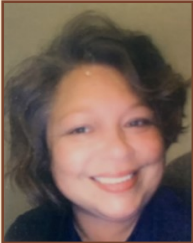


November 2022

'Recognizing Those Who Care'

Empire Heroes for November

Canton



Sarah Patel

Fayetteville Center



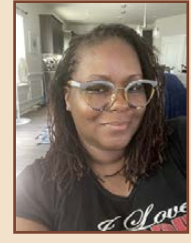
Fayetteville Staff

McDonough



Deaysia Smith

Powder Springs



Bonnie Jennings

West Orange



Kevin Sooklall

Jackson



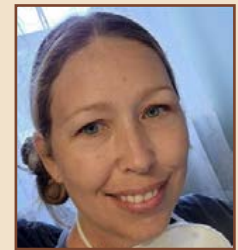
Lissette Valentin

Sandy Springs



Deja Manuel

Nancy Hart



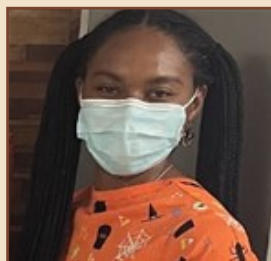
Heidi Trimble

Cherokee Center



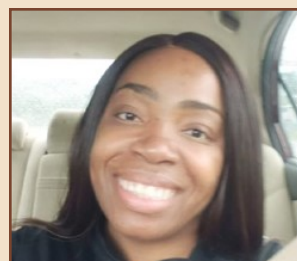
Kimberly Padgett

Anderson Mill



Maraijha Davis

Fulton Center



Tanique McCord

Cartersville



Amanda Dillarad

Riverdale



Nevesha Robinson

Conyers



Danielle Williams

Spalding



Whitney Biggs

The Meadows



Merlina Parhm

WELCOME

New Faces

Sept 29 - Oct 26th

McDonough



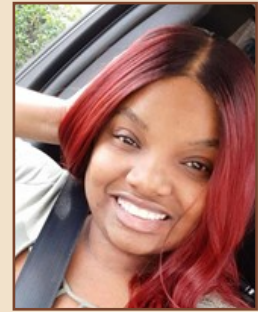
Ashley Bills

Ashley joins our Social Services Department as a Social Services Assistant. Welcome to our McDonough family.



Esteban Brooks

Esteban joins our team as a Central Supply/Transportation member. We are glad to have you as part of our team.



Shanice Watkins

Shanice joins us as a Receptionist in our Administration Department. Welcome to our McDonough family.



Tiffany Robinson

Tiffany joins our Housekeeping Department as a Housekeeper. Welcome to our team.



Diamond Johnson

Diamond joins our Nursing Department as a RN. Welcome to our McDonough family.

Marilyn joins our team at McDonough as a PRN Cook. Welcome to our McDonough Center family.

Marilyn Morgan



Cherokee Center



Nora McArthur

Nora joins our Nursing Department as a LPN. She has been in healthcare for 7+ years. **Nora** was born in Marietta, GA. She is married and has 1 son. In her spare time **Nora** enjoys hiking, going to church, swimming, and traveling.

Andrea joins our Cherokee team as a part-time LPN. She has been a LPN for 30 years. She has 3 sons, 2 daughters and 2 grandchildren. Welcome to our Cherokee family.

Andrea Wilburn

Brody joins our team at Cherokee Center as a PRN Dietary Aide. Brody was born in Kennesaw, GA. In his spare time **Brody** enjoys playing guitars, computer games, and hiking.

Brody Padgett

Brandie joins Cherokee as our Activities Director. She has 8 years experience. **Brandie** was born in Jasper, GA. In her spare time **Brandie** enjoys riding motorcycles and jeeping.

Brandie Davis

Riverdale



Deanna Rogers

Deanna joins our Nursing Department as a Unit Manager. She has 5 years healthcare experience. **Deanna** was born in Boston, MA. She has 1 son and 1 daughter. In her spare time **Deanna** enjoys family time and watching TV.

Romney joins our Nursing Department as a PRN CNA. She has 15 years experience as a CNA with 16 years experience in the healthcare industry. Romney was born in Indianapolis, IN. **Romney** has 2 sons, 3 daughters and 3 grandchildren. In her spare time **Romney** enjoys cooking and skating.

Romney Prince

Shanekia joins our team at Riverdale Center as a PRN CNA. She has 5 years healthcare experience. **Shanekia** was born in Alabama. She has 3 sons and 1 daughter. In her spare time **Shanekia** enjoys family time.

Shanekia Woods



WELCOME

New Faces

Sept 29 - Oct 26th

Jackson



Jessica Stewart

Jessica joins our team as a LPN. Welcome to our Jackson Center family.



Tiffany Cornelius

Tiffany joins our Nursing Department as a CNA. She has 14 years experience in healthcare. **Tiffany** was born in Cleveland, OH. She is married and has 2 daughters. In her spare time **Tiffany** enjoys vacationing, reading, writing poems, and spending time with her family.



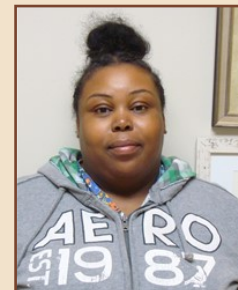
Bregitta Peavy

Bregitta joins our team as a CNA. She has 25+ years of healthcare experience. She has 2 sons, 2 daughters and 1 grandchild. In her spare time **Bregitta** enjoys traveling and learning new things.



Shanteria Bolton

Shanteria joins our Dietary Department as an Aide. A warm welcome to our Jackson Center team.



Melisha Johnson

Melisha joins our team as a CNA. She has 14 years of healthcare experience. **Melisha** has 2 sons. In her spare time **Melisha** loves family time.



Chermanta Williams

Chermanta joins our Dietary Department as an Aide. She has been in healthcare for 3 years. **Chermanta** was born in Griffin, GA. Welcome to our Jackson family.



Elizabeth Shelton-Mayweather

Elizabeth joins us as a RN/ Staff Development/Infection Control. She has 41 years experience in healthcare. **Elizabeth** was born in Pine Bluff, AR. She has 1 son, 4 daughters and 12 grandchildren. In her spare time **Elizabeth** enjoys teaching LPN's and RN's how to pass state boards to become licensed and how to eliminate wrong answers, and how to distinguish the good answer from the best answers.



Antoria Jackson

Antoria joins our Jackson team as an Aide. She has 2 years experience in healthcare. **Antoria** was born in Stockbridge, GA. In her spare time **Antoria** enjoys shopping, reading, exercising and working out.



Jessica Paul

Jessica joins Jackson Center as a CNA in our Nursing Department. She has 17 years experience in healthcare. She has 2 daughters. In her spare time **Jessica** enjoys spending time shopping and traveling with her daughters. Praising the Lord, reading, eating, bubble baths and trying new things.



Nyterra Brown

Nyterra joins Jackson as a CNA in our Nursing Department. She has 2 years experience in the healthcare industry. Welcome to our Jackson family.



The Meadows



Haley Brackett

Haley joins our team at The Meadows as a PRN Activities Assistant. Welcome to our The Meadows Center for Nursing & Healing family.



Anthony Giannicchi

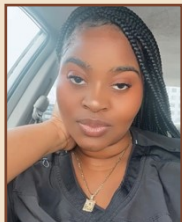
Anthony joins our team at The Meadows as LPN. Welcome to our The Meadows Center for Nursing & Healing family.

WELCOME

New Faces

Sept 29th - Oct 26th

West Orange



Anicia Gunn

Anicia joins West Orange Center as a Dietary Cook in our Dietary Department. She has 1.5 years experience in the food industry. **Anicia** was born in Orlando, FL. In her spare time **Anicia** enjoys spending time with her family and shopping.



Meleta Carson

Meleta joins our Nursing Department as a LPN. She has been in healthcare for 1 year. She has 1 son, 1 daughter, 4 step daughters and 9 grandchildren. In her spare time **Meleta** enjoys walking in nature, watching comedy shows and domestic travel. Her favorite foods are eating cookies, ice cream and pancakes.



Scott Huff

Scott joins our West Orange team as a Dietary Manager. He has 24 years experience in healthcare. **Scott** was born in Salem, OH. He is married and has 2 daughters. In his spare time **Scott** enjoys anything Disney related.



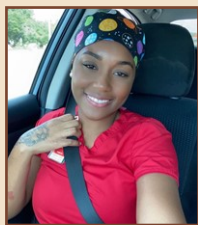
Kathleen Huff

Kathleen joins our team at West Orange as our MDS coordinator. She has 22 years of healthcare experience. She started as a Dietary Aide, then CNA, went back to school for her LPN and back to school to get her RN. She is married and has 2 daughters. She is also a mom to her Pupper, Parker who is a 3 year old English Bulldog and is very spoiled. **Kathleen** hobbies include anything Disney related. Her and her husband are annual pass holders and are Disney Vacation club members.



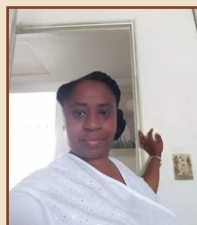
Yvette Kemp

Yvette joins our team at West Orange as a CNA. She has 38 years of healthcare experience. She was born in Orlando, FL. **Yvette** has 3 daughters. In her spare time **Yvette** enjoys singing karaoke with her family.



Ginelle Hird

Ginelle joins our Nursing Department as a LPN. She has 8 years experience in healthcare. **Ginelle** enjoys and loves to cook new recipes. She has two children who she adores. In addition, she is a new 'gamer'. Welcome to the team!



Candy Ferris

Candy joins our West Orange team as a CNA. She has 10 years of experience in healthcare. In her free time **Candy** enjoys reading. Welcome to our West Orange family.



Breanna Hunter

Breanna joins our Dietary Department as a part-time Dietary Aide. She has 4 years of experience. She would like everyone to know she's pretty, likes to converse with people and her favorite food is pork chops. Welcome to our West Orange family.



Steven joins West Orange team as a PRN Physical Therapy Assistant in our Rehab Department. He has 1 year experience in healthcare. **Steven** was born in Miami, FL. In his spare time **Steven** enjoys board games, video games and hiking mountains.

Steven Groom

Alexandra joins our team at West Orange as a CNA. She has 5 years of healthcare experience. **Alexandra** enjoys being a nurse Welcome to our West Orange family.

Alexandra Mondesir



Happy
Thanksgiving

WELCOME

New Faces

Sept 29th - Oct 26th

Conyers



Sheila Porter

Sheila joins our Nursing Department as a Med Tech. She has been in healthcare for 17 years. **Sheila** was born in Philadelphia, PA. She has 3 sons and 2 grandchildren. In her spare time **Sheila** enjoys shopping, reading and spending time with her grandchildren.



Shasti Mahadeo

Shasti joins our Housekeeping Department as a Housekeeper. She has 10 years experience in healthcare. **Shasti** has 1 son and 1 grandchild. Welcome to our Conyers Center family.

Londrieka joins our team at Conyers as a Laundry Aide. **Londrieka** was born in Boston, MA. She has 2 sons and 3 daughters. In her spare time **Londrieka** enjoys writing, exploring and relaxing.

Londrieka Stephenson

Stacey joins Conyers Center as a Unit Manager in our Nursing Department. He has 15 years experience in the healthcare industry. **Stacey** was born in Ellberton, GA. He is married and has 2 sons and 1 daughter. Welcome to our Conyers family.

Stacey Tate Sr

Krisanya joins our team at Conyers as a Flag Star CNA. She has 4 years of healthcare experience. In her spare time **Krisanya** enjoys cooking, nature walks, watching TV and sleeping.

Krisanya Gottshaw

Alice joins our Nursing Department as a Flag Star CNA. She has 16 years experience in the healthcare industry. **Alice** was born in Abbeville, SC. She has 1 son and 1 daughter. In her spare time **Alice** enjoys cleaning.

Alice Mackey

Sarah joins our Nursing Department as a Med Tech. She has 40 years experience in the healthcare industry. **Sarah** was born in Augusta, GA. **Sarah** is married and has 3 sons and 4 grandchildren. In her spare time **Sarah** enjoys reading.

Sarah Jenkins

Shamaindra joins our Conyers team as a Flag Star CNA. She has 6 years experience in healthcare. **Shamaindra** was born in Milledgeville, GA. She has 3 sons and 2 daughters. In her spare time **Shamaindra** enjoys spending time with her kids, family, and cooking.

Shamaindra Drummand

Creef joins our Administration Department as a Driver/Central Supply. He has 13 years experience in healthcare. **Creef** is married and has 1 son. In his spare time **Creef** enjoys cooking and football.

Creef Gillispie

Donna joins our Nursing Department as a CNA. She has been in healthcare for 9 years. **Donna** was born in Madison, GA. She is married and has 1 son and 2 grandchildren. In her spare time **Donna** enjoys making Tee-shirts and spending time with her grandchildren.

Donna Jackson

Keara joins our Conyers team as a Flag Star CNA. She has 12 years experience in healthcare. **Keara** was born in Norfolk, VA. Welcome to our Conyers Center family.

