



COMMUNITY BRIEFING

February 7, 2023 • 2 p.m.

- **Good afternoon, Fowler Family!**
- **FOWLER UPDATES:**
 - We are grateful for the warmer weather this week!
 - Once again, Team Fowler proved to be fierce during the winter weather event last week.
 - We had over 20 team members spend the night and other who found a way to make it in to work their shifts.
 - Billie Collins and the operations team led the way with their preparation of systems and materials
 - Special thanks to Chef Hector and his team, who not only maintained our dining services for residents, but they cooked and fed the onsite staff as well
 - Thank you to those who found ways to pitch in, even if it was outside of their normal daily duties to serve food, pull trash
 - Every department was a shining example of the dedication that exemplifies our values – to love people, pursue excellence and make a difference.
 - To show our appreciation, those who were on site working will be compensated and will receive bonuses on their next paycheck
 - Last briefing we announced the addition of massage therapy services at Fowler. If you are interested in utilizing these services, contact Jennifer Garland at 214.515.1350 or email jenniferg@fowlercommunities.org . These services are available for residents and team members and are excellent ways to work out stress, relieve muscle tension & pain, relieve headaches, lower blood pressure and increase your immune function. Massage therapy can also impacts anxiety and depression. Jennifer has negotiated an affordable rate of \$1.50 per minute which equates to \$22.50 for a 15-minute chair massage. We hope that we will soon offer full body massage; those services will be billed at another rate.
 - Tonight, our first group is gathering to paint a tile to contribute to the America Connects Mural project.
 - America Connects is part of an international project to ***(Re)connect people through the joy of art***
 - There will be a total of 5 murals in the United States in the following regions: Northeast, Southeast, West, Midwest and Southwest
 - Fowler will be home to the Southwest mural for 2 years
 - As the host, we have been allotted fifty 6” tiles to contribute to the mural which will be a 10’x20’ mural and will ultimately hang on the Fulton wall of PNCC. Each kit includes the canvas, paint brushes and paints – our color palette is green.

- Each artist is asked to paint an important and iconic image that holds meaning to the participant
- Participants of every age and skill level are welcome to participate in this collaborative mosaic mural
- Laura Porting is organizing painters – both in groups and individuals – Worth Artful Awakenings, FCA Art Group and Grandfriends are some of the groups that have already been tapped to participate.
- If you are interested in participating, please contact Laura at 214-515-1352 or email laurap@fowlercommunities.org
- The tiles are to be completed by **2/28/2023**
- Unveiling of the completed mural will take place March 29
- Below is a sample image of how the individual and diverse paintings of each artist are unified into a single beautiful creation



- **UPCOMING EVENTS**

- This week, we welcome Santander volunteers to Fowler – thank you for showing your appreciation for their service
- **Tuesday, February 21**, we will welcome area ministers for our annual Shrove Tuesday worship service and Lenten Luncheon. The service will be held in the Chapel and the Luncheon will be at The Peak
- **Friday March 3**, we will host Deloitte Intern's Service Day, 9a-12 noon. We anticipate 60-70 college students throughout Fowler
- **This month is American Heart Month!**
 - Why is this something to be observed? Every year, more than 600,000 Americans die from heart disease. The number one cause of deaths for most

groups, heart disease affects all ages, genders and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes and excessive alcohol use.

- You can take an active role in reducing your risk for heart disease by eating a health diet, engaging in physical activity, and managing your cholesterol and blood pressure. Use the month of February to adopt some heart-healthy habits.
- We have 21 beautiful acres here at Fowler – grab a friend and start walking today!
- Last Friday was Wear Red Day - watch your calendars for opportunities to join other team members and residents in American Heart Month Activities.

- **RESIDENT MEMORIALS:**

- It is bittersweet to tell you our Prue Nicholas has won the race and is now with her Lord in heaven. The bitterness for our loss is far outweighed by the sweetness of Prue living in her true home with Jesus.
 - Prue moved into Jackson in July of 2017 and to PNCC Assisted Living in October of 2020. She made many friends. Prue loved to go to worship in the chapel and she would often go there to sit quietly when it was empty. Prue loved her family and friends deeply. When Prue's voice could no longer communicate her thoughts completely, her bright eyes sent the message. We will miss her very much.
 - Let us remember Prue's family, friends, and staff in our prayers

