

March 2021

'Recognizing Those Who Care'



## HEROES OF THE MONTH



### Cartersville Center for Nursing and Healing

**Tressa Brown** - Congratulations to **Tressa Brown** for being selected as Cartersville's Hero of the Month. In addition to being a dedicated team member, **Tressa** has not missed one day of work since she was hired. In addition, **Tressa** is also dedicated to our residents who look forward to seeing her. Making the residents laugh comes naturally to her. **Tressa's** dedication to her coworkers is always evident, especially when she has volunteered to work 2 extra nights every weekend to help fill the staffing gaps. She is reliable, does a great job and eternally upbeat, attributes that make her truly special. We are very lucky to have **Tressa** as a team member and she is very deserving of being our Hero of the Month.



### Fulton Center for Rehabilitation

**Vilma Stinson** - Congratulations to **Vilma Stinson**, CNA in our Nursing Department for being selected as Hero of the Month at Fulton Center. Her enthusiasm, hard work and great attitude is evident every day. **Vilma** is always willing to do whatever it takes to get the job done, going the extra mile as well as going above and beyond the call of duty. She is receptive and willing to learn new things to do her job better.



### Nancy Hart Nursing Center for Nursing and Healing

**Treasure Ardister** - We have chosen **Treasure Ardister** for our Nancy Hart Hero of the Month. **Treasure** has been faithfully serving our residents for 15 year as of March 2021. She is a true **Treasure** to our residents. She is fun, loving and kind to our residents. **Treasure** works hard to keep our residents and their families in touch with one another. She goes above and beyond her duty. **Treasure** clearly puts her whole heart into her work. Thank you **Treasure** for all that you do. You are truly a Nancy Hart HERO. Congratulations!



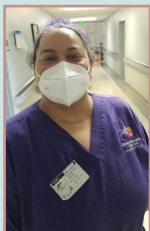
### Powder Springs Center for Nursing and Healing

**Carline Dor** - Congratulations to **Carline Dor** for being our Hero of the Month. **Carline** is a CNA at Powder Springs. She has impeccable conduct in her service with our center. **Carline** is very caring towards all with no exceptions. Everyone she works with says she is excellent, reliable, dependable, dedicated and hardworking. **Carline** is so competent and she exudes HEALING WITH HEART! Her caring ways and smile are a treasure to behold. We are blessed to have her as part of the Powder Springs family!



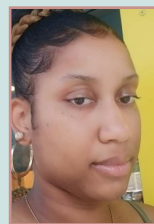
### Renaissance Center for Nursing and Healing

**Rachel McCrary** - **Rachael** has been with Renaissance as a CNA. Ask her what her favorite part of the job is and without hesitation she will say; "The Residents". **Rachel** is a great aide because of the compassion she shows the residents. She takes the time to get to know them and knows about all the little things that make them unique. She knows what they like to wear and what they want to eat. She takes time to straighten their rooms and provide all the little services that matter so much to our residents. **Rachel** has 2 kids and can be found reading or working on home improvement projects when not at work. Our residents and staff love Rachel and there just aren't enough good things to say about her!



### Renaissance Center for Nursing and Healing

**Marqwita Watkins** - **Marqwita**, CNA is one of several standing out CNA's at Renaissance. She is always willing to pitch in with a new project or do whatever needs to be done for the residents. She assists our wound care nurse with rounds and pays special attention to details when caring for residents. **Marqwita** can also be counted on to respectfully let administration know when something is not working on the floor and will work with us to find solutions. She picks up shifts when needed to help her fellow aides and stays calm in stressful situations. **Marqwita** is driven to succeed and is currently not only working as an aide but also attending school to further her education. We appreciate all you do!



### Riverdale Center for Nursing and Healing

**Sherifat Smith** - **Sherifat** is one of our most valued employees here at Riverdale Center for Nursing and Healing. Her dedication and stewardship to our center is amazing. **Sherifat's** daily professionalism is evident and we are truly blessed to have her as part of our family here at Riverdale Center. Congratulations **Sherifat** on being our HERO of the Month.



LOVE THE PEOPLE GOD GAVE YOU BECAUSE HE WILL  
NEED THEM BACK ONE DAY.

# A Special Thank You....

## Long Term Care Administrators Week

March 8 - 12

We would like to extend a special Thank You to our Wonderful Administrators who, through their Leadership and Unwavering Commitment to You, the Employees of Empire Care Centers, have created the standard for all other Nursing Centers to strive to achieve.

Joy Powers ~ Cartersville  
Michael Ostrozynski ~ Fulton Center  
Zubayda Sutton ~ Nancy Hart  
Renee Ellis ~ Powder Springs  
Rebecca Minter ~ Renaissance  
Tracy Brown ~ Riverdale

With our sincere appreciation –  
Sol, Effy, Renee and all the employees of Empire Care Centers.