Keara Morrow

Tyshell joins our team at Conyers Center as a CNA. She has 11 years of healthcare experience. **Tyshell** was born in New Haven, CT. She is married and has 2 daughters and 3 grandchildren. In her spare time **Tyshell** enjoys cooking, spending time with family and helping

Tyshell Barber

Rochelle joins our team at Conyers as a Flag Star CNA. She brings 12 years of healthcare experience to Conyers. **Rochelle** was born in Fresno, CA. She is married and has 2 sons and 2 daughters. In her spare time **Rochelle** enjoys reading, traveling, spending time with family and doing hair.

Rochelle McCray

Chasity joins our Nursing Department as a part-time Med Tech. She has 23 years experience in the healthcare industry. **Chasity** was born in Milledgeville, GA. Chasity has 2 sons and 3 daughters. In her spare time **Chasity** enjoys family time, socializing, football games, cook outs and creating business plans.

Chasity Pinkston

Jacqueline joins Conyers Center as a Flag Star CNA in our Nursing Department. She has 20+ years experience in the healthcare industry. **Jacqueline** was born in Morgan Co., GA. She has 1 daughter and 2 grandchildren. In her spare time **Jacqueline** enjoys cleaning.

Jacqueline Nelson

Jennifer joins our Conyers team as a Flag Star CNA. She has 19 years experience in healthcare. **Jennifer** was born in Monroe, GA. She has 1 son and. In her spare time **Jennifer** enjoys spending time with family.

Jennifer Smith

Dorothy joins our Nursing Department as a PRN Flag Star LPN. She has 25 years experience in the healthcare industry. **Dorothy** was born in Covington, GA. She has 1 son, 1 daughter and 2 grandchildren. In her spare time **Dorothy** enjoys spending time with family.

Dorothy Flournoy

Lashaundra joins our team at Conyers Center as a Med Tech. She has 5 years of healthcare experience. **Lashaundra** was born in Atlanta, GA. She has 1 son, 2 daughters and 1 grandchild. In her spare time **Lashaundra** enjoys shopping & relaxing.

Lashaundra Goss

Kindness is the most underrated skill in business.

The two things in life you are in total control of are your attitude and your effort.

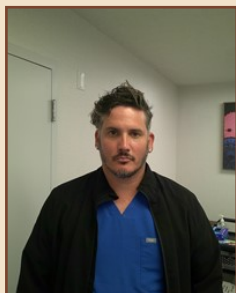
Attitudes are contagious. make yours worth catching.

WELCOME

New Faces

Sept 29th - Oct 26th

Fayetteville



Daniel Gonzalez

Daniel joins our Nursing Department as a SDC. He has 11 years experience in healthcare. **Daniel** was born in Lorton, VA. He is married and has 1 son and 1 daughter. In his spare time **Daniel** enjoys making music, woodworking, fishing and hunting. He loves to stay active.



Jakara Eason

Jakara joins our Dietary Department as a Dietary Aide. She is new to the healthcare industry. **Jakara** was born in Riverdale, GA. In her spare time **Jakara** enjoys trying new foods, shopping and spending time with her family.



LaLynda Young

LaLynda joins our team as a PRN CNA. She has 20 years of healthcare experience. **LaLynda** was born in Gary, IN. She has 2 sons, 2 daughters and 1 grandchild. In her spare time **LaLynda** enjoys relaxing, go out to eat and shopping.



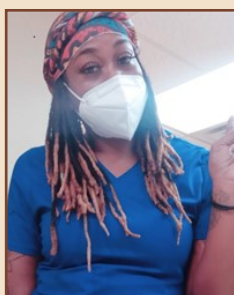
Lonnie Gooden

Lonnie joins our Dietary Department as a Dietary Aide. He was born in College Park, GA. **Lonnie** has 1 son. In his spare time **Lonnie** enjoys watching football with his friends and family and playing 2K with his friends.



Vanessa Brozas

Vanessa joins our team as a PRN OT. She has 22 years of healthcare experience. She is married and has 3 daughters. In her spare time **Vanessa** enjoys taking care of plants and spending time with her dog Charlie.



Keanya Box

Keanya joins our team as a Restorative Aide. She has 13 years of healthcare experience. **Keanya** was born in Rockford, IL. She has 2 sons and 2 daughters. In her spare time **Keanya** enjoys reading, helping others and doing activities with her children.



Jennifer Dennis Deese

Jennifer joins our Fayetteville team as a Dietary Aide. She has 8 years experience in healthcare. **Jennifer** was born in Detroit, MI. She has 3 sons and 3 grandchildren. In her spare time **Jennifer** enjoys spending time with her boys, grandchildren, family and traveling.



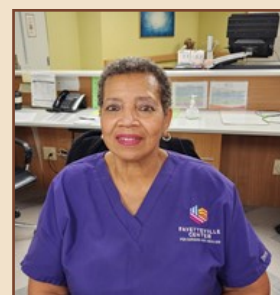
Denise Harris

Denise joins our team as a PRN CNA. She has 4 years experience in healthcare. **Denise** was born in LaGrange, GA. She has 3 daughters. In her spare time **Denise** enjoys reading, organizing, shopping, spending time with family, binge watching TV, decorating and playing games.



Kimberley Bynum

Kimberley joins our Dietary Department as a Dietary Aide. She was born in Wilson, NC. In her spare time **Kimberley** enjoys watching her favorite TV shows.



Janice Thomas

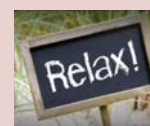
Janice joins our Nursing Department as a PRN Med Tech. She has been in healthcare for 30+ years. **Janice** was born in Cleveland, OH. She has 2 sons, 2 daughters and 3 grandchildren. In her spare time **Janice** enjoys sewing, playing cards, dancing and doing puzzles.

got stress?

FITNESS TIP

RELAX.....

Reduce stress - At the present times, according to medical studies, stress reduces physical and mental health of an individual while increasing the chances of various systemic diseases. No doubt, jobs are often stressful with cut-throat competition and deadlines that one can barely meet, but that should not be your excuse. Health is the most precious form of wealth that one could ever possess. There are many ways to reduce stress levels. Physical activity, meditation, breathing exercises, massages, talking to your kids and pets, etc, are some of them. Some would also turn to soothing music, while others would just take a little nap to clear their head.



WELCOME

New Faces

Sept 29th - Oct 26th

Powder Springs



Wanda McMath

Wanda joins Powder Springs as a Laundry Assistant in our Housekeeping Department. **Wanda** was born in Atlanta, GA. She is married and has 2 sons, 1 daughter and 8 grandchildren. In her spare time **Wanda** enjoys baking cakes.



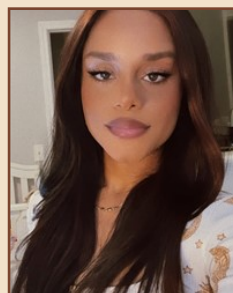
Tiffany Johnson

Tiffany joins our team as a PRN Activities Assistant. She has 18 years experience. **Tiffany** was born in Chicago, IL. She has 1 daughter. In her spare time **Tiffany** enjoys reading and cooking.



Sharnel Lackey-Cameron

Sharnel joins our team as a Housekeeper. She has been a Housekeeper for 24 years. **Sharnel** was born in Cincinnati, OH. She is married and has 3 sons, 1 daughter and 31 grandchildren. Welcome to our Powder Springs family.



Nicole Tapia

Nicole joins our team as a PRN Activities Assistant. She has 2 years healthcare experience. She has 1 daughter. In her spare time **Nicole** enjoys spending time with her daughter. She loves to write and listen to music.



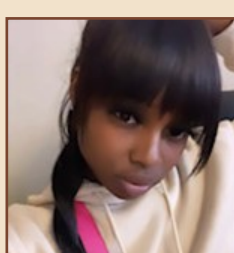
Marquita Spidell

Marquita joins our Dietary Department as a Diet Technician. She has 8-9 years experience in the healthcare industry. **Marquita** was born in Birmingham, AL. **Marquita** is married and has 2 sons and. In her spare time **Marquita** enjoys watching TV, reading books and playing with her two little boys.



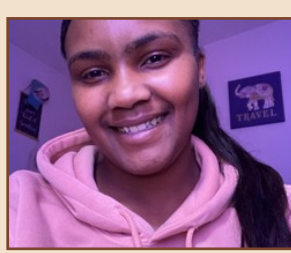
Madison Jones

Madison joins our Activities Department as a PRN Activities Assistant. She was born in Austell, GA. In her spare time **Madison** enjoys swimming and going out with friends to try new friends.



Christyonna Davis

Christyonna joins us as a Housekeeper. She has 2 years experience in healthcare. **Christyonna** was born in St Louis, MO. She has 1 daughter. In her spare time **Christyonna** enjoys listening to music.



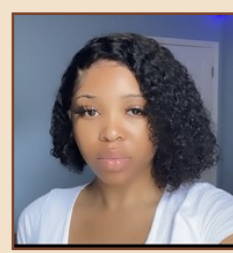
Cortaviah Tukes

Cortaviah joins our Housekeeping Department as a PRN Housekeeper. **Cortaviah** was born in Ft. Lauderdale, FL. In her spare time **Cortaviah** enjoys reading books, helping out and drawing.



Kylin Crews-Herring

Kylin joins our Powder Springs team as a Housekeeper. **Kylin** was born in Bronx, NY. In his spare time **Kylin** enjoys relaxing, playing NBA 2K, listening to music, going out and chilling with his friends.



Gold Alakiri

Gold joins our Nursing Department as a PRN CNA. Welcome to our Powder Springs family.



Aaiyanah Jones

Aaiyanah joins our team at Powder Springs Center as a PRN Laundry Aide. In her spare time **Aaiyanah** enjoys watching TV and cooking.



Gail joins our Nursing Department as our West Wing Unit Manager. She has 40 years experience as a Unit Manager. **Gail** was born in Hollywood, FL. She has 3 sons, 2 daughters and 5 grandchildren. In her spare time **Gail** enjoys family vacations and shopping.

Gail Sharpe

Evelyne joins our team at Powder Springs as a PRN Registered Nurse. She has 10 years healthcare experience. **Evelyne** is married and has 2 daughters. In her spare time **Evelyne** enjoys reading, listening to music, walking, traveling and speaking to patients.

Evelyne Kiage

Trinette joins our team as a CMA/CNA in our Nursing Department. She was born in Flint, MI. **Trinette** has 2 daughters and 6 grandchildren. In her spare time **Trinette** enjoys outings with her family.

Trinette Jackson

Pilar joins our Powder Springs team as a AU Social Worker. She has been a AU Social Worker for 20+ years. **Pilar** is married and has 1 son, 1 daughter and 1 grandchild. In her spare time **Pilar** enjoys spending quality time with family.

Pilar Nunez-Ferreria

November Birthdays

Powder Springs

- 2 Holland Emra
- 3 Ayanna Jackson
- 3 Annette Notice
- 4 Ashley Pomerlee
- 5 Michelle Ellis
- 7 Lesa Hudgins
- 8 Barbara Elston
- 11 Mona Souprane
- 13 Shanice Solomon
- 15 Basil Ohagwu
- 15 Carla Jackson
- 16 Chakyria Gatson
- 19 Joyce Lindley
- 20 Nana Quayson
- 26 Miguelina Jourdain
- 28 Chinyere Awa
- 28 Fritz Blaise
- 29 Olugbade Dare
- 30 Nne Igwe



Conyers

- 11 Tomekia Moore
- 18 Riggolette Leeper
- 25 Sheila Porter
- 26 Menya Gaye
- 27 Zina Dotson
- 29 Patricia Wheeler



West Orange

- 1 Akissi Aka
- 5 Juliane Telcius
- 6 Samantha James
- 11 Sarah Etienne
- 14 Sheri Coke
- 16 Tomoy Benbow
- 18 Onetha Belgrave
- 18 Rhonda Turnbough
- 18 Tanisha Brown
- 20 Micheline Cassagnol
- 21 Michael Scalf
- 24 Tomesia Jones
- 26 Vanessa Valcin
- 26 Yvonne Jordan

Anderson Mill

- 6 Andy Johnson
- 7 Rashanda Knight
- 10 Michelle Arrington-Myers
- 15 Kinnari Patel
- 16 Sylvie Ngo Nsoga
- 23 Lisa Tucker
- 24 Twanda Profit
- 26 Miguelina Jourdain
- 30 Christine Dowell
- 30 Matthew Moore



Fayetteville

- 1 Shawna Weldon
- 1 Tangerlia Heath
- 2 Sharon Lee
- 3 Mastonia Kamara
- 4 Carline Anovil
- 5 Felicia Nwaobasi
- 5 Laureen Murray
- 5 Temitope, Agbaosi
- 9 Paula Thebaud
- 12 Brayden Roberts
- 13 Tara Gibson
- 18 Alacia Mayes
- 21 Christy Dumas
- 22 Sulaiman Kamara
- 26 Tie Yates
- 29 Justin S. Ikusebiala
- 30 Ginette Altine

The Meadows

- 2 Jessica Dethmer
- 2 Haley Brackett
- 6 Dawn Dennis
- 15 Myrlene Leccima
- 16 Linda Parnell
- 21 Beatrice Nwachukwu
- 26 Gloria Tyson



