


May Newsletter

Ridgeland Nursing & Rehab Center

Visitations

It was a wonderful day, March 25, 2021 when our first indoor visitations took place. Resident Carrie Lawton was the first to have the privilege of being the first resident to enjoy an inside visit with her family after almost a year of visiting at the window or talking on the phone. Carrie's visit soon followed with several more resident enjoying the indoor visit, Dorothy Cole, Wilma McGill, Wilhelmenia Drayton, Carolyn Barnes and Betty Williams all had the first of the family visits. Even with a mask and 6ft. distancing it was such a wonderful sight to see the happiness on both the residents and visitors faces. They were excited and thrilled just to be able to be that close to their loved ones once again. This definitely boosted the morale of both parties. We, as staff members that were able to witness the reunions were overjoyed as well to be a part of this happiness. We are hoping more restrictions will be lifted in the near future where things can get back to somewhat normal, but for now we will enjoy what we can.



Happy, Happy Birthday

Another year older is what happens whenever we have another birthday. It actually isn't so bad getting a little older each year. Many people get upset with the thought of getting older, but as I have said many times before, age is just a number. We can be as old as we want to be. I have been around many people in their 80's that can out work a 50-year-old. People are living longer, so they are staying more active mentally and physically. If you were born in May, you would either be a Taurus or a Gemini. Taurus people have a birthday between May 1 and the 20th. They are said to be ambitious, smart, and trustworthy. You would have been born under the sign of Gemini if you were born after May 21 and are said to be passionate and dynamic. The flower for May is the lily of the valley. It symbolizes humility, chastity, sweetness, purity and lucky in love. Emerald is the May birthstone which is green in color the symbolizes spring's rebirth. Some famous people born in May are Adele, George Clooney, Janet Jackson, Audrey Hepburn, and Queen Victoria. People born in the spring and summer according to studies are night owls. Taurus are more compatible with Pisces and Capricorn and a Gemini is a good match for an Aquarius. We don't have many May birthdays to celebrate, but we still want to take this opportunity to wish the May celebrants a very Happy Birthday. Those having a May birthday are:

RESIDENTS

Virginia Middleton-8

STAFF

Debra Duncan-16
Taylor Cook-16

Mary Barton-19
Deanna Richards-24



Congratulations to CNA Tiffany and Delany Garzillo on the birth of their daughter Addison Marie on March 10, 2021 at 6:57am. Addison weighed 7lb.6oz. and 18 ins. long. Addison has three older brothers and two older sisters. We are so happy for this wonderful family and wish them all the very best.



Our hearts were heavy with sadness at the passing of one of our dear residents on B wing, Jody Caskey. Jody became a member of our family in July 2016. She was more than a resident to many of us, she was our friend. We enjoyed talking with her, reminiscing of the times many of us enjoyed eating at her restaurant on Hilton Head Island. Jody could make a mean hamburger. She was well known in the Hilton Head community. She was an Icon on the Island for many years. She enjoyed sharing stories and friending people on Facebook. She always wore a smile for everyone, and her friendly personality drew people to her. She will definitely be sadly missed by everyone who knew her. Our condolences are extended to her daughter Jamie and her many friends and other family members.

It is very difficult to write this about one of our co-workers, Rose Priester. Rose worked in housekeeping since 2016 and more recently became one of the temporary CNA's when the Covid pandemic started. So, she worked both in housekeeping and helped our 3-11 or 11-7 shifts as a CNA. Rose had one speed and that was fast forward. She had more energy than anyone I know. Always wore a smile and a friendly greeting for everyone she met. She was always willing to do anything to lend a helping hand to the residents and her co-workers. She loved animals and we would joke all the time about her roosters she would take and raise. She loved talking about Jamaica. She was very dependable and efficient in everything she did. It was definitely hard to keep up the pace with her. We all will miss her laugh throughout our halls. Hopefully, she is in Heaven feeding all the stray animals while she is sitting on the sunny beaches pretending, she is in Jamaica. We do want to extend our deepest sympathy to her family members.

