

Rhodes REVIEW



— FALL 2009 —

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WELCOME MESSAGE

Change is in the air, and we're not just talking about falling leaves and cooler temperatures! The community-funded \$2.5 million expansion and renovation project at our Atlanta location is progressing quickly. A.G. Rhodes Homes is grateful to the many individuals and foundations who made this amazing project possible.

As part of this renovation, we're adding impressive rehabilitation and therapy services so that our physical, occupational and speech therapists can meet the increased demand for specialized services among the elderly population. This addition will also allow us to offer outpatient therapy services to seniors in the area, providing a continuation of care for those residents previously served with inpatient rehabilitation services.

Included with our construction is a cistern that collects rain and run-off water for irrigation use. Our therapy gym will also be fitted with an in-ground therapy pool complete with underwater treadmill and lift system.

We will also create an attractive, functional and dignified area for residents and their families to gather away from the patient rooms and busy common areas for any number of social, spiritual or recreational occasions. Renovations to the Jesse Parker Williams Garden Wing will improve common areas and patient rooms with updates to lighting, flooring, walls, ceilings and mechanical systems.

These modifications will transform the A.G. Rhodes - Atlanta location into a premier inpatient rehabilitation facility able to provide the continuum of care that metro-Atlanta seniors and their families need and deserve. Proper facilities will increase the self-sufficiency of seniors who are able to benefit from short-term rehabilitation and return to the community thereby reducing reliance on government health system resources.

We would like to thank our residents, staff, family members and visitors for their patience during our construction. We are excited to be able to bring such state-of-the-art facilities to our residents!

Be well,

Kellee Chassner
Director of Public Relations



THE *A.G. Rhodes Homes*

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OUR MISSION

The mission of The A. G. Rhodes Homes is to provide the highest possible standard of quality care to our elderly patients while preserving their dignity, independence and quality of life. We commit ourselves to care for all who need our services, regardless of their economic status. We believe the primary purpose of our work is to serve our patients, while striving to maintain open lines of communication with their families. We are proud to be caring people caring for people.

EMPLOYEE OF THE YEAR RICHARD TANNER



Richard "Rick" Tanner was born in Atlanta and raised in Decatur's United Methodist Children's Home. Rick has a sister and a brother. He married Karen Knight in 2004 and has one son. Prior to Rick's employment with the A.G. Rhodes Home - Atlanta in December 2007, he worked for many years as a tile setter.

Rick has completed a major remodeling project for our community by transforming two of our out-of-date visitor restrooms into beautifully tiled rooms deserving of a magazine cover! Before becoming an A.G. Rhodes team member, Rick and his wife were volunteers. They would accompany the youth from their church to visit the residents and provide gift bags of toiletry items. Rick and his wife continue their volunteerism in their community by working with the youth and elderly and visiting persons who are restricted to their homes.

Rick is a member of Friendship Baptist Church in the Cabbagetown community. He serves on the Deacon Board, and he plays the piano and the guitar for the church. Rick's other interests include fishing and traveling. He has traveled to various locations such as St. Thomas, Canada, Cozumel, the Grand Caymen Islands and the Bahamas. He also loves a variety of sports and outdoor activities including soccer, baseball, football, bowling and water skiing.

Rick always has a smile on his face and words of encouragement for his co-workers, residents and visitors. Rick is a true inspiration to what it means to be a team-player, and we are proud to have him on our team!

CERTIFIED NURSING ASSISTANT OF THE YEAR



Lashawntravous Cummings is an Atlanta native. She is the oldest of three children and the only daughter of Sharon and Willie Cummings.

Lashawntravous graduated from Frederick Douglass High School in 2002 and came onboard with the A.G. Rhodes Home-Atlanta in December 2006. Her joy of helping others helped decide her future as a certified nursing assistant. Lashawntravous enjoys spending time with her family. She has a 3-year-old son named Christian who keeps her very busy. She enjoys shopping and is a member of Victory Baptist Church. The residents, staff and family members of the A.G. Rhodes Home-Atlanta congratulate Lashawntravous Cummings and appreciate her caring way!