Cherokee Center

- 1 James Maddox
- 3 Sheila Smith
- 6 Jessica Reynolds
- 15 Micheline Samuels
- 17 Tammy Farrell
- 27 Caron D'Ambruso
- 29 Komal Patel



Jackson

- 1 Brieonna Woodruff
- 2 Debbie Howard
- 6 Rosalyn Willis
- 6 Tracy Richardson
- 7 Jennifer Starr
- 9 Rhonda Cobb
- 14 Mary Garwood
- 14 Kantranece Parker
- 15 Latonya Card
- 16 Melissa Neal
- 18 Rosana Mccants-Long
- 19 Aruna Maddela
- 20 Faith Hardy
- 21 Elizabeth Shelton-Mayweather
- 21 Lisa Ridley
- 25 Colleen McCord
- 27 Annette Wright
- 27 Jackie Brooks
- 28 Kamoi Joseph



Riverdale

- 3 Cicely Smith
- 14 Marie Edouard
- 14 Toria Mattison
- 18 Jr Leeper
- 23 Aline Quinn
- 25 Christina McCowan
- 27 Semetria McWhorter
- 29 Debbie Mack
- 30 Teresa Brown



McDonough

- 2 Margaret Brooks
- 7 Amy Smith-Jordan
- 11 Shanice Watkins
- 14 Tiera Watts
- 17 Esteban Brooks
- 22 Tricia Pair
- 24 Conroy Cousins

Sandy Springs

- 2 Kimberly Davis
- 3 Victoria Jackson
- 5 Valencia Francis
- 5 La Pashon Conner Abdulraheem
- 13 Kara Cecil
- 16 Tantrum Cole
- 18 Chanel McDonald
- 19 Henry Oduah
- 19 Sharon Allen
- 24 Nipa Patel
- 26 Willie Bradley



Spalding

- 7 Savannah Driskell
- 12 Sandra Crane
- 12 Cordelia Thomas-Williams
- 15 Takelia Norris
- 22 Princesse Fisher
- 28 Miranda Nix

Nancy Hart

- 16 Alexis McCall
- 25 Hueston Mills
- 27 Tammy Tatum

Happy Birthday



Sunday - November 6th - 2 AM

Happy Birthday

Canton Center

10 Manly Ikwuezunma
12 Sabrina Breedon
17 Evan Price
23 Varlander Mack
23 Haley Seymour
23 Evelyn Karanja
23 Stacy Byrd
25 James Irwin
26 Margaret Debord

November Birthdays



Fulton Center

8 Tierra Bailey
12 Tojuana Moore
14 Yvonne Lattimore



Cartersville

9 Candice Powell
13 Crystal Duke
14 Ashley Williams
19 Desiree White
30 Ashlee McClure

Happy Birthday

Supervisor Shout Outs

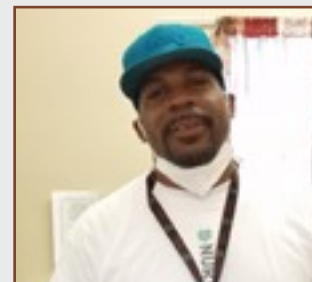
McDonough



Walter - Thank you for your guidance in our Housekeeping Department. We appreciate your hard work and effort in making your department successful!
~ Spurley



Michelle - Thank you for dedicating yourself to steering your department in a positive direction. We know you have had concerns outside of the building but you have continued to hold strong and make a valuable contribution to our team. We appreciate you!
~ Kabat



Welcome to **Estaban**, so glad you came on board with us at Westbury of McDonough! You are a great addition to our team! So excited you are here!
~ Dianna Chamblin

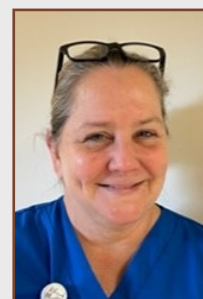
Jackson



Brandy - Thank you for all you do. A family member gave you a "Shout Out" on our Town Hall. She said that you were delightful, efficient, and amazing--a true joy to work with.



Brittney - A family member complimented you for being punctual with having her mother ready for an outside appointment. She was also ecstatic with the way her mother looked when she arrived. Thank you for the way you lead your team. I know this was a team effort and your leadership makes it possible.



Angela - Thank you for all you do. A family member sent a shout out to you for your responsiveness and follow-through. A great compliment.

A few shoutout from Julia Ann Walklett

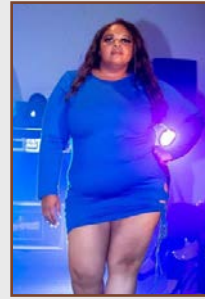


Supervisor Shout Outs

Spalding



Tay, THANK YOU!! You are such an amazing Team Player! You are EVERYONE'S personal assistant outside of doing your OWN job and you always do it with a smile and Grace! Our residents will always be in good hands with you around! Thank you Tay!
~ LaToya Carr

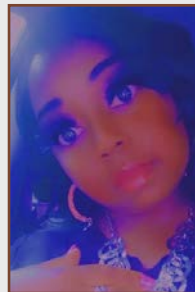


Whitney - Spalding Center Plus Size Model.
~ Spalding Center

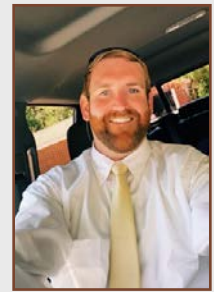
Nancy Hart



Treasure, our Business Office Manager. Thank you so much for everything you do ! You help in every area and you are a rockstar!

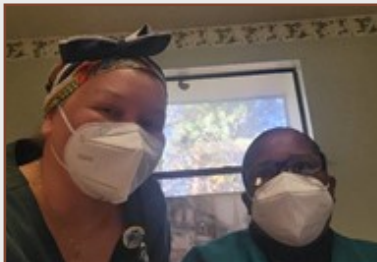


Shequata - Thank you to our Dietary Manager for always helping and keeping our dining experience exciting and fresh.

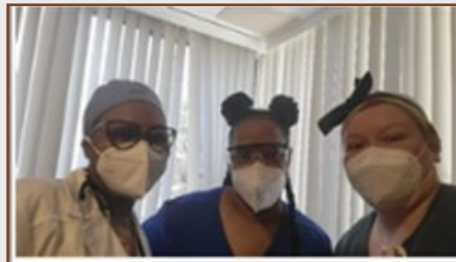


Patrick - A warm welcome to our new Maintenance Director. You have been a great addition to our team and have hit the ground running ! Thank you for your dedication to the Fancy Nancy .

Cartersville



Lori - Thank you for being the best DON ever. It is a joy and honor to work for you!
~ Amanda



Belinda Opera and Chanell Hendricks - Thanks for being the best NP and Unit Manager! You all are superstars.
~ Amanda Dillard



Opal Dacosta - We here at Cartersville Nursing Center and Healing would like to wish our Administrator a Happy Birthday October 12, 2022. Thank you so much for your Great Leadership, knowledge and compassion all in one. We truly appreciate you.
~ The Management Team

November 13th



World Kindness Day



Great American Smokeout



November 17th



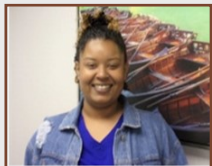
November 19th



Play Monopoly Day

Supervisor Shout Outs

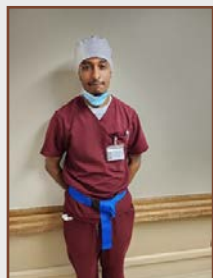
Fayetteville



Adrielle - Never will you have an encounter with **Adrielle** when there is not a smile in voice and kindness in her heart. Our residents simply love having her as one of our Activities Assistants. She is certainly a ray of sunshine and burst of much needed energy. We, along with our beautiful residents, are so happy to have **Adrielle** as part of our team! **Adrielle**, thanks for all you do!
~ LaVonda Putnell



Gaelle - Her shirt says it all, "Behind every LPN stands an AWESOME CNA"! **Gaelle** is definitely AWESOME! She is small in body but big in heart! She is an awesome team player!
~ LaVonda Parnell

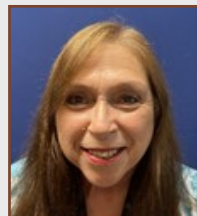


Mathew is one of our PRN CNA's, but you wouldn't know it by the way he works. It did not take him long to develop a good rapport with our residents. He talks with them about how they're doing and listens to them. He checks on residents he has worked with before, making sure they have their coffee, hot tea or grits to start their day. His outstanding work ethic will take him far and we're glad to have him here at Fayetteville Center.
~ Margaret Helman

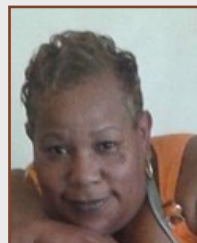
Riverdale



Gina - Thank you very much for all you do. Thanks for all you do on the North Wing. We know it can be trying at times. However, you makes it happen!!



Thank you **Debbie** for all you do here at Riverdale when it comes to Infection Control. Making sure COVID is always under control. We could not do it with out you.



Bertha - Thank you very much for all you do in Dietary. Making sure each and every resident has a nutritious meal 3 times a day. We here at Riverdale could not do it with out you.

A few shoutouts from Tiffany

Canton Center

Judy Sheffield - has been a Housekeeper at Canton for over 2 years and she is an absolute delight. She is always smiling, even through her mask. Not only is her standard of cleaning impeccable but she personally keeps tabs on each of her residents. She knows them, their families, their likes and dislikes, how they are feeling based on their energy. She goes above and beyond her duties as a Housekeeper and we love having her on our team!

Rashonda Allen - **Rashonda** joined us recently from Cartersville as our Wound Nurse and she has the healing touch. Our total number of wounds has gone down significantly and residents and families see the results before their eyes! **Rashonda** goes above and beyond her wound responsibilities and is such an amazing team player. She picks up when there is a call out and you can often find her smiling and joking with residents and staff in between her responsibilities. Thank you **Rashonda** for being amazing.

Steven Owens - Our facility would be nothing without our Therapy team! A common theme I find when I do rounds on our short term hall is the compliments for **Steven** from Therapy. You will often find **Steven** smiling and spreading cheer. He challenges his residents to push to make the most of everything.

A few shoutouts fm Scott Ng

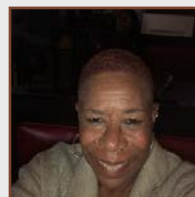
Fulton Center



Belinda Felton - Thank you for being Ms. Congeniality of the kitchen. Your customer service is awe-inspiring!
~ Tanique McCord



Cynthia Turner - Thank you for always lending a helping hand in every department.
~ Nikkii Anthony



Ms Ray - **Ms. Ray** has been with the company as our receptionist for a few months now. She has great customer service, loves the residents and staff. She's always willing to help when needed. Thank you **Ms. Ray** for being a team player and always welcoming everyone with a smile. You are really appreciated.
~ Quinethia Crenshaw

Supervisor Shout Outs

Powder Springs



Dorine - We are lucky to be on the same team as you. Thank you for being a team player, offering extra hands in departments you don't work in and making sure our residents have what they need especially a clean room!
~ Jazmine Valle

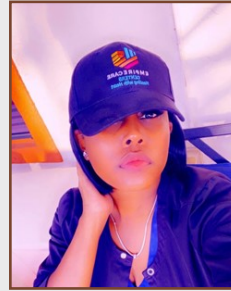


Jasmine - Thank you for continuously trying to make yourself, the staff, and our facility better. Your commitment to the service we provide is exemplary and we cannot wait to see what your future holds here at Powder Springs!
~ Jazmine Valle



Jazmine - Thank you for your compassion for Staff & Residents. Our facility is your Family and we are yours. You bring great leadership to Powder Springs Center for Nursing & Healing and we are grateful for your leadership
~ LoriAnn Coker MRD

The Meadows



Angela currently is assisting Social Services and she is someone that can help any department. We are lucky to have her!



Destiny - Is currently working in Payroll and has really stabilized the Payroll Department. She recently got promoted to be the Social Service Director. Way to Go **Destiny**.

A few shoutouts from Michael



West Orange



Chandra, Welcome to team West Orange. We are excited to have you join our amazing team as a Unit Manager. You are a hard worker and a great team player. I can't wait to see the great things you are going to accomplish on our post Acute/Rehab Unit.



Ebony - You are currently the best DON in central Florida. I want you to know that you are doing a fantastic job and I am very proud of you. You will always have our team support as you continue in this journey. Keep up the great work and always remember to be encouraged!!



Kathleen - Welcome to the MDS department!! You definitely love what you do and also great at it. We truly appreciate all that you do everyday and looking forward to working with you to make our MDS department awesome. We are glad to have you as part of team West Orange!!



Scott - We are extremely pleased to have you on board team West Orange. You are very detailed oriented and a strong Dietary Manager. Thank you for all you are doing and look forward to working with you. Welcome to the team!!

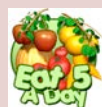


Lisa - We are so blessed to have you join our team. We are already impressed with your quality of work and look forward to achieving greatness together at West Orange. Welcome to the team!!

A few shoutouts from Marie Kamara

Positive Vibe

"KIND WORDS CAN BE SHORT AND EASY TO SPEAK, BUT THEIR ECHOES ARE ENDLESS."



