!!



Cartersville Center for Nursing and Healing



Chanell Hendricks

Congratulations to **Chanell** for being our Hero of the Month. **Chanell** is always ready to work. Character is what we do when no one is looking and **Chanell** shows great Character. No matter what we ask her to do she is always willing to do it. Her love for our residents is endless. We appreciate you here at Cartersville and please continue doing a job well done. **Chanell** is well deserving of being our Hero!!!



HEROES OF EMPIRE CARE CENTERS

Riverdale Center for Nursing and Healing



Melanie Crumpler

Congratulations to **Melanie** for being our Hero of the Month. **Melanie** has been with Riverdale over 15 years. She is a CNA who works as a scheduler, working diligently to keep our staffing up to par day and night. She's not on call but is always available to speak with staff when they need her. While in the building she is known to jump in wherever needed without having to be asked. She's the road runner of Riverdale... beep beep!!! We appreciate all you do **Melanie!**

Normandy Center for Nursing and Healing



Alice Thelisma-Agent

Alice goes above and beyond her duties to care for our residents. She has been with us for 20+ years as a CNA. She works in multiple different departments; dietary, laundry, central supply, wherever she is needed she will work. She is a joy to be around with an infectious spirit and smile that radiates off to the residents. She is a joy to be around with a positive attitude no matter what is thrown her way. She is a great asset to the team Normandy! Congratulations on being our Hero of the Month!



Spalding Center for Nursing and Healing



Janette Pierre

Ms. Janette has been with Spalding center for a long time and truly exemplifies Empire Care Center's motto. **Ms. Janette** is very compassionate towards her residents and always goes above and beyond to make sure all of her residents needs are met. The job of a CNA involves so much more than taking care of a resident's physical needs. They take care of resident's emotional and spiritual needs along with being their friend and family. We have seen **Ms. Janette** exhibit these qualities and believe she deserves the Hero of the Month!

Fayetteville Center for Nursing and Healing



Margaret Helman

Congratulations to **Margaret Helman** for being our Hero of the Month. **Margaret** is a rockstar that has been at Fayetteville for over 20 years. **Margaret** is originally from Detroit, MI and is a cat mom. She does have adult humans that also call her mom! **Margaret** is willing to go above and beyond, even with an injured arm. She always amazes us with her willingness to help. Not only is she wonderful as our Activities Director but she is just an overall good person. Thank you **Margaret** for just being you!

The Meadows Center for Nursing and Healing



Gloria Tyson

Gloria is our evening nurse supervisor at the meadows center. She has been an exemplary leader who enjoys leading and coaching her staff. She is very compassionate and caring about her residents. She is a team player who is always willing to help. We are very proud to nominate **Gloria** our hero of the month. She truly reflects the resident-centered, the nurturing and healing values that we share every day at The Meadows Center for Nursing and Healing.

University Center for Nursing and Healing



Eva Blair

Who is **Eva**? **Eva** is our amazing Admissions Coordinator! Everyday she comes to work and shows us why she deserves this recognition. She's intelligent, very professional, and tells it like it is! **Eva** works day in and day out getting residents in our building, which is not an easy job but she makes it look easy and does it so effortlessly! Anytime she is asked to do something she does it and she does it with a smile and without hesitation. **Eva's** personality is addictive, and her smile is beautiful. **Eva** you are a joy to work with, and we thank you for everything you do! We see you, and we are her to tell you that YOU ARE THE BEST!! Congratulations on being our Hero of the Month.

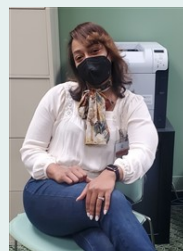
Fulton Center for Rehabilitation



Fulton Center Managers

Fulton Center salutes our Heroes of the Month. Our management team is a very talented group of employees who put our resident's first. We are very proud of all of the managers who have successfully assisted the facility pass the joint commission survey. Fulton Center's A-team is enthusiastic and professional. Always willing to go above and beyond. These leaders Rock!

