Brookstone News

March 2023

Legacy Ridge At Brookstone |5235 Stilesboro Rd NW
Kennesaw Ga 30152| 770-423-0080

Leadership Team

Hudie Langston
Executive Director

Chelsey Stokes
Sales & Marketing Director

Nicole Harris
Health & Wellness Director

Stacey Wheeler
Business Office Manager

Ariel Kemp
Lifestyle Director

Kevin Perry
Dining Service Director

Nery Recinos
Maintenance & Housekeeping Director

ED CORNER

Please allow me to introduce myself, my name is Hudie Langston, new Executive Director. I'm a native of Michigan and have resided in Georgia for 30 plus years. I have a passion for serving seniors and have worked in the Senior Living/Long Term Care industry for 14 plus years as an Assisted Living Executive Director and a Skilled Nursing Administrator. I have received several accolades/awards such as Assisted Living Administrator of the year from the American Collage of Health Care Administrator (ACHAC); received Silver and Bronze Quality Awards from the American Health Care Association/National Center for Assisted Living (AHCA/NCAL); and I was in the first group of Administrators in the state of Georgia to graduate from the Georgia Health Care Association's Georgia Leader Program (GHCA).

I am extremely excited to be a part of the Atlas Senior Living family and afforded the privilege to serve our residents, family members and staff. My vision for Legacy Ridge at Brookstone is:

- For it to be thriving community
- A community where residents are provided for with dignity and respect
- A place where employees feel that they are appreciated and recognized for exceptional performance
- A place where families feel secure with the care that is being provided to their loved ones that are entrusted in our care
- A place where strategic goals are being achieved

I enjoy leisure/recreational activities such as working out, reading, spending time with family and friends, sporting events (an Atlanta Falcon's fan), musical concerts, bowling, roller skating, playing board games, traveling and watching movies. In addition, I volunteer monthly at Margie's House Inc., a non-profit organization established to connect the disadvantaged with the resources needed to become self-sustaining.

~ Hudie Langston

OFFICE HOURS

Monday- Friday .....8:30a.m.- 5:00 p.m.
Saturday .....10:00 a.m.-2:00 p.m.
Sunday .....10:00 a.m.-2:00 p.m

Hawaii and Arizona do not practice daylight saving time but are on permanent standard time.

Notable Quotable

"There are two things I've got a right to, and these are, Death or Liberty—one or the other I mean to have."

~ Harriet Tubman, American abolitionist

The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight saving time (DST). In 1784, Ben Franklin published a satirical essay suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

like Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems strokes, heart attacks, obesity, diabetes, and seasonal depression.

One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.

March Anniversary

Residents

Dennis E.	3/10
Kiki B.	3/19
Josephine V.	3/25
Brenda G.	3/30

Staff

Shawn B.	3/8

American Hero

March 10 is Harriet Tubman Day, a day to honor the legacy of the famed abolitionist and social activist. Tubman embodies the ideals that shape America: freedom, courage, leadership, and justice.

Born into slavery, Tubman escaped to the North in 1849 and became a "conductor" on the Underground Railroad. With a $40,000 bounty on her head, Tubman made 13 missions to free 70 enslaved people. Her extensive knowledge of the South made her an invaluable asset to the Union army during the Civil War. She became a spy and scout, often donning disguises to infiltrate Confederate strongholds. She provided vital information about supply routes and troop movements to Union commanders. Tubman even became a Union militia leader, leading an attack against Confederates in South Carolina. It took decades for her to receive recognition for her military service, but she was finally awarded a pension in 1899.