Dedicated Service

It is time to recognize our May hires. We are fortunate to have one employee who has been part of our family since 1989, housekeeper Lena Taylor. Lena is very dependable. Goes about her day in a quiet manner. Anything you ask her to do she is willing to lend a helping hand no matter department it is. She is always friendly and courteous to everyone. Always asks how you are and is just an all-around great employee. Joining us in 2019 was Dietary Aide, Patricia Rhett. All these ladies are dependable and an asset to their departments.

Working in a skilled nursing facility, no matter what department it might be, presents a great deal of challenges, but also a great deal of rewards. Pat must see all their dietary needs are met. She has to make sure the residents receive the correct diet and supplements. Having the meals go out on time is a must as well. Lena has the job of making sure the residents' rooms are spic and span. She has to do the little extra things they might ask of her on a daily basis.

And she does do just that and always with a smile.

We are fortunate to have dedicated individuals as part of the RNC family. We thank them for their service to our residents and our facility.



thank you 



a heartfelt
THANKS
for all you do! **NATIONAL
NURSES
WEEK**



Nurses Week and Nurses Day are not public holidays, but it is the time to recognize the importance of the role a nurse plays in society. Nurses Day is celebrated on May 6th.

The week ends on May 12th the birthday of Florence Nightingale (1820-1910). Florence Nightingale was an English nurse who became known as the founder of professional nursing, especially her work during the Crimean War (1853-1856). She would make rounds at night and became known as the "Lady of the Lamp". National Nurses Week was first observed in October 1954, May 6th became the day we honor nurses in 1982. The nursing profession certainly has changed over the years since I graduated in 1964 from nursing school. We didn't have all the luxuries of disposable equipment. Everyone who was in the hospital had to receive a bed bath no matter if they were there just for tests. We didn't have all the modern machines to do all the testing that can be done today. Of course, we had to chart everything on paper, there were no computers. Over the years I saw and was exposed to so many new inventions and interventions that made taking care of residents so much easier. But the paperwork we have to do has increased that you have less time providing the care to your residents. That is why we depend on nursing assistants and med techs to do hands on care. Our nursing staff has many years of experience in long term care. Some of us have worked in hospitals, clinics, home health, private duty and hospice nursing. So we bring a lot of knowledge to the facility to provide the care our residents require. Our registered nursing staff consists of Director of Nursing Dorothy Taylor, Assistant DON and Infection Control nurse Kameshia Jones. RN supervisors are Margie Bryan, Odis Norris and Claire Glover. RN Staff Nurses are Shakiria Jones, Deborah Salley, Sarah Pinckney, William Reasonover, Ashley Brown and Hayley Eby. LPN Staff Nurses are Mary Barton, Stevi Mingledorff, Ashley Chandler, Taylor Cook, Rhett Day, Linda Eddy, Rodnessa Glover, Johnnie Logan, Sandra McIvory, Shay Mister, Virginia Nightingale, Amy Smith, Shalleka Stephens, Jamesetta Myers and Priscilla Sturdivant. We want to take this opportunity to thank your nurses for all the time and dedication they give to our facility and mainly to our residents.

Together

Through the Seasons

National Skilled Nursing Care Week • May 9-15, 2021

In 1967 the American Healthcare Association established National Nursing Home Week which begins each year on Mother's Day and lasts the entire week to the following Saturday, May 9-15. The 2021 theme is "Together Through the Seasons". The commitment the facilities and staff have put forward through this pandemic time period is to be commended. It has been

difficult for everyone involved, family members, residents, and staff. During this time, the facilities and staff have done their very best to provide quality care to their residents and ensure their safety. This has taken a great deal of commitment from all of the staff. That is why this year Nursing Home Week is even more important because it shows the collective efforts and the strength and dedication of those who put in endless hours to keep everyone safe. The staff here at Ridgeland Nursing Center have been dedicated to the care and protection of those who they provide care for each day. Together will we get through this trying time and will begin to heal.

