



Ridgeland Nursing & Rehab Center

February Newsletter



National Wear Red Day was established in 2004 by the American Heart Association and The Heart Truth to raise awareness of the dangers of heart disease in women, as the number one health threat to affect American women. The focus was to educate women on the risks of stroke and heart problems, and ways to prevent it from happening. Even though cardiovascular diseases pose the biggest health danger for women in the United States through education and research, heart disease is 87% preventable. The signs of heart attack in women are not as widely known as those in men. The goal of Wear Red Day is to change that and bring women's heart health to the forefront too. This day can be vital for many, as heart disease causes 610,000 deaths every year in America, and it does not discriminate. It can affect anyone no matter what their status is. It is caused by many factors, such as high blood pressure, high cholesterol, lack of exercise, alcohol consumption, stress and diabetes among others. The good news is most of these are preventable and/or treatable if people choose to live a healthy lifestyle. Signs that women need to be aware of that could be a potential problem are nausea, jaw, neck or back pain, pressure in the chest, heartburn, shortness of breath, pain in the arm or shoulder. Women usually experience less obvious signs but are in just as much danger as men. So don't ignore any or these symptoms if you are concerned, see your doctor or go to the nearest emergency room. So, on the first Friday of February, we all need to wear red in support of those who suffer from heart disease. Not only on the 4th of February, but throughout the entire month the American Heart Association is spreading information about prevention, treatment and causes of heart disease in hopes to make more women aware of this disease.



Saving the Best for Last

What do we know about those born in February? Well, they can be honest, compassionate, artistic and creative along with innovative and even a little rebellious. They have a strong willpower but can also at times be irritable. Those born in February are more likely to be famous and those born in Leap year are extra special. The birthstone for February is the amethyst and their birth signs are Aquarius or Pisces. The flower for February is the violet. February is the shortest month of the year and the third month of winter. Those celebrating a birthday in February are:

RESIDENTS

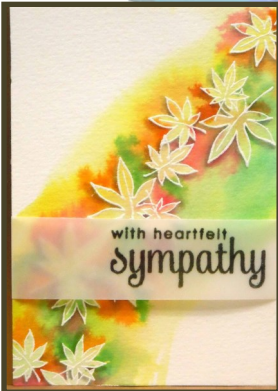
Cheryl Crosby-6
 Maribeth Mizell-9
 Mary Moseley-10
 Joanne Vandell-10
 Joe Gordon-11
 Shirley Smith-14
 Sandra Brunson-19
 Nancy Hughes-22

STAFF

Stevi Mingledorff-2
 Doretha Colleton-6
 Johnnie Logan-20
 Mary Ann Robinson-25
 Diane Brantley-28

Shay Mister-4
 Patsy Bozard-19

We do want to take this opportunity to wish everyone a very Happy Birthday and hope your day is as special as each of you are.



We want to take this time to express our deepest sympathy to the family of Wilma McGill. Ms. McGill became a member of our family in February 2020. She was a sweet lady who is well known in the community and will be remembered by everyone. Her daughter Yvette was very devoted to her mother and the love they shared was priceless. Everyone should have a daughter who is so caring and loving.

Carolyn Barnes is another of our A wing ladies who was called to Heaven in January. Carolyn was always happy and wearing a smile and enjoyed life to the fullest. She also had a very devoted and dedicated daughter Lynn who visited her weekly. On their weekly visits you could witness the love they shared, and it was a beautiful sight to see. Both these ladies are

going to be missed by not only the A wing staff, but all those who came in contact with them.

One of our B wing residents Margaret Hubbard also joined the other Angels in Heaven last month. She was pleasant and very appreciative of all the care she received. Always with a smile and a friendly greeting for everyone. Her family members visited frequently and were very devoted to her. Our sincere condolences are extended to all her family members.

Gwendolyn Jones was only with us for a short period of time and after a lengthy illness was called to Heaven to be her Lord and Savior. Her pleasant personality drew you to her and even through her extended illness never complained. She will be missed by her family and friends.

We also want to extend to the family of Mary Brown who, after a lengthy illness and a brief stay at our facility, was called to Heaven.

To Maggie Barnwell's cousin Shirley Jenkins and other family members, we send our condolences. Shirley was very devoted to Maggie and tended to all her needs prior to coming to the facility in 2016. Maggie was a very quiet lady who resided on A wing.

