VETCOM

September 2021

Georgian War Veterans Nursing Home

HAPPY LABOR DAY

Georgia War would like to wish you a wonderful month filled with happiness.

Take a peek at what’s happening here at the Blue Goose!

Featuring
Puzzles........................................pg.13-15
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Welcome!

A warm welcome from Georgia War Veterans Nursing Home to the following new staff members:

Sarah Murrah
Kenya Williams

A warm welcome from Georgia War Veterans Nursing Home to the following new residents:

William Howard
Albert Liabastre
Franklin Pearson

Pinnacle Honorable Mentions

Tamala Bray
Micah Ferguson
Linda Key
Liz Majchrzak
Sharon Neely
Stephanie Nichols
Candace Schumann

Carlton Deese
Amy Green
Chaplain Timothy Lark
Tanisha Moore
Stephanie Neely
Dr. Richard Sams
Christopher Townsend
Mary Walker

Dates to Remember:
September 6th — Labor Day
September 11th — 9/11 Remembrance Day
September 16th — American Legion Day
Thank you for continuing to trust Georgia War with your loved one’s healthcare needs. We continue to do all that we can to protect our residents and staff from the spread of COVID-19 and this includes following all updated CDC and GDPH guidelines. Currently, we have five active cases of COVID-19 for staff and one positive resident cases at GWVNH. All future cases will continue to be quarantined and surveillance testing will continue for all staff. Indoor visitations are anticipated to start back by the end of September for all residents and families. Please refer to the visitation memo on the next page for more information.

Please know that we will continue to follow all infection control procedures and distribute the vaccine as necessary to all residents and staff. As we continue to fight this pandemic, I am proud to say that all of our departments continue to step up to ensure that medical care, therapies, and ancillary support services continue in a safe and effective manner. Volunteering to help in ways we never imagined, staff continue to work beyond their role or job title which confirms a true commitment to our mission. Everyone should be commended for their continued efforts.

As mentioned in previous communications, this pandemic has led to new medical challenges, policies, and procedures, and we will remain vigilant in an effort to maintain a safe and healthy environment for residents and staff. Please know that our leadership team continues working with federal, state, and local government agencies in support of our mission. We continue to experience an amazing outpouring of support from individuals and community partners. On page 5, there is list of those who have provided Georgia War with support during this time. These groups remain committed and will continue to support Georgia War through this public health emergency. We are very fortunate and thankful for their partnership.

Thank you to all of our residents, staff, and families for your continued efforts and flexibility in this ever changing environment. As we continue to navigate through this environment at home, work, and in our communities, we know that none of the freedoms we have today would be possible without the valor and courage of those who chose to defend this great nation. These are the veteran residents that reside in our facility and our community today. We hope that you and your family will continue to remain safe at home and in your community.

Any questions or concerns can be directed to Administration. Thank you for your continued support of our efforts in caring for the veterans at Georgia War Veterans Nursing Home.

Carlton Deese
Executive Director
Thank you for continuing to trust Georgia War with your loved one’s healthcare needs. Our goal is to continue protecting our residents and staff from the spread of COVID-19 as we follow all applicable guidelines from the CDC and GDPH. Indoor visitations are anticipated to resume by the end of September except when circumstances require limitations due to a high risk of COVID-19 transmission. We ask that you call your unit 48 hours prior to your visit to ensure there is available space. As we begin expanded visitation again, please keep in mind the following visitor requirements:

- Visitation may be limited in duration and frequency (1-2 hours daily) to safely accommodate all residents and families. The total number of visitors in the facility will also be limited based on physical space and allowing for appropriate social distancing. Outdoor visitation may have up to three visitors per resident. Indoor visitation may have up to two visitors per resident at any given time. Visitation will be limited to only those over 18 years of age.

- Indoor visitation will occur in the common areas of each floor and in resident rooms when certain infection control criteria is met. Locations will be established ahead of each visit. Visitors should continue to remain socially distant from other residents, visitors, and staff. All visitors and residents must comply with face mask usage at all times.
  
  - **Vaccinated Resident and Vaccinated Visitor:** Can visit privately in resident’s room without a mask (no roommate present) Visitor must always wear a mask and practice social distancing while in common areas with other residents or staff. (Hand hygiene is required for the visit).
  