Nutrition Tip

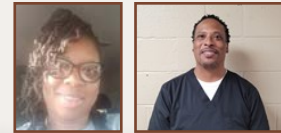
Eat a variety of fruits. Fruits are low in calories, high in water and a good source of fiber. Loaded with antioxidants and vitamins. Fruit can help to satisfy your "sweet tooth".

McDonough

Shout Outs



- ★ To **Therapy Department** from Anissa - Thank you for all you do, you're doing a great job!!!
- ★ To **Curtis** from Barkley - Thank you for going above and beyond each and everyday!
- ★ To **Dietary** from Anissa Taylor - Thank you for all your hard work you do. Getting those meals together for all the Residents!! You all are the Best!!! We all agree with that! Thank you from the rest of the team as well. We appreciate all your hard work as well as teamwork!
- ★ To **Winnie Lee** from Margaret Brooks - Winnie is a CNA at our facility and she goes above and beyond to make sure the residents are cared for! Always pleasant and courteous to residents and fellow staff!
- ★ To **Adrena Johnson** from Monica, Regional CDM - I love how you keep striving for excellence!! Kudos to you!!
- ★ To **Mary Goodman** from Cathy Harris - You are doing a GREAT job as the Restorative Nursing Aide! You work hard to maintain the Residents functional skills!
- ★ To **Physical Therapy Department** from Cathy Harris - Happy Physical Therapy Month to Tina, Conroy and Alex! I appreciate all you do for the Residents!



Spalding

- ❖ To **Jelisa Thompson** from Spalding Center - Welcome to the team.
- ❖ To **Latoya Carr** from Spalding Center - Thanks for always going above and beyond, we love you our Amazing DON.
- ❖ To **Randy Geiger** from Spalding Center - Thank you for caring for the residents and going above and beyond.
- ❖ To **Connie Brown** from Spalding Center - Always going above and beyond, thank you, thank you, for all the care and love you share.
- ❖ To **Alacia Mayes** from Spalding Center - Thank you for your amazing work and thank you for caring for the residents.
- ❖ To **Brittany Green** from Spalding Center - Thank You for providing excellent service and excellent care.
- ❖ To **Brittney Edwards** from Spalding Center - Thank you for always going above and beyond.
- ❖ To **Tyiesha Demby** from Spalding Center - Thank you for all you do for the residents. We really appreciate you and the care you give.
- ❖ To **Dashana Turner** from Spalding Center - Thank you for your care and love for the residents.
- ❖ To **Cecil Moore** from Spalding Center - The one everyone runs to thank you for everything and your love.
- ❖ To **David** from LaToya Carr - You are FREAKING AWESOME! YOU have transformed our personal spaces into home and the residents doesn't have a REQUEST that doesn't go unnoticed! You are the SMOOTHEST, CALMEST Director I've met, WE ARE GRATEFUL for you!
- ❖ To **Tojuana Moore** from Monica, Regional CDM - Thank you for always being a phone call away!! A home away from home!! Yeah... Umm ... I'm sure I'll see you next week. Thank you for all that you do.
- ❖ To **April Dinkins** from LaToya - Your SKILLS and GIFTS will never go unnoticed! The residents smile when they see you coming! Continue to be amazing April, we are THANKFUL FOR YOU!

Google Review



Anderson Mill

- ◆ To **Dietary Staff** from Sara - Thank you and happy Dietary Week!!
- ◆ To **Kimberly** from Sara - Thank you for joining the Anderson Team.
- ◆ To **Rai** from Sara - Thank you for all you do. You greet everyone that comes through the door with a smile.
- ◆ To **Eboni** from Sara - Thank you for making sure the resident get there needs and wants.
- ◆ To **UR Team** from Sara - Great job. Y'all have met everyday since I been here.
- ◆ To **Hyancinth** from Sara - Thank you for making the building smell good and look clean.
- ◆ To **Rehab** from Sara - Great job.
- ◆ To **Marie** from Sara - Thank you.
- ◆ To **George** from Sara - Thank you for helping out and picking up shifts.



Jackson

Shout Outs



- ❖ To **Rhonda** from Joye - Thank you for being here. You are doing a great job!!!!
- ❖ To **All my friends** from Joye - Aside from all the stuff you do for me as far as the job is concerned, I thank you for all your encouragement, the laughs and the tears. Some days it's just all about y'all.
- ❖ To **Dena Roach** from Kim Ridley - Thanks for all you do going that extra mile to help, and getting the residents in here keep on rocking!!
- ❖ To **Sheila Williams** from Jackie Brooks - Thank you for all your dedication and dependability. You are still the "Go To" person who knows what is going on with our residents. Thanks again.
- ❖ To **Every Employee In Westbury** from Kim Ridley - Thanks for everything you do in this facility no matter if it's big or small, you rock. Remember there's no 'I' in TEAM we all ROCK. CONTINUE TO DO THE JOB WE'RE HIRED TO DO!
- ❖ To **Julia Ann, Jennifer, Dena, Joye and Rhonda** from Kim Ridley - Thanks for encouraging me to go a step higher in my degree!!! Thanks for giving me an opportunity to engage with the residents a little more, and to maintain there lifestyle and touch their hearts while they're here. I'm here to do the job I was hired to do!!!!
- ❖ To **Front Office Ladies** from Kim Ridley - Thanks for all y'all do!!!
- ❖ To **Keith Yumeka and Paul** from Kim Ridley - Thanks for always keeping the dock straight and getting the residents ,and everyone else packages to the right destination. Ya'll a great team Tamika in Keith's voice!!
- ❖ To **Angela, Brandy and Natacha** from Joye - Thank you so much for all your patience. I appreciate y'all.
- ❖ To **Laura C.** from Joye - Thank you for all your help and encouragement. It means a lot.
- ❖ To **Teri Boothe** from Joye - Thank you so much for all your help!
- ❖ To **Sheila Williams** from Kim Ridley - Thanks again for everything even when I need a refresher, you're right there as always keep rocking.
- ❖ To **Jackie Brooks** from Activities - Thanks for helping out in every way you can with a smile even though you've retired a 100 times LOL, you still remain the same since you hired me and Dena in Jan 2004. Thanks again Jackie!!!!!!
- ❖ To **Dietary Staff** from Activities - Thanks for all you do in helping us prepare for some of our Activities, it's the smallest things that means the most.
- ❖ To **Therapy** from Kim Ridley - Thanks for being there on the days I needed y'all, whew!! Thanks for helping us encourage the residents even more, to strive to get up everyday and come out, y'all ROCK!!!
- ❖ To **Tiffany** from Kim Ridley - Thanks for all you do, I know at times scheduling can be hectic, still you smile and make it look easy.
- ❖ To **Joye England** from Kim Ridley - I don't know where to start, THANKS for all you do, I'm not just THANKFUL for you in November, I'm thankful for you everyday thanks for being my mama away from home.
- ❖ To **Kim** from Joye - Congratulations. Keep up the good work!!!!
- ❖ To **Mattie Gilbert** from Yumeka Roberts - Thanks for all your help.
- ❖ To **LeBreda Walker Brown** from Kim Ridley - I'm so happy to have you join Activities. Never think your 29yrs of service is overlooked. Get ready for a new Rocking Adventure.
- ❖ To **Mattie Gilbert** from Kim Ridley - Thanks Auntie for just taking the time out and making Activities one of your main duties. Of all the hats you wear around this facility, I could never thank you enough ,you rock.
- ❖ To **Brian Noel** from Monica, Regional CDM - Thank you for all you do. The documents you've taken the time to create is gonna benefit the entire team. Thank you for bringing forth great ideas.
- ❖ To **ICH** from Activities - Thanks for getting the residents laundries done and putting all the effort into finding their missing clothing. Thanks for moving the residents and getting the rooms ready for new admissions.
- ❖ To **Faith, Joye and Dena** from Laura Carlson - Thank you for EVERYTHING you do to help me process my documents and making sure the residents are taken care of within the business office. We truly work together like a dream team.
- ❖ To **All Staff** from Jackie Brooks & Rhonda Cobb - Thank you for your commitment to provide our residents Quality of Life with love and compassion.
- ❖ To **Rhonda Cobb and Julia Ann Walklett** from Jackie Brooks - Thank You for your professional and Committed leadership for Team Jackson! Guiding us to strive for excellence.
- ❖ To **Elizabeth Mayweather** from Jackie Brooks, RN - Thanks for joining our team. Your continued willingness to learn, pick up new responsibilities with confidence, commitment and positive attitude is so welcome.
- ❖ To **Sharon Wisener** from Jackie Brooks - Welcome to Team Jackson. We are so thankful you are here to cover the weekends and promote continuity of care.

***A word of thanks from your Administrator
Julia Ann Walklett***



As we are in the midst of the fall season with changing leaves, cooler days, and football games, it is appropriate to start thinking about the Thanksgiving season. Thanksgiving is the time to reflect on all we have to be thankful for and to express gratitude to all those who have made a difference in our lives. As I look at those who have made a difference in my life, I must express my sincere appreciation to all of the employees at Westbury Center of Jackson. We have a strong, resilient team here. Their willingness and consistency have sustained us this past year. They welcomed me here with open arms last year and have supported me as we have worked together to care for our residents. Thank you, Westbury Jackson as we continue to strive to be the best.



Fulton Center

- ❖ To **Quinnethia** from Activities - Thank you for always helping activities when we need you!
- ❖ To **Joe** from Darryl - Thanks for the great therapy service you provide to our residents. Way to go!
- ❖ To **Brittney Ward** from Activities - Brittney, welcome to the Fulton team!
- ❖ To **Activities** from Tanique McCord - Shoutout to the Activities Team for being the bond to Dietary!
- ❖ To **Dietary** from Tanique McCord - Shoutout to my Dietary Team. Hope you had a wonderful Dietary Week!
- ❖ To **Kenneth Crawford** from Activities - Kenny, welcome to the Fulton team!
- ❖ To **Na'Cari Holland** from Activities - Thank you for taking great care of our residents. You're doing a wonderful job!



West Orange

Shout Outs

- ★ To **Nurse Kevin** from Monique Smith - I would like to give a shout out to a nurse with a great attitude, gentle voice and helping hand, always willing to go above and beyond. Keep up the amazing work, WE see you
- ★ To **Marie D** from Monique Smith - She is one of many great Housekeepers but she brings her own love and dedication to the department, and is a great worker who loves her job and her work family!
- ★ To **All Employees** from Annalesia - Shout out to all West Orange employees for all the hard work and dedication . Keep doing a good job. The residents, families and the entire staff appreciate you!!!
- ★ To **Kevin Sooklall** from Annalesia - Thanks Kevin for being a team player. We truly appreciate you showing up to work every day and accepting your assignments with a smile. The patients are blessed to have you as their nurse. Way to go!
- ★ To **Christine Nesi** from Annalesia - Miss Nesi, you say less but do so much. We are truly honored to have you on our team. You go the extra mile and take the initiative do the right thing always.
- ★ To **Housekeeping Team** from Annalesia - Shout out to Monique and the our entire Housekeeping Team for keeping our building in an immaculate condition daily. We feel welcomed when we arrive and can count on the team when needed. Way to go!!!
- ★ To **Lisa** from Annalesia - Welcome again Lisa, we are truly happy to have you as a part of our team. We can count on you to answer any questions or concerns. We love the open door policy as you ensure to treat everyone equally and fairly. You make a difference!
- ★ To **Luis** from Fatima - Luis you are amazing! You give your very best for your patients. The residents are very lucky to have you.
- ★ To **Aminata** from Annalesia - You are an essential part of West Orange. You are greatly appreciated.
- ★ To **Maddie Ocamp, COTA** from Artarshia Joseph DOR - Thank you Maddie for recognizing our wonderful Physical Therapy staff for PT month. Maddie made our team shirts. 🥰
- ★ To **Anna** from Eunice - You are doing a wonderful job!
- ★ To **Marie Cajuste** from Annalesia - Thanks Marie for doing a well rounded job on your unit. You ensure quality care is number one while encouraging the CNA's to do the right thing. We salute you!
- ★ To **Antonette Brown** from Annalesia - Thanks Miss Antonette for being so positive daily. We know how hard you work on and off the clock. You are truly Super Hero. We can count on you to say "da dee da da" ! LOL. We look forward to seeing as you will always keep being you!
- ★ To **Loxene** from Annalesia - Miss Loxene, you treat everyone equally and fairly. We love when you call us princess and prince ! We could not ask for a better role model for our staff. Thank you for all you do especially for the residents.
- ★ To **Betty Jocelyn** from Annalesia - Betty you are always ready. We can truly count on you. Thank you for staying a few hours a day especially on your weekends. You truly care.
- ★ To **Ebony** from Eunice - Best DON, very understanding person. She is always on top on things that need to get done.
- ★ To **Marie** from Eunice - Thank you for being our Administrator and having our back when state comes. Working as a team with your staff you and Ebony are the best.
- ★ To **Dolcie** from Michelin - To my partner in crime, who are an amazing nurse, and I am happy to work side by side with you.
- ★ To **Eunice** from Fatima - You work very hard, and your hard work does not go unnoticed.