Called to Heaven to be with her maker was Sarah Jenkins. Sarah became a member of our family in July 2021. She was a very sweet lady with a friendly smile and captured our hearts from the time she entered the facility. Our sincere sympathy to all her family members and to her cousin Doretha Colleton, who is one of our employees.

Thank You! for your Dedicated Service

Starting a new job during the first month of the year has been a lifelong commitment for several of our employees. CNA Mary Badger joined our family 1/19/1995 and has been a mainstay on the 7-3 shift on A wing all those years. Mary is very dependable and is always willing to help whenever and wherever needed. She always has a smile for everyone, and you can tell she enjoys what she does each day. Our Director of Nursing Dorothy Taylor came on board in 2000 and had a brief retirement before she took the helm again as our DON. Dot has always run a tight ship to make sure the residents receive the best possible care. Dietary Supervisor Cynthia Coburn has been with us since 2004. Cynthia has a great deal of responsibility in dietary, but she handles them all with enthusiasm and perfection. Ordering, scheduling and keeping the department running efficiently is no easy task by any means, but Cynthia does it well. RN supervisor Odis Norris has been part of our family since 2007. She is here every other weekend and several days through the week lending her knowledge and professionalism to our facility for the betterment of our residents and staff. Part time RN Tiffany Drake has been employed with us since 2014. She doesn't work a regular schedule, but when she is here you know the residents receive excellent care. Three of our employees have only been with us one year, housekeeper Geraldine Jackson, dietary work-Debra Williams and CNA Jaqaila Russell. Both Debra and Geraldine were previously employed at RNC and decided to re- turn. Jaqaila worked for an agency before she decided to become one of our employees. We are fortunate to have all these ladies as part of our extended family and hope they continue to be part of our team for many years to come.

YOU ARE SO
appreciated



Presidents' Day was originally Washington's Birthday that is celebrated the third Monday in February and is a federal holiday. It was first established in 1885 to celebrate George Washington's birthday on February 22. In 1971, it was changed to become Presidents' Day and moved to a Monday to go along

with the Uniform Monday Holiday Act. This was established to give folks a three-day long weekend. We used to celebrate Washington and Lincoln's birthdays separately, but now it is combined to honor all presidents. Presidents' Day is one of 11 permanently established holidays in the United States. Every year there are public ceremonies in Washington, D.C that are hosted by our current President along with other celebrations around the country. It has been a tradition for decades for "George Washington's Farewell Address" to be read in the Senate annually, which attempts to have Americans reflect on the values of our founding fathers. Throughout the country besides ceremonies and events to honor our presidents, especially George Washington and Abraham Lincoln stores will hold Presidents' Day sales and bargain. It is a perfect time to delve into the history of our past presidents and learn what contributions they have made to our country. This year Presidents' Day falls on February 21st.



Ultimate Winter Food

Every year, on 4th Thursday in February, we celebrate National Chili Day. This cold winter comfort food was known as chili con carne. It is made of ground meat, chili peppers, tomatoes, garlic and onions, but people have their own version of how they like this spicy food. It is such a popular dish in America that there are often city and state-wide competitions to choose the best chili recipe. National Chili Day was created by Rich Kelly, owner of the Hard Times Café in 2006. Though most of us associate

chili as a Mexican dish it was not invented in Mexico but has its roots in the Spanish and Native American cuisines. The first record of a dish similar to chili was in 1529 where a monk described stews seasoned with chilies being eaten by the Aztecs. The term chili con carne which means chili with meat, was first recorded in a book in 1857 about the Mexican American War. It was first commonly prepared in America in southern Texas by Mexican women known as “chili queens”. It became extremely popular after the 1893 Columbian Exposition in Chicago where the San Antonio Chili Stand served bowls of chili to many Americans for the first time. San Antonio became a tourist attraction because of the delicious chili and many tourists brought the recipe back to their home states, so now it is a nationwide popular dish. Chili is the official dish of the state of Texas and was designated by law in 1977. There have been many debates about whether chili should contain beans or not, many people have different opinions on what is the best chili recipe. I do enjoy a good bowl of chili on a cold wintery day, but I am not into anything too spicy. But however, you like and prepare your chili, simply enjoy it!!!!



