



# March Newsletter

# Ridgeland Nursing & Rehab Center



When you think of St. Patrick's Day, what do you think of? Leprechauns, three leaf clovers, the Blarney Stone, color green, a harp, all these are symbols of the Irish and St. Patrick's Day. What does each mean? The shamrock or three-leaf clover is the national emblem because of the legend that St. Patrick had used it to illustrate the Trinity. The Trinity is the idea that God is really three-in-one, the Father, the Son and the Holy Spirit, so using the three-leaf clover this was a perfect meaning of the Trinity. The Irish considered the shamrock as a good luck symbols. Leprechaun comes from the Irish word "luchorpan" which means little body. A leprechaun is an Irish fairy who looks like a small, old man about 2 feet tall. He is often dressed like a shoemaker with a crooked hat and a leather apron. Legend tells us they are unfriendly, live alone and pass the time making shoes, and most importantly have a hidden pot of gold. The color of St. Patrick was not actually green, but blue. In the 19<sup>th</sup> century green became used as a symbol of Ireland. Wearing of the color green is considered an act of paying tribute to Ireland. Many years ago if you weren't wearing green on St. Patrick's Day you received a pinch, and some people carry this tradition on today. The harp is another symbol of Ireland because it is a musical instrument that was used in Ireland many years ago. The harp appears on Irish coins, the presidential flag, state seals, uniforms and official documents. The word "Blarney" means nonsense or smooth talking in almost any language. If you go visit the Blarney Castle and kiss the Blarney Stone you will receive the power of persuasion and the gift of gab. The Blarney Stone is set in the wall of the Blarney Castle tower in the Irish village of Blarney. Legend has it that an old woman cast a spell on the stone to reward a king who saved her from drowning. Kissing the stone while under the spell gave the king the ability to speak sweet and convincingly. This is just a little of the history behind some of the Irish symbols.

## Wonderful Time of the Year

Having a birthday is a wonderful time. It is a day to celebrate another year older and know how blessed you are to be having another birthday. There is a saying about March coming in like a lion and goes out like a lamb. So, is that what our March celebrants temperaments are like..... a lion or a lamb? They definitely will be either a fish or a ram depending on their zodiac sign. You will be a Pisces if your birthday is before February 19th and March 2<sup>0th</sup> or later you would be an Aries. Pisces are compassionate and creative, while Aries are energetic, motivated and passionate. The birth flower for March is the daffodil which represents sunshine, joy and friendship which definitely is a mood booster. Those born in March are most likely to be a CEO or a boss of a company. They are born leaders. A few celebrities born in March are Lady Gaga, Reese Witherspoon, Jessica Biel, Mariah Carey and Justin Bieber. The following staff and residents are celebrating their birthdays in March:

### RESIDENTS

Alma Hughes-2  
Loretta Roberts-18  
Myrtis Stevenson-18  
Clarence Callison-19  
Vertie Harris-23  
Mary Delaney-25  
Betty Williams-31

### STAFF

Cynthia Coburn-15  
Lena Taylor-15  
Albertha Koger-16  
Deanna Richards-16  
Donald Vancuren-16  
Deborah Salley-20  
Patricia Arnold-22  
Wyekeshia Williamson-24  
Sheri P Boyles -27  
Rosemary Wilson-28

We want to take this opportunity to wish all the March celebrants a very Happy Birthday!!!!



## Dedicated Service

It is that time again to honor our March hires. Some of these ladies have only been with us a year, but they have made an impact on our residents and facility. We want to thank each one for choosing Ridgeland Nursing Center the place they can call home. For working in a home-like atmosphere increases productivity and makes coming to work something to look forward to each day. Those that have only been with us for a year are: LPN Rhett Day, CNA's Jamie Singleton, and Nichole Johnson. Two years of service is LPN Sandra McIvory and with three years LPN Jamesetta Myers. And giving 11 years of service to RNC is Dana Dziadaszek and RN Hayley Eby. All these ladies contribute so much to the operations of the facility that we couldn't run efficiently if it weren't for each and every one of them. Dana is our Human Resource Director and she does a fabulous job "trying" to keep all of us straight and in compliance. Checking new hires,