A FEW OF OUR SHOUTOUT FOLKS

The Meadows

- ★ To **David Bellows, Maintenance Director** from Michael - David does the work of 6 Maintenance workers and is someone we can count on to get the job done!

Nancy Hart

- ✿ To **Heidi** from Tedd - Thank you for your leadership! We appreciate you!!
- ✿ To **Tommae** from Millie - Thank you so for being an awesome Housekeeping Manager, YOU ROCK !!
- ✿ To **Joe** from Millie- You have been very inspirational!!! Learning from you has been a complete blessing !! Thank you so much for being the best Administrator you can be & being patient with us, LOL! You rock.
- ✿ To **Treasure** from Millie - You are absolutely amazing and killing the BOM !!! We wouldn't be able to be a team without you.
- ✿ To **Patrick R.** from Tedd - We are fortunate to have you on the team! Welcome!!
- ✿ To **Tammy** from Millie - You started as a CNA & now you are our receptionist and you have been doing amazing !! Keep up the great work!!
- ✿ To **Patrick** from The Department Heads - Welcome to the FANCY NANCY !!! You are already jumping in and doing amazing !! Keep up the great work.



HEROES OF EMPIRE CARE CENTERS



Fulton Center for Rehabilitation



Tanique McCord

Congratulations to **Tanique** for being our Hero of the Month. **Tanique** is always willing to lend a helping hand. Always greeting others with a smile. Wonderful personality and easy to talk to. She loves to participate in various activities. And a wonderful manager to her staff. Congratulations again for being our Hero.



Cartersville Center for Nursing and Healing



Amanda Dillard

Our Super Hero for this Month is **Mrs. Amanda Dillard**. The reason **Mrs. Dillard** has been chosen is she has done more than her share of kindness. No matter what the Administrator or any other department ask of her, she does without hesitation. She is one of the hardest working employees here at Cartersville. Despite her hard work she is also compassionate, a heart of gold she is very pleasant to be around, she takes her time and initiative to get know her staff and residents. **Amanda** sends staff members words of encouragement, she takes notice when staff is going above and beyond. Thank you **Amanda** for all that you do.

Westbury Center of Jackson for Nursing and Healing



Lisette Valentin

Lisette Valentin is an excellent choice for Jackson's Hero for October. As Jackson's Director of Rehabilitation, she continually displays professionalism and a stellar work ethic. Despite her department's staffing constraints, **Lisette** provides outstanding supervision and management expertise, as well as superb treatment for the residents on her caseload. She does all of this while exhibiting compassion, empathy, and kindness daily. **Lisette** truly leads by example. She is a wonderful co-worker and asset to the team at Jackson. Her contagious smile is a welcome sight each day. Congratulations and Thank You, **Lisette**!

Westbury Center of McDonough for Nursing and Healing



Deaysia Smith

Congratulations to **Deaysia Smith** on being Westbury of McDonough's Hero of the Month. **Deaysia** just recently took on a new role as Activity Director and was successful in obtaining her certification through GHCA. So proud of her accomplishments! We are going to miss her bright smile and energy at the front desk but want to Thank her for all the light and love that she brings to our building.



Fayetteville Center for Nursing and Healing



Fayetteville Staff

Congratulations to our **entire staff** for being our Hero of the Month. At times it is very difficult to select just one person as our Hero. This month we salute **all our staff members** as Heroes. No matter their background or what department they're in our staff do their level best to help our residents enjoy their stay at Fayetteville Center. When they're having music time, we often have staff members join in the singing or showing off their dance moves. If someone asks for an extra cup of coffee or some of our flavored water a staff member is there to help out. We are very proud of **every one of our staff members** and consider them all to be Heroes.

West Orange Center for Nursing and Healing

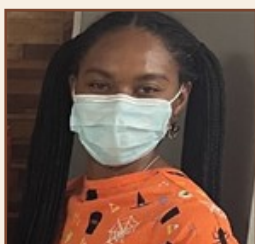


Kevin Sooklall



Congratulations to **Kevin Sooklall** for being our Hero of the Month here at West Orange. **Kevin** is a LPN with 2 years of experience however, due to his confidence and skills he carries himself as if he's been in the healthcare field for an extensive period of time. He has a calm nature that is a great asset in such a fast paced profession. He handles family concerns with such professionalism, while ensuring that the work on the floor is done properly. **Kevin** is always there to help others with no complaints. He is cool under pressure and is willing to give a helping hand when needed. **Kevin** is a great asset to West Orange and we are happy he is a part of our team. Congratulations!

Anderson Mill Center for Nursing and Healing



Maraijha Davis

Congratulations to **Maraijha** for being our Hero of the Month. Thank you for being the **WORLD'S GREATEST RECEPTIONIST!** Your hard work and dedication doesn't go unnoticed! Thank you for being a team player and always welcoming everyone with a smile. You are really appreciated. You bring joy to our team and residents! We are proud to have you as part of our team.

The Meadows Center for Nursing and Healing



Merlina Parhm

Congratulations to **Merlina Parhm** for being our Hero of the Month. **Merlina** is a LPN and is an exceptional nurse here at the Meadows Center. She never calls off and always picks up extra shifts. The residents often request her, even when she's not their nurse. **Merlina** is a calming presence on the Memory Impaired Unit and the residents respond to her gentle ways. The Meadows Center is truly blessed to have **Merlina** and she is a tremendous asset to our facility.



HEROES OF EMPIRE CARE CENTERS



Nancy Hart Nursing Center for Nursing and Healing

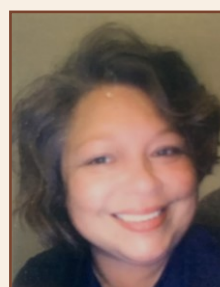


Heidi Trimble

Congratulations to our DON, **Heidi Trimble**. **Heidi** is a hard worker and has a great heart and shows care and empathy towards patient care. She always goes above and beyond to assure things are taken care of for our residents. We are proud to have her as part of our team here at Nancy Hart. Congratulations on being our Hero of the Month.



Canton Center for Nursing and Healing



Sarah Patel

Congratulations to **Sarah P.** for being our Hero of the Month! **Sarah** has been nothing but helpful ever since she first started here at Canton Nursing and Healing. No matter what, you can rely on her. Residents, families, and co-workers absolutely adore her. She always makes sure that all of her duties are fulfilled, and most importantly, she loves what she does. **Sarah**, you are more appreciated than you could ever know!

Conyers Center for Nursing and Healing



Danielle Williams

Congratulations to **Danielle** for being our Hero of the Month. Although she has only been a part of our team for a short time here at Westbury of Conyers as our Director of Nursing, she has had some challenges but has jumped right in and handled it with respect, educating her staff and showing them, we are in this together, Empire Strong. She has been an advocate for our residents and makes sure every day they are receiving the best care they deserve, this is her mission every day. She comes from a family of Geriatric Nurses and her mom was her best teacher in life. Being a Nurse she learned from the best. Her life here at the Conyers is great and she has not had many jobs where you truly love to come to work every day. **Danielle**, we are proud to have you as part of our Empire family.

Powder Springs Center for Nursing and Healing

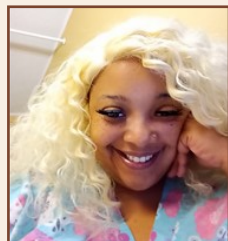


Bonnie Jennings

Congratulations to **Bonnie** for being our Hero of the Month. **Bonnie Jennings** has made a great impact over the last two months in our kitchen. She has put in her all to help guide our kitchen and the staff to get back where it needs to be. **Bonnie** leads by example and is never afraid to get in the trenches with her staff. We appreciate it! We appreciate all you do and are proud to have you as our Hero and part of our Powder Spring team.



Spalding Center for Nursing and Healing



Whitney Biggs

Congratulations to **Whitney** for being our Hero of the Month. **Whitney** is a loving, caring, compassionate, joyful person. **Whitney** will go above and beyond for the residents. **Whitney** has been in healthcare for 17 years. **Whitney** is 34 years old with 2 children. Her family raised foster kids all their life. **Whitney** is also a member of the OES. **Whitney** also works in her community. She also has an LLC called Pinky Country Cooking and it soul food. **Whitney** loves to bring joy and put smiles on everyone face. We are proud to have you as part of our Spalding family.



Riverdale Center for Nursing and Healing



Nevesha Robinson

Congratulations to **Nevesha** for being our Hero of The Month at Riverdale. **Nevesha** has been with Riverdale as a CNA for over 10 years and is a team leader and always up for the challenge. **Nevesha** has currently moved over to Central Supply and has turned the department around 100 percent. We here at Riverdale would like to say thank you very much for all you have done and continue to do. The North wing residents love you and always ready for a dance off with **Nevesha**. **Nevesha**, thank you again for all you do here at Riverdale, we are so happy you are a part of our team!!!

Cherokee Center for Nursing and Healing



Kimberly Padgett

Congratulations to **Kimberly, aka Kimmy, Padgett** for being Cherokee Center's Hero of the Month! No matter what is asked of her, she finds a way to get things done. **Kimmy** is hard working, dependable and resilient. With her 10 years of dedication, **Kimmy** has worked in many different departments, starting out as a CNA to her current role as Business Office Manager/HR. Her hard work and dedication to our residents and staff is greatly appreciated. **Kimmy** is always willing to stop and help any of the residents that need something or just stop in to say a quick "Hello, how are you doing?". Thank you, **Kimmy**, for being a team player and your willingness to help others. Congratulations!!!

Sandy Springs Center for Nursing and Healing



Deja Manuel

Congratulations to **Deja** for being our Hero of the Month. She is one of our great CNA's and is always going above and beyond what is asked of her. She is a pleasure to be around. Thank you for going above and beyond with your reliability, flexibility, and care and customer service. Her smile is contagious and our residents and families can't stop bragging about her.



Cartersville

Shout Outs

- ❖ To **Dietary Staff** from Monica, Regional CDM - You all have done a great job learning new skills and working together as a team. Great accomplishment!! You're the new shiny thing that everyone is talking about!! Job well done.
- ❖ To **Amanda Dillard** from Ashlee - Thank you for being amazing! You have brought so much joy to this team!! Thank you for all you do!
- ❖ To **Taylor Bennett** from Ashlee - Thank you for all you do!! You are rockin at the front desk!!
- ❖ To **Mama Janice** from Ashlee - Thank you for all you do! You go above and beyond for everyone here!! Love you bunches.
- ❖ To **Jo Jo** from Ashlee - Thank you for caring for the residents and working so hard! You are an amazing nurse!
- ❖ To **Paige (Dietary)** from Monica, Regional CDM - You're such a hard worker!! You pay so much attention to details and it shows. Your compassion for others shows every day. You're a joy to be around!!!
- ❖ To **Robin (Dietary)** from Monica, Regional CDM - Always willing to go the extra mile. Shows up with a "can do" attitude. Your patience and attitude keeps the work flowing!!
- ❖ To **Lori** from Jo Jo - Best boss ever.
- ❖ To **Jo Jo** from Opal - Thanks for caring for us and staff like we all family.
- ❖ To **Ashley McClure** from Michelle Gaston - During my medical emergency you were there for me. Taking my vitals, holding my hand, and staying with me until the ambulance arrived. You are truly awesome, thank you once again.
- ❖ To **Amanda** from Michelle Gaston - Shout out to the ADON Amanda, for always having a smile on your face and a kind word to give. Thank you so much for being humble.
- ❖ To **Amanda** from Jo Jo - Always there to help out thank you

Google Review



Conyers

- ★ To **Lemere Foster & Myesha Moore** from Angela Wiggins - Thank ya'll for having my back!!! Let's stay ready!! I appreciate all that y'all do.
- ★ To **Sandra Scott** from Angela Wiggins - Your hard work is greatly appreciated. Thank you!
- ★ To **Shineika Seivright** from Angela Wiggins - Thank you for all that you do!
- ★ To **Roy Alexander** from Angela Wiggins - Thank you for being a team player!!!
- ★ To **Dietary Department** from Angela Wiggins - Thank you for all that you do!!!
- ★ To **Kathy Williams** from Kathy Nicholas - Such a wonderful person. Ms. Kathy displays great work ethics wherever she works. She is very pleasant and hard working. Thanks for all you do!