FYI

## March 5th Employee Appreciation Day

Held on the first Friday in March allowing management to show thanks and reward their workers for their hard work throughout the year. Companies and businesses that promote a positive culture through awarding and recognizing its employees have found that it leads to a happier more productive workplace environment.

FYI

## March 19th Certified Nurses Day

Certified Nurses Day is an annual day of recognition for and by healthcare leaders dedicated to nursing professionalism, excellence, recognition, and service. Every March 19, employers, certification boards, education facilities, and healthcare providers celebrate and publicly acknowledge nurses who earn and maintain the highest credentials in their speciality.

## RECIPE OF THE MONTH

### SWEET POTATO CLASSIC

5 sweet potatoes  
1/4 teaspoon salt  
1/4 cup butter  
2 eggs  
1 teaspoon vanilla extract  
1/2 teaspoon ground cinnamon  
1/3 cup white sugar  
2 tablespoons heavy cream  
1/4 cup butter, softened  
3 tablespoons all-purpose flour  
3/4 cup packed light brown sugar  
1/2 cup chopped pecans



- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Bake sweet potatoes 35 minutes in the preheated oven, or until they begin to soften. Cool slightly, peel, and mash.
- In a large bowl, mix the mashed sweet potatoes, salt, 1/4 cup butter, eggs, vanilla extract, cinnamon, sugar, and heavy cream. Transfer to the prepared baking dish.
- In a medium bowl, combine 1/4 cup butter, flour, brown sugar, and chopped pecans. Mix with a pastry blender or your fingers to the consistency of course meal. Sprinkle over the sweet potato mixture.
- Bake 30 minutes in the preheated oven, until topping is crisp and lightly browned.

## Did You Know??



Heinz vinegar to heal bruises... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

## Why do you pinch someone on St Patrick's Day?

Leprechauns are believed to be aloof and unfriendly. They live alone, making shoes for other fairies. According to legend, the leprechaun possesses a hidden pot of gold. You can track down a leprechaun by the sound of his shoemaker's hammer. If you can catch him, you can force him to tell the whereabouts of his pot of gold. However, you must be careful. You must keep your eye on him every second. If not, the leprechaun will trick you and disappear. Your hopes of finding his pot of gold vanishes with him.

## Brown Bag Idea



### Tortilla PB Wrap.

4 7- to 8-inch flour tortillas  
1/3 cup peanut butter  
1 cup chopped apple  
1/4 cup low-fat granola

Spread peanut butter over each tortilla. Sprinkle with apple and granola. Tightly roll up tortillas. Cut in half. Wrap tightly in plastic wrap. Pack in insulated containers.

## Daily Fitness

Take the stairs when you have an option.

Always have a bottle of water with you to keep yourself hydrated throughout the day.

Snack smart, try to avoid, processed foods such as potato chips and cookies, opt for pretzels, nuts or granola.



## St. Patrick's Day Trivia

St. Patrick's revelers thought wearing green made one invisible to leprechauns, fairy creatures who would pinch anyone they could see (anyone not wearing green). People began pinching those who didn't wear green as a reminder that leprechauns would sneak up and pinch green-abstainers.



## MARCH Calendar of Events

St Patrick's Day..... 17th  
First Day of Spring ..... 20th  
Passover ..... 27th  
Palm Sunday ..... 28th

Girl Scout Week ..... 7th - 13th  
Patient Safety Week ..... 14th - 20th

National Nutrition Month  
Save Your Vision Month



## SPRING FOWARD.....



Don't forget to set  
your clock 1 hour ahead.

Daylight Savings Time begins at  
2:00 a.m. on March 20, 2021.



## A Little News From ... Sol, Effy and Renee

Welcome to the inaugural edition of our new ***Empire Care Centers Employee Newsletter***.

It's our pleasure to bring you this amazing newsletter that is made specifically with you in mind. We want you to not look at this as just another "memo" from ownership... NO this is a way for YOU to shout out to your co-workers, to brag about your center team, to connect with each other on a whole new level.

***This newsletter is about and for you, the Empire Care Centers Employees.*** We have long known that you, our staff are the backbone of Empire Care Centers. Day in and day out, you come to your facility, provide care to the most deserving of our population and do so with a smile on your face and kindness in your heart. This newsletter is our way of making sure you know that each and every one of you are Valued, Appreciated and Respected by ECC, your facility management team and your coworkers.

The Empire Care Centers Employee Newsletter will come out every month and will, amongst other things, honor a "HERO" of the month at each facility as well as give every staff member the opportunity to reach out and acknowledge the contribution of any other staff member in a positive and public way. "Shout it Out" by entering a "Shout Out" on the Newsletter's mobile app and you can even upload a picture if you would like!