payroll, medical records requests, all come under her title and so much more. Hayley Eby was our MDS coordinator and she is no longer in that position, but she helps us part time with policies and procedures and whatever administrative duties she can assist with. The other employees are all in nursing either as licensed nurses or certified nursing assistants. They play a vital role in the hands on care of our residents. Without their dedication and caring attitudes our residents would not be as fulfilled during this pandemic time. These ladies are only a few of the staff members the residents see on a daily basis, so it is extremely important they interact and provide the socialization the residents need during this time. We do want to take this opportunity to thank each and every one of the March hires for their service to our residents and to our facility.





The 2021 theme for National Social Service Month is “Social Workers are Essential”. And that theme certainly fits our social service director Kathy Hogsett. Kathy has been our social service director since 1999, so you can imagine how vital she is to our team. Kathy has to wear many hats here to better serve our residents and she wears each one well. Her list of duties and responsibilities is too numerous to be able to mention each one, but I will try to touch on a few of her main duties. Kathy has to do all the intake, screening and processing any new prospective admission for start to finish. Finding out as much information about that resi-

dent sometimes is not such an easy task, but Kathy wants to make sure the person would be a good fit for our facility and that we can adequately meet their needs. She handles all the grievances from residents and family members. Shopping for the residents is another part of her job to make sure the residents have all the proper clothing for the season and whatever they might want to complete their wardrobe. Kathy is called on multiple times a day to intervene when something isn't going exactly right between residents or with residents and staff. Some of these might be minor incidents but to the resident they need that one person to be the mediator to settle the issues. Kathy is the person that handles discharge planning for a resident. Some are admitted short term and getting them to the point of returning home is a major undertaking Kathy is well versed in. She is very knowledgeable regarding state and federal laws governing long term care facilities. Kathy undertakes everything on a daily basis with a smile. She is so easy going and has the patience to do her job so effectively. We do want to thank her for all her years of service to our residents and our facility. Without Kathy our residents would not have the advocate they need to make their stay at RNC a pleasant experience.

## Honoring Our Dietician

This year on March 10<sup>th</sup> we honor our registered dietitian Michelle Reardon on National Dietitian Nutritionist Day. Michelle is very vital in a long term care setting with what is necessary to maintain the health and welfare of our residents. She comes to our facility to review charts and makes sure weights and labs are reviewed on each visit. Managing weight loss is very important in any setting, but extremely so in long term care. Making sure our tube feeding residents are getting the proper nutrition is also an important part of Michelle's visits. Wound care residents are also a top priority. Michelle received her degree in California and has been a registered dietitian since 1979. Her degree includes nutrition, dietetics, public health or a related field. She had to complete an internship and pass an examination. Michelle not only has experience in long term care but also acute care and dialysis. Registered dietitians can be found working in hospitals, schools, fitness centers, nursing homes, dialysis centers, public health clinics, food management, food industry, universities, research private practice and many more facilities. Michelle resides in Savannah and is the proud mother of one son, Christopher. One interesting fact about Michelle is she worked in Spain on a 55ft. sailboat as a cook. We do want to thank Michelle for her service to our residents to help maintain their health and reach the goals set for them.



Two of our employees have become first time mothers, Virginia (Gina) Nightingale and Whitney Malphrus. Gina gave birth to baby girl Lynda Jo at Beaufort Memorial Hospital weighing 8lb.11oz and 20 ins. long on December 23,2020. What a wonderful Christmas present for Gina and husband Dan. Administrative Assistant Whitney Malphrus and husband Justin welcomed Blair Judith into the world at Candler Hospital in Savannah February 9 at 6:27pm weighing 8lb.8oz and 21 ins. long. The proud grandparents are Administrator Sheri Boyles and husband PeeWee and Cindy and Bobby Malphrus. We wish both families the very best with their two beautiful baby girls.

Happy  
**EMPLOYEE  
 APPRECIATION DAY**  
 everyone!