HISTORY MONTH

Throughout the entire month of February, we celebrate Black History Month to honor the African American people’s achievements and their roles in American history. This month was founded by a student of African American Studies and Historian Carter G. Woodson. The first celebration was held on the second week in February in 1926. They chose the month of February as it marks the birthdays of Abraham Lincoln and Frederick Douglass, two major figures in the fight for liberation and civil rights of African Americans. There are local celebrations around the country and in schools to discuss what black Americans have contributed to our society and history. President Gerald Ford officially proclaimed Black History Month in 1976 as a national observance. Since it’s official announcement every year at the beginning of Black History Month the president in office will announce the theme for the month for that year. The theme is meant to be the topic of the reflections and lectures that happen during the month. Themes are related to Black History and have ranged from Civil Rights in American in 2014 to Black Migrations in 2019. The 2020 theme focused around the 15th amendment and the right to vote. The 2022 theme is “Black Health and Wellness”. It explores the legacy of not only Black scholars and medical practitioners in medicine, but also other ways of knowing throughout the disposition of the Blacks in other fields of medicine such as midwives, herbalists, etc. From February 1-28 you will see be honoring the Black community who contributed so much to our American history.



How It Began

For centuries February has been known as the month of Romance and on the 14th sweethearts participate in the exchange of special gifts between themselves, such as flowers, especially red roses, candy and even jewelry. No one is sure who the original St. Valentine was, many believe, the character was created from a combination of Roman Catholic saints and martyrs who lived in ancient Rome. The most popular believe is a priest who lived in the 3rd. century during the reign of Emperor Claudius II, Claudius outlawed marriage of young men, as he believed single men would perform better as soldiers, and it was harder for a married man to join the army. Valentine continued to marry young men and women in secret and was sentenced to death by Claudius for doing this. Another theory was Valentine was also killed in Rome for helping prisoners to escape. While he was a prisoner Valentine wrote a card to the daughter of one of the prison's guards, who visited him while he was incarcerated, declaring his love for her and signed the card "from your Valentine". This is a popular way of signing cards to this day. St. Valentine is the patron saint of love, lovers, couples, young people, travelers and greetings. This holiday had its origin on the Roman festival, Lupercalia. Festivals happened in the middle of February to celebrate the arrival of spring and symbolic fertility rituals were performed. There was a believe that there was a lottery which paired men and women to be married in a celebration of love. This day has been celebrating romance since the 14th century. Exchanging valentine cards and gifts goes back to the 1500s when people made their own handmade cards, decorating them with ribbons and lace. In the late 1700s, romantic cards started becoming commercialized, and usually had the god of love, Cupid on the card with hearts. It is estimated that around 145 million Valentine cards are exchanged each year. Americans spent \$27 billion celebrating Valentine's Day last year. This was a record amount, since in 2019 \$20.7 billion was spent, in 2018 \$19.6 billion and in 2017 18.2 billion. On an average an American will spend \$200, but with the damper the pandemic put on finances the amount spent might be lower. Flowers and candy are the go-to gifts for this romantic holiday. Approximately 58 million pounds of chocolates were purchased, among those were 38 million heart-shaped boxes. \$2.3 billion spent on flowers. Red roses accounted for 69% of all roses sold. 21% of shoppers bought jewelry, 33% spent \$4.3 billion on eating out and \$2.9 billion on clothing. Shoppers also spent \$2 billion on gift cards and \$1.3 billion on greeting cards. Even though it has been tough on many with loss of jobs etc., people will still try to find a way to celebrate their loved one on Valentine's Day.



Here at the facility, we have several "SWEETHEARTS", that either live here with their loved one or have one at home. The couple that resides at the facility are Julia and Ervin Waters. Also, the married couples we want to congratulate, and honor are Bruce and Lila Resh, Willie and Cheryl Grant, Wayne and Cheryl Crosby, Alma and Roy Hughes, and Mary Delaney and Herbert Rolle. Being separated from your spouse can be very debilitating and present multiple problems for both persons involved in the separation. It is a blessing to be able to be together even in a nursing home situation. Being able to have room visits again has helped with the loneliness and separation on both parties. We are certainly thankful to have the opportunity for spouses to be able to be together even if only for a few hours a day or whenever possible.



