



WESLEY WOODS

SENIOR LIVING

EMPLOYEE NEWSLETTER FOR MARCH 2024

VOLUME 11, ISSUE 3



Photo: womenheart.org

MARCH IS WOMEN'S HISTORY MONTH

Our spotlight for Women's History Month is Dr. Nanette Kass Wenger. ([Changing the Face of Medicine](#))

American clinical cardiologist and professor emerita at Emory University School of Medicine, Nanette Wenger was among the first cardiologists to focus on heart disease in women as well as the risk factors and manifestations of coronary artery disease. For her distinguished contributions to the field, Dr. Wenger was nominated as one of Time magazine's "Women of the Year" in 1976, received the American Medical Women's Association's (AMWA) Woman in Science

(continued on page 2)

Celebrating Black History

A pioneer, physician, scholar, family man and friend!

These words aptly describe Dr. Hamilton E. Holmes, known by many simply as "Hamp". His life and career began in his hometown Atlanta, GA.

Following a year of enrollment at Morehouse College, Dr. Holmes attended the University of Georgia. He and Charlayne Hunter-Gault were the first two African-American students to enroll and integrate the university amid taunts, threats, and police escorts. He endured in pursuit of becoming a physician.

Meanwhile, Emory University Faculty and Administration pursued their own path to desegregation through the Georgia Supreme Court. After winning the case [Emory vs. Nash](#), 1962, the University was able to offer admission to Hamilton E. Holmes without incident.

Dr. Holmes received his medical degree from Emory in 1967. At the time of his death, Dr. Holmes was an orthopedic surgeon, Associate Dean at Emory University School of Medicine, and served as chairman of the orthopedic unit at Grady Memorial Hospital.

<https://med.emory.edu/education/multicultural-med-student-affairs/oma-events/hamilton-e-holmes-lecture1.html>



Photo: Anne Borden

Our Mission:

To create communities of connection, well being and promise.

NOTEWORTHY

THE CHAPLAIN CORNER

Rev. Karen Kagiya, O. Wayne Rollins Director of Pastoral Care



Both February's celebration of Black History and March's recognition of Women's History invite us to reflect on those who have influenced the world toward justice and peace. You may think of significant historical figures like Rosa Parks. Women in your own family, like your grandmother or a beloved aunt might come to mind. Those who shine the light for our path create opportunities for new generations to thrive and live with purpose.

I am grateful for those people in my life who have been examples of love and wisdom. One of those was my high school principal, Edward Dyson. Mr. Dyson passed away recently, and I regret that I let the years go by without telling him about my journey and how his love and guidance helped me as a shy, nerdy high school student. He grew up in segregated South Georgia on a tobacco farm, but by the time I entered high school, he was a respected educator and leader who inspired and guided hundreds of kids from all backgrounds.

I hope you will take some time to think about the men and women in your life who have given you their time and love, whose wisdom and guidance have shaped your journey. None of us gets where we are alone. We all have help. Take time to express your gratitude to your mentors and teachers. You may have the opportunity to pay it forward by being a mentor and guide to others. Our lives are created through these relationships that help us grow into ourselves, and the world benefits when all our stories are told.

(cont. from page 1)

"Women's History Month"

President's Award in 1993, as well as the Elizabeth Blackwell Award in 2000. Today after 67 years of practice, Dr. Wenger specializes in cardiovascular disease in Atlanta, GA at Emory University and Grady Memorial Hospital Internal Medicine.2 (Cardiometabolichealth.org)

Dr. Wenger's most recent publication, *Cardiovascular Disease in the Older Adult: Where Are We 4 Decades Later?* Was published on 2/1/24.

Source: <https://www.womenheart.org/the-forefront-of-womens-cardiology-honoring-dr-nanette-kass-wenger/>

THE FOUNDATION OF WESLEY WOODS IS GRATEFUL TO THE FOLLOWING FOUNDATIONS

who have supported our Wesley Woods senior living communities with generous grants to fund wellness nurses, pastoral care, charitable care, life enrichment programming, and capital improvements:

- Atlanta Foundation
- Clark and Ruby Baker Foundation
- Community Foundation for the Central Savannah River Area
- Coweta-Fayette EMC Operation Roundup Trust
- East Atlanta Village Strut
- Jackson EMC Foundation
- Lois and Lucy Lampkin Foundation
- The Ray M. and Elizabeth Lee Foundation
- Piedmont Charitable Foundation
- Thomas H. Pitts Trust
- Milton M. Ratner Foundation
- SOMA Foundation
- Southwest Airlines
- Frances Wood Wilson Foundation

KUDOS CORNER—DOVE AWARD WINNERS

WW TOWERS

SHANNAN would like to thank **MELVIN** for helping with the Valentine's Day party.