Sandy Springs

- ❖ To **Restorative Team** from Chi - Great work and dependability.
- ❖ To **Carrie** from Chi - Thanks for coming here and hard work with admissions.
- ❖ To **Todf** from Chi - Welcome to our team!
- ❖ To **Geno, CNA/RNA** from Chi - Welcome to our team.
- ❖ To **Tampha** from Kelly - Great part of Therapy Team, keeps the residents excited to exercise and dance!
- ❖ To **Marsha** from Kelly - Keeps the residents clothes straight and stays fabulous while doing them.
- ❖ To **Sharon Allen** from Chi - Thanks for your hard work.
- ❖ To **Dietary Department** from Chi - Thanks for all you do.
- ❖ To **Diane. Beautician** from Chi - Great work.
- ❖ To **Business Office** from Chi - Thanks for Braves Day.
- ❖ To **Rehab Team** from Chi - Thanks for September ending CMI.
- ❖ To **Monica Housekeeping** from Chi - Thanks for your dedication and leadership.
- ❖ To **Victoria Our Cook** from Leita Brooks-Dennis - You are one of our greatest assets. You lead by example, and you have our residents in your heart. We are so thankful. God bless.
- ❖ To **Priscilla. Dietary Aide** from Leita Brooks-Dennis - Seeing you smile and working brings a smile to our faces. Thanks for your hard work and countless hours. You make it look easy.
- ❖ To **Evelyn Dietary Aide** from Leita Brooks - Dennis - Ma dear through the years you have been the wind beneath our sails. It's a pleasure to work with you all. Love the way you work. Rock steady.
- ❖ To **Natasha Price** from Leita Brooks-Dennis - Everyday is a sunshiny day as you grace us with your presence. Thanks for your loyalty and willingness to help do anything. Thank you so much.
- ❖ To **Keily** from Leita Brooks-Dennis - Love to see when you get the residents fired up in activities. Good job.
- ❖ To **GNG** from Shama - Thanks for the clean out!! No more bugs here!!!

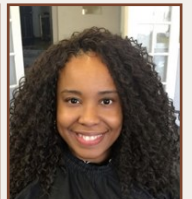
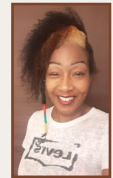


Riverdale

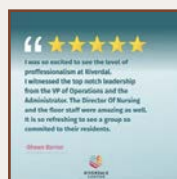
Shout Outs

A FEW OF OUR SHOUTOUT FOLKS

- ◆ To **Brittney Hines** from Tawanna - Thank you for being a shining star you rock in Social Services.
- ◆ To **Marie Edouard** from Tiffany - Thank you for all you do here at Riverdale on the 3rd shift!! We could not do it without you!! YOU ROCK!!!
- ◆ To **Celesete Cook** from Tiffany - Thank you for everything you do in the Dietary Department!!
- ◆ To **Nadya Walker** from Tiffany - Thank you for all you do in Physical Therapy!! You Rock!!
- ◆ To **Sylvia Muwallif** from Tiffany - Thank you for all you do with Speech Therapy the residents could not do it without you.
- ◆ To **3rd shift CNA's** from Tiffany - THANK EACH AND EVERYONE OF YOU LADIES!! YOU DO NOT GO UNNOTICED!!
- ◆ To **Lori Magras** from Tiffany - Thank you for all you do in Therapy! You Rock!
- ◆ To **Brittney Hines** from Tiffany - Thank you for everything you do in Social Services. The residents could not do it without you!!
- ◆ To **Lonette Henderson** from Tiffany - Thank you for all you do on the North Wing keeping it Clean and Tidy!!
- ◆ To **Sandra Fambro** from Tiffany - Thank you for always staying on top of the laundry!!
- ◆ To **Shana** from Tedd - Thank you for your attention to detail and responsiveness. You are appreciated!
- ◆ To **Dr. Karlton Lawrence** from Tiffany - Thank you very much for all you do in Therapy. You Rock!!
- ◆ To **Katrina Lawrence** from Tiffany - Thank you for all you do with Speech Therapy the residents could not do it without you.
- ◆ To **Jamillah Ingram** from Tiffany - Thank you for everything you do in Therapy!! You Rock!
- ◆ To **3rd SHIFT LPN's** from Tiffany - THANK YOU ALL FOR EVERYTHING YOU LADIES DO IT DOES NOT GO UNNOTICED!!
- ◆ To **Ytrica Edwards** from Tiffany - Thank you for all you do!! YOU ROCK!!
- ◆ To **Don Ferguson** from Tiffany - Thank you for all you do in the Dietary Department preparing great meals!!
- ◆ To **Delilah Fields** from Tiffany - You Rock!! Thank you for keeping Activities moving!!
- ◆ To **Tiffany Logan** from Tawanna - Thank you for always being a team player we appreciate all that you do!
- ◆ To **NORTH WING CNA's** from Tiffany - Thank you all on North wing for everything you all do, it does not go unnoticed!!
- ◆ To **Teresa Brown** from Tawanna - Thank you for being a Director of Nursing that is always willing to help!
- ◆ To **Arzela Jones** from Tawanna - Thank you for going above and beyond to make our building shine!
- ◆ To **Tracy Brown** from Tiffany - Thank you always stepping up when we at Riverdale need you!!
- ◆ To **Tedd Watts** from Tiffany - Thank you for all you do and being very understanding at all times!
- ◆ To **Teresa Brown** from Tiffany - YOU ROCK!! Thank you for all you do to keep nursing on top!
- ◆ To **Rhonda Robinson** from Tiffany - Thank you for always keeping East Wing on their toes!
- ◆ To **Deanna Brown** from Tiffany - Thank you very much for grabbing West Wing and handling it!! Welcome to Riverdale!!
- ◆ To **Gina Elie** from Tiffany - Thank you holding down North Wing and keeping them at their best!
- ◆ To **EAST WING CNA's** from Tiffany - Thank you all on East Wing for everything you all do, it does not go unnoticed!!
- ◆ To **Terrance McGee** from Tiffany - Thank you for all you do in Physical Therapy, the residents could not do it without you.
- ◆ To **WEST WING CNA's** from Tiffany - Thank you all on West Wing for everything you all do, it does not go unnoticed!!
- ◆ To **Nevesha Robinson** from Tiffany - Thank you for all you do keeping supplies ready at all times!!
- ◆ To **Tanisha Southard** from Tiffany - Thank you for all you do in Admissions!!
- ◆ To **Margaret Satchell** from Tiffany - Thank you for everything you do in Staffing, no matter how fast it can get!!
- ◆ To **DIETARY DEPARTMENT** from Tiffany - Thank you all for everything you do to make sure the residents have all the tastiest meals!!
- ◆ To **THERAPY DEPARTMENT** from Tiffany - Thank each and everyone one of you guys!! The residents would not be able to start over with out you all!!!
- ◆ To **Linda Gail Price** from Tiffany - Thank you always stepping up when needed!
- ◆ To **Calvin Davis** from Tiffany - Thank you for always being ready for anything on the East Wing!!
- ◆ To **Dr. Michael Santos** from Tiffany - Thank you for all you do in Physical Therapy!! You Rock!!
- ◆ To **Marium Gabow** from Tiffany - Thank you for all you do in Therapy!! You Rock!!
- ◆ To **Chandler Brestwer** from Tiffany - Thank you for always being there when needed!!
- ◆ To **Delitha Peterson** from Tiffany - Thank you for all the hard work you put in and all those doubles to keep the West Wing on their toes.



Google Review



Riverdale

Shout Outs

- ◆ To **Lucy Seaborn** from Tiffany - Thank you for all you do on the floor helping the residents get to Dialysis, Doctor Appts and just around the building.
- ◆ To **Arzela Jones** from Delilah - Thank you for all the hard work you do each day throughout the facility.
- ◆ To **Vincent Carmichael** from Delilah - Thank you for all the hard work you do each day throughout the facility.
- ◆ To **Anita Yarbrough** from Delilah - Thank you for going above and beyond for your residents.
- ◆ To **Semetria McWhorter** from Delilah - Thank you for all the hard work you put in, in the Activities department.
- ◆ To **Tara Toland** from Delilah - Thank you for all the hard work you do each day throughout the facility.
- ◆ To **Deanna Roger** from Tedd, RDO - Thank you for your leadership and can do attitude! We appreciate you! Welcome to the team!
- ◆ To **Tiffany Logan** from Delilah - For running the entire building peacefully!!
- ◆ To **Lonette Henderson** from Delilah - Thank you for all the hard work you do each day throughout the facility.
- ◆ To **Tanisha Southard** from Delilah - Thank you for making the new admissions and their family feel safe.
- ◆ To **Robert Culpepper** from Delilah - Thank you for all the hard work you do each day through out the facility.
- ◆ To **Shonda Spann** from Delilah - Thank you for all you do in making the residents feel like they are at the salon.
- ◆ To **Neneh Bengah** from Tiffany - Thank you for keeping the West Wing on their toes!!!
- ◆ To **Keith Kelly** from Delilah - Thank you for all the hard work you do each day throughout the facility.
- ◆ To **LaToya Johnson** from Delilah - Thank you for keeping Transportation on a roll.
- ◆ To **Linda Welborn** from Delilah - Thank you for holding it down on the West Wing.
- ◆ To **Noel Gaithers** from Delilah - Thank you for all the hard work you do each day throughout the facility
- ◆ To **Fatimah Bah** from Delilah - Thank you for all you do for your residents on the North wing.



A special Thank You from Tiffany



I would like to say THANK YOU VERY MUCH to each and everyone of the staff members here at RIVERDALE CENTER. There is no possible way we could complete each and everyday without you all. Keep up the GREAT work you all have done and continuing to do!! THANK YOU ALL A MILLION TIMES OVER!!! I know I am not the Administrator but I need for everyone here at RIVERDALE CENTER to know I see the hard that is done daily!!!



Fayetteville

Shout Outs

- ❖ To **Shanna Calloway** from Dorrett Green - There are no words to define you, awesomeness, resilient, team player, you are the best.
- ❖ To **The Soldiers Of Fayetteville** from Shanna - We have soooo many here, too many to name! Thank you from the depths of my heart and soul for everything that you do to contribute your help within the facility. Jumping in where help is needed is unmatched and deserves a plaque or something of that nature. We have departments that really show out with the teamwork! I appreciate everything! If I could stand on a mountain top, I would! Keep being wonderful.
- ❖ To **Stephanie Brown** from Monica, Regional CDM - Thank you for embracing change! You have a very hardworking and supportive staff!! Look forward to my next visit for my chance at some of that great food.
- ❖ To **Donya, Tonya, Christine, Ingrid and Priscilla** from Dorrett Green - Thanking you ladies for holding TCC down, I appreciate you ladies, you rock.
- ❖ To **Ashley Baker** from Dorrett Green - Had to give you a solo shout out. I asked you to do admissions and without hesitation you said only if you train me. You have made your mamma proud. You are awesome, Thank You.
- ❖ To **Nyisha Hutchinson** from Dorrett Green - Awesomeness you are, if I say Nyisha 10x for the day you always have an answer for me, thank you Nyisha.

Shoutouts from Resident Council

- ❖ To **Activity Team** from Resident Council, Council President Linda Brooks - Ms Margaret, Almoni and Adriele make sure we have fun things to do. They provide supplies for in room activities and always check to see if there is something different we want to try. They're the best.
- ❖ To **Pernel, CNA** from Resident Council - Pernel is always kind and considerate. She makes sure that everyone on her assignment looks and feels good, she even helps other CNA's on other halls.
- ❖ To **Jordan Reyes** from Resident Council - Jordan makes sure we have all the supplies that we need for personal care. He stops by to see if we need anything, even if it's a snack, a cup of coffee or some tea.

A THANKSGIVING BLESSING

For each new morning with its light,
For rest and shelter of the night,
For health and food, For love and friends,
For everything Thy goodness sends.

- Ralph Waldo Emerson

Gobble



Gobble



Love your Brain

Growing evidence indicates that people can reduce the risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

- ❖ Stump yourself - Challenge your mind. Play games of strategy, like bridge. Keep your mind busy.
- ❖ Hit the books - Formal education will help reduce the risk of cognitive decline and dementia. Take a class at a local college, community center or online.
- ❖ Buddy up - Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.
- ❖ Butt Out - Smoking increases risk of congenital decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.
- ❖ Risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health.
- ❖ Fuel up right - Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

"We are blessed in so many ways; many things we take for granted but we should stop and be thankful each and every day."

~ Catherine Pulitzer

Thankful

Blessed

Sausage Casserole

4 cups cubed day-old bread
2 cups shredded sharp cheddar cheese
2 (12 fluid ounce) cans evaporated milk
10 large eggs, lightly beaten
1 teaspoon dry mustard
1/4 teaspoon onion powder
ground black pepper to taste



Grease a 13 x 9-inch baking dish. Place bread in prepared baking dish. Sprinkle with cheese. Combine evaporated milk, eggs, dry mustard, onion powder and pepper in medium bowl. Pour evenly over bread and cheese. Sprinkle with sausage. Cover; refrigerate overnight. PREHEAT oven to 325 degrees F. BAKE for 55 to 60 minutes or until cheese is golden brown. Cover with foil if top browns too quickly.

Thanksgiving

Thanksgiving Day, an annual holiday in the United States and Canada celebrating the harvest and other blessings of the past year. Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonist (Pilgrims) of Plymouth and the Wampanoag people. The American holiday is particularly rich in legend and symbolism, and the traditional fair of a Thanksgiving meal typically includes turkey, bread stuffing, potatoes, cranberries, and pumpkin pie. With respect to the vehicular travel, the holiday is often the busiest of the year, as family members gather with one another, Thanksgiving Day is celebrated on Thursday, November 24, 2022.



Interesting Facts



The first Thanksgiving took place in 1621.

Every Thanksgiving, the current U.S. president pardons a turkey.

Macy's has put on a parade every Thanksgiving since 1924.

Thanksgiving is the biggest travel day of the year.

The food eaten for Thanksgiving dinner haven't changed much since 1621.

