

— FALL 2010 —

A.G. RHODES Health & Rehab

ATLANTA COBB WESLEY WOODS

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HELPING SENIORS AVOID SCAMS

A.G. Rhodes Health & Rehab is honored to collaborate with fellow Atlanta non-profit CredAbility (formerly Consumer Credit Counseling Service of Greater Atlanta) to offer free *Fighting Back Against Senior Scams* classes to A.G. Rhodes residents, family and other senior community agencies. These classes will teach seniors, their families and caregivers how to avoid fraud and prevent future scams.

Scams can include identity theft, check fraud and door to door services including insurance and home repairs that never happen. These and a host of other schemes are being used to manipulate seniors who may unwittingly provide confidential information to a "well-intentioned" stranger.

According to Gainesville Police Sgt. Shawn Welsh in a March 2010 *Gainesville Times* article dedicated to this topic, "It's year-round. These guys, as the economy gets worse, are just coming up with more elaborate schemes."

The American Association of Retired Persons reports that senior citizens are about 15 percent of the population but they are the target in nearly a third of all financial scams.

"It's amazing the things you hear," said Lisa Ray, a financial education specialist for CredAbility.

Ray has been actively pursuing opportunities to teach *Fighting Back Against Senior Scams*, free classes put on by CredAbility and the United Way.

Ray said she gets the most questions about phone calls in which people ask for personal information such as Social Security numbers.

They often pose a person offering some financial windfall in exchange for a bank account number. Once a scam-artist learns his targeted information, they can wipe out bank accounts and alter someone's life forever.

Ray's familiarity with the subject has also shined a light on increased counterfeit check scams. Unsuspecting victims receive counterfeit checks in the mail, follow the instructions to cash them at their bank and send a portion of the money back to the sender. It's only later they learn the check was no good and they're on the hook for the amount cashed.

Door-to-door schemes are on the rise, too. Supposed customer service, bogus insurance adjusters and people feigning good intentions show up to provide repairs. But as soon as the unsuspecting senior makes payment, the "workers" disappear and the work, needed or not, remains unfinished.

Many victims are embarrassed and fail to report such incidents to law enforcement.

Suzanne Boas, president of CredAbility, said many seniors have qualities that make them more attractive targets for scams. "Seniors may have valuable assets, and they may be socially isolated," Boas said. "Criminals hope they will be forgetful or easily confused."

Seniors and relatives of seniors are encouraged to learn more about how to avoid falling victim to financial scams. Contact your closest A.G. Rhodes community today to reserve your spot in our *Fighting Back Against Senior Scams* fall classes.



OUR MISSION: The mission of A.G. Rhodes Health & Rehab 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.

A.G. RHODES Health & Rehab

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EMPLOYEE OF THE YEAR MEET MARGIE CODY

Margie Cody was born in Warren County, Ga., and is the fourth of 12 children. Margie moved to Atlanta in 1960 with her family and graduated from David T. Howard High School. In 1964, she married Richard McWorthy. Together, they had four daughters and one son. Margie worked for Rich's Department Store for 21 years beginning in 1979. She retired in 2000 to help take care of her mother and aunt. After her mother passed away, she began caring for her grandchildren. In 2005, she became a part of the A.G. Rhodes family in the laundry department. Margie enjoys talking with the residents, and she gladly assists staff and family members in labeling clothing items and making a difference in their lives. Outside of work, Margie enjoys working in her flower garden and keeping an immaculate home. She loves attending family reunions. Margie has been a member of Lakewood Community Holy Deliverance of God Church since 1980



CNA OF THE YEAR MEET AHSHAR RAWCHAA

Ahshar Rawchaa was born in Georgetown, Guyana. She and her family moved to Atlanta in 2007 for a fresh start and new business opportunities. For the past 16 years, Ahshar has worked to promote her jewelry business. Upon moving to Atlanta she also decided to go to school to become a certified nursing assistant. She completed her nursing clinical work with A.G. Rhodes Atlanta and began working full-time with our residents in 2008.



Ahshar believes that her hard work ethic, humble attitude, prayer, patience and faith have helped her overcome many obstacles. She knows what a blessing it is for her to receive the Certified Nursing Assistant of the Year Award, after only working for a short period of time with A.G. Rhodes. Ahshar is married and has three sons and

one daughter. She has two brothers and two sisters. Her mother lives in New York City. In her leisure time, Ahshar enjoys cooking and entertaining family and friends as well as riding bikes. Next year's goal: learn how to ride a motorcycle!

