

Ridgeland Nursing & Rehab Center

January Newsletter

What is your Hobby?

The actual history of how and when Hobby Month began is unknown, but as far back as the 1500's people were interested in doing something in their leisure time that they enjoyed. Knitting was very popular in the 1550's. January was picked to celebrate National Hobby Month when people can select a new hobby or continue an old one they set aside and felt they didn't have time to do. Having a relaxing hobby can take your mind off the pressure of work or the daily stresses you might encounter. Sit down and think about what you really like to do. What are you passionate about? What might spark your interest the most? What are you curious about? What are your goals? It seems like many of us have one or more hobbies. It could be cooking, camping, photography, collecting stamps, gardening, reading, playing video games. Hobbies give you an opportunity to destress while making yourself mentally productive. Hobbies do help promote better health and may help lower your risk of having high blood pressure. Doing what you enjoy can also help reduce the risk of depression and dementia. Whatever makes you relax, happy and something you enjoy, get involved. In our busy world people are finding they have less time to pursue their hobbies, but we all need to slow down and enjoy the finer things in life, so if enjoying and participating in a hobby is something you want to do then DO IT!!!!

Saving the Best for Last

We do have one person who actually was a New Year's baby, Jean Stanley. She has the distinct honor of celebrating her birthday on the first day of the new year. There will be approximately 11,283 babies born on New Year's Day in the United States. American babies will count for 2.9% of all babies born worldwide which is a staggering number, 395,072. In New York City 317 babies will be welcomed into the world, followed later by Chicago with 184, then Los Angeles County 351. Hawaii will give birth to the last baby of the New Year and Fiji in the Pacific will most likely give birth to the first baby born. Around the world the United States ranks sixth to give birth to New Year's babies. India 69,944, China 44,940, Nigeria 25,685, Pakistan 15,112 and Indonesia 13,256 are the top five countries. We do want to give a great big HAPPY BIRTHDAY to all our January birthday celebrants.

RESIDENTS

Jean Stanley-1
Harry Smith-19
Alvin Benson-26

STAFF

Hayley Eby-3
Ineatha Williams-7
Sylvia Hamilton-17

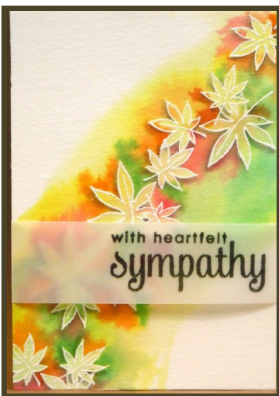
Priscilla Sturdaivant-6
Geraldine Jackson-8
Shaphonia Deloach-23



Don't forget if you would like to have a birthday celebration at the facility, please contact our Activity Director Katina Orr to help with the arrangements. It would be on a limited basis, but you would still be able to honor your loved one on their birthday.

Born in January

Everyone is special, but what is special about those born in the month of January? Those born in the first month of the year are creative and have a tendency to sparkle and shine. They are very imaginative and unleashing their creativity comes so easily. These folks are natural born leaders, and are most likely to become a CEO of a company. January is one of the top five months that CEO's are born in. They are also great in sports. One of the greatest athletes of all times, Muhammad Ali was born in January. Those born under the sign of Aquarius are most likely to become a celebrity than any other zodiac sign. They are also very smart. One interesting fact is someone born in the cooler months, which January is, they stay cooler, they are less irritable and prone to have mood swings. I am not sure about this fact, but scientists say you are more likely to be left-handed, but that is mainly for men during the months of November, December and January. Only 10% of the population world-wide is left-handed and I fall in that category. Another worthy career January folks choose is a doctor. Some more notable people born in January are Martin Luther King Jr., Michelle Obama, Franklin D. Roosevelt, Oprah Winfrey, Elvis Presley, Jeff Bezos, Betty White, and Kevin Costner. Just a few January facts I thought I would share.



The entire community shared in the grief of the passing of Grace Boyles. Ms. Grace was known throughout the community and very active throughout her 95 years. She was working at Fiddlers Restaurant until the age of 90. Her family was very supportive during her stay at the facility. We extend our sincere sympathy to all her family and friends.

