



Ridgeland Nursing & Rehab Center

December Newsletter

The origin of using Christmas trees has its roots in Germany during medieval times. It comes from the tradition of decorating an evergreen tree, call the Paradise Tree. Others have a different idea that the first Christmas tree was decorated by Martin Luther during the 1700's. The Germans brought the tradition of decorating the tree to America in the 1800's. This tradition spread rapidly in America and around the world. Finding a Christmas tree is one of the first steps for preparing for the holiday season. There are short needles, long needles, varying shades of green and of course an artificial tree. Selecting the right tree is a long-standing tradition in many families. My Dad would wait till Christmas Eve to go from store to store to even find a tree, so you can imagine what kind of tree he brought home. Yes, most often all the trees were picked over by then, so he would get one that was crooked, almost bare and it was his and my job to make it look the most gorgeous tree ever decorated. And believe it or not each year we generally succeeded in making it beautiful where no one knew what the beginning project looked like. My Dad was so particular about decorating the tree. Each icicle had to be placed individually and precisely. The lights perfectly arranged symmetrically as was the balls and any other decorations we put on the tree. Many families select the same type tree year after year, but there are several varieties to choose from. I think a lot of people are going with artificial trees, pre-lit ones, but if you are still looking for a live tree you need to know first of all they aren't cheap. They dry out quickly, so make sure the tree is healthy and fresh. Please, don't be like my Dad and pick a tree with a crooked trunk. For so many years he had to tie a string and nail the tree to make it straight and not look like it was leaning over. Make sure you select a tree that will fit in the space you plan to place it. Keep it watered and it should last through the holiday. Nothing is more beautiful than the glow of the lights at night on your "perfect tree".

Saving the Best for Last

We have all heard that old saying "Saving the best till last", so I guess that pertains to our December birthday celebrants as well. Those born in the last month of the year are said to be endowed with good fortune and good health. I hope that holds true for our December celebrants. Besides being your birth month you share it with other religious holidays, Christmas, Hanukkah and Kwanzaa, so your entire month is lit up in your honor!!! The beautiful turquoise is the birthstone for December which represents prosperity, success and good fortune. The narcissus is the December flower, and it symbolizes rebirth and respect. The zodiac signs associated with December are Sagittarius (Nov.22-Dec.21 which is characteristic of people who are extroverted and optimistic, and Capricorn (dec.22-Jan.19) and people are described as professional and organized. Which one are you?. I may be cold outside but we are hoping you stay warm and happy on your birthday and throughout the holidays. Those having a December birthday are:

RESIDENTS

Maggie Barnwell-2
Alan Hale-24

STAFF

Ivory Jones-7
Terrie Brooks-25
Kenneth Myers-31
Loretta Stevenson-12
Jamesetta Myers-28



We do want to take this opportunity to wish each and every one a very Happy Birthday!!!!



Dedicated Service

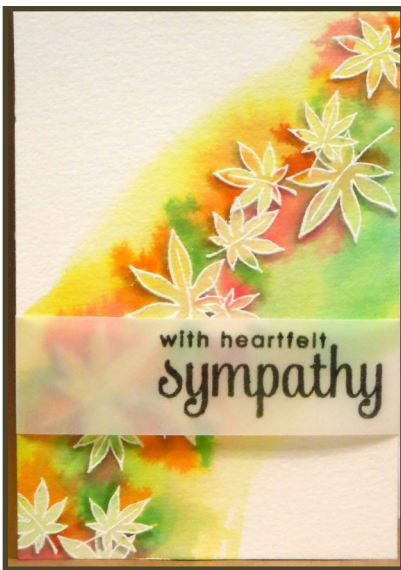
Once again it is my privilege to be able to write about this great group of employees who joined our team during the month of November. Longevity is another quality that belongs to most of the staff members in this group. The longest standing employee is CNA Doretha Colleton. Doretha joined our family in 1983. I don't even know where to begin to describe all that Doretha does for our residents, staff, and the facility. She is our Restorative Aide currently. Doretha works closely with the staff when caring for our residents. She is always complimented by the ancillary services who provide care to our residents with dental, podiatry and vision. She makes their work so much easier because of how efficient and organized she is. Freda our beautician also gives Doretha high praises when she helps her on Wednesday getting the residents to/from the beauty shop. CNA Liz Hamilton became a member of our team in 2009. She is another great team member who is

dependable and efficient in everything she does for her residents. Human Resource Assistant Whitney Malphrus started as a part time receptionist in 2015 and came on board full time in 2020. Whitney has a very pleasing personality and is always willing to help whenever needed. CNA Gloria Pinckney works with us part time and came aboard in 2019. The two days a week Gloria is here she does her work quietly and efficiently. She is willing to help her co-workers whenever asked. We want to take this opportunity to thank each of these November hires for their service to our residents and facility. Without each one we couldn't be the wonderful caring facility we are today. So, Thank You Everyone !!!!!