  - **Vaccinated Resident and Unvaccinated Visitor:** Can have a visit with close contact while social distancing from other residents and staff. Use of mask and hand hygiene is required for the visit. If resident is unable to leave the room, unvaccinated roommate cannot be present.
  
  - **Unvaccinated Resident and Unvaccinated/Vaccinated Visitor:** Can have a monitored visit without close contact while socially distancing from other residents and staff. Use of mask and hand hygiene is required for the visit.

- All visitors will be screened prior to meeting with their loved one. All visitors who exhibit signs/symptoms of COVID-19 or anyone that does not pass the screening, will not be permitted entry for visitation. Please avoid visiting if exhibiting signs and symptoms of any illness. Any visitor with a pending COVID test or currently under home isolation orders for COVID-19 per the health department will not be permitted to visit with a resident.

- Individuals who have had close contact with someone with COVID-19 within the previous 14 days will not be allowed to visit, regardless of vaccination status. If a visitor, within 14 days of their visit, discovers that they have tested positive for COVID-19 or were exposed to COVID-19, please contact Administration as soon as possible so that we may begin contact tracing. This is extremely important to make sure we keep all of our residents as safe as possible.

These guidelines are required to reduce the possibility that COVID-19 may enter and spread in the facility. We strongly believe that vaccination is an essential and effective way to reduce the spread of COVID-19 and encourage all visitors to get vaccinated. Please let us know if you have any questions or concerns as we move forward with expanded visitation.

**Nursing Unit Numbers:**

- **2nd Floor:** 706-721-2416  
- **3rd Floor:** 706-721-2512  
- **4th Floor:** 706-721-2765  
- **5th Floor:** 706-721-2826
Donations and Contributions

The following individuals/organizations contributed their time and/or services to GVWNH:

American Legion Post 192: Watermelon, Razors, Shaving Supplies

American Legion Post 205: Party Supplies

Harlem VFW/Humana: Birthday Cake

Elks Lodge 205: BluRay Player, Snacks, Sub Sandwiches, and Sodas

The following individuals/organizations contributed COVID-19 PPE Supplies:

Get Us PPE: Hand Sanitizer

The following individuals/organizations made contributions to our Resident Benefit Fund:

American Legion Auxiliary Unit 135  Paulding County Post 111
Stuart Bloom  Carlton Deese
Carlton Dillard c/o Susan Sasser  Billy & Joyce Shurling

Thank You!
Staying Busy at Georgia War

Noodle Ball

Sweet Treats

Lunch with Friends
Staying Busy at Georgia War cont.

Noodle Ball

Visits in the Garden

Tariq Cherry
Staying Busy at Georgia War cont.

Fun & Games
Staying Busy at Georgia War cont.

Puzzles
Staying Busy at Georgia War cont.

Sub Sandwich Party

Elks Lodge

Sub Party
Staying Busy at Georgia War cont.
Staying Busy at Georgia War cont.

Staying Active with Therapy Work Outs
September Word Search
Solution on pg. 22

barbecue
civic pride
community
end of summer
fair wages

family
federal holiday
honest work
Labor Day
parade

sales at stores
start of school
unions
unity
workers
September Sudoku

Solution on pg. 22
September Brain Teaser
Solution on pg. 22

Labor Day
WORD SCRAMBLE

1) agwe ____________________
2) kwo yda ____________________
3) celberate ____________________
4) bojs ____________________
5) toh gods ____________________
6) yeeplome ____________________
7) dayilho ____________________
8) mceiaar ____________________
9) tofoblal ____________________
10) krow fcroe ____________________
11) tewih ____________________
12) aapder ____________________
13) cpinci ____________________
14) rablo ____________________
15) imflay ____________________
16) yandom ____________________
17) rembtepes ____________________
18) kotoouc ____________________
19) inuoner ____________________
20) keewned ____________________
September Coloring Page

