

Ridgeland Nursing & Rehab Center

SUPPORT
**Essential
Heroes**

REAL SUPERHEROES



During this pandemic we have honored and recognized our essential workers. Under that title our staff were definitely ESSENTIAL administration, providing care, preparing food, performing housekeeping duties, repair work, front office, social service, all these departments were essential to the functioning of our facility. BUT during this time the true heroes are our residents and their family members. Since March the residents have been confined to their rooms with no interaction with their family members except through window visit, phone calls face time or cards and letters. With other residents it has been no socialization except sitting in their doorways and possibly conversing with their neighbors across the hall or their own roommate. Activities have been on a limited basis as well. Mainly 1:1 Activities were conducted in their rooms. Bingo and arts and crafts were held as well with social distancing maintained. The restrictions have been in place and enforced all these months without much let up in sight which has all been for the safety of the residents and staff. The residents have done extremely well under the circumstances. I can only imagine being away from my family for that length of time, how devastating it would be. When the virus became so prevalent in our area my family members were reluctant to have me come visit them because of my work environment, but after testing negative, they were more receptive to my visits. I totally understood their concern and I certainly would not have wanted to expose anyone. It was very heartwarming to see how understanding family members have been through all this and we certainly thank them for all they have done to comply with the regulations set in place by the government. We hope in the near future if the numbers go down in the county, we can put in place outdoor visitation.

November Newsletter

A Beautiful Time of the Year

Having a birthday is certainly a beautiful time of the year. We all look forward to having a birthday, but some of us aren't looking forward to becoming another year older, but it will happen whether we like it or not. This will be my 77th birthday, where has the time gone??? I know 77 is just a number but there are days lately that I am beginning to feel that number, whatever 77 is supposed to feel like. I am extremely fortunate I have had good health up to this point in my life. Recently I have had some minor health issues, nothing serious, thank the good Lord. Like I tell people all the time, our bodies are like an automobile, parts begin to wear out, some you can fix, some you can replace, and others just simply wear out. So, having this birthday #77 is special to me and whatever age you are it should be special to you. I am so fortunate to be able to now have two great granddaughters, Stella and Ava, in my life to enjoy and spend my off time with. I don't travel nearly as much, but that wasn't because of my health it came to an abrupt halt due to the Corona Virus. We need to live each day to the fullest and spend our birthday celebrating another year of life. November birthdays are helping us prepare for the holiday season.

Those having a November birthday are:

RESIDENTS

Opal Taylor-4

STAFF

Fatima Sanders-4

Ernestine Jones-12

Whitney Malphrus-18

Linda Eddy-22

Katina Orr-27



Birthday wishes go out to all of you for a wonderful day.



Thank you for
your hard work
and **dedication!**

Longevity, dedication, professionalism, compassion, understanding are all words to describe our November hires. Speaking of longevity, Restorative Aide Doretha Colleton became a member of our family in 1983. Social Service director Kathy Hogsett joined our ranks in 1999. CNA Liz Hamilton came back after being gone a few years in 2009. Front desk receptionist now activity aide Whitney Malphrus came on board in 2015. Looking

back at the years of service of several of these employees can certainly say something about the working conditions at our facility. These group of ladies all work well together because as you can imagine working in long term care must be a team effort. Each department works hand in hand providing the best possible outcome for the good of the residents they serve. One department could not exist without the efforts of all the rest. Having a dedicated team of employees is necessary in making sure a facility runs efficiently and effectively. I have worked with all these individuals since I came to RNC in 1985, so I know them all very well. I couldn't ask for a better set of teammates. Without each and everyone's input on a daily basis the facility would not be able to function. We do thank each one for all their years of service to our facility and our residents.



Thank You!



On November 11 we want to take time to honor our veterans on Veterans' Day. This day was established by President Woodrow Wilson in 1919 to honor those who served in all branches of the military. The day was previously called Armistice Day to mark the anniversary of the end of World War I. The United States Congress adopted a resolution on June 4, 1926, requesting President Calvin Coolidge issue annual proclamations calling for the observance of November 11 each year be a legal holiday. It is a day dedicated to the cause of world peace and to be thereafter celebrated

and known as Armistice Day. In 1945, World War II veteran Raymond Weeks had the idea to celebrate all veterans, not just those who died in World War I. In 1954 the name was changed from Armistice Day to Veterans Day. This is a federal holiday and accordance with the Uniform Monday Holiday Act in 1971 it was moved to the fourth Monday in October, but in 1978 it was moved back to its original date on November 11. Memorial Day and Veterans Day are two different holidays. Memorial Day honors those who died during military service and Veterans Day celebrates all United States military veterans. There is also an Armed Forces Day in May who honors those currently serving the U.S. military. We do want to thank our veterans for their service to our country so we all can live in the land of the free.