I probably should have announced this change in positions a few months ago, but I do apologize for not doing so. Kathy Hogsett our social service director retired in July and Kameshia Jones, RN took over her position. Kameshia has been a member of our team since October 2019. She has held various positions in the facility starting as our Assistant Director of Nursing, Infection control Preventionist, in charge of lab orders, RN supervisor and now our Social Service Director. She is doing a fantastic job and she is available for any questions, concerns, complaints from family members or residents. She makes weekly rounds and handles all grievances and is a resident advocate. You can reach Kameshia at 843-726-5581 Ext.118.



To the family of Carolyn "Gay" Attaway we extend our deepest sympathy. Mrs. Attaway was a member of our family since 2017. She was feisty and full of life. Always had a remark for everything to everyone. She has been the life of B wing for many years until her health began to decline, and even then, she would be able to let you know just how things were. Her devoted daughter Karen was the love of her life. She would always tell us how much she loved her dear daughter, and you could see how much Karen loved and adored her mother. That was a beautiful relationship that many of us wish we had or still have.

We saddened by the passing of one of our A wing ladies, Wilhelmenia Drayton. Mrs. Drayton became a member of our family in 2018. She always had a kind word for everyone and a smile to go along with it. Her family members were very devoted to her and visited often. She will be sadly missed by all the staff who provided her care. Everyone at the facility was deeply saddened by the passing of one of our dearest employees, Helen Tuten. Helen was a Southern Belle through and through. She not only became part of our extended family when she joined our staff in 2003, but she became part of our hearts. She always had a kind word and a smile for everyone. Her unmistakable voice when she answered the phone always put a smile on your face. Passing our

chewing gum, cookies and candy was one of her favorite things to do for our staff and residents. Bringing books for those she knew like to read was always welcomed by the residents. It just isn't the same at RNC without Helen sitting in the front office on Mondays and Fridays answering the phone and answering questions. She had to give up working several months ago when her health began to decline, but she was faithful and dedicated for many years. We all miss her very much.



National Fruitcake Day

Holiday Cake

December 27, we celebrate National Fruitcake Day. From the start, just saying, I am not fond of fruitcake, but many people are. Fruitcake was popular in the 40's and 50's, so it isn't exactly clear when folks began enjoying this fruit filled holiday cake, it

actually has existed since Roman times. To pinpoint the exact ingredients of the fruitcake was something scientists have failed to uncover. It's exact composition probably will remain unknown. What we do know it is very dense and has a long shelf life. It is made up of fruits, nuts and rich cake to hold them together. It is one of the heaviest baked goods. It is one of the few baked good that can benefit from aging. Enough people eat fruitcake to make it a \$100 million per year business. To sustain the troops in battle ancient Romans put together sort of an energy bar called Satura, which consisted of pomegranate seeds, pine nuts, raisins, barley mash and honeyed wine, this eventually became a popular dessert for special occasions. It was full of calories, healthy carbs and fats and could last long enough to sustain a soldier during a long, exhausting campaign. By the late 1800's the fruitcake was gifted in decorated tin containers. Today Swiss Colony, America's largest hand-decorating baker, produces more than 66,000 fruitcakes, nearly 110,000 pounds per year in their Monroe, Wisconsin bakery and ships them worldwide in those festive decorated tin containers. The Swiss Colony has been baking fruitcakes since the early 1960's and has perfected the recipe over years to deliver the right blend of density, moistness and flavor. Their current formula contains 70% dried fruit and nuts, papayas, raisins, pineapple, cherries, pecans and English walnuts. They all come together by a buttery-rich batter to form a rich, dark cake, on top you have a pattern of more dried fruits, and a fancy grade pecan halves. The top is then hand-brushed with a sugar glaze, cooked in small batches in copper kettles to det the design and add the final touch. You don't feel like you have to age your fruitcake. Any fruitcake you buy is perfectly delicious to eat right out of the package, because it has been in refrigeration for a while before shipping and sealed to keep the moisture in. Most people like to moisten it further with one more ingredient.....alcohol because most manufacturers leave that step out. Brandy, whiskey or rum seem to be the choice of alcohol to add to the fruitcake. The Swiss Colony does add a little rum flavoring to their cakes for authenticity purposes. You can do your own "doctoring" once you purchase your fruitcake. Fruitcakes can last months, even years in a cool, dry place. Happy holidays as you enjoy your fruitcake.