HAPPY LABOR DAY
Foil Pack Grilled Sweet-and-Spicy Chicken Wings

- 1/4 cup chili powder
- 1/4 cup packed light brown sugar
- 1 teaspoon chipotle chili powder
- Kosher salt and freshly ground black pepper
- 4 pounds air-chilled chicken wings (about 24), split at the joint, wingtips removed and discarded
- 1/4 cup vegetable oil
- 1/2 cup fresh cilantro, chopped
- 1 lime, cut into wedges

1. Whisk together the chili powder, sugar, chipotle powder, 1 teaspoon salt and 1/2 teaspoon pepper in a medium bowl to make a dry spice rub. Place the wings in a large bowl, toss with the oil, and sprinkle with the dry spice rub. Toss the wings to evenly coat, cover with plastic wrap and refrigerate for at least 1 hour and up to 2 hours.

2. Prepare a grill for high heat.

3. Tear off four (4) 18-by-18-inch sheets of heavy duty non-stick aluminum foil. Remove the wings from the bowl, making sure to leave any excess liquid behind. Divide the wings among the foil pieces, centering them on each piece in a single layer. Sprinkle the wings with a generous pinch of salt and pepper. Bring two opposite ends of the foil together and fold twice to seal, then fold in the other sides to create leak-proof packets. Grill over high heat, turning once, until the wings are cooked through, about 25 minutes. Carefully open the packets (hot steam will escape). Scatter the cilantro over the tops and serve with the lime wedges.
How to Enter Your Recipe for a Chance to Win a Prize

If you, or someone you know, is interested in submitting a recipe for a chance to be published in the Vet Com and win a prize, please submit the recipe one of the following ways:

Send us a letter:
Georgia War Veterans Nursing Home
ATTN: Business Services
1101 15th Street
Augusta, GA 30901

Use this QR Code

OR

Hidden Name Contest

Congratulations!
Hidden Name Contest Winners

Karen Monaco

Henry Goldman (July)

Somewhere in this issue, we have hidden the names of one Georgia War Resident and one Staff Member. If you find your name, please call the Activities Office to claim your prize.

Each month, we will randomly pick the name of one resident and one staff member. Be sure to carefully review each issue to see if your name is hidden somewhere within.

Good Luck!
God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference, living one day at a time; enjoying one moment at a time; taking this world as it is and not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.

– Reinhold Niebuhr

Have you ever been frustrated, irritated, disappointed, discouraged, annoyed, upset, or just plain angry?

If we are to be truly honest with ourselves, I believe that the answer would be “Yes,” and probably more often than we desire.

There is so much going on in the world around us and within us, especially during this pandemic, disturbing our peace. If we are not conscious and aware, we may find ourselves dealing with all of those emotions over and over and over again. I, too, have dealt with these emotions, and it is not something that I enjoy. Just recently I was forced to ask myself, “what is going on with me?” and you may be asking the same question more frequently. Often, we may blame others for causing us to feel emotionally frustrated, but I had to journey, look, and reflect within myself.

The Apostle Paul, in the corrective and instructive books of 1st and 2nd Corinthians, reminded folks to examine themselves, and that is what I found myself doing in the emotional state that I was in. It’s called self-examination, introspection, self-reflection, or soul-searching. This is something that I would highly recommend to all. I repeat: Highly Recommend!

I’ve learned that most of us are not good with emotional change or change in general; therefore, it could bring up some strong emotional feelings.

I started this article with the Serenity Prayer by Reinhold in hopes that everyone will understand that there will be events in our lives that we can control and others that are out of our control. Change is something that affects us all. Rumi says, “Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.” Leo Tolstoy reminds us that “Everyone thinks of changing the world, but no one thinks of changing himself.”

So, let’s continue to look at the individual in the mirror and see how we can change to make this world a better place for everyone.

- Chaplain Timothy E. Lark
We would like to thank the following individuals for their donations:

**Chaplain’s Corner in Memory of:**

- Phyllis Alford
- John Forrester
- William Summerlin
- Charles Barreras
- Joseph Graves

**God’s Garden**

- Anonymous

*God looked around his garden*
*And found an empty place,*
*He then looked down upon the earth*
*And saw your tired face.*
*He put his arms around you*
*And lifted you to rest.*
*God’s garden must be beautiful,*
*He always takes the best.*

**In Memory of James “Jimmy” Broadwater:**

- Warren Baptist Church
- Preston & Nancy Creech
- Linda Kidd
- Benton & Keith Cunningham
- Charles Kennedy
- Leroy & Joann Skinner

**In Memory of David C. Gardiner:**

- AU College of Science & Mathematics
- Dr. David Gardiner
- Dr. Robert & Patricia Crumrine
- Robert & Suzanne Shimp

These wonderful people are the residents and staff who will be celebrating birthdays in *September*!

