

Ridgeland Nursing & Rehab Center

September Newsletter



We want to thank **Amedisys Hospice of Beaufort** for erecting the Wall of Honor for the residents who served in the military at our facility. When you walk through the double doors you will see the wonderful display of plaques depicting all the branches of the military and the names and pictures of the veterans who are currently residing in our facility. Nicole Bryan, Hospice and Palliative Care Liaison and Sonya Herndon, volunteer coordinator for Amedisys Hospice erected the display. It is a beautiful representation of our branches of the military, and we want to thank Amedisys Hospice for their generosity and honoring our veterans.



A Beautiful Time of the Year

September brings a lot of things, a new season, leaves changing to beautiful vibrant colors, weather beginning to turn cooler and our days becoming shorter. September is a popular month for having a birthday. More babies were born on September 9 than any other day of the year. Having a birthday in the beginning of the month you're a Virgo and you are practical, loyal and organized, after September 22 you are a balanced, social and fair-minded Libra. Two beautiful flowers are the flowers for September, morning glories and asters. September folks are thought to be better scholars and athletes. It is even thought September to November people even live longer and most likely make it to the century mark. We do want to wish everyone having a September birthday the best ever. Those having a September birthday are:

RESIDENTS

Carrie Lawton-10
Wilma McGill-12
Idell Ray-16
Lilar Heyward-25
Amada Rios-28



STAFF

Jaquaila Russell-3
Kameshia Jones-4
Lakisha Holmes-9
Aloha Fadden-16
Julie Crews-17
Margie Bryan-21
Patricia Rhett-30

If you do want to have a celebration for your loved one on their birthday, please contact Katina Orr Ext.126 to help with plans and arrangements. We do want everyone's birthday to be special and eventful, so whatever is necessary to make it memorable is the goal. We all like to be remembered on our birthday even if it is with a card, phone call or a birthday greeting.

Dedicated Service

We are recognizing our September hires and their contributions to our residents and facility. One person we do want to highlight is our Administrator Sheri Boyles. Sheri began her employment at RNC Sept 7, 1982. Sheri has held many different positions during her employment, and the most recent role since 2006 is Administrator. Sheri knows every aspect of everyone's duties since she has been involved since 1982 in many of their positions. You don't find many employees that have given this much time and dedication to a job. Our treatment nurse, schedule assistant and Covid designee, LPN Mary Barton has been with us since 2005. Mary is very dependable, efficient and always puts the residents first. She is always willing to help whenever and wherever needed. She comes in early morning and often here late in the evening getting the work done. She can also always be reached by phone 24/7. You aren't going to find a more dedicated employee than Mary.

Part time RN supervisor Margie Bryan became a member of our family in 2009. Margie is another very dependable, professional, caring nurse. When given an assignment you can depend on Margie to get the job efficiently and quickly. In 2015 two nurses were added to our staff, Shay Mister and Shakiria Jones. Both were LPN's when they began their employment, but this year Shakiria received her RN degree. Both nurses work part time but give their all when they are here making sure their residents receive quality care. One of our PRN LPN's is Shalleka Stephens who also joined our team in 2019. We do want to take this opportunity to thank each of these wonderful employees for giving their professionalism, their dedication and energy to our residents and facility. Without each and everyone RNC could not run as efficiently and provide the quality care it does. So, THANK YOU staff for being part of a great team and family.

**THANK
YOU**
for the lives you touch
We appreciate you
SO MUCH



WORLD Gratitude DAY

In 1965 in Hawaii an international gathering decided it would be a good idea to have one day every year to express our gratitude and appreciation for the wonderful things we all have had during the year and for all those around the world. Following this meeting in Hawaii, many of those who attended decided September 21, 1966,