To Polly and Gary Bailey, we send our deepest sympathy in the passing of Aunt Opal. Opal joined our family in 2017 and was a sweet lady who was loved by all the staff. Polly and Gary were exceptional care givers to Aunt Opal and due to their devotion and dedication Aunt Opal knew how loved she was.

Our sincere sympathy is extended to the family of Francis Shelton who only resided with us a short period of time. She is now resting comfortably in the arms of the Lord and is free of any further pain and suffering. Her family members were very attentive to her.

Thank You Donald

Annually on January 18 we recognize the job our maintenance department does for the facility. Donald Vancuren has been employed at Ridgeland Nursing Center since 2005. You most likely will hear Don's name being paged over the intercom almost any time of the day or night. Don is available 24-7 to take care of any issues that might arise at the facility at any given time. He is well known to all the residents as well as the staff because he is the first person they call to come to their aid when anything goes wrong in their rooms or on the wings. Keeping up with annual, monthly and weekly inspections is also a very important part of his job. There has to be compliance records available for DHEC when they do their annual inspections, and Don stays on top of these. Don is just a phone call away and we do appreciate his dedication to our residents and our facility. We do want to give out a big THANK YOU to Don for all he does for RNC.

Heart of the Facility

Happy Activity Professionals Week Katina Orr!!!! The week of January 23-29 is set aside to recognize the people in activities who share their talents, enthusiasm, energy, and love for the residents of their facility. The 2022 theme is "Keeping America Happy and Healthy". They play a huge role in enriching the lives of those who live in a skilled facility. State and Federal regulations have placed higher standards for the activity professionals over the years. Meaningful activities and quality of life are equally important. The activity program is usually centered around the interests of the residents. It is designed to meet the needs and interests of those who reside in a long-term care setting. On admission an activity assessment is completed to better know what a person has participated in the past and what they would like to continue to do residing in our facility. During this past almost two years the activities were on a limited basis. When the pandemic first began and quarantining the residents was implemented it was difficult to conduct any activities except on a 1:1 basis. Little by little things began to open up more and activities were getting back to pre-pandemic days. It is very difficult to keep the residents active and engaged when they had to spend a great deal of time in their rooms. In room activities had to be diverse and of interest to the residents. Many people do not understand the importance and benefits of activities in a health-care environment. We do appreciate the efforts Katina has put forward through these trying times. Thank you, Tina, for devoting your time and energy to our residents.

Dedicated Service

Once again, I would like to take this opportunity to thank the January hires for their years of service to our residents and facility. We do have several employees who have been with us for many years. That has something to say about a workplace that has employees who have been with you for over 20 years. Mary Badger is one of our long time CNAs. Mary joined our extended family in 1995. Primarily you will find Mary on 7-3 on the A wing. Mary is very dependable and gives her all to her residents when she is at work. She always has a pleasant and pleasing smile and attitude. Our DON Dorothy Taylor joined the ranks in 2000. She had a brief retirement, but was brought back to supervise, then stepped back into the Director of Nursing position in March 2020. Dorothy runs a tight ship and expects her staff to provide the best possible care to her residents. She is dependable and always available when she is on duty to take care of problems and issues that might rise. Dietary supervisor Cynthia Coburn became a member of our staff in 2004. Cynthia does a great job with scheduling, ordering and keeping dietary running efficiently. RN Supervisor Odis Norris became a member of our family in 2007. Odis works part time during the week and supervises some weekends each month. She is always good about picking up supervising on holidays as well. Housekeeper Geraldine Jackson, dietary worker Debra Williams and CNA Jaquaila Russell all rejoined our staff in 2021. All three had been previously employed and decided to come back "home" in 2021. We do want to thank each one of these employees for their service to our residents and to our facility. Without each one we could and would not be able to run so efficiently. Working together as a team each member of the RNC family provides the proper care to our residents and they help make this a good work environment.

The History Place

Many important events happen every day. But what has happened over the years during the month of January ?

January 1, 1892-Ellis Island in New York Harbor opened. Over 20 million new arrivals were processed till its closing in 1954

January 2,1960-Senator John F. Kennedy announced his intentions to seek the Democratic presidential nomination.