The first Friday in March is set aside to show appreciation to our employees. Employee Appreciation Day was first recognized in 1995 when one of the Board members of Recognition Professionals International, Bob Nelson along with his publishing company, Workman Publishing decided since there was a day on honor Bosses there definitely should be a day to honor or at least recognize employees. They created this day to recognize employees in all industries. We often don't show our employees how much they are appreciated and how much their work efforts mean to the workplace. It takes a dedicated team of individuals to work in a skilled nursing facility. You are up against a multitude of challenges when you are caring for individuals with varying degrees of physical, emotional and mental needs. Every job has its challenges and how we handle them is extremely important. Working in long term care also has its rewards. During the pandemic especially was challenging for the residents, staff and family, but somehow we all got through each day helping each other every inch of the way. Recognizing employees should be a year round venture, but during trying times it is even more important to let your employees know how appreciated they really are. Most places could not function. Each department is such a vital part in the successful operation of the facility. No job is important than the next, so each employee deserves equal recognition for their performance here at RNC. We do thank each and every one for their dedication and untiring workmanship at our facility.



There is another unofficial holiday, World Compliment Day, on March 1. Everyone likes to be recognized and appreciated, so giving a compliment spreads happiness and actually increases productivity. Being sincere when you give a compliment is worth more than any gift you could give someone. Giving a compliment will turn into a positive response from that individual. Often we don't tell someone what a good job they are doing or if they went out of their way to go above

and beyond for someone. A kind word or one of praise goes along way with most people. Be sincere when you give a compliment, don't just tell someone they look nice, or you like their new hair- do or the clothes they are wearing, mean it. Telling a person thank you for helping me today or doing something out of their way to help make my job easier is always appreciated. If those things happen tell the person you appreciated what they did for you. We sometimes take our family and friends for granted and don't give them the thanks they deserve when they do something for us. Don't hesitate to give a kind word when you think someone deserves it. That kind word might just be the thing a person needs to brighten their day or lift their spirits. Once again you don't have to wait till March 1<sup>st</sup>. to give someone a compliment.

# Thank You Dr. Horry



Dr. Malcolm Horry took over as our medical director one year ago, March 31, 2020. Dr. Horry is in private practice at Coastal Plains Primary Care in Varnville, SC on the campus of Hampton Regional Medical Center. Dr. Horry earned his undergraduate degree from Furman University in Greenville and attended medical school at the Bowman Gray School of Medicine at Wake Forest University. He completed his internship and residency in family practice at the Naval Hospital in Jacksonville, Fl. He spent several years serving as a medical officer at various Naval Hospitals throughout the country. He is the father of 7 children and resides in Okatie with his wife Lynne. They are the proud grandparents of 5 grandchildren. His interests are, yard work, driving his tractor and building things in his spare time. He is an active member of the Holy Trinity Episcopal Church. Annually on March 30 we take the time to recognize and honor doctors. This year is no exception. We are proud and honored to have Dr. Horry on staff as our medical director and we hope he continues for many years to provide the excellent care to our residents.



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**HAPPY LONG TERM CARE**  
ADMINISTRATOR'S WEEK  
MARCH 8-12, 2021  
[www.achca.org](http://www.achca.org)

During the week of March 8-12 we want to take this opportunity to thank our long term care administrator Sheri Boyles for her years of dedication and service to our facility. The role of an administrator in long term care is never ending. It is a 24-7 job that a person signs up to do when they become an

administrator. An administrator must supervise, plan, develop, monitor and maintain an appropriate standard of care throughout all departments in a facility. They must have effective communication, leadership and business skills to be successful. Sheri has been our administrator since 2006, so she has all the knowledge, experience and know how to be an effective administrator. She has worn different hats since she began her employment at RNC in 1983, so she is quite familiar how all departments run and what makes them more productive and efficient. Sheri has always maintained an open door policy since she took over the administrator role. She is available by email, text, or phone. She welcomes questions, compliments and even complaints. As you might guess overseeing this many residents and staff that Sheri is in charge of is certainly no easy task. We want to thank her and commend her on her years of service to our residents and to our facility. When you see Sheri, you don't have to wait till Long Term Care Administrators Week to tell Sheri thank you for a job well done. She will accept a thank you any time. THANK YOU SHERI !!!!!