Americans eat over 280 million turkeys every Thanksgiving.

There comes a time in life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh, forget the bad, and focus on the good. So, love the people who treat you right. Think good thoughts for the one's who don't. Life is too short to be anything but happy. Folling down is port of LIFE ... Getting bock up is LIVING...



Corn Cakes

2 eggs, beaten
1/4 cup flour
1/4 teaspoon salt
pepper, to taste
2 cups uncooked corn, cut from the cob
1/2 cup chopped scallions



In a large bowl, mix all ingredients except the last three. Heat a skillet and grease with the oil. Drop mixture by spoonfuls into the skillet, making individual cakes about 3 inches across. Cook 2 or 3 minutes on each side, just until golden. Serve with sour cream and salsa.

Fitness Tip



Drinking two glasses of Gatorade can relieve headache pain almost immediately -- without the unpleasant side effects caused by traditional "pain relievers."

Brown Bag Tip



Eat a variety of fruits. Fruits are low in calories, high in water and a good source of fiber. Loaded with antioxidants and vitamins. Fruit can help to satisfy your "sweet tooth".

Positive Vibe

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.



Powder Springs

Shout Outs



- ◆ To **Javontae Wright** from Anonymous - Javontae is a blessing to our residents, the staff couldn't agree more. Thank you for being a true example of an advocate for our residents. Taking your time to putt smiles on the faces of all you are surrounded by!
- ◆ To **Mariah Gray** from LoriAnn Coker MRD - Thank you Mariah for going out of your way to make New Hires and Re-Hires feel welcomed, wanted and excited about being apart of the Powder Springs Family. We value your professionalism and your caring heart.
- ◆ To **Towanda Jackson** from Anonymous - Never straying away to step up when the kitchen needs it. Thank you for going above and beyond to ensure our residents get fed. You are appreciated!
- ◆ To **Senan Njiru, DON** from LoriAnn Coker MRD - Thank you Senan for continuing to make our Nursing Team stronger and for keeping the Faith in our building, so that Powder Springs can continue to grow throughout the struggles and the Victories.
- ◆ To **Kenneth Campbell** from Anonymous - Ken is a great cook but even better man. He comes in on his day off to serve the residents frequently. His care for them speaks for itself. We are lucky to have him on our team.
- ◆ To **Bonnie Jennings** from LoriAnn Coker MRD - Thank you Bonnie for the dedication you put into the Dietary Department. You have been challenged in your staffing, but you cook when you need to, you step in any position when no one is there and I wanted you to know how valued and respected you are.
- ◆ To **Julie Dioh** from LoriAnn Coker MRD - Thank you Julie for your HUGE heart for the residents and for your position here as AU Unit Manager. I have seen you work under pressure and you are all about the residents! AU is Blessed to have you as their Nursing Manager, and staff are Blessed as well.
- ◆ To **Nakia and Patrice** from Debra - Sincere praise and acknowledgement to two MDS nurses, Patrice Nevers and Nakia Grant for participating in events designed to support Employee Retention.
- ◆ To **Sherry Cuthbert** from Robert McMichael - Great job!!! You are always willing to help. Thanks a lot.
- ◆ To **Jacqueline Shogan** from Robert McMichael - Great job!
- ◆ To **Dorine Abram** from Robert McMichael - Thank you for the excellent job.
- ◆ To **Willa** from Mariah - Yay, Yay, Yay Willa. Thank you for joining the Employee Engagement Group! We are excited to see what fun ideas and events you can think of.
- ◆ To **Maria C** from Mariah - Thank you for joining the Employee Engagement group! I am happy that you would like to be a part of the group.
- ◆ To **Clayon** from Mariah - Clayon, thanks for joining the Employee Engagement Group as a security guard. We definitely need some one like you LOL.
- ◆ To **Sherry** from Mariah - Ms. Cuthbert, thank you for always being nice to me as I walk down the hallway. It is truly a pleasure to work with you.
- ◆ To **Carla and Rashell** from Mariah - Ladies, thank ya'll for everything that you do in our Admissions Department. Y'all rock and go above and beyond! Keep up the hard work.
- ◆ To **Lydia** from Mariah - Lydia, you are a wonderful CNA! Thank you for all you do for our AU unit.
- ◆ To **Cortaviah Tukes** from Mariah - Cortaviah! Thank you for joining our team! We are so happy to have you apart of our team! Please let us know if there is anything that we can do to help you.
- ◆ To **Gail Sharpe** from Mariah - Gail! I am so happy to have you joining our team!
- ◆ To **Wanda** from Mariah - Wanda! We are excited to have you join our team. You have a wonderful personality!
- ◆ To **Tiffany** from Mariah - Tiffany! You are doing a great job in Activities. Thank you for coming on board and joining Maggie and the rest of the team to enrich the lives of our residents.
- ◆ To **Gold** from Mariah - Gold! I am so happy that after you finished your Clinicals here at Powder Springs, you came back to become one of our employees. We truly love having you here and cannot wait to see how you grow as a CNA and a person!
- ◆ To **Suzy** from Mariah - I am excited that you have joined the Employee Engagement Group. We are looking for people like you to make a difference around our facility.
- ◆ To **Patrice** from Mariah - Patrice, if no one has told you, just know that we all appreciate you. You are passionate and purposeful about everything you do. You are going to be a big part of the Employee Engagement Group!
- ◆ To **Jasmine** from Mariah - Jasmine R. thank you for helping out and executing things for the Employee Engagement Group! You bring a lot to the table and I cannot thank you enough.
- ◆ To **Christyonna** from Mariah - Christyonna, I am glad that you came back to work at our facility. You have a good work ethic and a great personality. If you need anything, just let us know.
- ◆ To **Bonnie** from Mariah - Bonnie, I am so grateful for everything you do. The Dietary Department has came a long way and I am thankful that each day keeps getting better. You and your staff rock!
- ◆ To **Nakia** from Mariah - Thank you for taking the time out of your day to come and assist with the Hot Dog sale. I am glad that you have joined the team.
- ◆ To **Cortaviah** from Mariah - Thank you for always coming in my office and asking me if I need anything, it is greatly appreciated.
- ◆ To **Sharnel** from Mariah - Mrs. Sharnel, you have been a pleasure working with. You are so passionate about your job! Thank you for always diving in and getting the job done.
- ◆ To **Evelyne** from Mariah - Thank you for joining our team! We are happy to have you as an addition here.
- ◆ To **Pilar** from Mariah - Pilar! I am so happy that God has called you to return to our facility to care for our residents in the AU. They have truly missed you.



Canton Center

- ◆ To **Ilise Minus** from Jim Irwin - Thank you for the fantastic customer service! You are a great Team Player.



How to Avoid Falls Fall Prevention is Injury Prevention

How common are falls among the elderly? Nearly 1 in 3 older Americans fall every year. As people age, their risk for falls increases. In 2009, adults 85 and older were almost four times more likely to fall than adults 65 to 74.

There are internal (physical and medical) factors as well as external (environmental) factors that could cause an older adult to fall.

Internal Factors – Many older adults experience:

- changes in their muscles and bones, weakness or loss of strength
- vision changes, such as adjusting to lightness and darkness, sensitivity to glare, and/or decreasing depth perception
- balance problems, automatic reflexes weakening
- cardiovascular (heart) difficulties, which can often lead to numbness in the limbs, or loss of blood to the brain, which can cause fainting;
- medications that can affect their judgment and coordination
- chronic and acute diseases (e.g., heart disease, diabetes, arthritis), which a fall can reveal

External Factors – An older adult's environment or circumstances can also increase the likelihood of falling, including:

- clutter, unclear walkways, or lack of support systems, such as railings
- slippery floor surfaces
- lack of proper lighting

Bedrooms and bathrooms are the most common areas for falls.



If a person lives in Assisted Living, why aren't falls prevented?

Falls are not always a reflection of an isolated event or lack of supervision, but often times a sign of other health problems. Generally, assisted living residents are older, have more complex, chronic conditions, and have more difficulty walking than older adults living in their own home. They also tend to have mental health or memory problems, have difficulty with activities of daily living, and need help getting around or taking care of themselves. These health issues increase their risk for falls. Ultimately, each resident in an assisted living community is unique with their own set of characteristics and conditions. If risk signs are noted in an assisted living resident, loved ones should talk to staff about conducting an evaluation.

What can residents do to manage their risk for falls?

Muscle weakness is the leading predictor of fall risk. Residents should regularly exercise to improve lower body strength and balance. Orthotics may be used to provide support for joints (i.e., knees, ankles). Residents also should not shy away from using a walker or cane. Assistive devices are very important in helping many older adults maintain or improve their mobility. However, residents should make sure they use these devices safely. Have a physical therapist fit the walker or cane to each resident and instruct them in its safe use. Additionally, footwear can influence balance and risk of falls. Residents should wear good fitting shoes with low heels and firm slip resistant soles. Residents should speak up if they're concerned about falling, they should bring it up with their doctor, nurses and family.

Don't be afraid to ask for help! Use the call bell to get assistance you may need getting in and out of bed or chairs. Keep your room free of clutter. Slow and steady for safety sake.

Social Media Matters



Social media. It is a powerful force that is redefining humanity's communication and sense of interdependence. In this sense, every day is Social Media Day, but its holiday is celebrated on June 30.

Social media begins with the Internet. Thanks to our wirelessly connected world, people are now able to access the Internet wherever they go, through their cell phones, computers, and other electronic devices. About 20% of our time online is spent visiting social media sites such as Facebook, Twitter, LinkedIn, YouTube, Pinterest, Instagram, Reddit, Snapchat, and others. Some of these sites allow us to share pictures and videos. Others allow us to share personal comments and opinions. Some are used for professional networking. Some are dedicated to shopping, cooking, or other hobbies. The point of social media is to connect people. Groups that used to be out of contact due to distance or isolation can now be connected via the Internet. People can now find each other, share, and collaborate faster than ever before in history, and the effects this new connectedness has on human culture are substantial. Once upon a time, members of obscure subcultures stuck to their small groups. Today, any member of one of these subcultures can become part of a massive community at the click of a button. Artists separated by continents can collaborate. Unknown individuals can become overnight Internet sensations. Inventors and entrepreneurs no longer need storefronts to sell their unique products to the masses.

Experts warn that social media is a double-edged sword. It is a powerful force for connection, but it can also be damaging, especially to young people. Social media platforms are rife with adolescent pitfalls: aggression, sex, drugs, and bullying. Perhaps Social Media Day on June 30 should be a day to encourage teens (and remind adults) to wield the power of social media wisely.

Advent



In the Catholic Church, Advent is a period of preparation extending over the four Sundays before Christmas. The word *Advent* comes from the Latin *advenio*, "to come to," and refers to the coming of Christ. And the term *the coming* includes three references: first of all, to our celebration of Christ's birthday at Christmas, second, to the coming of Christ in our lives through grace and the Sacrament of Holy Communion: and finally, to his second coming at the end of time.

Nov 28th - Dec 24th



Jackson

Employee Events

Halloween Sip and Paint

Fall Harvest Paintings



Our residents enjoying painting from our Halloween Sip & Paint Activity
Thanks to Brightmoor Hospice for stopping by and bringing treats.



Jackson Cinema!



Our residents enjoyed their surprise movie, everyone enjoyed popcorn, M&M's and soda on a beautiful Friday.

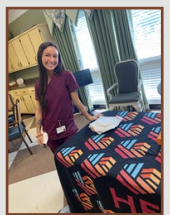
Alzheimer's Awareness



Staff in purple recognizing Alzheimer's month in September



Breast Cancer Awareness Month



Pink Out Day

Staff supporting Breast Cancer Awareness Month



Disney Day and National Pepperoni Day

Everyone enjoyed Disney Day with Brightmoor Hospice



Enjoying National Pepperoni Day

Spalding

Employee Events

Bingo with Nija



Thank you for always putting a smile on our residents faces.

Chicken and Waffles



Our residents enjoyed homemade waffles and chicken strips.

Cartersville

Pink Out Breast Cancer Awareness



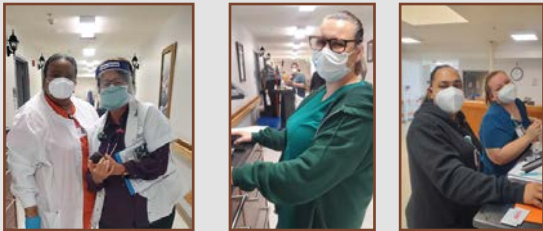
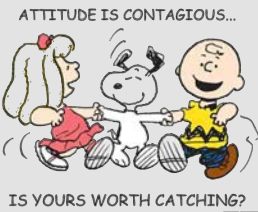
Thank you Cartersville Nursing Center and Healing for all your participation in the events for celebrating Breast Cancer Awareness.

Fire and Safety



Thank you for coming together here at Cartersville Nursing and Healing.

Management Team



Thank you Amanda, Desiree, Melissa and Joyce for jumping in without hesitation helping our Nursing staff. You guys are born to lead. We love you guys very much and appreciate all your hard work.