The Employee Newsletter gives each of you the opportunity to commend a fellow employee for doing a great job. It gives you the ability to share special events and occasions with the entire staff such as births, weddings, graduations, condolences, etc., if you so choose. We encourage you to take the opportunity to share news, events and good deeds done with each other.

We sincerely hope that you will take a few moments and be part of our Employee Newsletter and "Shout Out" to your fellow employees. Let us "Shout Out" all of you, our staff, by expressing our personal thanks for the fabulous work you do, day in and day out. You all are the BEST. You are the HEROES WITH HEART.

Our ECC Employee Newsletter ~ Caring About What Matters Most. YOU ~

Thank you and let's make our Employee Newsletter the best it can be.

Sol, Effy and Renee'

## Riverdale Center for Nursing and Healing



### SUPERVISOR SHOUTOUTS

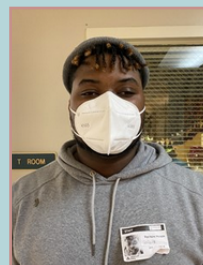
*A few Thank You's from ..... Tracy Brown*



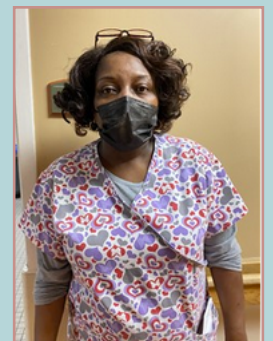
A special shoutout to **Tanisha Southard**. Thank You for always making us smile. The food you prepare is also great.



**Team Riverdale** - You are all the BEST group of people to work with. There is never a dull moment. We always support each other.



**Rachiim Hasan** - You are amazing. We wanted to recognize you for the stellar performance in environmental services. Thank you for all you do. You are greatly appreciated and are a true asset to Riverdale.



A special shoutout to **Cathy**, our CNA on the 7-3 shift. We are overwhelmed with joy with the care you display to our residents. We are simply blessed to have you on our team.





## New Faces

1/1 - 2/24



**Keith Kelly**

A warm welcome to **Keith Kelly**. Keith joins our Housekeeping Department as a Floor Tech. We are glad you are a part of our Riverdale Center family.



**Brittany Kelly**

**Brittany Kelly** joins our team at Riverdale Center as a PRN Housekeeper. She has 2 years healthcare experience. **Brittany** was born in Atlanta, GA. She has 1 son and 1 daughter. In her spare time **Brittany** enjoys watching movies and reading.

## EMPLOYEE BIRTHDAYS

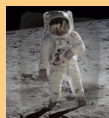
Shirley Brown .....	3rd
Jennifer Smith-Franklin .....	5th
Genera Mains .....	7th
Jaleesa Johnson .....	7th
Shenell Mercer .....	7th
Latonia Turner .....	8th
Sylvia Muwallif .....	10th
Zainab Kallon .....	10th
Ytrica Edwards .....	11th
Hawanatu Sesay .....	12th
Doretta Harrell .....	17th
Tanisha Southard .....	22nd
Alimatu Tarawalli .....	22nd



## EMPLOYEE SHOUTOUTS

- ★ To **Tim**, Floor Tech from Derrick Nelson - Ever since coming aboard at Riverdale Tim has been the go to person, either helping in rooms with maintenance or wherever he is needed. No task is too small for him to complete. Thank you for all you do at Riverdale!
- ★ To **Jocari**, Room Attendant from Derrick Nelson - After seeing my job post on social media, this young lady stepped right up when a partner was no longer available to clean our west wing. She completes all tasks and makes sure all of her residents rooms are ready and disinfected for new arrivals.
- ★ To **Charmaine**, Room Attendant from Derrick Nelson - Ms Charmaine is one of the HARDEST working ladies in my department. When called upon, she takes on any task big or small. If a partner needs help she is there to pick them up. Thank You Charmaine for all you do in Environmental Services.
- ★ To **Team Riverdale** from Tracy - Always blessed to be a part of such a dynamic team!
- ★ To **Avery** from Tanisha - You are such a great person inside and out. A hard worker and very dedicated to your job. Thanks for being a great Co-Worker
- ★ To **Environmental Services** from Tracy Brown - Way to go team. Looking good!
- ★ To **Tracy** from Tanisha - You already know you are an amazing person. A true rockstar and a great leader! Thanks for your awesomeness!!!
- ★ To **Leslie** from Tanisha - Mrs. Leslie you are a true soldier and we Thank You for everything you do, night and day.
- ★ To **Tanika** for Tanisha - You're the BEST!

## DID YOU KNOW?



In 1963, major league baseball pitcher Gaylord Perry remarked, "They'll put a man on the moon before I hit a home run." On July 20, 1969, an hour after Neil Armstrong set foot on the surface of the moon, Perry hit his first, and only, home run while playing for the San Francisco Giants.



FYI



Each eye of the dragonfly contains 30,000 lenses.