Memorial Day is now celebrated on the last Monday in May. It was previously observed on May 30 from 1868-1970. It is a federal holiday for honoring the military personnel who died while performing their military duties while serving their country in the Armed Forces. This is a little trivia quiz to see how much you know about this holiday:

1. **Memorial Day was also known as:**
 - a. Make-a-Memory Day
 - b. Decoration Day
 - c. Pride in Forces Day
 - d. Summer Starts Day
2. **When was Memorial Day declared a National Holiday by Congress?**
 - a. 1945
 - b. 1971
 - c. 1975
 - d. 1980
3. **Which town was declared by Congress and the President to be the official birthplace of Memorial Day?**
 - a. Columbus, GA
 - b. Carbondale, Ill
 - c. Columbus, Miss
 - d. Waterloo, NY
4. **How is the U.S. flag flown on Memorial Day/**
 - a. Raised to full-staff during daylight hours
 - b. Raised briskly to the top of the staff, then slowly lowered to half-staff position and remains there the rest of the day.
 - c. Raised briskly to the top of the staff and slowly lowered to half-staff where it stays till noon, then raised to full-staff the rest of the day.
 - d. The flag is not flown at all
5. **Where does the Memorial Day concert take place?**
 - a. On the west lawn of the Capitol Building in Washington, D.C.
 - b. Times Square in New York City
 - c. Mount Vernon, Alexandria, VA
 - d. At the Washington Memorial in D.C.
6. **In what year did Congress pass the National Moment of Remembrance?**
 - a. 1906
 - b. 1975
 - c. 2000
 - d. 2011

Memorial Day

REMEMBER AND HONOR

Answers on back page

Mother's Day


This is a very important day in most of our lives. Having been raised by a very caring and loving mother I know how important this day is and was. My mother taught me to be caring and giving. She would rather give than receive and I am a lot like her in that respect. Her family came first. She never put herself first in any situation. I know most mothers follow in her footsteps for always putting their children first and making sure they have the things they need. My mother sacrificed a great deal in her lifetime and some of those events probably help mold her into the wonderful woman she was. In the United States we celebrate Mother's Day on the second Sunday in May. It is celebrated in more than 50 countries around the world, but not on the same day. There have been 3 different origins of Mother's Day and history is not certain which is the true founder of the day. Starting in 1872, Julia Ward Howe the writer of "The Battle Hymn of the Republic" suggested meetings should take place every year in Boston to honor mothers. The second credit goes to Mrs. Juliet Calhoun Blakely who on Sunday May 11, 1877 took over the pulpit in her son's church when he abruptly left the pulpit and finished the service. Her sons were so moved by her actions they vowed to return to their hometown of Albion, Michigan and honor their mother each year and urged others to honor their mothers on the second Sunday in May. The third and most noted founder of Mother's Day is a Philadelphia schoolteacher Anna M. Jarvis. In 1907, she began a movement to set up a national Mother's Day in honor of her mother. She wanted to set a day aside to honor mothers living or dead. She and some of her followers began writing letters to ministers, businessmen and politicians to establish a national Mother's Day celebration. The first Mother's Day observance was a church service on the second anniversary of her mother's death, the second Sunday of May. She handed out white carnations. In 1914, President Woodrow Wilson proclaimed the second Sunday in May as a national holiday in honor of mothers. Over the years it has become increasingly popular, and the tradition of cards and gift giving has increased. It is one of the most commercially successful occasions. It is the most popular day to dine out in a restaurant. It is expected folks will spend \$21.2 billion on Mother's Day. The greeting card industry estimates more than 160 million cards will be exchanged making Mother's Day the third largest after Christmas and Valentine's Day. It doesn't matter how you honor your mother, but in some way show her how much she means to you. Moms usually don't want much materially from their children; they are satisfied with a visit, a phone call or even a card. Let's make Mother's Day May 9, 2021 a special day for your mother.

This poem was
written by
Katherine Nelson Davis
and I thought it
was worth sharing:

What is a Mother?