*thank you*



Every one of us at one time or another has been in an awkward situation and that is a part of life. On March 18 we recognize National Awkward Moments Day. Maybe you called someone by the wrong name, walked into a glass door, had all the wrong words come out of your mouth or even forgot what

you were doing. The list could go on and on. There are days when things just don't seem to go right and you want to run away and hide. You have to find ways to laugh at yourself when these awkward moments happen. We can feel embarrassed over a situation, but later can sit back and laugh about it. Well, on several occasions I have called someone by the wrong name and later realized it, but it was too late. Several years ago, I was at a funeral and an elderly lady came in with her purse and umbrella on her arm. She walked up to the guest book to sign in and while she was standing there her underwear fell to her ankles. I about died when I saw this, but this dear sweet lady didn't bat an eye. She bent down, picked up the underwear and put them in her half opened umbrella. I thought that was very ingenious of her. I would have had to look around and see if anyone saw this happen, but she didn't seem to give a care and went about her business like nothing happened. I have gone up to a door and it says push and I am there pulling trying to get in. I felt foolish at the time, hoping no one saw me, but I am sure someone did. We all are human and have awkward situations to occur in our everyday lives. No one is perfect or exempt from things happening that can embarrass us. What awkward moment can you remember happening to you that turned into a laughing experience later with family, friends or yourself? Just remember that awkward moment will later turn into a lifelong memory to share.



Sunset and sunrise will be about 1 hour later on March 14, 2021. The clocks are turned forward one hour. There will be more light in the evening. Daylight saving time was first observed in the United States in 1918. It starts on the second Sunday in March and ends on the first Sunday in November. This schedule we have been following since 2007 which follows the Energy Policy Act of 2005. The US Department of Transportation governs the use of daylight saving time. During the years 1945-1966 there were no rules governing daylight saving time. This caused widespread confusion especially with transportation and broadcasting. The Uniform Time Act of 1966 made the time change across the United States for the first time. To try to save energy in 1974 Congress extended DST to 10 months and in 1975 extended it to 8 months in order to save energy. After the energy crisis in 1976, DST schedule was revised several times in the United States. From 1987 to 2006 the country observed DST for about 7 months a year. Most of Arizona and Hawaii do not observe DST. Indiana just introduced it into its state in 2006. A study found after Indiana introduced DST they actually used more energy. Only about 33% of Americans see the purpose of DST. More than 70 countries around the world observe DST. Setting the clocks ahead one hour does give us an extra hour of natural daylight. That extra hour can be used by people for outdoor activities, like golf, baseball, running etc. This helps with the sedentary lifestyle many of us have fallen into. Tourism's profits from DST. Longer evening hours gives people more time for shopping, eating out, and other activities and events. In this day and age of all the electronics we have in our households, computers, TV's, A/C, we are actually using more energy. Changing the time, even it is only one hour can disrupt our body clocks. For most people it is just an inconvenience. There are studies that show lack of sleep due to the start of DST can cause more car accident, more work place accidents and even worse more suicides and miscarriages. When DST ends you find more people with depression. Road safety improved by having the evening hours lighter. Pedestrian fatalities decreased by 13%. So there are pros and cons to daylight saving time.

## HISTORY MADE IN MARCH

There are so many notable events and happenings that took place in the month of March that are probably insignificant or meaningless to some, but on the flip side very meaningful to others. Take for instance on March 1 1872, Yellowstone become the first U.S. national park. On March 2 for you basketball fans, Wilt Chamberlain of the Philadelphia Warriors scores 100 points in a game in 1962. On March 3, 1931, "The Star-Spangled Banner" became our National Anthem. Silly putty was invented on March 6, 1950. The telephone was patented by Alexander Graham Bell March 7, 1876. The board game Monopoly was invented March 7, 1933. Baseball great Joe DiMaggio died on March 8, 1999. Paper money was issued for the first time in the United States on March 10, 1862. The Girl Scouts were founded on March 12, 1912. The Cotton Gin was patented by Eli Whitney March 14, 1794. The rubber band was invented on March 17, 1845. Congress approved Daylight Saving Time March 19, 1918. The book "Uncle Tom's Cabin" was published and written by Harriet Beacher Stowe March 20, 1852. In 1963, March 21, the infamous Alcatraz prison was closed. Elvis Presley joined the Army March 24, 1958. The first motion picture film was manufactured by the Eastman Dry Plate and Chemical Company March 26, 1885. The washing machine was patented in March 28, 1797, by Nathaniel Briggs. Coca cola was invented March 29, 1886. On March 30, 1964, Jeopardy debuted on television. These are some things you may or may not have known or even cared about, but I found interesting to see some of the years many of these things occurred and how long they have been in operation.



This day doesn't have much information as far as a creator, its date of origin or even why the day was even created. It has been around since about 2015, so it a relatively new day to celebrate. Many folks are named after someone. Your parents selected your name for a very good reason I am sure, but what is that reason. Parents often know as soon as they realize they are going to have a baby what that name is going to be, while others spend hours scanning through baby name books to find the perfect name for their baby. We find names that sound good, others may honor someone and we even read up on the meaning of the name to see if it will suit the baby when he/she arrives. When the big day arrives Mom and Dad give the little one a meaningful first and middle name. If you don't know why Mom and Dad named you John, Eric, Sybil, Connor or Stephanie maybe it's time you found out why. I always knew my Dad named me after the song "Linda". So I never really investigated anything about the song till I was writing this article and I found some interesting facts I now know about "Linda". The song was written by Jack Lawrence in 1942 while he was in the service during World War II. His close friend and attorney, Lee Eastman, asked him to write a song for his daughter Linda. His wife Louise, daughter Laura and son Johnny all had songs in their names, so he wrote "Linda". Nothing happened with the song until 1946, when Linda Eastman finally had her own song. Linda was the first wife of one of the Beatles, Paul McCartney. I asked other staff members if they were named after anyone and sure enough some were and others were not. Odis Norris was named after her great uncle Odis and Ann was present at her birth, so she is Odis Ann. Kathy Hogsett was named by her Dad after her mother Doris. Her mother didn't want her to be called "little Doris" so she gave her a middle name Kathleen and shortened it to Kathy. Patsy Bozard's name is Patricia, but nicknamed Patsy after Patsy Cline. Melissa Altman was named after her grandmother, Mamie Sue. Melissa is Melissa Sue. Whitney Malphrus was named after Whitney Houston and A J Bozard was named by his Dad after famous race car driver, AJ Foyt. Mary Barton was named after her mother's sister Mary.



This year in the northern hemisphere the Spring or Vernal Equinox falls on March 20<sup>th</sup>. The equinox marks the day when day and night are the same lengths all over world, with equinox in Latin means equal night. The spring equinox marks the change of the seasons and as the northern hemisphere begins to tilt towards the sun, our days start to get longer and our nights shorter. We are so glad to see the arrival of spring so we can start to enjoy warmer weather. Our friends in the southern hemisphere will change their season to autumn. The equinox does not always fall on the same day each year due to the fact the earth orbits the sun on a slightly elliptical path, so the spring equinox can happen on either March 19<sup>th</sup>, 20<sup>th</sup> or 21<sup>st</sup>. Technically the specific point in time is when the sun crosses the equator is the time of the equinox. Different cultures celebrate spring holidays around the time of the equinox.