West Orange Center for Nursing and Healing



Artishia Joseph

West Orange is honored to announce, May's 2022 Hero of the Month is **Artishia Joseph**. **Artishia** or commonly known as **Tasha** is one of a kind as she holds an important role at this facility. She is what you call a role model. What makes this woman so special is her ability to not allow her title to prevent her from being a team player. **Tasha** is the director of Rehab at West Orange, but she is never afraid to get her hands dirty. **Tasha** carries herself with grace but believes no task is 'beneath her'. If someone is in need of assistance, she is more than willing to help. She makes herself available in different departments such as maintenance, nursing, activities, housekeeping and even assist our administrator. **Tasha** is intelligent and has a wonderful attitude that positively impacts the people around her. She thrives in a team environment, is an excellent communicator and is devoted to giving her patients the best service. We are fortunate to have you an anchor at West Orange. Congratulations once again on being our Hero of the Month.



ORANGE PARK

Employee Events

Nursing Home Week

Throwback Thursday



Luau Party



Taco Tuesday



**BEST.
TEAM.
Ever.**

Another day at Orange Park in celebration of Nursing Home Week. "Here's the scoop- you're incredible!"

I scream, you scream we all scream **appreciation** for our staff with Ice Cream.

Throwback Thursday with some retro costumes and old fashioned candies was enjoyed by residents and staff alike.

Our Luau Party was a fun event with great food, frozen drinks and festive spirit for residents, patients and staff! A fun way to wrap up our week!



Cinco de Mayo



Ulysses Salett

Milkshakes



We had some great live music with Ulysses Salett. Residents sang along, clapped, and a couple got up and danced along with the music!

We ordered takeout milkshakes from Steak & Shake for 24 people. The most popular shake flavor was chocolate.

ORANGE PARK

Employee Events

More going on here at Orange Park Walmart Outing

Good Times



Our residents enjoyed a Walmart outing.

May Birthdays



Some of our residents with birthdays in May joined us for the monthly birthday party. We celebrated their birthdays with May trivia and cake from Haven Hospice.

NANCY HART



Taco Tuesday



"I think that my strong determination for justice comes from the very strong, dynamic personality of my father.

I have rarely ever met a person more fearless and courageous than my father...

If I had a problem, I could always call daddy.

~ Martin Luther King, Jr.

Father's Day Quotes

Sorta Funny

There is no teacher equal to mother and there's nothing more contagious than the dignity of a father.

A father's smile has been know to light up a child's

To the world, you are a dad. But to your family you are the world.

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.

A father is a man who expects his son to be as good a man as he meant to be.

My daughter got me a 'World's Best Dad' mug. So now I know she's sarcastic.

Even though I'm proud my dad invented the rear-view mirror, we're not as close as we appear.

When I was a boy of 14, my father was so ignorant, I could hardly stand to have my father around.

But when I go to be 21, I was astonished at how much my father had learned in seven years."

~ Mark Twain

If there is any immortality to be had among us human beings, it is certainly only in the love we leave behind. Fathers like mine don't ever die.

A father's tears and fears are unseen, his love is unexpressed, but his care and protection remains as a pillar of strength throughout our lives.

When you're young, you think your dad is Superman. Then when you grow up, and you realize he's just a regular guy who wears a cape.

JACKSON

Employee Events

National Nursing Home

Donuts



We had an awesome time celebrating National Nursing Home Week. We love and appreciate our staff.

Our residents and staff **donut** how much we appreciate them.

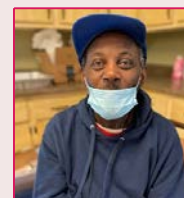
Here's the scoop, our residents and staff are incredible.



Taco Bar



Let's taco about how awesome our staff is.



**BEST.
TEAM.
Ever.**

Happy National Nursing Home Week! Today we celebrated our staff and residents with donuts and coffee. "We DONUT know what we would do without our staff and residents." We would like to send a special thank you to, Love Thy Neighbor for sponsoring our delicious donuts from Jackson Donuts.