A Necessity of Life

Everyone has at least one flashlight on hand for emergencies. You can find a flashlight in most toolboxes. It is used by plumbers, electricians, fire fighters, emergency services, tourists, sportsman, hunters and fishermen and the list goes on and on. You most likely keep one in your car or even on your key chain. It has become an almost must-have device for everyone. The first flashlight was invented by an English inventor, David Misell in 1899. It had 3xD batteries, which were put in a tube that acted like a handle for the device. Batteries supplied a small incandescent electric light bulb with power and a switch turned the light on and off. It became known as "flash" lights because they couldn't put out light for a long period of time. You had to turn them off and on to rest because these early flashlights operated on zinc-carbon batteries. They started out as a novelty and soon changed into a real necessity. A typical flashlight consists of the light source mounted in a reflector, a transparent cover, sometimes combined with a lens to protect the light source and the reflector, a battery and a switch, all enclosed in a case. December 21 is National Flashlight Day, so we need to be thankful to David Misell for this useful invention that we can use anywhere at any time in any situation.





National Eggnog Day

Drink Up

On December 24th we celebrate National Egg Nog Day. This traditional holiday drink can be consumed with or without rum. It is only a seasonal drink, once a year consumed usually before Thanksgiving and of course continues into the Christmas holidays. By New Year's it is no longer available in stores. If you want it after New Year's, you will most likely have to make it yourself. No one knows exactly when this day began being celebrated or who created it. But we do know it is loaded with stuff that tastes good and stuff that's not good for you. But people still feel and say it is delicious. The correct spelling can go either way, "Egg Nog" or "Eggnog". Light rum or cognac is added to make it a seasonal alcoholic beverage. Here is an easy recipe from the Food Network star Alton Brown that you can make your own:

Ingredients

- 4 large eggs, separated
- 1/3 cup plus 1 tablespoon sugar
- 1 pint whole milk
- 1 cup heavy cream
- 1 1/4 fluid ounces bourbon
- 1 1/4 fluid ounces dark rum
- 1 teaspoon freshly grated nutmeg

Procedure

In the bowl of a stand mixer, beat together the egg yolks and 1/3 cup sugar until the yolks lighten in color and the sugar is completely dissolved. Add the milk, cream, bourbon, rum, and nutmeg and stir to combine.

Move mixture to a medium mixing bowl and set aside.

Place the egg whites in the bowl of the stand mixer and beat to soft peaks. With the mixer still running, gradually add the remaining 1 tablespoon of sugar and beat until stiff peaks form. Gently fold the egg whites into the mixture. Chill and serve.



HAPPY NATIONAL BAKE COOKIES DAY!



You have to love Bake Cookies Day!!!! This holiday is always celebrated on December 18. It comes right before we get into the swing of things for the Christmas holiday. People of all ages, young and old, celebrate this day by baking their favorite cookies. My Mom did all the baking in our family. She would start early to get all the varieties of cookies she enjoyed baking stored in large tin containers to be distributed throughout the holidays to family and friends. One of the favorites of the youngsters in our family were the decorated cut-out cookies she would make. I would help her icing the cut-out trees, stars, bells, angels and the most favorite Santa Claus. Many people have cookie swap parties, when everyone brings a few dozen of their favorite cookies to share with others. If you do make more than you can eat this is always a good treat for neighbors and friends. Most cookies freeze, so you can have them after the holidays as well.

Right after Bake Cookie Day, we have added Eat Cookies Day, so if you haven't sampled the cookies while you were baking them you can enjoy them the day after the 18th. There isn't any history on when this day began, but we sure are thankful someone did create this tasty day.