ROY would like to acknowledge **RON** for always being polite and helpful to everyone.

OUR EMPLOYEES

Wesley Woods of Augusta

Wesley Woods of Augusta (St. John Towers) Personal Care team implemented Fynn (electronic health record system) the first week of February. The team was amazing – they had positive attitudes and were eager to learn. A huge thanks to the Wesley Woods of Augusta Personal Care Team and their leader, Hunter Holley! Both Atlanta and Athens, who implemented Fynn late last year, had several suggestions to make the experience better, many of which have been added to the software, making it more intuitive to use. The team in Augusta have also made some new suggestions, and those are already in the works for implementation later this year. Thank you to all our Personal Care teams who have given feedback and helped to make Fynn the best experience possible!



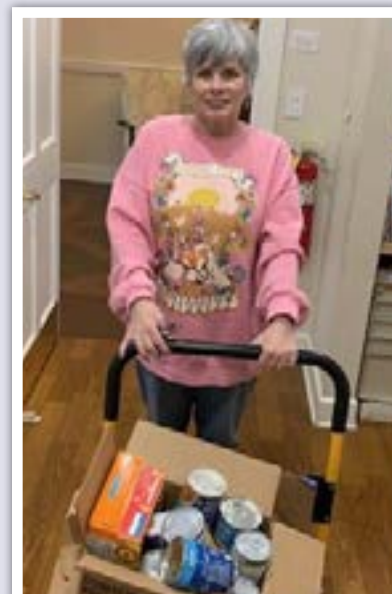
John Thomas and Keisha Jones working hard to make sure everything is set up and working correctly.



(L-R) The Implementation Team: John Thomas, Danielle Booker, Hunter Holley, Keisha Jones, Bennett Porson and Levette Miller at Wesley Woods of Augusta.

WESLEY WOODS OF NEWNAN

Mary Jo Rhodes, our LE Director, assisted in gathering donations for the food drive sponsored by Bridging the Gap in Coweta County.

**WELCOME RECENT HIRES****DECEMBER 2023**

LESHON CHEELY - St Johns Towers
CONNIE WENDT - St Johns Towers
CAROLYN CURRY - Talmage Terrace
MARIA ASH - Talmage Terrace
KENNETH BAKER - Branan Lodge

JANUARY 2024

ECHO NORRIS - Talmage Terrace
RENEE FRALEY - Foundation of WW
RICHARD ANGLIN - Lanier Gardens
JORDAN ADAMS - Lanier Gardens
HELEN WALKER - AHET

FEBRUARY 2024

TONY CURRY - Wesley Woods Tower
DAJA LAMAR - Wesley Woods Tower
LA SHANDA PERRYMAN - WW Senior Living
BRENDA MICHAEL - WW Senior Living
KESHEA HOUSTON - WW of Newnan
TOYJA REED - WW of Newnan
RANDY ZIMMERMAN - Branan Lodge

NOTEWORTHY

Wesley Woods Blairsville*Holiday Party at Wesley Woods Blairsville**Wesley Mountain Village*

To show love for our neighbors in February, the residents of Wesley Mountain Village donate food to replenish the shelves of food banks in Blairsville. The picture shows one week's worth of donations. Our Service Coordinator, Andy Mathis, and our Chaplain, Rev. Melanie Stanley-Soulen, organize, collect and distribute the food. As you can see, our residents are very generous.

**WHAT'S NEW?***Learning At Wesley Woods*

All Wesley Wood employees will have access to take new courses in Paycom under our Featured Content. The General Courses include course titles such as ***Communication Between All Ages in the Workplace, Stress Management, to Conflict Resolution for Employees.***

TEACHER OF THE YEAR

Rob Dobbins is Emergency Assistant Supervisor at Wesley Woods Blairsville and recently shared with us, that his wife Cindy Dobbins was named Teacher of the Year! Congratulations Cindy (and Rob)!



UCHS Principal Carol Knight presenting Cindy Dobbins with her Teacher of the Year Award.

Photo: Brittany Holbrooks

NOTEWORTHY



Did You Know March is National Nutrition Month?