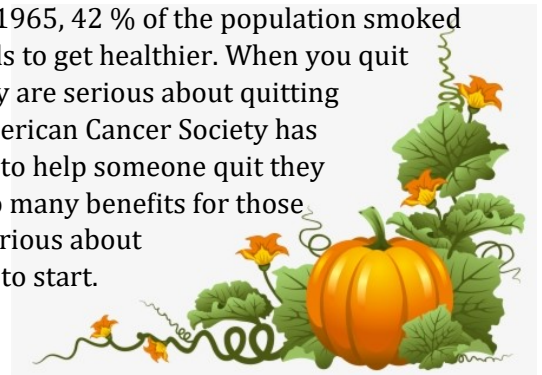


YOU DON'T HAVE TO STOP SMOKING IN ONE DAY. START WITH DAY ONE.

The Great American Smokeout®
November 21, 2019

The Great American Smokeout occurs every year on the third Thursday in November. We all know to quit smoking isn't easy, and it takes time to achieve. You must set a plan and a goal and go for it. I have never smoked, but both my parents did, and would always tell me they enjoyed it, so I don't really know how hard it is to try to quit. But like any other habit we might have what takes, setting your mind to it and a great deal of self-control. Many people around the country will join together to try to stop smoking to begin a healthier way of life. More than 34 million Americans still

smoke, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes as estimated 480,000 deaths every year, or about 1 in 5 deaths. More than 16 million Americans live with a smoking-related disease. Cigarette smoking has decreased significantly. In 1965, 42 % of the population smoked and in 2017 it was reduced to 14%, so strides have been made by individuals to get healthier. When you quit smoking at any age it improves your health almost immediately. If you really are serious about quitting smoking there are help aids available to help you achieve your goal. The American Cancer Society has been tools available to those who are serious about quitting smoking. Often to help someone quit they buddy up with a friend, or they join a smoking cessation group. There are so many benefits for those who do quit to improve their health and general well-being. So, if you are serious about stopping smoking the Great American Smokeout on November 19 is a place to start.



Daylight Saving Time



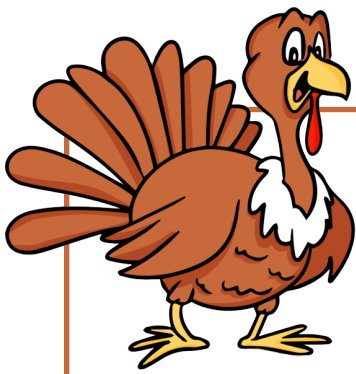
South Carolina first recognized daylight-saving time in 1970, in the United States it was first observed in 1918. Thirty-nine states have proposed legislation and nine states have enacted legislation to provide year-round daylight-saving time, if Congress would pass this

proposal. Many years ago, it was said daylight saving time was for farmers since they would have more daylight hours to do their chores, but this was just a myth. When I was growing up my Mom would always tell us we would have more time to play outdoors since it stayed lighter longer. But of course, in today's society, children don't practice the luxury of spending more time outdoors, they would rather be inside on their computers playing games or using all their electronic devices. Daylight saving time wasn't actually a real thing until President Lyndon B. Johnson signed it into law April 12, 1966. The Uniform Time Act established a system of uniform DST within in each time zone throughout the United States. States were allowed to opt out and some did. Before 1966, Daylight Saving Time was used in World War I and World War ii to conserve fuel. Folks that really push to keep Daylight Saving Time are mainly the retailers. They want more daylight hours with the theory people shop more in those hours. Golf courses, gardening supply stores also like it better when it stays lighter longer. It's all about boosting their economy, which is nothing wrong with that. I enjoy it because when it gets dark sooner that means staying indoors longer. In today's society things have changed so much that the theories of yesteryears no longer exist. We are not strictly a 9 to 5 society any longer. Places like right here at RNC have shift work, as do factories. Our electricity use is no longer based on sunrises and sunsets. We are going to use electricity anytime of the day and night with so all the devices we all have in our homes that use electricity. Our bodies have a hard time adjusting to the times changes as well. I know I have an internal clock and it gets messed up when we spring forward or fall back. In my almost 77 years I have never set an alarm clock, so I depend on my internal clock getting me up for work and getting me places I need to be on time. So, in November when we get an extra hour sleep, will many take advantage of it, probably not. This disruption of your sleep pattern can last for a few days. In January 2020 South Carolina lawmakers passed a bill to make daylight saving time permanent which many other states did as well. But since this is a federal decision because it is governed under the Uniform Time Act nothing can be changed until Congress makes it official. So, for right now, like it or not on Sunday November 1 at 2am Daylight Saving Time ends and are clocks go back one hours.