Cinco de Mayo



Celebrating Cinco de Mayo at Westbury of Jackson.

Mother's Day



MOM
Happy Mother's Day

Our "MOM-OSA" event was a huge success! Our residents enjoyed laughter, family time, and treats.

WEST ORANGE

Employee Events

Mother's Day



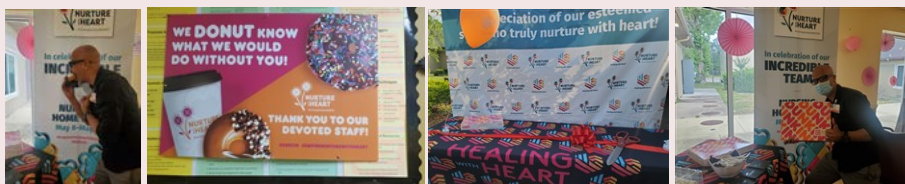
Who is a mother?
An amazing person, a peace keeper, cheerleader and school teacher, wiper of tears. A mother always brings a smile to your face, lights up your path so you can see and loves unconditionally. We love Mother's for all that they do. Happy Mother's Day.

Opening Ceremony



West Orange Center for Nursing and Healing had the honor and privilege of having the Mayor of Ocoee to pay the staff a visit in celebration of Nursing Home Week. West Orange staff Sharon McCormick opened the event with a beautiful prayer. Once prayer was completed, Mr. Johnson spoke kind words to all nurses to acknowledge their grit, compassion and amazing talent in the nursing field. Sometimes nurses are under appreciated but this was a special time to highlight their hard work. Lastly, Administrator Ms. Marie Kamara began the cutting of the red ribbon, which symbolizes the official start of Nursing Home Week and thus, concluding the opening ceremony.

Donut Day



Do-nut worry about a thing, because everything is going to be alright. Donut Day was delightful. The staff and residents thoroughly enjoyed a variety of donuts from glazed to Boston cream. We had a great time and it definitely shows.

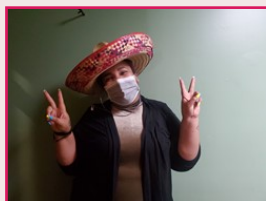


Summer 14 hours and 54 minutes. That is how long June 21 will be which is also the longest day in the year I recall vividly as a kid how I was anxiously wait for summer to come which seemed like an eternity. Now, I blink and summer is here again. Wow, how things change when you get older summer is also my favorite season. Warm days, comfortable nights and always things to do outside. Fishing, walks in the park, barbecues with all the fixings, drives to nowhere in particular are all part of the things I enjoy about summertime my hope is that no matter what is your favorite season, you and your families enjoy summer and all the things that go with it as much as I do.

WEST ORANGE

Employee Events

Taco Tuesday



Let us Taco- about how amazing our staff and residents are! The staff and residents enjoyed the festivities that Taco Tuesday brought. Sombrero hats and delicious food is always a great combination to lifts spirits.

Ice Cream Day



Hawaiian Luau



You might as well gives us an umbrella straw and coconut. It was a nice day at the office.

Throwback Thursday



Our staff and residents showcased their creative skills as they displayed different eras and clothing trends exhibiting nostalgia. West Orange knows how to have a great time!

Grande Finale

Raffle



WEST ORANGE

Employee Events

Grande Finale

Raffle



The Nurses at West Orange work very hard and what a great way to celebrate Nursing Home Week was via a random Raffle. Congratulations to raffle winners Deborah, Kumar, Sonia, Marcia, Micheline, Daphne, Alexis, Linda, Joy, Sharmaine, Deon, Immacula, Elaine, Lovely Jean-Baptiste, Dolce and Fatima.

Nurse Trivia



Here at West Orange, nurses have to multitask and keep up with their many responsibilities. A fun way to test their knowledge is through trivia. Congratulations to the winners; Marie Cajuste, Christine, Micheline, Maria, Tiffany, Marie Daut, Anna and Dujestre .