Food is essential for everyone, playing a role in our lives from ordinary days to special occasions and holidays. Learn the importance of each food group and how to properly plan and prepare nutritious meals and snacks in a safe way by visiting:

www.eatright.org/food

Here are a few healthy eating tips to follow to ensure you are fueling your body with what it needs to be at your very best:

- Eat Breakfast
- Make Half Your Plate Fruits and Vegetables (the more color the better!)
- Watch Portion Sizes
- Be Active
- Get to Know Food Labels
- Fix Healthy Snacks

SAVE BIG. EVERY DAY. CHECK OUT YOUR BENEFITS PORTAL!

All of our employees have access to our employee discount program through BenefitHub. BenefitHub offers a wide variety of brands and categories to access discounts on goods and services, including nutritional meal delivery options. Please visit: <https://wesleywoodspersks.benefithub.com> and register for your account using code 2CTQ69.

ADDITIONAL HELPFUL MATERIALS: EATING RIGHT ON A BUDGET:

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. The attached flyer *Eating Right on a Budget* provides some budget-friendly tips for eating right.



To Read More,
See Attached Flyer
**20 Health Tips for
Healthy Eating!**

March Service Dates**3/14/2023**ALEXANDER, BRITTANY
*Wesley Woods of Newnan***3/30/1993**SMITH, THERESA YAEGER
*Wesley Woods Senior Living***3/6/2002**MILLER, LEVETTE
*St Johns Towers***3/11/2013**NAUGHTON, KELLI J
*Foundation of Wesley Woods***3/18/2013**WHITE, WANGERLO
*Branan Towers***3/20/2013**HOLT, KARINA CALZADA
*Lanier Gardens***3/1/2015**ANDREWS, ALICIA
*Wesley Woods Towers***3/6/2015**SWAFFORD, JUDITH A
*Wesley Woods Newnan***3/27/2017**SMITH, PATRICIA D
*Branan Towers***3/5/2019**FLORES, ANA MARIA
*Wesley Woods Newnan***3/15/2021**CAPUOZZO, LISA HOPE
*Lanier Gardens***3/22/2021**REID, BRENDA
*Wesley Woods Newnan***3/1/2022**ROWE, JERRY
*Asbury Harris Epworth Towers***3/6/2023**MAJORS, CERA
*St Johns Towers***3/14/2023**ROBINSON, JANICE NIKIA
*Wesley Woods Towers***3/16/2023**BUTLER, FRED A
*Wesley Woods Newnan***3/20/2023**MAURER, CANDY
*Branan Lodge***3/27/2023**OROURKE, BRIAN
*Wesley Woods Management Corp***March Birthdays****3/3**COLEMAN, THOMAS
*St John Towers***3/4**TRIPP, ELIZABETH HUTCHINSON
*Wesley Woods of Newnan***3/6**HOWARD, MELVIN JEROME
*Wesley Woods Towers***3/6**THOMAS, KORI
*Wesley Woods of Newnan***3/13**BALLARD, SOPHIA
*Wesley Woods of Newnan***3/14**HARTLAGE, NANCY W
*Branan Lodge***3/14**KING, ROY
*Wesley Woods Towers***3/15**TELUSMA, KIZZIE LAKISHA
*Wesley Woods Towers***3/15**SANDERS, MICHELLE
*Talmage Terrace***3/19**WELLS, PEARL
*Talmage Terrace***3/21**GRAY, LATOYA T
*Wesley Woods of Newnan***3/22**BRELAND-GIL, RHONDA
*Foundation of Wesley Woods***3/22**FRALEY, RENEE
*Foundation of Wesley Woods***3/22**THACKSTON, KELLY
*Wesley Woods of Newnan***3/22**RHODES, MARY JO
*St John Towers***3/24**MCGAHEY, BARBARA
*Wesley Woods Towers***3/26**HUYCKE, RICHARD MICHAEL
*Lanier Gardens***3/29**FREEMAN, CHILLENA KATRICE
*Wesley Woods Towers***3/31**BRIDGES, MARTHA
*Wesley Woods of Newnan***3/31**EDGAR, SHARON BEASLEY
Wesley Woods of Newnan

Payroll Reminder: Be sure to check your pay check each pay period for accuracy. This would include PTO balances, overtime, benefit deductions, shift differentials, etc. If you do not know how to review your paycheck, ask your supervisor or contact HR.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit [MyPlate.gov](https://www.MyPlate.gov).

Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Determine where to shop

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.



Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Start a garden or visit a Farmers Market

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

Quench your thirst with water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit eatright.org



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion and Complete Food and Nutrition Guide, 5th edition
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Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at eatright.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by: