



# Ridgeland Nursing & Rehab Center

LONG TERM CARE

## St. Patrick's Trivia

March 17th is right around the corner and most, if not all of us will be celebrating St. Patrick's Day, but have you ever wondered about the history surrounding St. Patrick's Day? Many of us think we know a lot about the leprechauns, pot of gold, shamrocks and St. Patrick, but do we really. I will try to help educate everyone on some of the traditions and history of the holiday. With the luck of the Irish on your side you will learn a little about the facts surrounding St. Patrick's day and its traditions. The first ever St. Patrick's Day Parade in 1792 didn't take place in Ireland, but in the United States. Green wasn't always associated with St. Patrick's Day. It wasn't until 1798 that green became the official color. Each year in Chicago since 1962 the river is dyed Kelly green. In Ireland to celebrate St. Patrick's Day, they hold a 4-day celebration. The day was originally meant to celebrate St. Patrick introducing Christianity into Ireland in the fifth century. The leprechaun is the mythical character as part of St. Patrick's Day. St. Patrick changed his name after becoming a priest to Patricius. His name at birth was Maewyn Succat. The New York City St. Patrick's Day parade usually has about 250,000 marchers, making it one of the largest parades and it has been going on since 1762. The major Catholic holiday that St. Patrick's Day occurs in is Lent. Since 1952 Irish government leaders give United States Presidents shamrocks on St. Patrick's Day. St. Patrick wasn't Irish as everyone thinks. He was born in either Scotland or Wales. St. Patrick's Day is celebrated on the anniversary of his death, not his birthday. Cabbage and corned beef are considered to be an authentic Irish dish, but the Irish didn't actually create it. It was created by Irish American Immigrants. Green became associated with St. Patrick's Day in the 17th century, originally the color was blue. The most popular drink to have on St. Patrick's Day is Guinness and roughly about 13 million pints are consumed on St. Patrick's Day. Up until the 1970's pubs used to be closed on St. Patrick's Day in Ireland. The 3-leaf shamrock was used by St. Patrick to explain the Holy Trinity. In 2020 the St. Patrick's Day parade was cancelled in New York City for the first time in 250 years. In 1903 St. Patrick's Day became an official Irish holiday instead of just being a holy day for Catholics. I hope you all learned a little bit about St. Patrick and its traditions.



## ADMINISTRATORS WEEK

March 14-18,2022 is the week set aside to recognize and honor all long term care administrators. This has become a very challenging job especially during the Covid 19 pandemic. Each administrator has to make sure not only their staff are kept safe, but also their staff members and family members. This by no means is an easy assignment. The government has made so many changes in regulations governing how we care for our residents during this trying time. The changes can occur on a weekly basis and even on a daily basis. There are so many State and Federal regulations an administrator must be knowledgeable in and keep up with the changes. An administrator has the never ending duty of supervising, planning, monitoring and developing an appropriate standard of care for all departments. An administrator must have good communication skills between not only family members, but with other agencies that provide services to our residents and our facility. Leadership and business skills are a must in this position. Sheri has been administrator at Ridgeland Nursing Center since 2006. She began her employment at RNC in 1983 and worked her way to the top position. She is available 24/7 by phone, text or dropping by her office to answer any questions, listen to concerns and complaints from residents, staff, family members, visitors and concerned citizens. So please that the time to stop by and give Sheri a word of thanks for her years of commitment to Ridgeland Nursing Center's residents and staff.

MAY YOU BE PROUD  
OF THE WORK YOU DO  
THE PERSON YOU ARE  
AND THE DIFFERENCE  
YOU MAKE

March Newsletter

# BIRTHDAY CELEBRATION

It is that time of the year again when we have a birthday celebration for the month of March. Our March celebrants are either born under the sign Aries or Pisces. Pisces are those born between March 1-20 and Aries March 20-31. Pisces are said to be smart, creative, and Aries are passionate and independent. The flower for March is the beautiful daffodil. It is one of the first flowers of spring and often associated with "rebirth, new beginnings and even prosperity". Aquamarine and bloodstone are the birthstones for March. Aquamarine is the color of the sea and symbolize purity of spirit and soul. While the bloodstone is a darker green stone with flecks of red iron oxide and are said to bring health and strength. Being born in March you look on the bright side and for positive things. Studies have found March babies are most likely to be a CEO or a pilot. We do want to wish all the March celebrants a very Happy Birthday and if any family member would like to host a party for their loved one they can contact Katina Orr, our activity director at Ext.126. Those having a March birthday are:

## RESIDENTS

Alma Hughes-2  
William O'Brien-3  
Yvonne Bowick-17  
Loretta Roberts-18  
Clarence Callison-19  
Robert Smith-20  
Vergie Harris-23  
Alice Gunnels-24  
Mary Delaney-25  
Betty Smith-31



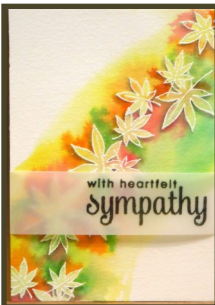
## STAFF

Tracy Thompson-2  
Letrice Gibbs-11  
Cynthia Coburn-15  
Lena Taylor-15  
Albertha Koger-16  
Deanna Richards-16  
Donald Vancuren-16  
Deborah Salley-20  
Jennifer Myers-22  
Patricia Arnold-22

Wyekeshia Williamson-24  
Sheri Boyles-27  
Rosemary Wilson-28



A very Happy Birthday to each and every one of you!!!!!!



No matter how long a resident has lived with us, whether it be a few days, weeks or years the impact they make on our lives is the same. We take them into our "home" and make it their "home". They teach us some much even over the short period of time they reside with us. We learn about their past life, their family members, just how life was before coming into our facility. It is a great loss to all of us when any of our residents are called to Heaven. Recently we were saddened by the passing of Carol Aveta, Mary Brown, Virginia Middleton and Nettie Heyward. Virginia came to us in 2016. She resided on B wing since 2016. Virginia was a sweet lady who won our hearts over from the day she was admitted. Even with her physical handicaps she never complained and was so easy to care for. She has a wonderful granddaughter who was a great support system for her grandmother even though she lived a distance away. The phone calls they shared had to give Lesley great, fond memories. Nettie Heyward joined our family in 2018. Nettie had a feisty personality and would be so kind one minute and show her feisty character the next. She had two beautiful sisters that visited often, Isabelle and Mildred. Her nephew James was very attentive to all her needs and took very good care of Nettie. We do want to extend our sincere sympathy to these wonderful family members who entrusted their loved ones in our care over the weeks and years.



Annually in March we honor the contributions Registered Dietitians make to the people they serve when it comes to their health and welfare. This year March 9th is set aside as National Registered Dietitian Day. Our dietician is Michelle Reardon. Michelle has been a registered dietician since 1979. She has a great deal of experience in various fields of healthcare. Long term care is one of her specialties, that is why she is a vital

part of our team. She reviews the resident's charts, check their lab work and weights, make recommendations to improve their health and dietary needs. This is a difficult field to make sure this diverse group of residents has their nutritional needs met. Keeping up with state and federal regulations has to be followed, and Michelle makes sure that happens in our facility. Michelle resides in Savannah and is the mother of one son Christopher. She has worked abroad as well as locally and finds health care a challenging field but she is up to that challenge every day. We want to take this opportunity to thank Michelle for her service to our residents and our facility.

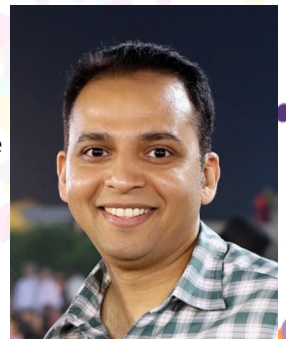
# Thank You! for your Dedicated Service

I do want to start by apologizing to CNA Melissa Altman for omitting her from the February newsletter for her date of hire in February. Melissa joined our family in 2010 and has been a valued employee since her hire date. Melissa is very kind, caring and dedicated to her residents. Melissa can be found most days on 3-11 shift on A wing, but she is versatile enough to work any shift and has done it many times since her hire date. The employees for the month of March are just as caring and dependable. LPN Sandra McIvory joined our team in 2019. Sandra is very dedicated and dependable. She puts in a lot of hours providing the necessary nursing care to her residents. Mainly she is on A wing, but also has been asked to work B wing and does so willingly. There aren't enough words to describe and brag on our Human Resource Director Dana Dziadaszek. Dana has been with us since 2010 and is an important part of our facility. Without Dana I personally would be lost and many others here feel the same way. She is an absolute whiz on the computer. She will help in any way possible and goes over and above to get the job done. She is extremely knowledgeable about her job and does everything to perfection. LPN Jamesetta Myers rejoined our team in 2018. She works the 11-7 shift primarily, but has filled in when needed on the 3-11 shift. Even though she is only here three days a week she is dependable and does her work to the best of her ability. CNA Nichole Johnson is an employee you would want on your team for her professionalism, her dependability and her compassion. She works the 3-11 and 11-7 shifts and is a great team player. We do want to thank all these ladies for their devotion to our residents and all they give to our facility. Without each and every one of them we wouldn't have the excellent facility we are known for.

## WELCOME!

We are very happy to welcome and introduce the Regional Director of Therapy Operations for Turning Point Consulting, Gaurav Parikh. "G" as he is known to most of us joined our therapy department in November 2021 when new ownership took

place to assist our existing therapy department with their everyday operations, billing, assessments and reimbursements. He was born and raised in India and came to the United States at age 20. He is an only child, but has a close relationship with his cousins and other family members. Gaurav resides in Greensboro, NC with his wife and 16 mo. old son. In college he studied physical therapy and received his PhD in Physical Therapy in 2012. He has traveled extensively and some of the most exciting places were Australia, United Kingdom, South America, China, Thailand, Canada and Mexico to name a few. As you can tell he loves to travel. He also enjoys soccer and tennis. He has a great personality and very enjoyable to talk to when he visits the facility. He is quite versed and knowledgeable in the health care field, not only in physical therapy. So he is quite an asset to our facility. We enjoy working with him and hope to continue our partnership for long term.



National  
**DOCTOR'S DAY**  
March 30

Yearly on March 30th we show our appreciation to our doctors for all the work they do for our residents and our facility. They do so much to provide their professional

services to the wellbeing of our residents. This day was established in 1933 by Eudora Brown Almond in Winder, Georgia. She was the wife of a physician and thought there should be a day to recognize the work doctors do for their patients. On the first observance she sent cards to several doctors and placed red carnations on the graves of deceased physicians who had been prominent in the community. She chose March 30 as the day to celebrate because on this day in 1842 Dr. Crawford W. Long successfully performed the first anesthetic procedure during a surgery. A resolution to make this an official celebration was introduced at a meeting for the Southern Medical Alliance in 1935, and this holiday has been associated with this organization ever since. It wasn't until 1990 that President George Bush passed a law officially making March 30th, National Doctor's Day, a national holiday. We are very pleased to have doctors Horry and Bowers at our facility on a weekly basis. They see all the new admissions and all hospital return residents. Another asset to our facility is our Physician's Assistant Susan Henderson. Susan is here weekly as well and she makes rounds on all the residents who are to be recertified, any resident with any problems that needs to be addressed as well as reviewing all of the lab work that has been obtained that week. Dr. Horry is available 24/7 and is very willing to assist with any questions or concerns we might have in regards to any of our residents. Susan can also be reached Monday-Friday for questions. We do want to recognize and show our appreciation to them for all they do for our facility and especially to our residents. When you see Dr. Horry, Dr. Bowers or Susan please thank them for their dedicated service to our residents.

**Thank You**  
*for your service*



## 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



The first Friday in March is Employee Appreciation Day. It was established in 1995 when one of the board members of Recognition Professionals International Bob Nelson along with his publishing company, Workman's Publishing felt since there was a day to honor bosses there should definitely be a day to recognize and honor employees. They created the day to honor all employees in every industry. We often don't give enough thanks, praise and recognition to our faithful, dedicated employees. The healthcare industry is a very hard, challenging, but rewarding industry and to show the millions of employees their hard work doesn't go unnoticed does help boost morale and productivity. Each

department plays a vital role in the success and function of any company. These past two years have been especially challenging, not only in health care, but in all industries worldwide. So many businesses have had to close their doors due to the pandemic. Healthcare has been one industry that required more workers than any other, so showing these folks how appreciated they are is essential. Without each and every employee working together as a team is how you have a successful facility. Our staff here at RNC has stepped up to the challenge and put forth so much to provide the necessary care to the residents assigned to their care. Keeping the virus out of the facility was a united effort of each and every employee. For quite some time we were able to do just that, but even when we did have positive cases in the facility the staff didn't falter one bit, they stepped right up and provided the necessary care. We do want to thank each employee of Ridgeland Nursing Center for their dedicated service to our residents and facility.



## Don't Forget!

It is that time of the year again when we have to turn our clocks ahead one hour due to the start of Daylight Saving Time. This year March 13 is the day that begins adding one more hour of daylight to our day. Probably, if I had to guess most of us would rather see daylight saving time all year round. I personally don't like it when it gets dark so soon in the evening. We all like to spend time outdoors enjoying the nice weather and when it gets dark we know it is time to go indoors. Tourism benefits from having an extra hour of light during the day. Many folks enjoy sporting events when they can watch when they have that extra hour. Stores have more customers and see bigger profits when customers shop during the time when it is light outside. It has been a topic of discussion with our legislators over the past couple of years to make DST year round. Most of Arizona and Hawaii do not observe DST. We don't turn our clocks back an hour until November 6. So enjoy that extra hour, but don't forget if you have to go to work that Sunday morning make sure you set your clock ahead that one hour before you go to sleep.