- **TEAMMATE TUESDAY – Erin Mason, Director of Human Resources**

- Wishing a happy birthday to Teresa Silva! Her birthday is on Feb 9.
- Gary Willis's birthday is on Feb 13. Happy birthday, Gary!
- Happy birthday to Augustina Dor whose birthday is on Feb 16!
- Anna Ryan's birthday is also on Feb 16. Happy birthday, Anna!
- Wishing Cynthia Green, a happy birthday! Her birthday is on Feb 18.
- Tomorrow, we celebrate Shrhonda Ingrams' 11-year anniversary. Happy anniversary, Shrhonda!
- Tomorrow is Surhonda Key's 2-year anniversary. Happy anniversary, Surhonda!
- We celebrate Suzy Lozano's 14-year anniversary on Feb 10. Happy anniversary, Suzy!
- We have such a dedicated team here at Fowler! Many Nursing, Dining Services, Environmental Services, members of Administrative team made it to work during last week's freeze. Some spent the night to ensure residents received care and others braved the frozen roads! Dining Services cooked special meals for those who slept over! Wow! Thank you to those of you who made it in and who slept overnight. Many of you performed tasks that you normally don't do to help fill in where needed. Thank you, thank you, thank you! Bravo to a Fowler fierce team!
- Shout out to Shrhonda, Zoe, Kelly, Jenn, Ken, Lori, and Marci for all their work in ensuring bills went out the first day of the month. Way to go team!

- **DIVERSITY, EQUITY AND INCLUSION SHARED STORY – Pam Coit**

- Black History Month for 2023 is a Reflection

- February is Black History Month, also known as African American History Month. In 1976 U.S. President Gerald Ford officially designated February as Black History Month to honor the history and achievements of African Americans and their vital contributions to our country.
- Let's reflect on what Black history means: As we reflect on Past, Present, and Future change-makers, I think about
- Past Shirley Anita Chisholm was an American politician who, in 1968, became the first black woman to be elected to the United States Congress.^[1] Chisholm represented New York's 12th congressional district. Shirley represented this district for seven terms from 1969 to 1983. In 1972, she became the first black candidate for a major-party nomination for President of the United States and the first woman to run for the Democratic Party's nomination.
- Born in Brooklyn, New York, she spent time in Barbados and loved the people. She excelled at school and earned her college degree in the United States. She started working in early childhood education and became involved in local Democratic Party politics in the 1950s. In 1964, overcoming some resistance because she was a woman, she was elected to the New York State Assembly. Four years later, she was elected to Congress, where she led the expansion of food and nutrition programs for the poor and rose to party leadership. She retired from Congress in 1983 and went back into teaching while continuing to assist in political grassroots organizing. In 2015, Chisholm was later awarded the Presidential Medal of Freedom.
- Present Reflection: Ketanji Brown Jackson on February 25, 2022, President Joe Biden nominated Judge Ketanji Brown Jackson to become the 116th Associate Justice of the United States Supreme Court. The first black woman! On April 7, 2022, a bipartisan group of Senators confirmed Judge Jackson's nomination.
- When Judge Jackson was in preschool, her father attended law school. In a 2017 lecture, Judge Jackson traced her love of the law back to sitting next to her father in their apartment as he tackled his law school homework. Judge Jackson stood out as a high achiever and speech and debate star. When Judge Jackson told her high school guidance counselor she wanted to attend Harvard, the guidance counselor warned that Judge Jackson should not set her "sights so high."
- That did not stop Judge Jackson. She graduated magna cum laude from Harvard University, then attended Harvard Law School, where she graduated cum laude and was an editor of the Harvard Law Review. Her experience as a Judge on the U.S. Court of Appeals for the D.C. Circuit, Judge on the U.S. District Court for the District of Columbia, Vice Chair of the U.S. Sentencing Commission, Public defender, Supreme Court Clerk, and Perspective on the Legal System.
- Future Reflection: Meet the 18-year-old who just became the youngest Black mayor in the country. In 2022, running as a Democratic Party candidate, Jaylen Smith won the election to be the mayor of Earle, Arkansas. Smith will be tasked with governing Earle, Arkansas, as the rural city's newly elected mayor.
- Smith, – will lead a population of 1,831 people. He defeated his opponent, Nemi Matthews, the city's street and sanitation superintendent, by 235

votes. Smith was sworn into office on January 3, 2023. His victory made him the youngest Black mayor in US history. With an ailing Arkansas city, they elected an 18-year-old as Mayor as the people are hopeful, he could Turn Things Around. Smith stated I ran because I wanted to help my community and move my community in the direction that it needed to be moved in." Although Smith is young, he has a clear vision of what he wants to see in Earle and knows it won't happen overnight. He wants to rebuild the city by ridding it of abandoned homes, making the police department operate 24 hours, creating jobs for the youth, and implementing public transportation to grocery stores.

- To prepare, Smith consulted with several mayors across Arkansas. He will be sworn in during the first week of January, and he said his goal is "to show the people of Earle results."
 - Black History is celebrated during February, but the work and celebration continue throughout the year. Make it a point to learn about the African American experience.
- **Make it a great day on purpose!**