Special Thanks



West Orange would like to say thank you to everyone who has acknowledged and appreciate our nurses this week. Special thanks to CFIM, Aqua Health care, Vitas Healthcare, Trilogy Home Care, Aveanna Health Care, Dr. Britton and Dr. Nuriel.

West Orange Team



We often don't stop to express the appreciation we have for our co-workers. We are thankful for the support and encouragement we have for one another but also are grateful for the dedication we have towards the patients. The great thing about team work is you always have someone by your side. We are grateful for our West Orange Team



Alzheimer's and Brain Awareness Month

Love your Brain

June is Alzheimer's and Brain Awareness month. Worldwide, there are an estimated 47 million people living with Alzheimer's and other dementias, and without a change, these numbers are expected to grow to 76 million by 2030. But everyone can help to end this epidemic - especially you during Alzheimer's and Brain Awareness Month, the Alzheimer's Association ask people around the world to go purple and use their brains to fight this devastating disease.

Alzheimer's is a fatal disease that kills nerve cells and tissues in the brain, affecting an individuals ability to remember, think and plan. Ultimately, those with the disease will lose their ability to communicate, recognize family and friends, and care for themselves.

Growing evidence indicates that people can reduce the risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

- ❖ Stump yourself - Challenge your mind. Play games of strategy, like bridge. Keep your mind busy.
- ❖ Hit the books - Formal education will help reduce the risk of cognitive decline and dementia. Take a class at a local college, community center or online.
- ❖ Buddy up - Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.
- ❖ Butt Out - Smoking increases risk of congenital decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.
- ❖ Risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health.
- ❖ Fuel up right - Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

SPALDING

Employee Events

Nursing Home Week



Donut Monday



Western Day

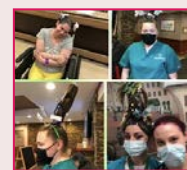


Spalding had a wonderful time celebrating Nursing Home Week with a lot of activities. We love and appreciate our residents and staff.

Renaissance Name Change



Crazy Hair



**BEST.
TEAM.
Ever.**

A great time was had during our ceremony where our facility name changed from Renaissance to Spalding.

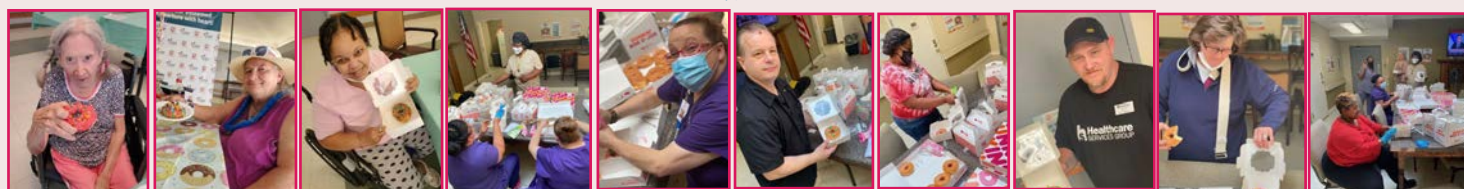
CARTERSVILLE

Mother's Day



Our Mother's Day event was a huge success! Our residents enjoyed laughter, family time, and treats.