During the month of November, we want to recognize the doctors, nurses, chaplains, aides, social workers and volunteers who do a remarkable job for the patients and families they serve performing hospice care. Hospice care is a special kind of care that focuses on the quality of life for people and their caregivers who are experiencing an advanced, life-limiting illness. Hospice provides compassionate care for people in the last phases of incurable diseases so that they may live as fully and comfortably as possible. The philosophy of hospice is they accept death as the final stage of life. They do not try to hasten or postpone death. Hospice treats the person and the symptoms of the disease, rather than treating the disease itself. A team of professionals work together to manage symptoms so that a person's last days may be spent with dignity and quality surrounded by their loved ones. It is family centered by including the patient and the family in making decisions. We are fortunate to have Hospice agencies as an added service for our residents who meet the criteria and qualify for their services. We do thank the agencies we are contracted with for their dedication and service to our residents they serve in our facility.





Pardoning a Thanksgiving Turkey

The National Turkey Federation presents the President of the United States shortly before Thanksgiving each year with a turkey. The turkey is usually a Broad White Breast male and comes from the chairperson of the federation's home state or from their own farm. Turkeys have been donated to Presidents from private citizens. Horace Vose from Rhode Island began "gifting" a turkey to the President from 1873 until his death in 1913. The official presentation began in 1947 under President Harry S. Truman's administration. The first President on record issuing a "pardon" to his turkey was Ronald Reagan. President Reagan had been sending the turkeys to farms and zoos since 1982, but in 1987 Charlie the turkey was the first to be pardon and after that President George H.W. Bush put into place that from 1989 and each year thereafter there would be a turkey pardoned. For many years the turkeys were sent to Frying Pan Farm Park in Fairfax County, Virginia. From 2005-2009 the turkeys were either sent to Disneyland in California or Walt Disney World in Florida where they served as the honorary grand marshals of the Thanksgiving Day parade. From 2010-2012 the turkeys found their home at Mount Vernon, the home of George Washington. In 2013 to 2015 the turkeys lived their lives at Morven Park in Leesburg, Virginia. Beginning in 2016 to this day the turkeys are housed at Virginia Tech because of the college's poultry science program. The lifespan of a pardoned turkey was only about one year, but over the years because of the good care they receive, they are living 2-3 years. During the Trump administration Drumstick, a 36 lb. turkey was chosen over alternate Wishbone, a 47 lb. turkey in 2017. Both were from Alexandria, Minnesota. In 2018 Peas, a 39 lb. turkey from South Dakota won out over the alternate Carrots, a 41lb. turkey. In 2019, Butter, a 47lb. turkey was the pick over Bread, a 45lb. turkey, both from North Carolina. This year we will anxiously await the names and the selection of the "pardoned" turkey before the Thanksgiving holiday.