NURSE OF THE YEAR



Ifeoma Obuekwe was selected as the Nurse of the Year 2009. "Iffy," as her residents and co-workers know her, was born and raised in Lagos, Nigeria with her five siblings – three brothers

and two sisters. On April 28, 2001, Iffy married her sweetheart Lanre, and they moved to the United States the following month. Iffy began working for the A.G. Rhodes Home-Atlanta in August 2006. She states what she likes most about working at the facility is that it gives her the opportunity to help seniors who often cannot care for themselves. She thinks of the residents as her grandmother or grandfather. Iffy's hobbies include traveling, reading and watching movies. She tries to go home to visit her family in Nigeria every year. The residents, staff and family members of the A.G. Rhodes Home - Atlanta congratulate Ifeoma Obuekwe and look forward to seeing her beautiful smile for years to come!

ATLANTA

ATLANTA HAPPENINGS

The April 16 *Step into Spring* Fashion Show was a huge success! Twenty-four residents and employees paired together and modeled casual clothing, "after-five" outfits, sportswear and church wear. The participants and the audience enjoyed refreshments with the models following the show.

In May, we had special celebrations for National Nursing Home Week. We kicked off the week on "Western Day," as staff and residents moseyed in wearing cowboy hats, bandanas and jeans. We also got rowdy at a bingo tournament with double cash prizes.

On "Sports Day," staff and residents were encouraged to wear clothing indicating their favorite sports team. Activities included sports trivia, a drink tasting contest, an old fashioned cake walk, ring toss and a baseball game. The residents thought the baseball game was the most fun!

Tropical breezes blew in on "Hawaiian Day." Residents and staff wore colorful Hawaiian clothing, and leis were given out to everyone. Next came a hilarious talent show in which residents and staff sang and danced to tunes such as Stop in the Name of Love, I'm a Survivor, and Lean on Me.

Our location also honored staff members with the Certified Nursing Assistant of the Year Award and Runner Up, Nurse of the Year and Runner Up, and Employee of the Year and Runner Up. Honorees include Lashawntravous Cummings, Ndy Guisse, Ifeoma Obuekwe, Richard Tanner and Roland Williams. Residents and staff enjoyed a jazz concert by trumpeter Milkshake and an ice cream social.

Finally, we kicked off our summer celebration with a concert provided by international artist Beverly "Guitar" Watkins, harmonica player Gregory Robinson, and dancer Emma. The residents and staff sang and danced to a variety of rhythm and blues and gospel tunes.

COBB

COBB HAPPENINGS

A.G. Rhodes Home – Cobb celebrated National Nursing Home Week even more so than usual with the excitement of our deficiency-free state survey! We had a Tour of Italy and France complete with pizza compliments of Drew Gallerger with Pro Med. Residents, and staff had a grand slam time on Sports Day with many thanks to Embracing Hospice's Alan Novoselsky for grilling hot dogs and hamburgers. Our annual talent show was a huge success. Residents Glenda Gibson, Ida Oaks, and Ruth Praytor were all winners as well as staff, Paul Jerkins, department heads, and Deandre Little rounding out the top three coveted bragging spots. The Staff Appreciation Cook Out was a success. The steaks were sizzling and so was Crazy Marty on the guitar. Residents have been enjoying some wonderful outings such as fishing and picnics at Sweetwater Creek State Park where Jean Piehl, our fisherwoman of the year, landed a big one! We were slobbered on at Pine Mountain Wild Animal Safari. Everyone was caught Just Clowning Around; residents were all smiles as they were entertained by some special clowns.

CERTIFIED NURSING ASSISTANT OF THE YEAR



Caroline Mugo (right) has worked as a certified nursing assistant for more than eight years. She joined the A.G. Rhodes family

in May 2002. During this time she has excelled among her peers to become one of A.G. Rhodes' best CNAs.

Caroline spent most of her life in her native Kenya. She obtained a certificate in secretarial work and worked in the customer service department at the bank. When she came to the United States, she began working for Wal-mart and decided to go to school to become a certified nursing assistant. Her years of customer service experience have certainly helped her succeed in that role today. Residents and family members describe her as thoughtful and caring. She is polite, efficient and always has a smile on her face. She treats all residents as if they were her very own family. Her compassion is shown to every resident she comes in contact with, not just those on her assignment.