Nursing Home Week

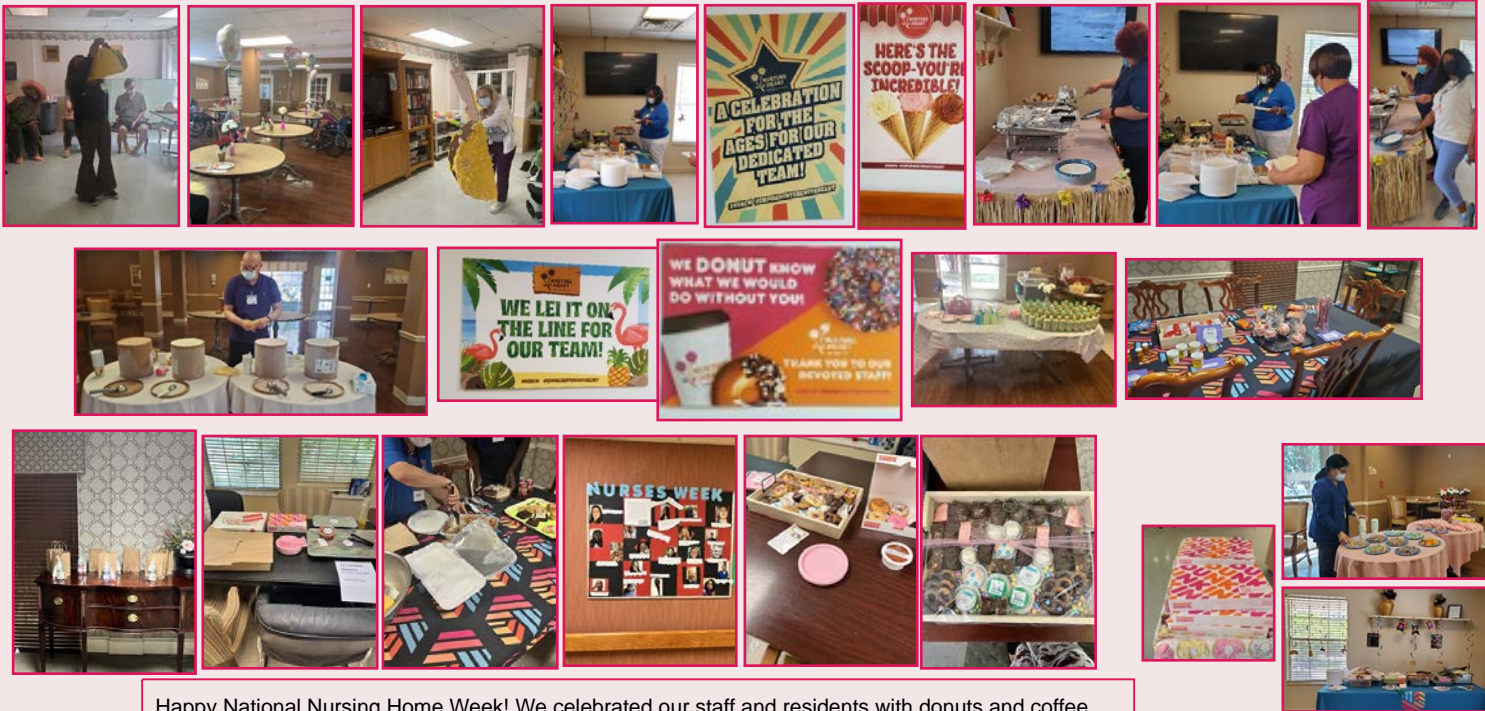


In honor of Nursing Home Week we celebrated with donuts.
DONUT know what we would do without our amazing staff and residents.

UNIVERSITY

Employee Events

Nursing Home Week



Happy National Nursing Home Week! We celebrated our staff and residents with donuts and coffee.

We "DONUT" know what we would do without our staff and residents.

We have the most amazing Nurses.

Congratulations



Congratulations on getting your citizenship! We are beyond happy that you guys are here and part of our University Center Family!!! Nurses are truly superhero's!!!



Good Times

**BEST.
TEAM.
Ever.**

Amazing Nurses



CNA Week June 16 - June 22



CNA's, have an incredibly positive impact on older adults and those who work in and manage nursing homes. CNA's work with nurses to help their patients with daily living needs and other healthcare tasks.

The beginning of the CNA's coincided with World War I. At the time, almost 8,000 nurses initially deployed to serve under the Red Cross Program.

Serving alongside U.S. Army nurses, they worked in triage in major areas to treat wounded soldiers as well as fill positions of acute care in reserve, field, base and civilian hospitals. These nurses proved themselves to be tireless advocates for the well-being of American soldiers, simultaneously proving themselves praiseworthy for their bravery and strength.

NORMANDY

Employee Events

Nursing Home Week



Hawaiian Luau Day

Let's Taco about how amazing our residents and staff are.