Winter Olympics



BEIJING 2022



Winter Olympics, XXIV, Beijing 2022 will take place Feb4-20 in Beijing and neighboring towns of Yanqing and Changli in the People's Republic of China. Beijing is the first city to host both Summer and Winter games following its debut in 2008. A great deal of measures has been put in place due to COVID 19. The games will take place in a COVID-safe bubble system with 3000 athletes participating in 15 disciplines in 109 events. A closed loop system will only be accessible to Games participants. The closed loop system will include venues, official hotels and the events own transportation service. Fully vaccinated will be able to enter the closed loop system without quarantining, unvaccinated must quarantine for 21 days upon arriving in Beijing. The United States and Canada are mandating all their athletes to be full vaccinated. During the Games participants will be subject to daily health monitoring and testing and will have no contact with the general public. The closed loop is very safe because it means there will be no contact between people outside the loop and inside the loop. It has been built to protect the population inside, and also the population outside. A positive confirmed test will mean participants cannot compete or continue in the Games. Those who are symptomatic will stay in a designated hospital for treatment, while those who are asymptomatic will be transferred to an isolation facility. The organizing committee of the Olympics realizes the Games could bring Covid-19 cases or small other infections into China because of the large number of overseas personnel will gather, causing a very high risk of transmission. While the Chinese capital of Beijing is the official host city of the Games, venues are spread across three areas, Beijing, Yanqing an area 46.6 miles from Beijing and Zhangjiakou a skiing and snowboarding area about 62 miles from Beijing beyond Yanqing. The Beijing National Stadium will host the opening and closing ceremonies. The Stadium is often referred to as "The Bird's Nest". Each of these three areas has their own Olympic Village, and all are connected by a newly constructed railway. The mascot for the Games is Bing Dwen Dwen, a panda dressed in a full-body shell made out of ice. Bing means ice and Dwen Dwen means child. This name was chosen from over 5,800 entries around the world. The shell design enables the panda, China's national animal to skate, snowboard and ski. The United States, Canada, Australia and the UK are among countries to have announced diplomatic boycotts of the Winter Olympics. The athletes from these countries will be able to compete, but no government officials will be in attendance. The athletes to watch this year from the United States will be Mikaela Shiffrin, a three-time Olympic medalist in skiing, Shaun White in snowboarding, and this is said to be his last Olympics, also in snowboarding Chloe Kim, the youngest woman to win and Olympic gold in snowboarding. I am sure the whole world will have their eyes on Men's figure skating when Nathan Chen takes the ice. I know I will be. Enjoy all the events and cheer on our US athletes.

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It is that time of the year again when a good many of us are gearing up for the Super Bowl in hopes our team will be there the first Sunday in February. We have a lot of fans cheering for different teams in the facility and that makes for a fun day come Monday morning when our team wins and theirs lose. I would guess the Dallas Cowboy fans outnumber the rest of us. Chris Johnson, Reggie Washington, Shaphonia Deloach, Kenny Myers, Deanna Richards, Doretha Colleton and Walter Williams are all for America's team... the Cowboys. Cheering for the San