Caroline takes pride in caring for her residents and loves making them smile. She provides a great example for us all. The entire A.G. Rhodes family would like to thank Caroline for her outstanding performance and dedication. Congratulations!

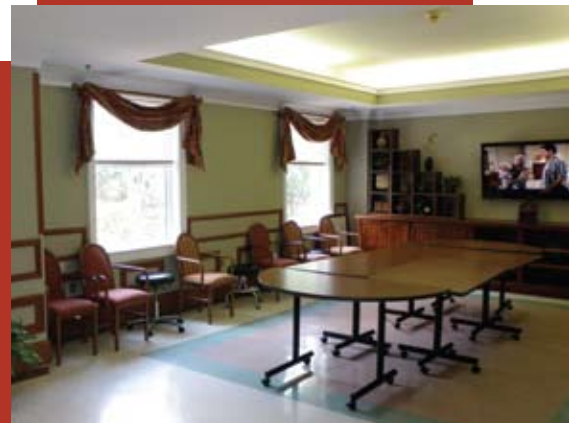
NURSE OF THE YEAR



Kathy Minor started her nursing career after graduating from LPN school in 1996. She has been a part of the A.G. Rhodes family for more than 12 years.

Kathy attended nursing school at Chattahoochee Technical College. After graduating, she was hired at A.G. Rhodes. Loved by all of her residents and co-workers, she works full time on the 3 to 11 p.m. shift. Resident family members describe her as full of energy, helpful and pleasant. She takes great pride in the care she gives the residents. She always goes above and beyond to give the best nursing care possible to her residents.

We are so thankful to have Kathy on our nursing team. Her leadership and work ethic are qualities that are admired by many. The entire A.G. Rhodes family would like to thank Kathy for her many years of dedicated service to our residents. Congratulations, Kathy!



ROOM MAKEOVERS

OUR RESIDENT DAY ROOMS ON THE SECOND AND THIRD FLOORS ARE A DESIGNER'S DREAM. THESE AREAS ARE COMMONLY USED FOR ACTIVITIES, RESIDENT GATHERINGS, FAMILY FUNCTIONS AND DINING SERVICES FOR RESIDENTS WHO DO NOT EAT IN THE FIRST FLOOR DINING ROOM. COMMON LOCALES WITH SUCH BROAD AREAS OF USE ARE HARD TO DECORATE AND EVEN MORE DIFFICULT TO TRANSFORM INTO A HOME-LIKE ATMOSPHERE. BUT WITH PROFESSIONAL DESIGN ADVICE FROM AN INTERIOR DECORATOR FAMILIAR WITH THE HUNDREDS OF REGULATIONS COMMON TO NURSING HOMES, WE ARE PROUD OF THE BEAUTIFUL AREAS WE NOW ENJOY.

CERTIFIED NURSING ASSISTANT OF THE YEAR



Althea Francis was born in Spanish Town, Jamaica, and has lived in the United States for 10 years. When Althea graduated with her CNA certification from M&K Education in Decatur, Ga., her CNA instructor – a former Director of Nursing at The A.G. Rhodes Home at Wesley Woods – immediately hired her. Althea has now worked for The A.G. Rhodes Homes for five years.

Althea is known as a supportive co-worker who is always available to help. She is willing to teach fellow CNAs who are willing to learn. Althea's primary focus is providing the best care for the residents of A.G. Rhodes Homes. Her mother always told her, "Go the extra mile. Do the best of your ability in whatever you do." This work ethic drives Althea's every move.

The reasons Althea Francis was chosen as CNA of the Year are clear. She embodies the qualities that make residents feel comfortable and secure. She provides peace of mind to family members.

BRINGING NATURE INDOORS

Rolling hills, trees and a colorful garden set the tranquil scene created in a mural on the second floor Alzheimer's Unit. Our residents and staff are painting a vibrant landscape under the supervision of Katrina Callahan, an art foundations and illustration instructor at The Art Institute of Atlanta. Katrina is the daughter of Betty Callahan, a resident on our second floor. This project has brought joy and delight to our residents' faces, as they are involved in the project and as they pass by the work of art every day. The second floor hallway is bursting with life that will be enjoyed by all.