Taco Tuesday - Wear your favorite Sports team.



We had a tea party for our beauties on Mother's Day.

FAYETTEVILLE

Employee Events

Nursing Home Week



Happy National Nursing Home Week! We celebrated our staff and residents with so many fun activities, including donuts.
"We DONUT know what we would do without our staff and residents."

Our staff out strutted the petting zoo rooster with their grass skirts and luau.

**BEST.
TEAM.
Ever.**

To wrap up our Nursing Home Week Festivities, Fayetteville Center had a cookout with an added bonus of a petting zoo. Brightmoor Hospice made the arrangements for our furry visitors. Residents and staff alike did not want to see them leave.

New to the Family



Our CNA, Comfort shared this new bundle of joy with us. Congratulations little mama.

Good Times

A sad farewell

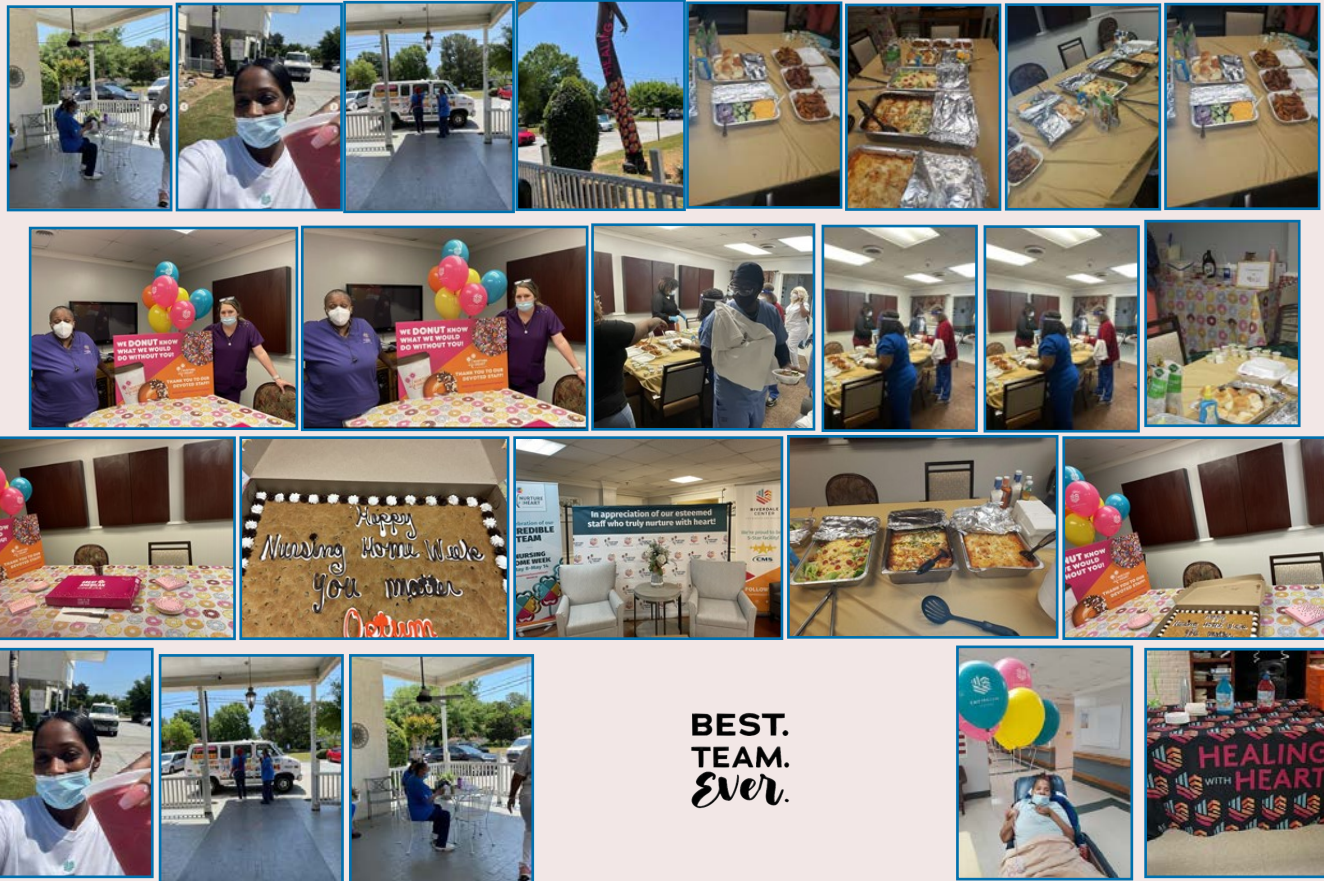


We rejoiced with the addition of a new baby boy, but we also said farewell to Lamar Tatum, our Maintenance Assistant. Lamar has been with us for almost a year and our staff, residents and family members having come to depend on his go to attitude and willingness to help wherever needed. We are sad for us, but proud of his new endeavor. Best of luck no matter where life takes you.

RIVERDALE

Employee Events

Nursing Home Week



**BEST.
TEAM.
Ever.**

I scream you scream we all scream appreciation for our staff with ICE CREAM!

Pizza Day

Happy National Nursing Home Week! We celebrated all week to show our appreciation to our staff and residents.

Mothers Day



Good Times

We had a Wonderful time this year at Riverdale Center on Mother's Day. It was an Amazing time. We were Blessed to have the families come in and visit with their love ones face to face. Nothing like being in the same room as your mommy on Mother's day!!

Good Times



NORMANDY

Employee Events

Nursing Home Week