would be the first celebration of Gratitude Day. They went back to their own countries and spread the word that this was going to be annual day of thanks and appreciation. Over the years the number of people celebrating this day has grown. It was designed to bring the whole world together for a day of being thankful. Showing gratitude is extremely important. Everyone wants to feel appreciated for the things they do. It was the hope of the founders of this day for people to think about all the amazing things in their lives and the positive impact they have made on their well-being both physically and emotionally. By being thankful you can reduce your stress level, boost your immune system and actually improve sleep. It can also improve your self-esteem and lower symptoms of depression. During this past year it has become more apparent than ever that we must show gratitude and appreciation to see a positive outcome for our efforts. There are many things we have to be thankful for. Many people are less fortunate than many of us. Some don't have good health or even more disturbing not even a roof over their head. It is time for us to help those that are less fortunate than we are. It is easy on a daily basis to show gratitude to someone even in the smallest of ways. Giving someone a compliment could actually make their day and give them the uplift they need to get them through their day. Most of us are thankful for our job. That we are able to feed our families, pay our bills and provide the necessities of life. You might even be thankful for your good health that we sometimes take for granted or even that you woke up to see another day. Some of us are thankful for our families and friends and what about that loyal pet you have at home that greets you at the door each day when you return with their tag wagging and so excited to see you. It is equally important to have our young folks start out at an early age showing gratitude instead of taking things for granted. We all need to show more gratitude and appreciation for the positive moments in our lives. In particular on September 21, take time to think about the past events that were positive and brought happiness into our lives. I know each and everyone of us have had moments that are grateful and thankful for, so share them and enjoy them.

Best Wishes

We are sad to announce the retirement of our Social Service Director Kathy Hogsett. After 28 years of service Kathy has decided to call it quits, retire and move back to her hometown of Westfield, New York. Kathy has been such an asset to our facility. It is going to be difficult finding a replacement. She has the personality suited for this profession. Kathy is kind, caring, knowledgeable and professional all rolled into one. We were so fortunate to have her for 28 years and wish her all the very best in her new venture back in her hometown.

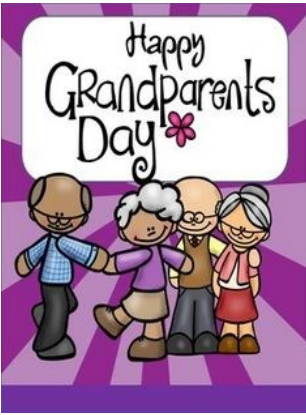




Labor Day is a federal holiday celebrated on the first Monday in September. It was initially organized to celebrate labor unions and their contributions to the economy. It is a day when many businesses, schools and federal offices are closed. To most people it means two things, a day off and a way to say goodbye to summer. It has been celebrated since 1894. There are two varying stories to who actually started Labor Day, one is that Matthew Maguire, a machinist, proposed the holiday in 1882 while serving as the secretary of the central Labor Union in New York and others records show Peter McGuire, general secretary of the Brotherhood of Carpenters and a co-founder of the American Federation of Labor was the first to suggest a day to honor working men and women. Most other countries celebrate Labor Day on May 1, but the first Monday in September was chosen to add a holiday between the long gap between the 4th of July and Thanksgiving. Oregon was the first state to make it an official public holiday. Twenty-nine other states had joined by the time the federal government declared it a federal holiday in 1894. Labor Day generally signifies the end of summer when people have that last picnic, BBQ, vacation and take in holiday sales to say good-bye to summer. We also get closer to the end of baseball season and football is in full swing. Schools for the most part have already opened in most parts of the country. So, the leisure days of summer are officially coming to a close when we celebrate Labor Day. Labor Day is still celebrated in cities and towns across the United States with parades, picnics and barbecues, firework displays and other public gatherings. The Uniform Monday Holiday Act of 1968 changed several holidays to ensure they would always be observed on Mondays so that federal employees could have more three-day weekends. The Act, was signed into law on June 28, 1968 and moved Washington's Birthday, Memorial Day, Columbus Day, Martin Luther King Jr. Day and Labor Day to a Monday holiday. This year we celebrate Labor Day on September 6.