Francisco 49ers are Rodnessa Glover and Brian Brantley. Dorothy Taylor and Johnnie Logan are Kansas City Chiefs fans. Rose Mary Wilson and Susan Henderson go with the Pittsburgh Steelers. Solomon Grant loves his Atlanta Falcons. I guess I am the lone New England Patriots fan. No matter who we cheer for we always want our team to come out on top. The first official final game between the American football league and the National football league occurred on January 15, 1967 between the AFL champions Kansas City Chiefs and the NFL champions Green Bay Packers in the Los Angeles Memorial Coliseum. It wasn't until the third championship game in 1969 that the game's name was changed to the Super Bowl by the founder of the AFL, Lamar Hunt. He got inspiration from a toy named the Super Ball. In 1970 the two leagues merged into the National Football League, and the two conferences were made inside the NFL, the National Football Conference and the American Football Conference. The Super Bowl is now played between the winners of each conference. The concept of naming the Super Bowl with roman numerals came about in 1971 instead of the year that the game takes place. All the Super Bowls except Super Bowl 50 in 2016 have been numbered by roman numerals. The way it works: there are 32 teams in the NFL who are divided into two conferences for the championship. The 16 teams in each conference are divided into four divisions, North, South, East and West. Each team plays 16 games, totaling 256 games during the season. They will play a total of 2 games against the other teams in their division, one at home and one away. The games are decided on a rotation system. At the end of the NFL season, there are 6 teams from each conference who qualify for the playoffs, two of those teams are Wild Cards chosen from their number of wins. There are then three rounds of games, known as the Wild Card Round, the Divisional Round and the Conference Round. The two winners of the Conference Round are the teams who play in the Super Bowl. This is one of the most celebrated days in the United States. People gather in bars, at parties, in their homes to watch the game together. Even folks that are not football fans enjoy joining in on the fun to watch the game and the half time festivities. Fans will be decked out in their team gear cheering on their favorite in hopes of a win. It is so widely celebrated that it is the second day of the year where more food is consumed after Thanksgiving with the most popular food being chicken wings. A total of 125 billion chicken wings are consumed every year during the Super Bowl. It is also the most-watched show in America, with television networks fighting for months prior to the game, to be able to broadcast it. Kick-off time is usually 6:30pm with the game lasting about 3 hours and 46 minutes. The 2015 Super Bowl XLIX was the most watched in American history, with 168 million people tuning in to the game. The whole day is dedicated to game related programming, featuring films, pre-game festivities and game coverage. The commercials are another big, anticipated feature of the Super Bowl. Advertisers pay high prices to get their products and commercials viewed during the game. The first commercial in 1967 cost \$36,500 and in 2021 a 30 second ad cost \$5.5 million. The Half Time show usually draws a huge fan base as well, depending on the performers. The performers for this year's Super Bowl will be presented by several performers, Snoop Dog, Dr. Dre, Mary J. Blige, Eminem and Kendrick Lamar. The performers are not paid a salary for performing. The NFL pays out more than \$10 million for stagehands, band dues, equipment, and other props that are used such as fireworks, and choreography. The entertainers in the end reap the benefits from performing. Their record sales went up and when Jennifer Lopez and Shakira performed their song sales went up 900 percent. So even though they don't get paid they get paid in other ways. I am sure like most Americans folks will be glued to their TV's in hopes their "team" is playing in Super Bowl LVI on February 13, 2022 at SoFi Stadium in Inglewood, California, home of the Rams and the Chargers. Kick off will be at 6:30pm, and the game is being held 1 week later than usual due to this year's 17th game schedule.





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



That is a very good question. On February 2 will the ground hog see his shadow or will he not? Every year on this day, in the early morning hours, the ground hog emerges from his den and the story goes if he sees his shadow and returns into his hole that means there are six more weeks of winter. If he does not see his shadow and stays out of its den, then spring is near. A ground hog is a hibernating animal, so coming out of its den usually means spring is coming early. Early February is also the midway point between the Winter Solstice and the Summer Equinox. This was the time period when early Europeans and Romans had their own rituals to establish whether spring was coming in order to see if their crops could be planted. This is where Groundhog Day derived from these type rituals. This tradition arrived in America by the German settlers

in Pennsylvania in the 19th century. Back in Germany they looked for hedgehogs as a way to predict the weather, but Pennsylvania was heavily populated with groundhogs, so they became the official weather forecaster. The first known record for groundhogs predicting the weather happened in the 1880's when a group of friends went into the woods in Punxsutawney looking for groundhogs who were coming out of their dens. This became a popular tradition in the town, and in 1887 Groundhog Day was official. All of the groundhog predictions are registered in the Congressional Records of our National Archive. People named the forecasting groundhog Punxsutawney Phil after the tradition became official. He is now a celebrity, who even became more popular after the release of the film "Groundhog Day" in 1993 featuring Bill Murray. Other states around the country have their own mascots, in New York they have Pothole Pete, Ohio has Buckeye Chuck and here in the South we have General Beauregard Lee who made his appearance in Georgia in 1981. In Gobbler's Knob where the most famous Groundhog Day is held draws an annual crowd of around 40,000 people. It is hosted by government officials who wear top hats and speak in a language they call Groundhogese. The event is even broadcast on TV. The groundhog's predictions aren't always taken seriously, but Punxsutawney Phil has seen his shadow 9 out of 10 times.