NURSE OF THE YEAR



Sandra John-Lewis Stapleton was born on the island of St. Croix to Josephine and Patrick John-Lewis. Sandra married Collin Stapleton in St. Croix, and they moved to Atlanta in 1998. They have three beautiful children, Collin Jr., Britnie and Alexia.

Sandra attended St. Croix Educational Complex where she received her Licensed Practical Nurse degree with honors. Sandra's teachers, Cynthia Van-Windergin and Katherine Michael, inspired her to become the woman she is today. Sandra received her license to practice in Georgia in 1998 and began working at The A.G. Rhodes Home at Wesley Woods in 1999. She initially worked as an LPN on the units and was later promoted to Human Resources Coordinator. Sandra missed interacting with the residents and decided to return to the units where she became Unit Manager for the fourth floor.

Sandra is dedicated to the residents and staff. She is always looking for ways to improve the quality of care for our residents as well as ways to make a pleasant and productive working environment for our staff. Sandra says she owes her critical nursing skills to Bob Kilough, our Physician Assistant, and Charlene Morgan, our retired Nursing Supervisor. Her spiritual inspiration comes from "the man up above." Sandra's goal is to inspire her staff as the mentors throughout her life have inspired her.

The A.G. Rhodes Home at Wesley woods is honored to have Sandra Stapleton as Nurse of the Year. Sandra states, "Being a nurse is not just my calling, it is my place in life. I was led to A.G. Rhodes for a reason. A. G. Rhodes is my family away from home. I have grown so much as an individual, and I am honored to be an employee with The A.G. Rhodes Homes."

WESLEY WOODS

WESLEY WOODS HAPPENINGS

In May, our facility kicked off annual Nursing Home Week events with a Mother's Day luncheon. Our Dietary Department served mouth-watering gourmet cuisine with all the trimmings. The Activity Department held a Mother's Day Tea with a variety of pastries, flavored teas and a spirited gospel music performance.

The following day, Administrator Greg Heath led a prize bingo game for the residents. Greg did a great job, and both the residents and staff enjoyed watching him enthusiastically call out bingo numbers.

The Annual Staff Barbecue was a tasty success. Our staff enjoyed food right off the patio grill. Our Maintenance Director and Alzheimer's Unit Director grilled hot dogs, hamburgers and steaks for all three shifts.

The Resident Smoothie Social was a new activity. Our Dietary Department provided all natural mango and peach fruit mix, and the activity staff added apple juice to blend delicious smoothies.

The week also featured a dance party for residents and staff sponsored by the Rhythmic Dance Class. Residents sat in a large circle and performed wheelchair dance routines while several staff gave freestyle dance performances.

We concluded our Nursing Home Week activities on Friday with a 1950's Sock Hop. The Activity Department created colorful signs and table displays with 1950's historical and pop culture facts. Residents worked together to answer trivia questions and reminisce about their life experiences in the '50s.

Our Nursing Home Week was filled with love, laughter, learning and life lessons. Every department worked together to create joyous occasions for our residents, family members and staff.

MEET OUR CHEFS

THE A.G. RHODES HOMES WOULD LIKE YOU TO MEET OUR NEW CHEFS. HIRING A QUALIFIED CHEF IS UNCOMMON IN THE NURSING INDUSTRY. OUR NEW CHEFS MARK THE A.G. RHODES HOMES' COMMITMENT TO OUR RESIDENTS TO PROVIDE AN EXCELLENT STANDARD OF CARE — INCLUDING FOOD AND NUTRITIONAL SERVICES.



ATLANTA. The A.G. Rhodes Home - Atlanta would like to welcome our new chef, Aaron Branch.

Chef Branch has been cultivating his culinary skills for more than 15 years. He began his career path under the tutelage of renowned Chef Darryl E. Evans. He continued honing his skills under Chef Al Roberts. His wealth of experience includes an executive chef position at the Italian American restaurant Amerigo's in Buckhead as well as work at the 1996 Olympics.

Chef Branch transitioned into a position of being a personal chef for various politicians, celebrities and businesses. Notable clients include the King family, Judge Hatchett, Cathy Hughes and Samuel L. Jackson.