LPN OF THE YEAR MEET BOSIRE MAMBOLEO

Born in Kenya, Michael Bosire Mamboleo moved to the United States in 2001 to explore better job and life opportunities. Prior to moving to Atlanta, he spent six years in seminary school, studying philosophy and theology to become a priest. Michael first came to A.G. Rhodes Atlanta as a certified nursing assistant in 2002. He was the first man to receive the A.G. Rhodes' sponsored nursing scholarship and earned a licensed practical nursing degree from Central Georgia College in Macon. Michael is continuing his studies at West Central College to become a registered nurse, specializing in geriatrics. Most of Michael's family continues to live in Africa. He has a beautiful two-year old daughter named Michelle. When Michael is not working he enjoys traveling, watching soccer, playing chess and table tennis. Michael is proud to work for A.G. Rhodes and serve its residents.



ATLANTA HAPPENINGS

BY VANISSA JOHNSON

Our summer was filled with good food, great entertainment and a variety of events and games.

On May 8, we held a Mother's Day Brunch. Residents and family members dined on Swedish meatballs, almond chicken salad on croissants, cheese dip, fresh fruit and chef-prepared mini cream cheese cake squares. Entertainment was provided by poet and keyboardist Leonard Blount. The ladies of Electra Grand Chapter Eastern Stars made corsages for our residents to wear.

We kicked off National Nursing Home Week with Sports Day. Residents and staff wore their favorite team jerseys and shirts. Our community-wide scavenger-hunt and sports trivia game culminated with our first cookout meal. The Bagueuss Management BBQ and award presentations

ATLANTA

of Certified Nursing Assistant of the Year, Nurse of the Year, and the Employee of the Year are annual highlights. Later that afternoon we had a resident and staff bingo tournament, where the winners received cash prizes. Wednesday was Crazy Hat Day. Staff and residents participated in a cakewalk, baseball game, field goal game and hula hoop contest. The day ended with a bang with our annual talent show. Everyone channeled a trip to Hawaii with colorful leis, a lively concert provided by A.J. Entertainment and Edy's Ice Cream Social, sponsored by Kimberly Reed Robbins of Odyssey Hospice. National Nursing Home Week finished in a big way with our Resident Olympics. Residents participated with obstacle challenges, egg runs, Oreo stacking contests and bean bag toss. Saturday brought more fun with a fashion show sponsored by our Red Hat Society and Alpha Phi Omega Fraternity.

Recent highlights included a visit to Phillips Arena to attend a WNBA basketball game. On June 23, six residents and six employees attended the sold-out game between the Atlanta Dream Team and the Tulsa Shock. We are certain our screams and cheers helped the Atlanta Dream win the game! On June 25, the residents enjoyed an A.G. Rhodes Summer Block Party. Music was provided by our in-house disc jockey and Administrator Deke Cateau. He played many of the Motown hits from the 1960s and '70s. Residents and staff enjoyed cutting a rug to his varied playlist.

In July, many Men's Group members journeyed to Pin Strikes Bowling Center in Stockbridge. Mr. Benjamin Bailey's family was able share in the fun time bowling and eating pizza, hotdogs and cheeseburgers. We ended the month of July with a Birthday Bash. The Milkshake Trio provided awesome musical entertainment. Many of the residents sang along to songs such as; *Stormy Weather*, *Lovely Day*, *What a Wonderful World* and *Summertime*. Residents and staff are invited to join our by-monthly, spirit filled sing-alongs in the Shallenberger Room.

COBB HAPPENINGS

BY PAUL JERKINS

What an amazing summer we've had! We are dedicating this newsletter to everyone who makes such a difference in our community! From ice cream socials, yard sales, special event sponsorships, special activity involvement, long-time volunteers and the love and devotion to the amazing residents we care for, please know how we appreciate and hold dear the involvement of the following individuals, organizations and businesses. Your time impacts the lives of many, for years to come! Special thanks to our 2010 Volunteer of the Year, Alan Novolselsky, of Embracing Hospice.

Adam Boemer, Tommy Somerville, Marty Berning, Denis Aloh, Chattahoochee Men's Quartet, Mt. Spirit Praise Team and Chat Men's Quartet, YMCA Kickers, Jamie Redmond, Griswold Special Care, Southcare Funeral & Cremation Society of Georgia, South Cobb High School Cadets and Colonel Bradley, Out of the Bluegrass Band, Grace Community Church, North River Baptist Church, Sharon Rakness and Aubrey Holder.

