

March 2021

'Recognizing Those Who Care'



HEROES OF THE MONTH



Cartersville Center for Nursing and Healing

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



Fulton Center for Rehabilitation

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



Nancy Hart Nursing Center for Nursing and Healing

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



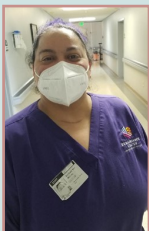
Powder Springs Center for Nursing and Healing

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



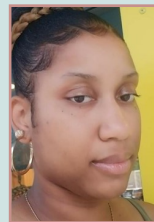
Renaissance Center for Nursing and Healing

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



Renaissance Center for Nursing and Healing

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



Riverdale Center for Nursing and Healing

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



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

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

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

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

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

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

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

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

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

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

Sol, Effy and Renee'

A Special Thank You....

Long Term Care Administrators Week

March 8 - 12

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

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

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

FYI

March 5th Employee Appreciation Day

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

FYI

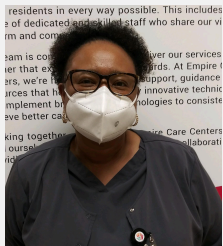
March 19th Certified Nurses Day

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

Powder Springs Center For Nursing and Healing

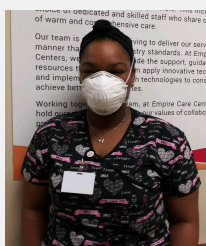


New Faces
1/1 - 2/24



Sonya Floyd

Sonya Floyd joins us as an RN. A warm welcome to Sonya for being a part of our Powder Springs Team.



Nickia Anderson-Folkes

A warm welcome to Nickia Anderson-Folkes who joins us as an Activities Aide. Glad you are a part of our team.



Willishia Fisher

Willishia Fisher joins our Powder Springs Housekeeping team. We are glad to have you here at our facility. Welcome!



Adrian Mann

Welcome, Adrian Mann. Adrian joins us as a Housekeeping Aide. We are glad to have you here at Powder Springs. Welcome!

EMPLOYEE BIRTHDAYS

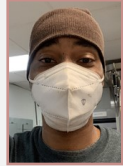
Camille Fabre	1st
Shundalyn Griffin	3rd
LoriAnn Coker	5th
Stephanie Fenderson	8th
Anne Gichuki	8th
Nicole Johnson	9th
Theresa Bernard	10th
LaKesia Gooden	10th
Sharon Brown	11th
Jimmie Nelson	11th
Rita Okere	12th
Gloria Ebere	13th
Mathel Edwrds-Jawo	18th
Debra McCratic	21st
Kaya Hinds	23rd
Luren Lott	26th
Shery Cuthbert	26th
Brian Thomas	26th
Rosalyn Nelson	28th
Brenda Dobbs	29th
Sherre Pate	30th
Tamerra Moreland	31st



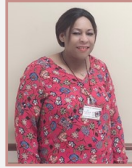
EMPLOYEE SHOUTOUTS



- ★ To **Tony Moore** from Acie Jones - Mr. Tony Moore is the BEST Dietary Manager. He loves to cook and likes to make people laugh. We also call him Chef Tony!
- ★ To **Cheryl Beradi** from Julane - Cheryl is bombarded by request from the staff as well as the phone and paging people. She always seems to have a positive attitude and a smile on her face! She's got a great attitude and a pleasure to work with at Powder Springs!
- ★ To **Maggie** from Julane - Maggie, our Activities Director, although fairly new with the company, is very compassionate and truly cares about our residents as well as our staff. Maggie is always striving to do what's best for our residents during this very difficult time. Hats off to you, Maggie!!
- ★ To **Shayna Quagraine** from Janella Scott - Thank you for helping out in Human Resources during this transition. You have been truly amazing!
- ★ To **Pilar Nunez** from Margalie Cherenfant - Pilar you are an exceptional Social Worker. The job you are doing in AU is outstanding. Our residents really appreciated the changes you brought to their unit. On many occasions, I would go to AU and would see them sitting under the tree socializing.
- ★ To **Tracy Toliver** from LaShunta Jackson - Tracy is a great asset to our building. She is knowledgeable and a very hard worker. Thank You Tracy for your hard work and dedication. You are greatly appreciated!
- ★ To **Shelly Eastmond** from Acie - Hey, I wanted to give a big shout out to my co-worker, Shelly Eastmond that works in Dietary. She is an outstanding person and she loves serving others and cooking for others. She's the best person you want to work with and she'll make you laugh!
- ★ To **Dr Shuler** from Brian - Hey Dr, you are the Bomb!
- ★ To **Melody Trammel** from LaShunta Jackson - Thanks Melody for your dedication and professionalism. You are a true asset to the team!!!
- ★ To **Julane** from Margalie Cherefant - Julane, our dietician does a great job making sure our residents get the proper nutrition they need to sustain healthy living and living long lives. Thank you and keep up the hard work!!!
- ★ To **Powder Springs Nursing and Rehab** from Tajudeen Afolabi - This is a great place to work!
- ★ To **Carline Dor** from Francisa - This is to bring to your attention one of your staff who, in my opinion needs to be recognized for her excellency in work performance. She deserves employee of the month every other month if not every month. Ms. Dor is a treasure to behold!
- ★ To **Pilar Nunez-Ferreira** from LoriAnn Coker - Pilar you are one of the most caring and thoughtful Social Service workers I have ever seen in my 20+ years in the Healthcare Industry. You are challenged with the Alzheimers Unit and you do your Job with such Grace. Pilar, you go Above & Beyond . Thank You!
- ★ To **Katrina Hoskins** from Dawn Jackson - You rock in Activities!
- ★ To **Wanda Brown** from Dawn Jackson - You rock in Activities!
- ★ To **Ronald Bordeaux** from Margalie Cherenfant - Ronald works very hard as a Physical Therapist. I have been watching him working with our residents and he is doing a phenomenal Job.
- ★ To **Marie Mayol** from Margalie Cherenfant - Ms. Marie is doing a great job at Powder Springs Center for Nursing & Healing. She is very nice to our residents and never say "no" to anyone when she is needed to do work outside her daily work.
- ★ To **Nickie Anderson** from Dawn Jackson - You rock in Activities



JUST A FEW OF OUR SPECIAL SHOUTOUT FOLKS



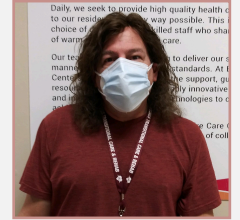
SUPERVISOR SHOUTOUTS



Special shoutout to **Marie Bayol**, housekeeper. You are the best at cleaning rooms and you always find time to help us out in Activities! Thanks for all you do. ~ Maggie, Activities Director



Tywanna, our Business Office Manager is always so positive and uplifting to everyone. Thanks so much, you are greatly appreciated. ~ Janella, HR Manager



Thank you **Joe Calviri** for always having a great smile and making each day one we look forward to! ~ Sarah, Rehab

RECIPE OF THE MONTH

SWEET POTATO CLASSIC

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



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



Did You Know??

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

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

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

Brown Bag Idea



Tortilla PB Wrap.

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

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

Daily Fitness

Take the stairs when you have an option.

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

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



MARCH Calendar of Events

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

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

National Nutrition Month
Save Your Vision Month



SPRING FOWARD.....

Don't forget to set your clock 1 hour ahead. Daylight Savings Time begins at 2:00 a.m. on March 20, 2021.



St. Patrick's Day Trivia

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