A mother is someone to shelter and guide us
To love us, whatever we do.
With a warm understanding and infinite
patience
And wonderful gentleness, too.
How often a mother means swift reassurance
In soothing our small, childish fears.
How tenderly mothers watch over their
children
And treasure them all through the years.
The hearth of a mother is full of forgiveness
For any mistakes, big or small.
And generous always in helping her family
Whose needs she has placed above all.
A mother can utter a word of compassion
And make all our cares fall away.
She can brighten a home with the sound of her
laughter
And make life delightful and gay.
A mother possesses incredible wisdom
And wonderful insight and skill
In each human heart is that one special corner
Which only a mother can fill.

Kentucky Derby 147

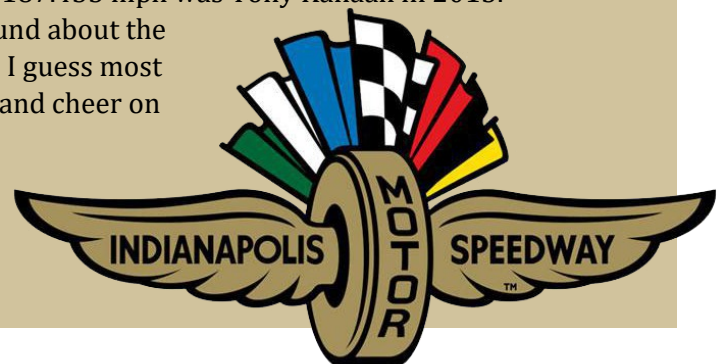


This year the Kentucky Derby is scheduled to run on May 1st. It is most generally the first Saturday in May, except for last year due to the Covid 19 pandemic the race wasn't run until September. The Kentucky Derby is the most famous horse race in America and was first run in 1875. It takes place at Churchill Downs in Louisville, Kentucky. It is a honor to even qualify for the derby, only the best of the best get to have this experience. It is a race for only three-year-old Thoroughbreds. A Thoroughbred is a breed of horses that has been bred for speed and agility. All racehorses are registered Thoroughbreds. There are more than 22,500 registered Thoroughbreds. Owners and breeders look to match the best mares and stallions that complement each other to produce a super horse. To race in the Derby is a one in a lifetime experience, not to mention to win the race. The race is limited to 20 horses, with 4 that are eligible in case of a late withdrawal from the original 20 horses. There are three separate paths the horses must take to qualify for the Derby. The main Road consists of races in North America, one in Dubai, the Japan Road consisting of 4 races in Japan and 7 European races in England, Ireland, and France. The top four finishers in the specified races receive points, with higher points awarded in the major prep races in March and April. The Road to the Derby consists of 36 races, 20 races for the Kentucky Derby Prep Season and 16 races for the Kentucky Derby Championship Season. The owners and trainers' study different races and pick which ones would be the most advantageous for their horse. In addition to qualifying there are fees that are required. A nomination fee of \$600 must be paid by the end of January and if not, it goes up to \$6000 by the end of March. Horses that qualify are required to pay \$25,000 by May 1 and an additional \$25,000 to actually start the race if they end up in the top 20. This year the winning purse could be \$3 million. Winning the Derby is outstanding in itself, but the real reward if you win will give you the opportunity to go on to the next two races of what is called the Triple Crown. The Triple Crown is a three race even which must be won by one horse. Only the horse that wins the Kentucky Derby can have a chance to do that and it must be in the same year. These 3 races, each worth a million dollars, are run in just 5 weeks and at different distances. Only 13 horses have been fortunate enough to win the Triple Crown. Wish all the entries the best of luck and I for one will be watching this 1 ¼ mile race for the most exciting two minutes in history.