WE WISH YOU

Happy  Holidays

AND HAPPY NEW YEAR





This is the Year

2021 (MMXXI) is the current year. It is the 21st year of the 3rd millennium, the 21st year of the 21st Century, and the 2nd year of the 2020s decade. Unlike 2020, 2021 was able to host many major events that were originally scheduled for 2020 including the 25th United Nations Climate Change Conference, and Expo 2020, the 2020 Summer Olympics and Paralympics that were cancelled due to the COVID-19 pandemic. The United Nations declared 2021 as the International Year of Peace and Trust. Some of the most notable events that happened during 2021 are as follows:

January 6-The United States Capitol came under attack protesting the outcome of the 2020 election causing Congress to evacuate. Five people died during the riot including a police officer and a woman who was shot and killed inside the Capitol building.

January 20-Joe Biden was inaugurated as the 46th President of the United States, becoming the oldest individual to hold the office.

January 26- The number of confirmed COVID-19 cases exceeded 100 million worldwide.

February 13-17- A major winter storm killed at least 136 people and caused over 9.9 million power outages in the U.S.

February 22-The United States became the first country to surpass 500,000 deaths from the virus. The global death toll surpassed 2.5 million.

March 25-The number of vaccinations administered worldwide exceeds 500 million.

April 11-Hideki Matsuyama won the 2021 Masters Tournament becoming the first man from Japan to win a major golf championship.

May 1-Trainer Bob Baffert of Medina Spirit won the 147th running of the Kentucky Derby at Churchill Downs in Louisville. This was the 7th career Derby win for Baffert. Later Medina Spirit was disqualified for testing positive for betamethasone. Baffert was also suspended indefinitely from Churchill Downs since this was his 5th horse for failing drug tests.

June 24- The collapse of the condominium in Surfside, Florida. The portion of the Champlain South Towers leaving 98 people dead.

July 19-Blue Origin successfully made the first human test flight into space using a reusable New Shepard rocket with four crew members. Jeff Bezos, its founder, his brother Mark, 18 year old Oliver Daemen (the youngest person to go into space) and the oldest to go into space Wally Funk the 82 year old Mercury 13 member.

July 23-August 8- The 2020 Summer Olympics were held in Tokyo, Japan. They were postponed due to the Covid-19 pandemic last year.

August 24-September 5- The 2020 Summer Paralympics were held in Tokyo.

September 16- Inspiration 4 launched by Space X is the first all civilian spaceflight carrying a four-person crew on a three-day orbit of the Earth.

October 5-My beloved Boston Redsox beat the New York Yankees in the wild card game 6-2, to advance to the American League Division Series with the Tampa Bay Rays. That was a successful series as well, but we were defeated by the Houston Astros in Game 6 to be eliminated from playing in the World Series. 2021 World Series was between the Atlanta Braves and the Houston Astros.

November 2-The Atlanta Braves defeated the Houston Astros 7-0 to win their first World Series title since 1995. Congratulations Braves!!!!

December 24- Santa Claus begins delivering presents to around 200 million children spread over 200 million square miles. Each household has approximately 2.67 children, there are about 75 million homes to visit and an average distance between homes is about 1.63 miles, so Santa covers 122 million miles, and his last stop is The Cape Verde Islands off the coast of Africa.

FREEDOM OF SPEECH, PRESS AND RELIGION

Franklin D. Roosevelt, President of the United States designated December 15, as Bill of Rights Day. The first 10 amendments to the Constitution make up the Bill of Rights. These were passed by Congress on September 25, 1789, which placed limits on government power. The bill was introduced by James Madison. He later became our fourth president. The Bill of Rights initially had 12 proposed amendments. One concerned the number of constituents for each Representative. The other addressed the compensation of a congressman. Neither one was ratified. In 1792, the compensation of a congressman was ratified 203 years later and is now the 27th amendment. The Bill of Rights is displayed in the Rotunda of the National Archives Building in Washington, D.C There were 14 copies of the Bill of Rights, one for each of the 13 states to sign and one for the federal archives. Only 12 copies exist today. When President Roosevelt designated December 15 in 1941 as Bill of Rights Day, he called upon government officials and the people of the United States to observe the day by displaying the flag on public buildings and by meeting together for prayer and ceremonies as they seemed appropriate. The brief version of the 10 amendments are:

- Freedom of religion, speech, press and assembly and petition.
- Right to keep and bear arms in order to maintain a well-regulated militia.
- No quartering of soldiers
- Freedom from unreasonable searches and seizures.
- Right to due process of law, freedom from self-incrimination, double jeopardy.
- Rights of accused person, e.g., right to a speedy and public trial.
- Right of trial by jury in civil cases.
- Freedom from excessive bail, cruel and unusual punishment.
- Other rights of the people.
- Powers reserved to the states.