Aaron's favorite recipe is his delectable Chicken Alfredo with Broccoli.

Please join us in welcoming Chef Aaron Branch to our organization!

CHICKEN ALFREDO

INGREDIENTS:

- 2 cups cooked chicken, chopped up
- 2 jars Alfredo sauce
- 2 cups mushrooms
- 1 lb. fettuccine or any pasta
- 2 tsp butter
- 2 broccoli spears, chopped

Sauté chicken, broccoli and mushrooms in butter until lightly brown. Pour in Alfredo sauce over chicken and let simmer for 5-7 minutes. Pour mixture over cooked fettuccine or pasta. Sprinkle with 2 ½ ounces of Gorgonzola cheese.



COBB. Chef Tony Moore has been creating distinctive, contemporary, continental and exotic cuisine for more than 15 years. Tony is a native

of Jersey City, N.J., and graduate of the California Culinary Academy and Hampton University. He began his culinary career in 1992 in the Navy on board the USS John F. Kennedy, where he cooked for the Navy's elite admirals and captains. After spending four years in the navy, Tony decided to take his skills to the civilian world where he became the executive chef of Wyndham Hotel and Resorts in New Jersey. There he captivated people's pallets with his array of seasoning, herbs and spices. In 1998, Wyndham moved Chef Tony to Atlanta to oversee the culinary division of their hotels. As a personal chef, Tony works hard to create meals for his clients with all the love and attention he gives the meals that he prepares for his own family and celebrities from the world of entertainment and sports.

DAD'S FAVORITE BBQ SAUCE

INGREDIENTS:

- ½ cup strong coffee
- 1 T Corn syrup
- ½ cup of Dad's favorite cognac
- ½ cup ketchup
- 1 T tomato paste
- 1 tsp peanut oil
- Salt and pepper to taste

Mix all ingredients in a saucepan and heat a lmost to a boil, then remove sauce and cool to room temperature. Baste over your favorite meat while grilling.



WESLEY WOODS. As the new Dietary Manager at The A.G. Rhodes Home at Wesley Woods, Eric Bradley is on a mission to enhance the dining experience for our

residents. His impressive background allows him to give our residents delicious new food choices. He strives to reach a level of customer service parallel to high-end hotels.

Eric is a gourmet master chef with more than 20 years experience as a certified dietary manager. He has a culinary background with the Marine Corps Institute in Washington, D.C., and served as food and beverage director for Marriott Hotels International for more than six years. Eric spearheaded the opening of three Marriott dining facilities including a senior living development; a full-service, state of the art Marriott in Burbank, Calif.; and a Marriott resort in Anaheim, Calif. Eric also completed food service technical training in El Toro, Calif.

Although Eric has an impressive resume, he is most proud of his 12 handicap golf game. He plays twice a week at BridgeMill Athletic Club in Canton and Cobblestone Golf Course in Acworth.

When asked what inspired him to become a chef, Eric jokingly states, "I never wanted to miss a meal." His lively sense of humor and upbeat personality has energized the dining room staff and has encouraged and improved social interaction between staff and residents during meals.

EASY ALFREDO SAUCE

8 servings

INGREDIENTS:

- ½ cup butter
- ¾ cup grated Parmesan cheese
- 1 cup heavy cream

In a medium bowl, beat butter and Parmesan until fluffy. Add cream a little at a time, until mixture resembles softly scrambled eggs. Toss with hot, cooked pasta to serve.

2009 NATIONAL NURSING HOME WEEK CELEBRATIONS





Outpatient Therapy

The A.G. Rhodes Homes are proud to offer outpatient therapy to residents discharging from inpatient care. Our therapy department is able to offer physical, occupational and speech therapies to patients who have completed their inpatient stay and have returned to their prior living arrangements. Outpatient therapy is assessed on an individual basis and requires physician orders as well as transportation arrangements to and from A.G. Rhodes Homes locations. Our business offices will work with residents prior to discharge from our communities to determine outpatient eligibility in conjunction with their insurance provider(s). We are looking forward to being able to provide a continuity of care for the therapy patients we serve with this added service.



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