National Nursing Home Week Highlights: Rhodes Olympics Winners: Bowling-Joanna Moore, Sack Race-LaKeysha Stoutt and Jamie Hillhouse, Egg Race-Joanna Moore, Wheelchair Race-Jamie Hillhouse and Rhodes Trivia-Ray Kennedy. We were able to raise \$250, benefiting the Save the Horses organization during our Western Day! Annual Talent Show: Winner-Marlon Coles, 2nd Place-Paul Jerkins, 3rd Place-Deandre Little. Special thanks to A.J. Entertainment for making our Employee Appreciation Day so nice. Residents were honored during Resident Appreciation Day. We are thankful to our President Glenda Gibson and Vice President Booker

Linkhorn for their involvement through Resident Council. Activity Participation Awards went to Charlene Boyd, Cleve Morrison, Jean Piehl and R. J. Cochran for their spirit and participation in the activities program.

Recent Resident outings included fishing and picnicking at Sweetwater Creek State Park, visiting the *Gone With The Wind* Museum, Stone Mountain Park, Red Lobster, Bug-A-Boo Steakhouse, Longhorn Steakhouse, Golden Coral, Marietta Diner, Marietta Fish Market, Cherokee Cattle Company, Pasta Bella, Folks Restaurant and Olive Garden. It was a "dream" to see a live WNBA game featuring the Atlanta Dream.

A special thank you goes to Jim Moran, Photography Art. He has held three art shows and created 65 artistic resident portraits free of charge. His work is amazing!

We are working to raise funds to purchase a new piano. If you are interested in learning more about our piano fundraisers or know anyone who may be interested in assisting us in this venture, please let me know!

CNA OF THE YEAR MEET VONTRICE BAINS

Vontrice Bains has been voted the 2010 CNA of the Year for A.G. Rhodes Cobb. Vontrice joined the healthcare industry as a certified nursing assistant more than 10 years ago in a long-term care community. She became an integral part of the A.G. Rhodes family in September 2008. During this time, she has excelled among her peers to become one of A.G. Rhodes' most complimented staff members.



Vontrice spent most of her life in Louisiana. Residents and family members describe her as a thoughtful and caring person who takes pride in her job and the residents for whom she cares. She constantly wears a smile on her face and is happy to help a coworker. She is a leader in teamwork and can brighten anyone's day with her presence. The entire A.G. Rhodes family would like to thank Vontrice for her outstanding performance and dedication. Congratulations!

NURSE OF THE YEAR MEET LUCY JUSTICE

A.G. Rhodes Cobb is proud to announce Nurse of the Year Lucy Justice. Lucy started her nursing career after graduating from LPN school at Chattahoochee Tech in 1997. She has been a part of the A.G. Rhodes family for more than 12 years.



Lucy works full time on our 7 a.m. to 3 p.m. shift and is loved by all of her patients and family members. She motivates and encourages her residents. She displays genuine love and support for those around her and goes above and beyond to be an advocate on behalf of her residents.

We are so thankful to have Lucy on our nursing team. Her leadership, work ethic and dedication are just a few of the many reasons she is admired those who know her. The entire A.G. Rhodes family would like to thank Lucy for her many years of dedicated service to our residents. Congratulations, Lucy!

CNA OF THE YEAR MEET CRYSTAL DIXON

Crystal Dixon was born in Detroit on Christmas Day, one of seven kids. After 10 years in Detroit, her family moved to Evergreen, Ala., where she graduated from high school. She was intrigued with the medical field and decided to become a CNA. She began working for a skilled nursing facility in Evergreen immediately after she completed her certification.



She relocated to Georgia for a change of scenery and to pursue her dream of becoming a registered nurse. While at work, Crystal enjoys taking care of residents and promoting teamwork among her co-workers. Although Crystal appears to be shy and reserved, she has a host of activities that keep her very involved. She enjoys learning about the Lord, reading, shopping, spending time with friends, astrology and decorating. Crystal makes a difference for all of us; we are thankful for her time, dedication and spirit!

NURSE OF THE YEAR MEET LATRICE HOLT

Latrice Holt started her healthcare career with A.G. Rhodes Wesley Woods 18 years ago as a certified nursing assistant. Residents and staff members all agree that she has literally grown up in Wesley Woods' hallways. Her compassion for the elderly inspired her to complete her schooling to become an LPN. She is currently enrolled at Georgia Perimeter to complete her goal of becoming a



registered nurse. Although she has worked with residents across the A.G. Rhodes community, she truly enjoys her work on the Dementia Unit. Latrice feels that she has developed and maintained a great rapport with the residents she cares for and makes a difference in their comfort and care. After becoming a Registered Nurse, Latrice would like to continue giving exceptional care to her residents, eventually retiring from A.G. Rhodes. She enjoys spending time with her 7-year-old daughter and roller skating. Latrice's dedication shines through quality patient care, attention to detail and more than 8 years of flawless work attendance.