FACTS about New Year's Eve

As we are about to ring in the New Year, here are some facts that might explain some of the existing traditions, and maybe inspire you to try some new ones.

The song traditionally sung on New Year's Eve is "Auld Lang Syne", which means times gone by.

Black eyed peas, ham and cabbage are considered good luck if you eat them on New Year's Eve or New Year's Day because it is believed to bring you money. Living up North we eat pork, sauerkraut and mashed potatoes as our New Year's tradition meal.

Lobster and chicken are considered bad luck because lobsters can move backwards and chickens can scratch in reverse, so it is thought these foods bring a reversal of fortune.

In Italy, people wear red underwear on New Year's Day to bring good luck all year long. This tradition dates back to medieval times.

Times Square New Year's Eve ball was first dropped in 1907 after there was a ban on fireworks. The original ball weighed 700 pounds and had 100 - 25-watt bulbs. 2,000 pounds of confetti is dropped on the crowd in Times Square at midnight.

Ancient Persians gave New Year's gifts of eggs, which symbolized productiveness.

The tradition of kissing at midnight isn't anything new. According to English and German tales, the first person you come across in the new year could be the one you will be with the next 12 months.

It became tradition to ensure good luck for the year by setting off fireworks or using noisemakers in order to scare off and remaining evil spirits and to ensure a brand-new start.

You might have your own New Year's Eve traditions. I try to stay awake each year to watch the ball drop-in Times Square and most years I fall asleep and the New Year has already come in, but for the past two years I am wide awake and proud I made it to see the new year come in.



This year marks the 80th anniversary of the bombing on Pearl Harbor. The day will be observed on December 7th with special ceremonies. National Pearl Harbor Remembrance Day honors those who lost their lives during the attack by the Japanese on the US naval base in Hawaii in 1941. This surprise attack ushered the United States in World War II. President Franklin D. Roosevelt issued a nationwide call to arms and proclaimed it is “a date that will live in

infamy”. On the early Sunday morning of December 7, 1941, sudden news reports of an attack by a foreign power stunned Americans as much as the attacks of 9/11. This one of the most violent attacks ever against the United States forces, the Japanese air force slipped in quietly over Oahu at 7:55am to attack the air and navy fleet stationed on the Hawaiian island. The attack destroyed four battleships and damaged four more in just two hours. Among the American forces there were 2,335 killed, including 2,008 navy personnel, 1009 marines, and 218 army and 68 civilians also lost their lives, making the total fatalities 2,403 people. Fifty-five Japanese airmen and nine submariners were killed in the attack, and one was captured. Of Japan’s 414 available planes, 350 took part in the attack and nine were lost, nine in the first wave and 20 in the second wave. And 74 were damaged by anti-aircraft fire from the ground. The initial announcement of the attack on Pearl Harbor was made by the White House Press Secretary, Stephen Early at 2:22pm. His announcement was: “the Japanese have attacked Pearl Harbor from the air and all naval and military activities on the island of Oahu. So, on December 7, 1941, the United States was suddenly and without warning thrust into World War II. Many medals were awarded to those who fought in the battle, 15 Medals of Honor, 51 Navy Crosses, 53 Silver Stars, four Navy and Marine Corps medals, one Distinguished Flying Cross, four Distinguished Service Crosses, one Distinguished Service Medal, and three Bronze Star Medal. For most Americans today, the USS Arizona memorial remains the focal point for commemorating the attack at Pearl Harbor along with the tours of the USS Missouri. The Japanese formally surrendered on the USS Missouri on September 2, 1945. Other places on the mainland United States veteran’s groups and American Legion posts remember the day by honoring surviving soldiers that fought at Pearl Harbor and in the Pacific. They also place wreaths on the graves of the fallen soldiers. If you attend the 80th Pearl Harbor Day Commemoration Ceremony you would most likely participate in a wreath presentation from the Marine Corps Base Hawaii, a Freedom Bell Ringing at the USS Bowfin, a performance of the Pearl Harbor Mass Band, A USS Oklahoma Memorial Ceremony on Ford Island, and participation by top American leaders from all branches of government.