Fun Facts About Thanksgiving



These are probably bits of information that aren't actually newsworthy but fun to know. The first Thanksgiving was celebrated in 1621 over a three-day period, a harvest festival. It included 50 pilgrims and 90 Wampanoag Indians. Turkey wasn't on the menu, venison, duck, lobster, eel, oysters and fish were served. In 1863 Sarah Josephine Hale, the woman who wrote "Mary Had A Little Lamb", wrote 17 letters to President Lincoln to make Thanksgiving a national holiday. There are four town in the United States named "Turkey". They are in Arizona, North Carolina, Texas and Louisiana. I believe this one for sure, on an average we consume over 4500 calories on Thanksgiving Day, and we eat over 46 million turkeys that day. The Butterball company answers more than 10,000 turkey-cooking questions by way of their hotline each November and December. The tradition of football on Thanksgiving began in 1876 with a game between Princeton and Yale. The first NFL games were played on Thanksgiving in 1920. More than 54 million Americans are expected to travel during the holiday this year. That is up 4.8% from last year. Ben Franklin wanted the national bird to be the turkey instead of the eagle. Astronauts Neil Armstrong and Buzz Aldrin's first meal in space after walking on the moon was foil packets of roasted turkey. In 1953 Swanson had a surplus of turkey, 260 tons, and a salesman suggested they should package it in aluminum trays with a side of sweet potatoes and yes, the TV was born. The heaviest turkey according to the Guinness World Book of Records weighed 86 pounds and a turkey at maturity has about 3,500 feathers. I know all these are typically useless bits of information but might make for good conversation around your Thanksgiving table while you get ready to watch some football or head out for holiday shopping.

ALZHEIMER'S AWARENESS

SUPPORTING



THE FIGHT

During the month of November, the focus is to make people aware of Alzheimer's Disease. I want to explain a little about the clinical stages of Alzheimer's Disease. There are 7 stages, which is known as the Global Deterioration Scale, recognized by professionals and caregivers around the world to identify what stage of the disease a person is in. Stages 1-3 are the pre-dementia stages. Stages 4-7 are the dementia stages and in Stage 5 a person has to have assistance to be able to survive. Stage 1, a

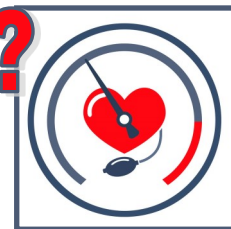
person is considered normal and are mentally healthy. Stage 2 is when you have to determine if it is normal aged forgetfulness of dementia. Persons over the age of 65 experience some cognitive or functional difficulties like not remembering a person's name that they have known for years, or they forget where they have place things. They may also have difficulty finding the correct word when speaking. The term for Stage 2 is probably better known as normal aged forgetfulness. In Stage 3 have mild cognitive impairment, and only those close to that person might recognize the deficit. You might see a person's decline in their work performance or those who aren't employed might have difficulty planning events they have done for years. Concentration might be a factor in Stage 3. Often this progression to Stage 3 takes 2 to 3 years, but each person is different. Stage 4 brings about mild Alzheimer's Disease. The most common deficit is a person is unable to manage activities of daily living. They have difficulty managing their finances, preparing meals and to go shopping. They might have difficulty writing the correct date or the correct amount on a check. The duration of this stage might be 2 years. In Stage 5 you see moderate Alzheimer's disease. In this stage a person might not want to bathe regularly or change their clothing. Or they might not be aware of what type clothing to select in regard to the weather. The caregiver must supervise and guide them through this process. In this stage which might last 1-1 ½ years a person could not safely live independently in the community. They aren't able to recall major events or names of current people in their lives or even their correct address. During the Stage 6 stage a person may not be able to perform basic activities of daily living. They need assistance putting on their clothing because they might wear layers of clothing or put items on backwards. This stage could last for 2- 2 ½ years. Bathing, dressing, eating and toileting in Stage 6 might be the most devastating to family members because they begin to lose all knowledge of these simple tasks. During this stage their speech can become affected as well. They might begin to pace or becoming fidgety or move objects around or place them where they don't belong. They can become fearful and frustrated. At the end of Stage 6 a person could be incontinent and needs help dressing and eating and even with what they are trying to tell you. In Stage 7 we see a person dependent on someone to be with them 24-7, extensive assistance with all their activities of daily living. Their speech is so difficult to understand that maybe only a few words will make sense and not even a complete sentence. As this final stage progresses, the individual loses the ability to ambulate independently or to even sit upright without supports. They will be unable to feed themselves, and often require a feeding tube. Their body can become rigid. Contractures can occur. A person in this final stage can live for a long period of time. They generally don't, but often when they pass away it can be from another underlying condition or something such as a stroke, heart disease or even pneumonia. Hopefully this will give you a little better insight to this devastating disease and understand the progression of the disease.

PARASKEVIDEKATRIAPHOBIA, you might ask what that word is.