HAPPENINGS BY MELISSA SCOTT-WALKER

This summer was filled with joyous celebrations for the A.G. Rhodes Wesley Woods family. National Nursing Home Week in May was an adventure for residents and staff. We kicked off the week with *Administrator Prize Bingo* with Greg Heath followed by the first of our six-week Yoga Classes for Seniors. The classes were led by Sylvie Motz, a student of the Therapeutic Yoga for Seniors certification course at Duke University Integrative Medicine. Throughout the week, staff members were honored for their hard work and dedication culminating with our Annual Staff Barbecue and the LPN and CNA of the Year Awards Ceremony. Our special events included musical entertainment, an ice cream social and Wii game competition. These highly attended activities were a great opportunity to build camaraderie and reenergize staff.

Our residents attended events throughout the week and were able to celebrate staff in a very special way. The A.G. Rhodes Drama Club production of Cinderella was a high energy and hilarious show. Audience and participant feedback was amazing. The Drama Club fulfilled its mission to

entertain and showcase just a few of the many impressive resident and staff talents.

The coming months will bring a new fall Drama Club production, activity department fundraisers and continued efforts to expand our volunteer program. We welcome family and community members to volunteer, as well as provide contact information for school groups, entertainers and group volunteers. Please contact us for information about daily activity programs or special events highlighted on flyers and monthly calendars in resident rooms and community bulletin boards.

Thank you for attending our events, making great suggestions and for your tremendous support in providing meaningful, engaging and fun activities for our residents.

GEORGIA PSYCHOLOGICAL SERVICES

To enhance our medical care services, A.G. Rhodes Health & Rehab Wesley Woods is pleased to announce the addition of Georgia Psychological Services (GPS). GPS will provide on-campus psychological assessments as well as individual, family and group therapy services. Therapeutic techniques can address various topics of concern that impact a resident's physical and emotional recovery. These services can assist with physical acclimation challenges, changes in thought and behavior patterns as well as feelings of depression, anxiety or dementia. Varied insurance carriers including Medicare can cover these services.

Residents and their families are welcome to contact our Social Services Department to discuss any questions regarding this valuable benefit. General information about Georgia Psychological Services can be found at www.gpsvc.net.

ATLANTA: OPEN HOUSE

A.G. Rhodes Health & Rehab Atlanta celebrated in style with a June 8 Open House showcasing our rehabilitation expansion and building renovation. This event gave hospital discharge planners, social workers, senior care service providers and community members the chance to meet and greet our staff while sampling some of our delicious cuisine. Our Resident Welcoming Committee greeted visitors, many who were treated to personalized tours of the community by resident volunteers.

We are appreciative of the support from our many community partners who took the time to visit us on this special day. Our ability to work with a network of quality care providers is an important feature of our continuum of services. We are proud to share this newest success with our partners, residents, staff and community.



WESLEY WOODS: STAFF APPRECIATION DAY

The A.G. Rhodes Wesley Woods' June Staff Appreciation Day exceeded all expectations! The event was an unforgettable experience for staff and their families to visit with our residents and their family members. More than 40 children attended. It was wonderful for residents to meet and interact with the children they hear so much about. Highlights of the event included hayrides and miniature horses, Randy and Amelia, provided by the Horse Rescue, Relief & Retirement Fund Inc. This well-organized event also featured a Toddler Time Corner with bubbles, toys and tricycles, Wild World of Window Painting in the dining room, Wii games, moonwalk jumping, face painting, cupcake decorating and musical entertainment provided by the Hamilton Banjo Duo. It was an amazing event that will now be celebrated annually.



COBB: LUAU

A.G. Rhodes Cobb kicked off our enhanced evening activity programming on August 10 with a breezy Summer Luau. The party was full of island fun with tiki torches, Hawaiian music, authentic Hawaiian cuisine, frozen beverages, a man-made beach and a pool to cool our feet! Residents, family members and friends joined employees and their families for dancing, limbo and beach ball contests and hula hooping. Join us every week for more amazing evenings of enjoyment!

BEAUTIFUL SPACES, WONDERFUL PLACES



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