Conyers

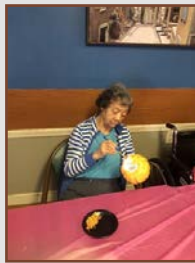
Employee Events

Birthday Party



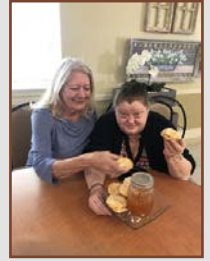
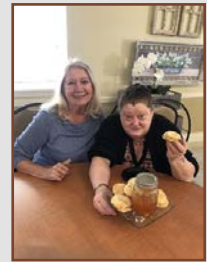
Residents enjoyed the Fall birthday party with the Rockdale Baptist Church volunteers.

Paint Your Art With Jennifer



Residents enjoyed painting Fall art with Jennifer.

Home Made Biscuits and Preserves with Betty

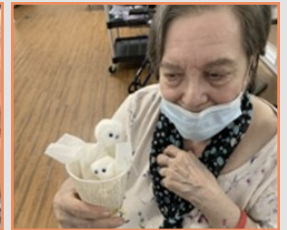


Our residents enjoyed making biscuits which were served with home made peach preserves.



Canton Center

Happy Halloween



Our residents final project of straw hat pumpkin clay pots. Residents making Nutter Butter ghost cookies. Residents painting faces on clay pots for Halloween. Residents enjoying making clothespin ghosts today.

Anderson Mill

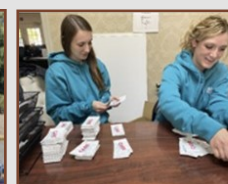
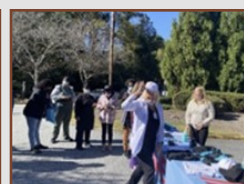
Appreciation



We appreciate all that our Activities Department do for our facility. Thank y'all for the balloon release celebration. Our residents showed their appreciation by honoring our Activities Staff with an appreciation plaque.

Sandy Springs

Care Bucks



Thanks for the Pop-Up Care Bucks Shop! We spent over 2k Care Bucks. Care Bucks Rock.



Riverdale

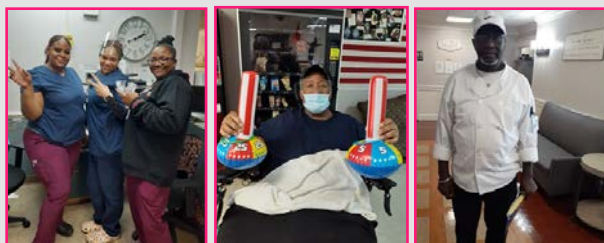
Employee Events

Breast Cancer Awareness



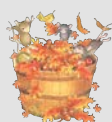
Lots going on during Breast Cancer Awareness.
Robert and Ms. Jones representing their favorite football team.
Showing LOVE for Breast Cancer Awareness 'PINK OUT'.
Staff gathering to show love for Breast Cancer Awareness 'PINK OUT'.
HERO's can be friends for Breast Cancer Awareness.

Selfie Fun



Having fun with selfies, enjoying the game during Breast Cancer Awareness.

Halloween - Lunch Time - Taking a Stroll - Activities



Delilah and Chucky getting ready for our Giant Halloween Party.
Valerie and Stephen Brownlee enjoying lunch time together.
Spencer Askew taking a stroll around the facility.
Billy Hall enjoying reading all of what's going on with his Empire Care Centers Employee Newsletter.

Fulton Center

Employee Events

Dietary Week



We celebrated our wonderful dietary staff for National Dietary Week!

With the month of November now upon us our lives will become busier with the holidays of Thanksgiving and soon after Christmas. As we all know, during this time, things seem to get busy, the kids are home from school for Thanksgiving break, there's family dinners and activities and more planning and activities usually occur at our facilities. Oh, and don't forget all the cooking and Pecan and Pumpkin pies that need to be prepared.

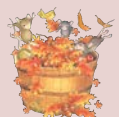
During this flurry of additional activities that are required by each of us during the holiday season let us always take time to realize what is important to us in our lives. Thanksgiving is about giving Thanks to God for the gifts of life, love, joy for His blessings and His grace - even our sorrows. We give thanks for harvest and express gratitude in general.

In the world in which we choose to work, our nursing home facility, I know that within each of our hearts, the compassion, the caring, the love for others is abundant. Behind this unique trait, I have always felt that you, as healthcare professionals and doing your jobs to the best of your ability are saying 'Thank You' to those we care for. Making a difference in the latter years of our residents life, bringing a smile to their face, lending a helping hand, engaging in activities, etc, may be minimal in our world but rest assured, you have enlightened their minds and brought a smile upon their heart.

May your Thanksgiving Holiday be one of love and tradition, hope and joy and thankfulness.

A sincere Thank You to you all.

Happy Thanksgiving...



West Orange

Employee Events

Happy National Boss Day

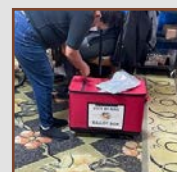
West Orange cannot thank you enough for being such a wonderful boss to your staff. You guide, support and your staff achieve their goals. You always look out for your employees best interest and you take their concerns to heart. Happy National Boss Day to West Orange's Administrator, Marie Kamara #BossLady



Everything you do for your employees shows that you care and are willing to put in the extra work. There is no question that, you are a leader who brings positivity to the office. You are someone that always knows exactly how to bring out the best in people. Happy National Boss Day to West Orange's Director of Rehab, Tasha Joseph.



Fun Events



Lots of activities going on at West Orange. Fall is here! Every vote counts. Residents playing cards and having a great time.



Fayetteville

Ms Fayetteville Crowning



Crowning our beautiful resident, Serafina Tomaro, Ms. Fayetteville Center 2022.

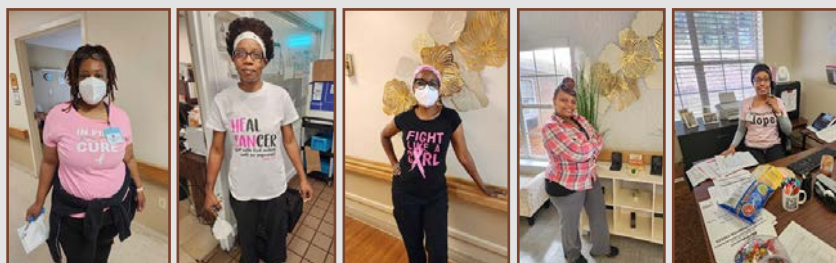
Ice Cream Social



The team from Kindred Hospice sponsored an ice cream social to honor our hard working dietary staff. They are the best!!! Serving meals to over 140 residents is no easy task. Thank you for all that you do. (and we all enjoyed the ice cream sundaes and root beer floats)



Pink Out for Breast Cancer



Our staff members "Pinked Out" for Breast Cancer Research.

Coffee Truck



We all enjoyed the pop up Empire shop, then really had fun with the Coffee Truck. Sponsored by Brightmoor Hospice, staff and residents both enjoyed coffee fixed any way you liked it. (They even offered green tea and milkshakes) It was a great pick-me-up for the day.



Employee Events

Powder Springs

Pretty in Pink Breast Cancer



We had a wonderful event to not only honor those who have had breast cancer, but bring awareness to those who have not. We had a wonderful guest speaker who spoke about her cancer journey and how she kept faith when things seemed to be at their lowest. After the wonderful event, we had music and snacks for staff and residents to enjoy!



Baby on the Way

Good Times



Good Times

We had a wonderful time celebrating the pregnancy of our Administrator, Jazmine Valle. To celebrate her little one who will be here soon, we had everyone dancing, eating, and just having

Unplugging for the Holidays

Unplugging during the holidays gives you more time to spend with your family and relax.

Constant connection to technology and personal mobile devices can be fun and helpful — think text messages and GPS — but being tethered to your smart phone, laptop or table tablet can also increase stress, lead to reduce physical activity and decrease your ability to focus on the people around you. Less stress and more time to have fun with your family are a few of the benefits of unplugging. Here are a few tips to help you unplug for the holidays (or at least reduce your screen time):

- ◆ Leave your cell phone and laptop in another room, or at least turn off notifications and temporary delete social media apps to reduce temptation.
- ◆ Tell your family and friends that you're unplugging for the holidays; they might even join you for a technology-free vacation.
- ◆ Set a specific, limited amount of time when you can access your work email, if you absolutely must check in.
- ◆ Plan technology-free activities — try playing board games, going sledding or bike riding, baking cookies, reading a book or reviving an old hobby.

Veterans Day

Veterans Day is observed annually on November 11. It's a holiday honoring men and women who have served in the US Armed Forces, on the anniversary of the end of World War I.

While those who have died are also remembered, Veterans Day is the day set aside to think and honor all those who served honorably in the military - in war time or peacetime.

Veterans Day is a time for us to pay our respects to those who have served. For one day, we stand united and respect for you, our veterans.

This holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on November 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all veterans in all wars.

We celebrate and honor Americans veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.



Spinach

Spinach contains choline and inositol, the substances that help to prevent atherosclerosis or thickening and hardening of arteries.

- ✓ Spinach and alfalfa help stabilize blood sugar among diabetics. Make a drink by getting several handful of spinach, add 3 cups of water. Place over low heat for one hour. Then strain. Take ½ cup twice a day. Spinach and alfalfa may be served as part of the meal.
- ✓ Spinach is loaded with flavonoid that functions as antioxidant and anti-cancer agent.
- ✓ Spinach contains carotenoid that help fights cancer.
- ✓ Spinach is a rich source of Vitamins C and A
- ✓ Spinach is an anti-aging vegetable.
- ✓ Spinach is a good source of Vitamin K, which aids in the formation of the blood substance required for clotting of blood.

Spinach is also helpful in the following cases; Anemia, Tumors, Constipation, Insomnia, Obesity, Neuritis (inflammation of nerves), Nerve exhaustion, High Blood Pressure, Bronchitis, Colon cancer, Prostate cancer, Breast cancer, Osteoporosis, Dyspepsia (chronic indigestion), Also helps ailment of the kidneys, bladder and liver.

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.



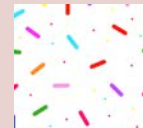
A giggle a day,
keeps the
grumps away!



It's time to just be happy. Being angry, sad and overthinking isn't worth it anymore. Just let things flow. Be positive.



KINDNESS IS FREE - SPRINKLE THAT STUFF EVERYWHERE



National Family Caregivers Month

National Family Caregivers Month is celebrated every November. National Family Caregivers Month is a time to recognize and honor families and caregivers across country. It offers an opportunity to raise awareness of caregiving issues, educate communities and increase support for caregivers.

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones.

Families are the primary source of support for older adults and people with disabilities in the U.S. Many caregivers work and also provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving also takes a significant emotional, physical, and financial toll. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. Studies show that coordinated support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care.



National Diabetes Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to Diabetes.

Diabetes is a disease that occurs when your blood glue close, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

- You are the center of your care.
 - Learn as much as you can about your disease and talk with your primary care provider about how you can get the support you need to meet your goals.
- Manage Diabetes as early as possible take steps to improve your health.
 - Talk with your primary care provider about how you can manage your Diabetes, follow the ABC's, and create a Diabetes care plan. Research is shows that taking action soon after being diagnosed can help prevent Diabetes related health problems such as kidney disease, vision loss, heart disease, and stroke. If your child has diabetes, be supportive and positive.
- Start with small changes to create healthy habits. Make physical activity and healthier eating part of your daily routine. Set a goal and try to be active most days of the week and follow a Diabetes meal plan. Choose fruits and vegetables, whole grains, lean meats, tofu, beans, seeds, and non-fat or low-fat milk and cheese. Consider joining a support group that teaches techniques for managing stress and ask for help if you feel down, sad, or overwhelmed. Sleeping for 7 or 8 hours each night can help improve your mood and energy level.



To all our Empire Care Center Employees
We see how much HEART you put into your jobs everyday



SHARE THE LOVE
Review us on Google
With your phone



Scan the QR Code associated with your facility below and share your thoughts



The Meadows



West Orange



Fayetteville



McDonough



Conyers



Jackson



Canton



Sandy Springs



Cartersville



Powder Springs



Nancy Hart



Spalding



Fulton Center



Riverdale



Anderson



Cherokee

Alzheimer Awareness Month

November is Alzheimer's Awareness Month. Worldwide it is estimated that about 16 million people have Alzheimer's disease, 4.5 million of them are Americans. For every person with Alzheimer's there is often at least one other person who directly cares for them and a host of healthcare & social workers, advocates, volunteers and support workers in the background. With so many people directly or indirectly affected by Alzheimer's it is good that a time of year is set aside to promote awareness.

It is not known what causes Alzheimer's disease and at present there is no cure. But there is hope and help for those people with Alzheimer's. Research into the disease is offering answers to many questions. The pooling of knowledge, the increasing amounts of international funding will one day provide us with the cause, with better ways of treating Alzheimer's and will hopefully provide a cure for Alzheimer's.

Until that day, let us pay tribute to all the people who have Alzheimer's disease and to all those who strive to make the lives of people with Alzheimer's better. To all the caregivers who love and care, who daily give so much to help their loved ones, we say a special Thank You in recognition of your very special contribution.