January 3, 1959-Alaska was admitted as the 49th U.S. State.

January 4, 1809-Louis Braille was born in France. He was blinded as a boy and later went on to invent a reading system for the blind using punch marks in paper.

January 5,1925-Nellie Tayloe Toss of Wyoming was the first female governor in the United States.

January 6, 1941-President Franklin Roosevelt delivered his State of the Union address to Congress including four essentials of freedom that was worth defending: freedom of speech, freedom of worship, freedom of want and freedom from fear.

January 7, 1999-The first presidential impeachment trial in 130 years began to decide whether President Clinton should be removed from office.

January 8,1935-Elvis Presley was born in Tupelo, Mississippi.

January 9,1913-President Richard M. Nixon, our 37th President was born in Yorba Linda, California.

January 10, 1863-The world's first underground railway service was opened in London, the Metropolitan Line.

January 11, 1964-The U.S. Surgeon General declared cigarettes may be hazardous to your health, the first official government report.

January 12, 1991-Congress authorized President George Bush to use military force against Iraq following the invasion of Kuwait.

January 13,1990-Douglas Wilder became the first African American governor in the U.S. as he took the oath of office In Richmond, Virginia.

January 14,1943-President Franklin Roosevelt and British Prime Minister Winston Churchill met at Casablanca in Morocco to work on strategy during World War II. At the conclusion of the conference Roosevelt announced that peace would come by the total elimination of German and Japanese war power.

January 15,1870-The first use of a donkey to symbolize the Democratic Party in America appeared in a cartoon in Harper's Weekly.

January 16,1991-The war against Iraq began as Allied aircraft conducted a major raid against Iraqi air defenses.

January 17,1942-Muhammad Ali (Cassius Clay) was born in Louisville, Kentucky.

January 18,1966-The first African American cabinet member, Robert Clifton Weaver was sworn in as President Lyndon B. Johnson's Secretary of Housing and Urban Development.

January 19,1966-Indira Gandhi was elected Prime Minister of India until 1975 and later from 1980-1984.

January 20,1981- Ronald Reagan became president as the age of 69, the oldest president to take office.

January 21,1954-The USS Nautilus, the world's first nuclear powered submarine was launched at Groton, Connecticut.

January 22, 1901-Queen Victoria of England died after reigning for 64 years, the longest in British history.

January 23,1849-The Medical Institute of Geneva, New York awarded her MD to Elizabeth Blackwell, thus becoming the first American female doctor.

January 24,1848-The California gold rush began with the accidental discovery of the precious metal near Coloma during the construction of a Sutter's sawmill.

January 25,1947-Gangster Al Capone, who once controlled organized crime in Chicago died at the age of 48 in Miami.

January 26, 1998-President Bill Clinton denied charges of having a sexual affair with Monica Lewinsky and advised her to lie about it.

January 27,1967-Three American astronauts were killed as a fire erupted inside Apollo 1 during a launch simulation test at Cape Kennedy.

January 28,1986-The U.S. Space Shuttle Challenger exploded 74 seconds into its flight, killing seven people, including a teacher Christa McAuliffe, the first ordinary citizen in space.

January 29, 1919-The 18th Amendment to the Constitution was ratified. For nearly 14 years the manufacture, transportation and sale of alcoholic beverages were illegal in the United States until December 5, 1933.

January 30,1973-During the Watergate scandal, Gordon Liddy and James McCord were convicted of burglary, wiretapping and attempted bugging of the Democratic headquarters inside the Watergate building in Washington, D.C.

January 31,1919-Jackie Robinson, the first African American to play professional baseball was born in Cairo, Georgia. He played for the Brooklyn Dodgers from 1947-1956 and elected to the Hall of Fame in 1962.

I Have A Dream

Martin Luther King, Jr.



After years of campaigning by activist, members of Congress and Coretta Scott King, President Ronald Reagan in 1983 signed a bill creating a U.S. federal holiday in honor of Dr. King. Martin Luther King Day is observed on the third Monday in January since 1986. Dr. King is most noted for his speech "I Have a Dream", but he wrote multiple books. Some facts about Dr. King you may or may not have known. He was born on January 15, 1929, and his birth name was Michael not Martin. He was a gifted student and entered college at the age of 15 at Morehouse College. He earned a divinity degree from Pennsylvania's Crozer Theological Seminary and attended graduate school at Boston University where he received his Ph.D. in 1955. He was jailed over 29 times for acts of civil disobedience and over misdemeanor charges like, in Montgomery, Alabama in 1956 he was going 30 miles per hour in a 25 mile-per-hour zone. Dr. King narrowly escaped an assassination attempt in 1958 in Harlem he was signing copies of his new book "Stride Toward Freedom" in a department store when he was approached by a woman asking if he was Martin Luther King Jr., after he replied yes, he was, she said she had been

looking for him for five years and plunged a seven-inch letter opener into his chest just narrowly missing his aorta. While waiting to go to dinner, Dr King was standing on the balcony at the Lorraine Motel in Memphis on April 4, 1968, was assassinated by James Earl Ray, a career criminal who pled guilty to the assassination. King's family met with Ray in 1997 and wanted the case to be reopened. The family believed Ray did not act alone and believed the Mafia and other local, state and federal agencies were involved in the murder. In 1999 at a civil trial a Memphis jury decided the assassination was the result of a conspiracy and Ray was set up to take the blame. But a U.S. Department of Justice investigation in 2000 reported no evidence of a conspiracy. On June 30, 1974 while 69-year-old Alberta Williams King, Dr. King's mother was playing the organ at a Sunday service at the Ebenezer Baptist Church, Marcus Wayne Chenault Jr. rose from the front pew, drew two pistols, and began firing shots. One of the bullets struck and killed Mrs. King on the very steps where her son preached nonviolence. The intended target was actually Dr. King's father, but his mother was closer, so she was the victim of the shooting spree. George Washington and Abraham Lincoln are the only other Americans to have their birthdays observed as a national holiday. In 1983 President Ronald Reagan signed a bill that created a federal holiday to honor Dr. King. The holiday was first commemorated in 1986 and is celebrated on the third Monday in January, close to Dr. King's January 15th birthday. One of Dr. King's famous quotes was "Injustice anywhere is a threat to justice everywhere."



"I have decided
to stick with love,
for I know
that love
is ultimately
the only answer to
mankind's problems."

~ Martin Luther King, Jr.
August 16, 1967



Facts About New Year's

Millions of people celebrate a new year coming in many different ways, with food, making a resolution, kissing at midnight, going out to a party, or staying at home watching the ball drop-in Times Square. How much do you actually know about the holiday? The first New Year's celebration dates back 4,000 years. Julius Caesar, the emperor of Rome, was the first to declare Jan. 1 a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and the other looking backwards. Forty-five percent of Americans make New Year's resolutions. The top resolutions are to lose weight, get organized, to spend less and save more money, to stay fit and healthy and to quit smoking. Twenty-five percent give up on their resolutions by the second week of January. Be sure you eat your green leafy vegetables, the more you eat the more prosperous you will be. Many people open a bottle of champagne on New Year's. Americans drink close to 360 million glasses of the sparkly during that time. Champagne dates back to the 17th century when the cork was invented. About 1 million people gather in New York City's Times Square to watch the ball drop. The ball today is covered in 2,688 crystals, and is lit by 32,000 LED lights, weighing 11,875 pounds and 12 feet in diameter. Poet Robert Burns wrote Auld Lang Syne in 1788 which is sung traditionally at New Year's. We associate Santa Claus with Christmas and with New Year's it is the Baby wearing a diaper, black top hat and a sash with the year on it. Tradition says the "baby" matures into an old man during the year. On New Year's in Philadelphia, you have the Mummers Parade. There are usually 10,000 participants that parade through City Hall and perform in unique costumes. The parade dates back to the 17th century including Irish, German, English, Swedish and other European heritages. The parade is divided into five divisions, comic, wench brigades, fancy, string bands and fancy bridges. One interesting fact according to the National Crime Bureau, vehicles are stolen on New Year's Day more than any other holiday. Even if you have an old car it isn't safe. Ten years ago in 2011, the 1994 Honda Accord was the most stolen car. Make sure you keep your car locked and park it in a well populated area. Just like we celebrate our birthday, making it another year, so does celebrating New Year's. We have a chance to celebrate having made it through another 365 days. It's time to raise our glasses and toast our survival for another year.

Well Done - Great Job - You Look Awesome

All of the above are compliments we like to receive, but also ones we should give to someone at the appropriate time. January 24 was established as National Compliment Day by Kathy Chamberlin of Hopkinton, NH and Debby Hoffman of Concord, NH in 1998. Giving a compliment is a wonderful way of brighten someone's day or to give credit for a job well done. You shouldn't wait to January 24 to give a compliment give one at any time one is deserved. A compliment has a powerful effect. It can show a person you have taken notice in the good job they are doing. Or that they have a new hairdo or even a noticeable weight loss. A compliment can benefit the receiver as well as the giver. The person giving the compliment shows a person you have taken notice. Whenever we recognize someone's achievements a compliment can go a long way. If you are going to give a compliment, make sure you are sincere. People have a way of knowing when we are fake. If you don't mean it, don't say it. It is something that you need to say in a way that the person hasn't a doubt you are sincere. When you compliment a person's character versus a new hairdo there are different rewards. Complimenting a person's character says you respect that person and complimenting their physical appearance tells then you paid attention. Sometimes a person needs to hear one or the other, or both. We all like to be unique, original and different. Give a compliment when a person stands out above the rest. You can also let a person know what you admire about them. Compliments not only spread joy but can also create bonds. People will gravitate towards positive people in both personal and professional settings. On January 24, please take the time to give someone a compliment and you most likely will get one in return. You can see how it made you feel giving one as well as receiving one. You don't lose anything by appreciating a friend, co-worker or a family member.



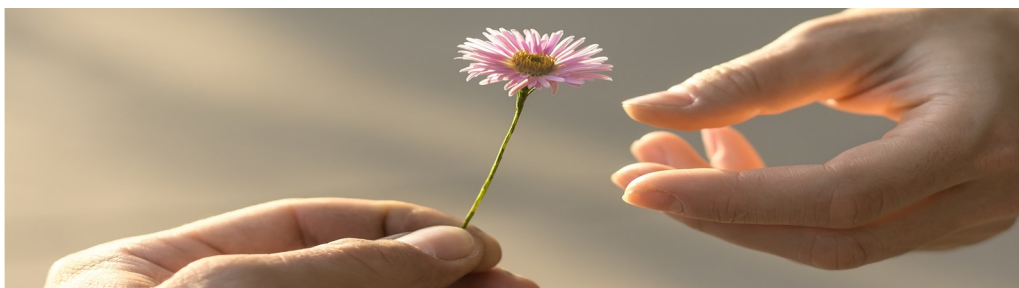
National Daisy Day

There is actually a special day dedicated to the daisy, January 28. It is a perfect day to celebrate the feelings of warmth, innocence, love, and new beginnings. Daisies are part of the Asteraceae family of flowers which includes 32,000 species. They are referred to as “aster flowers” or “asters”. Asters are found on every continent except Antarctica. The name “daisy” actually comes from an Old English term that translates to “day’s eye”. The reason is that, like lotus flowers, daisies open up in the morning to take in the day’s sunshine and then close up again in the evening. Daisies remind us each day that there is an opportunity to begin again. Daisies symbolize new beginnings and also are a symbol of hope. Hope is one of the most powerful tools to bring about better outcomes and a better world. Sometimes disappointments can also bring opportunities. Daisies grow in the spring, when nature is waking up and they can grow in a variety of conditions. I think we all have used the daisy by pulling its petals to play the game “he loves me, he loves me not”. We probably have also used the daisies to make chains and even women would wear them on their heads as a wreath. Daisies come in a variety of colors. White daisies have a yellow center, and they symbolize innocence. A yellow daisy symbolizes joy, hope and good luck. Orange daisies symbolizes good health, healing, and optimism. Red is positive for wealth and prosperity and even romance. Purple symbolizes spontaneity, peace and understanding. Blue daisies symbolize long-term loyalty and trust. The green daisy symbolizes new beginnings, renewal, and growth. Daisies also have a spiritual meaning. They represent the eternal life of the soul and that we all have the opportunity to begin again, no matter the mistakes we’ve made in our past. Daisies are the flower of the month of April. Daisies are easy to draw and are a favorite of kids to duplicate. They are also a great pick for a tattoo. They are very simple in composition, so it makes for an easy subject to design. The symbolize many positive attributes. It can also tell the world you are lighthearted, and you might be starting something new in your life. Hopefully you will have a better understanding the qualities daisies represent.