This is a day we celebrate on December 21, “Look on the Bright Side Day”, and probably one of the easiest days to celebrate. You just have to look around and see the beauty of your surroundings, look at how fortunate you are to be living in the land of the free, there are numerous ways to look on the bright side of each day. When you are out and about wear a friendly smile on your face and someone might see your reaction to things and get the same feelings themselves. Wearing a smile isn’t everything, you also must be and feel and happy in your heart and mind. Sometime in our lives someone might have said to us to “cheer up” and “look on the bright side”. Nobody really knows where this phrase comes from, but it does mean you are

telling someone to be cheerful and optimistic in spite of the difficulties they may be encountering during the day. Often being optimistic can be difficult when we are dealing with impossible situations, but the phrase helps make us push forward and look at the brighter side of things in life. Keeping a positive mindset can be beneficial in several different ways. It can increase your life span, lower depression rates, lower stress levels, a greater resistance to a common cold. It can better your physical and psychological well-being. How about even reducing your risk of death from cardiovascular disease. You will be able to better cope with hardships and times of stress. So, it does pay to look on the bright side.

The Meaning of Christmas Symbols

Have you ever wondered why people hung tinsel on Christmas trees, or how candy canes became synonymous with Christmas? Some of these symbols we don't have an answer for, while others have a special meaning. The Christmas Star symbolizes the star of Bethlehem, which according to the Bible story, the star guided the three kings, or wise men, to the baby Jesus. The star is also a heavenly sign of a prophecy fulfilled long ago and the shining of hope for humanity. A candle also



is a symbol that represents the star of Bethlehem. Before electric Christmas tree lights were invented, families would use candles to light up their tree. The men who brought their gifts to honor the birth of Jesus inspired the concept of giving gifts during the holiday. The three kings brought gifts of gold, incense and myrrh to the baby Jesus. A ribbon is tied around a gift to represent how people should all be tied

together in bonds of unity and goodwill during the holiday season. The color red is used at Christmas to represent the blood of Jesus when he died on the cross. It's also reflected in the color of holly berries. The green color is said to be used when Jesus was born in the dead of winter on a snowy night, all the trees around the world shook off the snow to reveal new shoots of green. The wreath is a circular, never-ending symbol of eternal love and rebirth. Holly also stands for immortality and cedar for strength. Today, the wreath represents generosity, giving and the gathering of family. Mistletoe is a parasitic plant, which means if lives on the tree that is attached to and without it, the mistletoe would die.



The plant has been a long symbol of love and if you are under it, you most likely will receive a kiss. If you refuse it is considered bad luck. Mistletoe is associated with fertility and vitality. The candy cane resembles a Shepard's hook, and it represents the humble shepherds who were the first to worship the new born baby Jesus. The idea of using tinsel on a Christmas tree probably came from Germany. It was a tradition to hand thin strips of silver on a Christmas tree to reflect the warm glow of candlelight. Hopefully this has helped understand why we used these symbols during the Christmas holidays.



Happy
SHORT
GIRLS
APPRECIATION DAY!



Another insignificant day is held on December 21st, it might be insignificant to some but to me it is very important. It is "Short Girl Appreciation Day". Does anyone really appreciate a short girl or better yet does a short girl appreciate being short? Well, the answer to that for me is I wish in many instances to just be a little taller. It never fails when I am at the grocery store what I need is on the top shelf and of course I can't reach it and there is no one around to get it for me, so I either look around and wait for someone to come by

or just say the heck with it I guess I don't need it anyway. I have stopped perfect strangers many times to get something down for me. And yes, it is embarrassing, but thankfully they don't seem to mind helping out a little old lady in distress. When I buy clothes, especially jeans or slacks there is no time when I can get them short enough. I try the petite or the short and they are still too long. In my home or even at work I have a foot stool to help me reach things on the top shelves. At home I try to place what I use the most, lower and more convenient for me and to me. Even when I am out walking with family or friends I lag behind because my legs are so short, they take one step to my three. I know many of you can relate to all of this. I really don't know of any advantage of being short, but I am sure there are plenty I just haven't found them yet, and I guess I probably won't if I haven't in my 78 years. No matter who you are, you have to hand it to us short girls, if only because we can't reach it ourselves.



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