It is a fear of Friday the 13th. This means that is something bad happens to you on Friday and you believe Friday the 13th is unlucky, then you associate the bad luck you have with this date. There were two Friday the 13th's in 2020, March 13 and now November 13. Any calendar year has a minimum of one Friday the 13th and a maximum of 3. There will only be one in 2021 and that will be in August. Other cultures have different days that they feel is unlucky. In Spain and Greece, Tuesday, the 13th is considered unlucky and in Italy Friday the 17th is unlucky. So, whether you are superstitious or not or have a fear of Friday the 13th, this month it is going to happen anyway, so get prepared.



How's Your Blood Pressure?



Do you have any idea what your blood pressure is? Could you be at risk for a heart attack or a stroke? With the holidays approaching we become more stressful so knowing you have a safe blood pressure reading might help you get through the holidays a little easier. November 4 is “Check Your Blood Pressure Day”. It might be a little elevated the closer the holidays become. Blood pressure has a tendency to increase with age. This does not mean because it is elevated or high that it is normal. If your blood pressure is elevated, you should see your doctor. For most of us checking our blood pressure is easy and free. Working at a health care facility we can get our pressure check frequently. There are many folks who have their own machines at home. You don't necessarily have to go to the doctor's office to have it checked. Many drug stores or grocery stores have a machine usually set up in the prescription area where you can check your blood pressure for free. Ambulance services, fire departments often allow walk-ins to have their blood pressure checked. High blood pressure doesn't always indicate anything is wrong, but low blood pressure can as well, so it is good to do periodic checks and know the ranges. A normal blood pressure is said to be 120/80. But yours might run a little lower or a little higher. An elevated B/P can be considered 120-129/80, but high B/P is 130-139/80-90. A person in hypertensive crisis would have a blood pressure of >140/>90. You need to seek immediate medical attention if your blood pressure is >180/>120. Don't shrug this off as nothing. It could lead to a heart attack or stroke. Someone with a low blood pressure might be <90/<60. Just take the time to be more aware of your blood pressure and often there are no symptoms that might indicate your pressure might be elevated. That is why it is often known as the “silent killer”. People have said they sometimes get a headache or even a nosebleed, but these don't always indicate you have high blood pressure. More than not a person could be walking around like a time bomb, not knowing or realizing their blood pressure is elevated. So please check your blood pressure occasionally because the life you save might be your own.



November 14 is World Diabetes Day. The 2020 theme is “The Nurse and Diabetes”. The focus for this year is to bring awareness how critical the role a nurse plays in supporting people who live with diabetes. One in ten people are living with diabetes. Nurses account for 59% of health professionals. World-wide nursing workforce in 27.9 million of which 19.3 million are professional nurses. There is a shortage of nurses world-wide. Nurses support people living with a wide range of health concerns,

and diabetes being one of them. People who have diabetes face a number of challenges and nurses are there to educate, support and assist them with this disease. Diabetes is increasing and a nurse plays an important role in helping a person manage and deal with the disease. Sometimes the nurse is the only health professional they come in contact with, so their initial encounter, assessment, care and treatment. Nurses play an important role in diagnosing diabetes early for prompt treatment. They provide self-management training and support to the person to help prevent complications. They teach the factors that help a person control their diabetes. Things you need to know about diabetes:

1. It is a chronic condition and currently there is no cure. It occurs when your body is unable to make or use insulin, the hormone that regulates blood sugar. Careful management is essential.
2. It can go unnoticed for years. People don't recognize the symptoms as diabetes. Some symptoms we might overlook are thirst, fatigue, and increased hunger.
3. It can lead to serious complications if unchecked. If you don't manage your diabetes properly you can develop cardiovascular disease, eye and kidney disease and nerve and hearing damage.
4. It poses a higher risk to some groups of people. If you are overweight or obese, family history, age 45 or older, certain races, history of gestational diabetes or prediabetes, someone who is inactive, those with high triglycerides and low HDL.
5. It's on the rise, especially in young adults. Numbers have risen from 108 million in 1980 to 422 million in 2014. It seems to be linked to obesity in young adults.
6. It can be managed and prevented with a healthy lifestyle. Eat healthy, exercise regularly, avoid tobacco, have regular blood sugar checks. Maintain proper foot, kidney, blood vessel and eye care.