Generosity of So Many

The holidays are a special time of the year for everyone, but when a person resides in a long-term care facility making their holidays memorable takes the combined efforts of many people. We are so fortunate to live in a community that has groups, organizations and individuals who give of their time and themselves to make sure others enjoy a beautiful holiday season. The gift giving by so many church groups, social organizations, schools, families and friends is very heartwarming. Of course, being able to see their loved ones on any given day is a blessing, but when they are able to share it with each other is even more special.





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



Winnie-the-Pooh is also called Pooh Bear or Pooh. He has his very own special day honoring him on January 18th. He is a fictional teddy bear created by English author A.A. Milne and English illustrator E.H. Shepard. In 1926 the first collection of stories about the character was Winnie-the Pooh, followed by The House at Pooh Corner in 1928. A. A. Milne named the character Winnie-the-Pooh after a teddy bear owned by his son, Christopher Robin

in Milne, on which the character Christopher Robin was based. The rest of Christopher's toys, Piglet, Eeyore, Kanga, Roo and Tigger were incorporated into Milne's stories. Two more characters, Owl and Rabbit were created by Milne's imagination, while Gopher was added to the Disney version. Christopher Robin's toy bear is on display at the Main Branch of the New York Public Library in New York City. Christopher Milne named his bear after Winne, a Canadian black bear he often saw at the London Zoo, and Pooh, a swan they had encountered once on a holiday. In the first chapter of Winnie-the-Pooh, Milne gave this explanation of why Winnie-the-Pooh is often called simply "Pooh". His arms were so stiff, they stayed up in the air for more than a week and whenever a fly came and settle on his nose, he blew it off, so that is probably why he is sometimes simply called Pooh. The stories are set in Ashdown Forest, East Sussex, England. The forest is a very tranquil open area on the highest ridges situated 30miles south-east of London. Christopher's dad bought a country home a mile north of the forest, so they spent a great deal of time there driving around the country-side. Most of the stories are associated with real places in and around the forest. E.H. Shepard's illustrations in the books were directly inspired by the distinctive landscape of Ashdown Forest. Pooh is naïve and slow-witted, but a very friendly, thoughtful bear, even though his friends think he is a bear of very little brain. He often has clever ideas, usually driven by common sense. For instance, in one of the stories Pooh rides in Christopher Robin's umbrella to rescue Piglet from a flood. Pooh is also a poet. He is extremely fond of food especially "hunny". He is very social and next to Christopher Robin, his closest friend is Piglet. In 1930, Stephen Slesinger purchased US and Canadian merchandising, television, recording and other trade right to the Winnie-the Pooh works from Milne for \$1000 advance and 66% of Slesinger's income. By November 1931 Pooh was a \$50 million-a-year business. Slesinger marketed Pooh and his friends for more than 30 years creating the first Pooh doll, record, board game, puzzle, US radio broadcast on NBC, animation and motion picture. After Slesinger's death in 1953 his wife Shirley continued developing the character herself. In 1961, she licensed rights to Walt Disney Productions in exchange for royalties. The same year Milne's widow, Daphne did the same thing. In 2002, Winnie-the-Pooh was considered the most valuable fictional character. In 2005 Pooh's net worth was said to be 6 billion dollars. The Winnie-the-Pooh franchise is estimated to be worth \$3-6 million. Disney developed Pooh toys, videos, other merchandise making a substantial income for Disney. Many movies have been made along with theater adaptations, radio, cassettes, and audio versions of this wonderful, delightful fictional character. It is just no wonder he has a special day to be honored on January 18th.