Normandy had a wonderful time celebrating Nursing Home Week with a lot of activities. We love and appreciate our residents and staff.

Monday.....We **Donut** know What we would do without you - Pajamas Day.

We enjoyed an ice cream day in celebration of Nursing Home Week. We have the scoop on you.

Ice Cream - Wacky Tacky Day

Throw back Thursday - Our residents and staff enjoyed taking it way back.



Good times

**BEST.
TEAM.
Ever.**

Conyers

Employee Events

Nursing Home Week



Councilman Byrant delivered the proclamation for the kick off of Nursing Home Week.

Donut Day



Residents and staff were treated to donuts and coffee.

Mother's Day



Residents and families were invited to an amazing tea party. Residents received gifts and flowers.

Care Partner's Program



Care Partners Experts are responsible for training and retention. Patricia Penn, Kathy Williams, Kimberley Haile, Marilyn Stallworth.

Earth Day Tree Planting



AT&T volunteers assist residents with tree planting and the tomato garden. Resident had fun in the sunshine.

Honoring our Vietnam Veterans



We are honored to have these brave men as residents in our facility. FSC Ron Thomas, Purple Heart recipient SGT Archie Jones, Purple Heart recipient and SGT Antony Elder.

Good Times

Good Times

McDonough

Employee Events

Cinco de Mayo



Residents celebrate Cinco de Mayo with loaded nachos and non-alcoholic margaritas!

Nursing Home Week
Donut Day



Residents enjoy Throwback Thursday with some throwback treats in the main dining hall!



Residents from each hall decorated glazed donuts during Nursing Home week. They had a great time socializing and enjoyed their sweet treat!

Throwback Thursday



McDonough

Employee Events

Nursing Home Week



Ms. Salena Phillips (DON) serves Westbury of McDonough's nurses to celebrate Nurses week! You go girl!



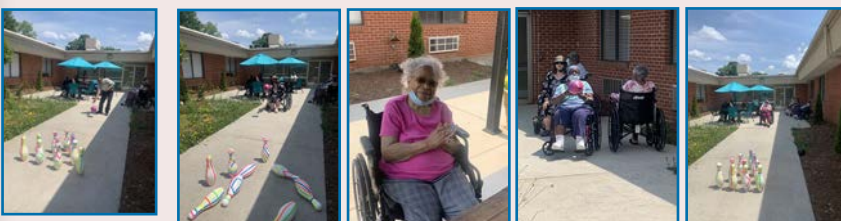
Check out our staff in our "Nuture With Heart" T-shirts as we end Nursing Home Week!

Free Day Friday



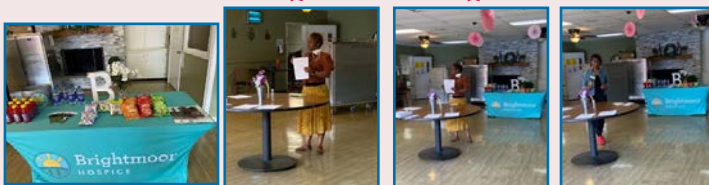
Every other Friday, McDonough allows our residents to decide what they want to do for the afternoon and today we are Courtyard Chilling!

Fun Bowl



Westbury of McDonough residents had a day out on the courtyard and went for a casual bowl :) We did get a little hot out so we cooled off with fresh lemonade and snacks.

Family Council Meeting



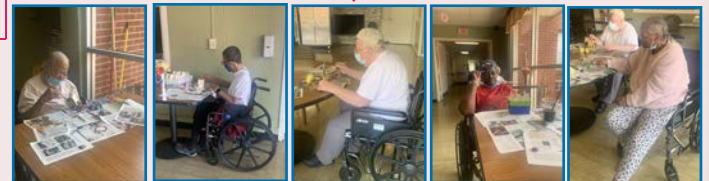
Westbury of McDonough hosts it's first Family Council Meeting on Thursday, May 19th by our Social Services Director (Dwanique Dieudonne). The meeting informed family members about advance directives, inventory sheets, facility ombudsman, grievance forms, and who to speak with about concerns and questions. Brightmoor Hospice also provided light snacks and refreshments for the event.

BINGO



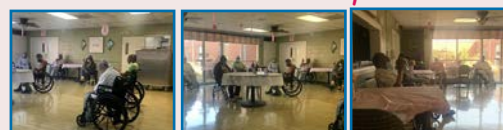
B-I-N-G-O & Bingo Was His Name-Only !

Sip Paint



Join us as we Sip & Paint at Westbury of McDonough.

Praise and Worship



Every morning after Sittercise (group exercise), residents listen to Gospel music as they cool down from their 15 to 20 minute workout

Powder Springs

Employee Events

Mother's Day



Our Administrator said to our residents during the tea party "I don't have a mom". I am claiming all of you as my Mom and I will treat you like so.. That brought tears to my eyes because that's my philosophy even though I have a mom . Go Mr. Harper.

Cinco de Mayo



Powder Springs Nurses are the best. Thank you for all your hard work from everyone at Empire Care Center and Powder Springs.

Nursing Home Week



Donut Delight Day

Thank you to our Nurses for all your hard work, you are greatly appreciated.

Ice Cream

Powder Springs Nurses and Residents are the best.

Good Times

Good Times

Powder Springs

Employee Events

Nursing Home Week

Taco Tuesday



Our residents and staff had a lot of fun on Taco Tuesday.

Throwback Thursday



Throwback Thursday - Everyone enjoyed the vintage candy from Empire Care Center. The residents and staff said it was delicious.

Special Thank you from Empire Care and everyone at Powder Springs to Doctor Krame, Doctor Lawton, Mr. Moses, Ms. Monifat and Ms. Peri for your donations to the Activities Department for the Nursing Home Week. May God continue blessing you with so much more than you will ever need.

Hawaiian Luau Party



Powder Springs know how to have fun.



Good Times

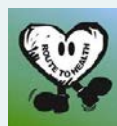


Good Times

If you are the one doing the cooking.

- ✓ Egg substitute 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 what 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.

Nutrition Tip



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

Write down your goal to obtain better health and stick to it.

FITNESS TIP You can do it — Try to walk 30 minutes minimum, 5 days a week.

Cut out high carb snacks such as potato chips and cookies.

Try to consume most of your carbohydrates in breakfast and dinner.

Keep hydrated - drink plenty of water throughout the day.