Even though your doctor may give you medication to help control and manage your diabetes a pill cannot fix everything. Just because you take a medication for diabetes does not mean you no longer have diabetes. You still have to watch what you eat and exercise regularly. One in 10 American have diabetes, and another 84 million are at risk for developing type 2 diabetes. The national cost of diabetes in the United States is \$245 billion, even though this condition is unavoidable, if people took better care of themselves, manages their symptoms better and were more aware of their risks factors the cost could be reduced.



Ridgeland Nursing Center Disaster Preparedness Information

In the event of a disaster or foreseeable weather-related emergency, such as a hurricane, Ridgeland Nursing Center takes directive from the Federal, State and Local Emergency Preparedness Agencies.

In the event of a disaster or foreseeable weather-related emergency, these agencies will give the order to either 1) shelter in place, or 2) evacuate to another location.

In the event of a shelter in place order, RNC is equipped to with emergency backup generators, extra water, gas and supplies to endure the shelter in place order. RNC is also pre-stocked with foods and drinks for both staff and resident to endure the shelter in place order.

EVACUATION LOCATIONS:

- **PLAN A:** In the event of an evacuation order, RNC will evacuate all residents and some staff members to Syl-view Rehabilitation and Memory Care in Sylvania, GA. The address is 411 Pine Street, Sylvania GA. The telephone number is 912-564-2015. The residents and Representatives are notified prior to evacuation of the facility.
- **PLAN B:** In the event of an evacuation order, RNC will evacuate all residents and some staff members to Cummings Health and Rehab in Cummings, GA. The address is 2775 Castleberry Road, Cummings GA. (alternate evacuation point).
The telephone number is 770-781-2300. The residents and Representative are notified prior to evacuation of the facility.

In the event Syl-view Rehabilitation and Memory Care and Cummings Health and Rehab are unable to accept RNC residents, or is not a safe evacuation shelter, RNC residents and staff will evacuate to other nursing homes in the Atlanta, GA area. In this case, residents and Representatives will be notified of the contact information pertaining to them.

Prior to an evacuation, you will be notified of the impending evacuation by telephone and given the opportunity to evacuate your loved one with you. Please remember that our residents safety is our Number 1 priority!

CONTACT US: 1516 Grays Hwy/PO Box 1570 Ridgeland, SC 29936 (please use PO Box for letters & small packages)
Phone: 843-726-5581 Fax: 843-726-3741



Scrubs On Wheels

On November 5th, we will be having a uniform sale. This is different than our usual uniform sales. This will be a mobile unit that is climate controlled, 2 dressing rooms with all the name brand uniform products along with shoes and accessories such as scissors, socks, and stetho-

scopes that will be parked in the front of the facility. The mobile unit follows all the CDC guidelines for social distancing for the shoppers by only allowing two shoppers in the store at one time. Face masks are required. Hand sanitizer and plexiglass will be at the checkout counter. The Scrubs on Wheels company are very proactive to contain the spread of the virus and are in compliance with health guidelines. They do sanitize all surfaces in and on the mobile store, so it is perfectly safe for the health and welfare of their customers and staff. The hours will be 10am-4pm. Payroll deduction, cash, credit card and checks are accepted. We are looking forward to having Scrub on Wheels bring their mobile store to our facility.



 20MINUTES Your heart rate drops.	 12HOURS The carbon monoxide level in your blood drops to normal.	 2WEEKS Your heart attack risk begins to drop. Your lung function begins to improve.	 1-9MONTHS Your coughing and shortness of breath decrease.
 ONEYEAR Your added risk of coronary heart disease is half that of a smoker's.	 FIVEYEARS Your stroke risk is reduced to that of a non-smoker's 5-15 years after quitting	 TENYEARS Your risk of dying from lung cancer is about half that of a smoker's.	 15YEARS Your risk of coronary heart disease is the same as that of a non-smoker.

BLOOD PRESSURE HEART-FACTS

DO YOU HAVE HIGH BLOOD PRESSURE?

	Normal	Elevated	High Blood Pressure (aka Hypertension)		Hypertensive Crisis
	less than	120 to 129	130 to 139	140 to 180	higher than 180
Systolic (higher number)	120	AND	OR	OR	OR
	less than	80	80 to 89	90 to 120	higher than 120
Diastolic (lower number)	80	AND	OR	OR	OR

Consult your doctor immediately

Understand what your blood pressure numbers mean for your health, and what you can do to lower them.