<table>
<thead>
<tr>
<th>Staff</th>
<th>Residents</th>
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</thead>
<tbody>
<tr>
<td>Lisa Hadden</td>
<td>Russell Dority</td>
</tr>
<tr>
<td>Nola Antonio</td>
<td>9/04</td>
</tr>
<tr>
<td>Jordan Fields</td>
<td>Ignatius Sanders</td>
</tr>
<tr>
<td>Timothy Lark</td>
<td>9/07</td>
</tr>
<tr>
<td>Larry Noble</td>
<td>John Parker</td>
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<tr>
<td>Janice Taylor</td>
<td>9/10</td>
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<tr>
<td>Katherine Williams-Washington</td>
<td>Russell Whisnant</td>
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<td></td>
<td>9/17</td>
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<tr>
<td>Dejone Smith</td>
<td>Nathel Moon</td>
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<td></td>
<td>9/21</td>
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<tr>
<td>Jasmine Hayward</td>
<td>Arlie Underwood</td>
</tr>
<tr>
<td>Calitha Scruggs</td>
<td>9/21</td>
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<tr>
<td>Candace Gulley</td>
<td>Dennis Venson</td>
</tr>
<tr>
<td>Tamika Williams</td>
<td>9/23</td>
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<tr>
<td>Stephanie Nichols</td>
<td>Thomas Jagielo</td>
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<td>9/30</td>
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</tbody>
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Puzzle Solutions

Solution to puzzle on pg. 13

Solution to puzzle on pg. 14

Solution to puzzle on pg. 15

WAGE
WORK DAY
CELEBRATE
JOBS
HOT DOGS
EMPLOYEE
HOLIDAY
AMERICA
FOOTBALL
WORK FORCE
WHITE
PARADE
PICNIC
LABOR
FAMILY
MONDAY
SEPTEMBER
COOKOUT
REUNION
WEEKEND
### Activities are subject to change based on Resident interest and safety; One-on-one activities occur on each floor

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>9am: Coffee Club</td>
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<tr>
<td>10am: The Word with Chaplain Lark</td>
<td>10am: Nature Experience (Courtyard Fun)</td>
<td>10am: Nature Experience</td>
<td>10am: The Word with Chaplain Lark</td>
<td>10am: Nature Experience (Courtyard Fun)</td>
<td>10am: Nature Experience</td>
</tr>
<tr>
<td>2pm: Movie &amp; Popcorn</td>
<td>2pm: Pringles &amp; Puzzles!</td>
<td>2pm: Crafting &amp; Art</td>
<td>2pm: Feel the Burn!</td>
<td>2pm: Ice Cream Party</td>
<td>2pm: Summer Sweets AL Post 205</td>
</tr>
<tr>
<td>9am: Coffee Club</td>
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<td>9am: Coffee Club</td>
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<td>9am: Coffee Club</td>
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<tr>
<td>10am: Fish and Chips</td>
<td>10am: Ice Cream Party!</td>
<td>10am: Ice Cream Party! AL Post 192</td>
<td>10am: Music in Motion</td>
<td>10am: Music in Motion</td>
<td>10am: Music in Motion</td>
</tr>
<tr>
<td>2pm: Fun &amp; Games!</td>
<td>2pm: VFW Birthday Party!</td>
<td>2pm: VFW Birthday Party!</td>
<td>2pm: Summer Sweets AL Post 205</td>
<td>2pm: Summer Sweets AL Post 205</td>
<td>2pm: Summer Sweets AL Post 205</td>
</tr>
</tbody>
</table>

*Some activities may be canceled with short notice*
Thank you

To all of our Veterans, families, friends, staff, faculty, and contributors.