During the month of September, we all must take steps to make ourselves better. September is Self-Improvement Month. Self-Improvement is a way for you to make yourself better or more knowledgeable. It is a way to challenge yourself in new ways while working on your personal growth. There are so many things and ways to improve ourselves every day. Learning a new language, working toward an advancement at work, volunteering at your local animal shelter or organization that is doing good for the community. Growing each day makes life more interesting and fulfilling. During this month you can improve your mind, your abilities and your professional status. Self-improvement doesn't come overnight. It is an ongoing process that we must constantly work on. When you are around people who know you well, they will be able to challenge you to do more and go beyond what they know you are capable of doing. Go outside your comfort zone and do things that you would not normally do, it's good to challenge yourself. Spending time with others could even lead you to new and different ideas and experiences. These same people can be your support system. Doing good in your community can definitely help build your self-esteem and self-improvement. Giving back gives you a feeling of self-worth. Knowing you have helped others puts a warm place in your heart that maybe one day you will need help and it will be there for you. The way you spend your free time can put you in a bad place as well. You can find yourself in a rut that makes life less fulfilling. Keep doing the same routine each day can be boring. Find ways to add to your daily lifestyle that will make life more interesting, challenging and rewarding. As we all know time goes by so quickly the older, we get, so don't let life pass you by. If there is a particular goal you have set for yourself, set out to achieve it. Start checking things off your bucket list. Make a list of what you want to do and what you want to achieve and make those a top priority. There are books that you can read to help with self-improvement if you think you need some guidance and advice. There are a lot of courses you can take that you might do for fun, but at the same time it will be a learning experience. Stepping out of your comfort zone isn't always easy, but you will find it to be enjoyable and actually something you wish you would have done long ago. You can look back at what you have set out to achieve and chart your progress. You might have to change things a little, but you will have a sense of knowing you are going to fulfil your goal. When you decide to dig into self-improvement, the beauty is you can start at any time. During the month of September, you might have extra motivation to work on your self-improvement. There is no wrong way to improve yourself as long as you are happy with the end results. By taking positive steps you are working toward the best version of yourself. It takes time and discipline and a whole lot of effort, but you can do it.



Grandparents Day is always the first Sunday after Labor Day. This year it will be celebrated on September 12. There have been two possibilities of how Grandparents Day came about. One was it was first proposed by Michael Goldar in the 1970's after he visited an aunt in an Atlanta nursing home. He spent \$11,000 of his own money in lobbying efforts to have the day officially recognized after making 17 trips to Washington, D.C. over a seven-year period meeting with legislators. The second was thought to be through the efforts of housewife Marian Lucille Herndon McQuade in West Virginia. Throughout the 1970's she worked to educate the people about the important contributions senior citizens made and the contributions that they would be willing to make if and when they were asked. She also urged people to adopt a grandparent, not for only one day but for the year, and not just to give them material things, but to give them

visits, phone calls, and making sure this was a lifelong experience for them. A presidential proclamation on September 6, 1979, made this day official. It designated Sunday September 9, 1979 as National Grandparents Day, and each year the President is requested to issue a proclamation to designate the first Sunday after Labor Day as National Grandparents Day. Today many schools have grandparent programs that the children are able to invite their grandparents to a program to honor them. Cards are sent on this day, and about 4 million greeting cards are sent annually on Grandparents Day. It is extremely important we remember our grandparents. They have contributed a great deal in our lives to help mold us to be what we are today. I had very loving grandparents, but they didn't assume the same role grandparents do today. Many grandparents are raising their grandchildren or take an active part in their upbringing. I am very fortunate to have one granddaughter Kristen, who is married and has blessed me with two precious great granddaughters. I thought my life was complete with Kristen, but I had no idea what great grands could bring into my life. I love them so much and enjoy every minute I am able to spend with them. I treasure that time and I try to make it memorable and meaningful for them so they will always remember Gigi. All of us of course think our grandchildren are the very best there are and rightly so. It is an honor and a privilege to be blessed with wonderful grandchildren. So as much as they bring into your life you need to do the same to their lives. This year Grandparents Day will be September 12, so take the time to remember your grandparents in some way. Call them, visit them, send a card, just let them know you love and appreciate them. It's quite appropriate for the official flower of Grandparents Day to be the "forget-me-not".



Uncle Sam

September 13 is the day we celebrate to honor the familiar figure "Uncle Sam". Uncle Sam is usually associated with a figure having long white hair and whiskers on his chin dressed in a coat, vest, tall hat and striped trousers. His appearance is a combination of two characters, Yankee Doodle, a British-inspired name given to American colonials during the American Revolution and Brother Jonathan an American fictional character from New England. The origin of the term Uncle Sam is usually associated with a businessman from Troy, New York, Samuel Wilson, who was known as "Uncle Sam" Wilson. The barrels of beef he supplied the army during the War of 1812 were stamped, "U.S" to indicate government property. This led to the widespread use of the nickname Uncle Sam for the United States. A resolution passed by Congress in 1961 recognized Wilson as the namesake of the national symbol. Uncle Sam and his predecessor Brother Jonathan were used interchangeably to represent the United States by American cartoonists from the early 1830s to 1861. One of the first U.S. political cartoonist to use and promote the figure of Uncle Sam was Thomas Nast, beginning in the early 1870s. By the 1900 through his and efforts of others Uncle Sam was firmly made the symbol for the United States. One of the most familiar was the recruiting posting shown in James Montgomery Flagg's World War I poster in 1917, and later in the World War II recruiting poster with the slogan "I Want You".



Survivor Tree

The Survivor Tree or the Callery pear tree that survived the September 11, 2001 attacks on the World Trade Center was discovered in October 2001 at Ground Zero. Branches were broken, roots snapped and burned but it still survived and was removed from the rubble and placed in the care of the New York City Department of Parks and Recreation. After its recovery and rehabilitation, the tree was returned to the Memorial in 2010. Today the tree stands as a reminder of the survival and rebirth. Each year, the 9/11 Memorial gives seedlings from the Survivor Tree to three communities that have endured tragedy in recent years. The Survivor Tree seedling program began on September 11, 2013 in partnership with Bartlett Tree Experts of Stamford, Connecticut, and John Bowne High School in Queens, New York. The communities that accept the seedlings have to be committed to nurturing them before they are placed there. These seedlings serve as a reminder of resiliency and hope. The following years and areas received the seedlings:

2013-Far Rockaway in Queens, New York due to the devastation caused by Superstorm Sandy.

Prescott Arizona in honor of the 19 firefighters who died on June 30 in the fires of Arizona, which was the highest number of firefighters killed in a single incident since 9/11.

Boston, Massachusetts, in honor of the three people killed at the Boston Marathon on April 15.

2014-Oso Washington, in memory of the 43 people killed in a mudslide that struck the small town on March 22.

Gulfport, Mississippi, to remember those who died in the area devastated by Hurricane Katrina in 2005.

Fort Hood in Killeen, Texas, in honor of the 16 victims and survivors of the shootings on November 5, 2009 and April 14, 2014.

2015-Newtown, Connecticut, in memory of the 20 school children and six adults were killed on December 14, 2012 at the Sandy Hook Elementary School.

Joplin, Missouri, in memory of the more than 150 people killed and more than 1000 injured by the tornado on May 22, 2011.

Madrid, in memory of the 2004 terror bombings of the commuter train system that killed 190 people and wounded 1800.

2016-San Bernardino, California, in memory of the 14 people killed and 22 injured on December 2, 2015.

Orlando, Florida, in memory of the 49 people killed and 58 injured at Pulse Nightclub in June 12, 2016.

The country of France, in memory of the 139 people killed and 368 people injured in Paris on November 13 and the 86 people killed and 434 injured in the Bastille Day attacks in Nice on July 14. The seedlings were planted in Paris.

2017-Manchester, England, in memory of the 22 people killed by the terrorists bombing at the Ariana Grande concert on May 22.

Charleston, South Carolina, in memory of the nine people killed in a shooting at the Emanuel African Methodist Episcopal Church, one being Senator Clementa Pinckney.

The country of Haiti, which was devastated by Hurricane Matthew in October.

2018-Parkland, Florida, where a gunman killed 17 people in February including staff and students at Marjory Stoneman Douglas High School.

London, England, in memory of those who lost their lives, and on behalf of the survivors of the Grenfell Tower fire.

Puerto Rico, After Hurricane Maria left an estimated 2,975 dead following this devastating storm.

2019-Las Vegas, Nevada, a gunman killed 58 people and injured 400 at the Route 91 Jason Aldean Harvest Festival in October.

Pittsburgh, Pennsylvania, where 11 people were shot and killed and six were injured at the Tree of Life Synagogue.

The country of Greece where 102 died and 172 injured in a series of wildfires.

2020-The Bahamas, devastated by Hurricane Dorian that killed 70 people

Christchurch, New Zealand, the site of a mass shooting, killing 51 people.

Seedlings were donated to five hospitals throughout New York City's five boroughs in honor of the healthcare workers responding to the Corona 19 Pandemic.

Bring Your Manners to Work Day

On the first Friday in September, we celebrate Bring Your Manners To Work Day. Many of us spend more time at work than we do at home. It is good to have a good relationship with your coworkers, family members, and most importantly the residents you provide care to. This day was created by the Protocol School of Washington to remind people of the importance of treating people with courtesy and respect in the workplace. Everyone should practice good manners, not only in the workplace or at home. Practicing bad manners at work might be not cleaning up after yourself in the break room. One pet peeve of a lot of us is leaving the microwave with food splatters. Talking on your cellphone while providing care or walking down the hall on your phone is definitely a no, no, but people do it all the time. Having your phone go off during a meeting is a frequent offense as well. When you see people practicing good work etiquette it helps create a more pleasant work environment. When people realize what is expected out of them helps them show respect to those they work with. Your coworkers will appreciate their work environment more if good manners are being practiced and could even make them more productive. When you come to work each day say "hello", "good morning" or "good afternoon", smile and make eye contact when you see a coworker, a family member or a resident. Greet that person by name if you know it because that adds a touch of personalization. During your workday you have plenty of opportunity to engage in conversation with these same people can help create a better rapport. Be mindful of those around you. Hold a door open or someone, help others when they are doing their duties, let someone go ahead of you in the lunch line. These things can help a person know you are polite and thoughtful. A noisy cell phone ring can be disturbing and distracting on the job. Some places do not allow cell phones in the facility, and I certainly can see why. Keeping your phone on vibrate or silence is considerate of others. Arriving on time for work is essential in any job. When you constantly come late you are putting others behind from leaving or you are unable to get your work started and completed efficiently. You should always try to arrive a few minutes early. What your wear to work also says something about you. Dressing appropriately and professionally is extremely important. When you come for an interview, you should try to look your very best. This leaves an impression on your supervisor or the person doing the interview when you come dressed like you just got out of bed. Dress according to the position you are applying for. Most workplaces have a dress code that needs to be followed and enforced. Sometimes our body language speaks louder than our words, so we need to be careful when having a conversation, we don't give mixed messages. This year we celebrate Bring Your Manners to Work Day on September 3, but everyday should be bring your manners to work day. And you should practice good manners not only in the workplace, but everywhere you go.



Good manners
are a
valuable
asset & cost
nothing
to acquire



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



Falls are not actually a normal part of aging. They can be prevented. Falls are a serious issue that affect 1 in 4 Americans aged 65 and over every year. Falling is the leading cause of fatal and non-fatal injuries among our older population and it can cause great personal as well as financial costs. Twenty to thirty percent of older adults who fall suffer serious injury. Fear of falls limits physi-

cal activity. In 2020 the total cost of fall injuries was appropriately \$65 billion. Falls account for about 40% of all nursing home admissions and well as the leading cause of injury related emergency room visits for older adults. Falls can be prevented through simply lifestyle adjustments, strength and balance exercises, medication management and regular vision checks. When a person sustains a fall, they become more nervous about falling again. Their gait and speed of walking changes. Family members of those who fall find themselves more concerned and guarded about the person and ways to prevent the fall from happening again. Sometimes when we are around a person who is a fall risk we become overly concerned and react unnecessarily. We have good intentions, but sometimes the good intentions can make matters worse. In long term care, our greatest goals are to increase resident wellness and enhance quality of life. Falls can jeopardize a resident's overall wellness. It is difficult to anticipate a resident's every need, fall interventions can be implemented to reduce risk. Everyone needs to be involved in a fall prevention program, doctors, nurses, caregivers, therapy, activity coordinators and pharmacists working together with a common goal and plan to promote resident wellness by providing better and more effective care to the residents we care for. On admission a resident's risk factors are assessed. A care plan is devised to include ways of reducing falls and the risk of falls. The pharmacy consultant reviews the resident's medication list to look for any high fall risk medications of drug interactions that could lead to a fall. An environment assessment is equally important before and after a fall. When a fall occurs, an investigation is started immediately to provide understanding of the circumstances surrounding the fall. When assessing the environment, we need to be aware of slippery or uneven surfaces, appropriate height and unstable furniture, clutter and poor lighting. If the resident is able to be interviewed, we need to ask what factors may have caused the fall. Talk to and obtain statements from all staff members with knowledge of the fall to get a complete picture. After the fall occurs and the investigation is complete, determine how the situation can be reassessed for future fall risk intervention. Where any key factors identified? Does the plan of care need to change? Would more staff training be helpful, or should the resident have a medication evaluation? We all need to stand together to prevent falls. Age safe and live well.