The 105th running of the Indianapolis 500 will take place at the Indianapolis Motor Speedway in Speedway Indiana May 31. The Speedway is owned by the Penske Corporation and has 257,327 permanent seats and 400,000 total seats. The Indy 500 is the most famous race in motorsports. The race can see speeds of over 200 miles per hour and is definitely a thrill for viewers. With speeds that fast they can be thrilling but also deadly. The race is the most dangerous of all sports. Fifteen men have died during the 500, with another 25 suffering fatal wrecks during practice sessions. The newly built speedway in 1909 turned out to be a disaster. The track was made of crushed rock held together by tar, it broke apart killing two drivers and a spectator in a race that only lasted two

laps. It was rebuilt in 1909 with 3.2 million bricks to create a safer environment for drivers and fans, hence the “Brickyard” was born. The first Indianapolis 500 was held in 1911 and was a huge success. More than 80,000 fans turned out to see the 37 drivers compete for the winning purse of \$27,500. Ray Harroun won the race at an average speed of 74.602 miles per hour. The track was shut down for two years while it served as an airfield during World War I. In 1920 the race organizers offered \$100 for every lap a driver led. As you might guess this led to a lot of competition between the drivers. In 1936 two new traditions were started. Race winner Louis Meyer celebrated the victory with a bottle of buttermilk and the Borg-Warner trophy was awarded for the first time. The trophy was unveiled at a dinner hosted by Speedway owner Eddie Rickenbacker and declared as the official annual prize for the winner of the Indy 500. Louis Meyer was the first recipient. The trophy weighed 110 pounds and cost \$10,000 and featured the face of every man who ever won the race. When Meyer was presented the trophy, he said winning the trophy was like winning an Olympic medal. Today the trophy is valued at more than \$1 million. The race was first televised in 1949 with three cameras used to document the race. In 1977 Aerospace engineer Janet Guthrie was the first woman to qualify for the race. She finished 29th out of 33 cars when her timing gear failed on lap 27, the next year she finished in the top 10. A few years prior women were not allowed on the track or in the press box. A woman might be a reporter, a photographer, a timer or scorer and might even own the race car, but she couldn’t get near the cars or track for any reason. In 2005 Danica Patrick was the first female driver to lead a lap during the race and eventually ended up in fourth place. Three drivers have had the most victories at the 500, four. A.J. Foyt, Al Unser and Rick Mears. Youngest to win the race was Troy Ruttman in 1952 at the age of 22 and 80 days, the oldest was Al Unser in 1987 at the age of 47 and 360 days. The driver with the most career starts was A.J. Foyt with 35 from 1958-1992. The fastest average winning speed 187.433 mph was Tony Kanaan in 2013. These are just a few of the interesting facts I found about the Indy 500 that you may or may not have known. I guess most of us will be watching the big race on May 31st. and cheer on our favorite drivers.





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



NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

The CDC sponsors annually blood pressure education month to raise awareness about the impact blood pressure can have on your health. Blood pressure is written as two figures, and it is measured as the pressure when the heart has pumped (systolic) and when the heart is in between beats (diastolic). When the heart pumps your blood pressure is higher than when it is in between beats. The systolic measurement will be higher than the diastolic. High blood pressure is also known as hypertension. Having hypertension can increase the risk of serious diseases and conditions such as heart disease and stroke. In the United States, heart disease is the most common cause of death while stroke is the third leading cause. Other risks factors of high blood pressure include congestive heart failure and kidney disease. The incidence of high blood pressure is about the same in men and women. There are gender differences between age groups, in persons under the age of 45, the incidence of high blood pressure is higher in men and over 65 it is higher in women. It is more common in African Americans and less likely in Mexican Americans. In the United States, approximately 1 in 3 adults has high blood pressure, however most people are not aware they even have this condition due to not having any signs or symptoms. We need to look at factors that can contribute to high blood pressure. High levels of salt intake can lead to high blood pressure. It is recommended to consume only up to 2,300mg of sodium per day. Those who are at a higher risk should only consume 1,500 mg of sodium per day. It is also recommended for people to eat potassium rich foods such as fish, green leafy vegetables, bananas, citrus fruits, and potatoes to help lower your blood pressure. Lifestyle changes that can help lower your blood pressure are maintaining a healthy weight, regular exercise, stop smoking, and follow a healthy diet. Having regular check-ups with your doctor will help monitor your blood pressure.