*Happy  
National Potato Chip Day!*

On March 14<sup>th</sup> we celebrate National Potato Chip Day. Who doesn't enjoy sitting down with a bag of potato chips and enjoy their crunchy texture and delicious flavor. I enjoy the wavy or ripple plain chip. There are a variety of flavors now for every-

one's liking. Lay's produces over 200 different flavors of potato chips. Other manufacturers of potato chips are Kellogg, Snyder's, UTS Quality Foods, Herr foods and one I am proud to say is the only potato chip manufactured in Parkersburg, WV, Mister Bee. American's consume 1.2 billion pounds of potato chips yearly. It is no wonder it is American's favorite snack food. How did this delightful snack come about? In 1853, in Saratoga Springs, an unhappy restaurant customer kept sending his potatoes back to the kitchen complaining they were thick and soggy. Chef George Crum decided to slice the potatoes as thin as possible, frying them until they were crisp and added extra salt. The customer loved them. The crispy potatoes became a regular item on the menu and were called "Saratoga Chips". By the late 1870's menus across the country were using "Saratoga Chips" on train cars, hotel restaurants and on street carts. Grocers were carrying them in larger batches. They were shipped by wagon to restaurants and to grocers by the barrel. They found if you baked the chips in a hot oven for a few minutes the chips would come out as crisp as if they were just fried. Barbeque chips are found to be on the top of the list of the most favorite flavor. Flavored chips were introduced in the 1950's. A Dayton, Ohio based company, Mike-Sell's Potato Chip Company, lays claims to be the oldest potato chip company in the United States founded in 1910. And in New England, Tri-Sum Potato Chips established in 1908, as the Leominster Potato Chip Company claims to be the first potato chip manufacturer. Potato chip revenues are over \$5 billion dollars worldwide. None of us has to wait till potato chip day to sit down with a bag and enjoy with American favorite snack.



### 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.

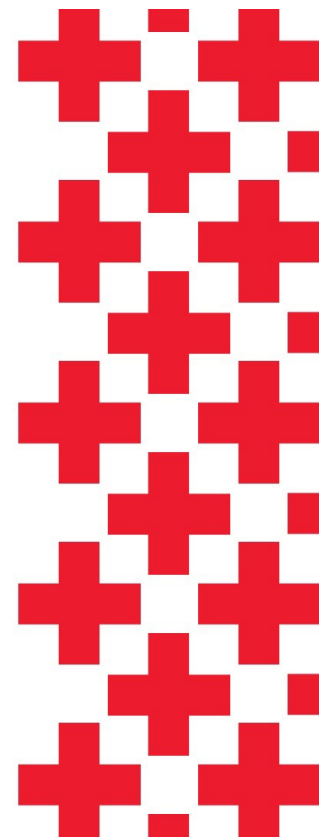
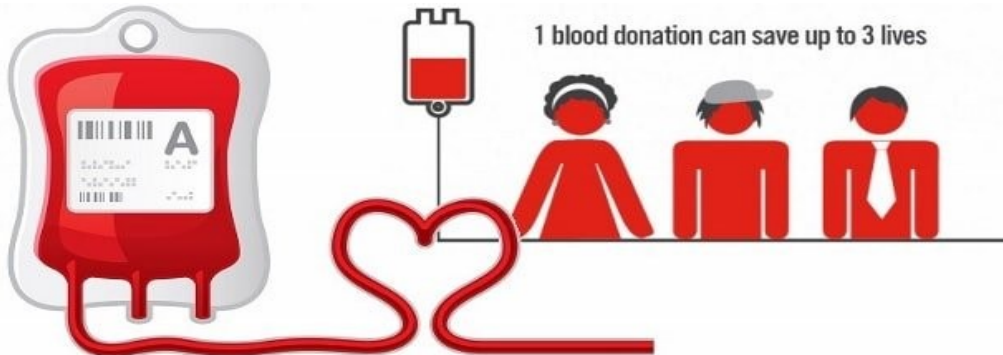
In the event Syl-view Rehabilitation and Memory Care and Cummings Health and Rehab are unable to accept RNC residents, or is not a safe evacuation shelter, RNC residents and staff will evacuate to other nursing homes in the Atlanta, GA area. In this case, residents and Representatives will be notified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



## March is Red Cross Month



Learn more at  
[redcross.com](http://redcross.com)

## March is Red Cross Month

Become a volunteer or make a donation to #help1family



Giving Day is March 28

