

Keep up with your in-services in 2019! Remember to log in to Relias at

nhc.training.reliaslearning.com.

There are new trainings every month!

**Walk to EndAlz – September 14th**

Join NHC Anderson’s Walk to End Alzheimer’s team! The actual walk is on Saturday, September 14at Carolina Wren Park, in downtown Anderson. Registration begins at 9:00 AM, the opening ceremony begins at 9:45, and the walk begins at 10. To sign up for the team, go to alz.org, click on GET INVOLVED, and then click on PARTICIPATE IN AN EVENT. That will take you to the button that says, “Walk to End Alzheimer’s” and from there you can find SC, and then the Anderson walk. Once you’ve gotten the Anderson walk, it there will be a REGISTER button. That’s your button! Click it and join the team!

There are other ways to support the team, as well…

Rehab will be holding a spaghetti lunch fundraiser on July 12th.

Rehab will be having a “Not Your Average Bake Sale” on July 26th.

We will be selling Alzheimer’s T-shirts!

**Independent Activity Boxes**

Thank you, all who participated in the Independent Activity Boxes in-services. If you missed it, or if you need a little reminder, there are independent activity boxes on every floor, in the dayrooms! You can use the boxes when a resident says they are bored, or needs a diversional activity. They are loaded with great supplies: search-a-word puzzles, adult coloring pages and colored pencils, magazines, textile / sensory items, musical items, cards, and more. You don’t have to wait for anyone to give you permission to use the boxes, you can use the supplies in the box at any time for a resident. Even better, your activities partner would love for you to make suggestions for the boxes, or let them know if something in the box needs to be refreshed. Please do not use the boxes for storing or stashing linens, or nursing items. They are strictly for resident activities. If you have any questions or suggestions, please grab your activity partner! They would love your input.

#### Summer Time

*“The hardest thing you’ll ever have to do is grieve the loss of someone who is still alive.”*

#EndAlz

NHC Anderson is an equal opportunity employer. Visit our website at nhccare.com

Clutter Bug

Please take an extra moment on your shift and de-clutter the nurse’s station for the next shift. If every one of us takes a few minutes to de-clutter, the stations and visible areas will stay neat and tidy. Thank you!

### NHC Anderson Shorts

NHC Healthcare, Anderson

July NHC Anniversaries

**42 Years** Elaine

**38 Years** Linda

**35 Years** Denise

**33 Years** Stanley

**32 Years** Diane

**29 Years** Renee

**25 Years** Shirley

**23 Years** Jackie

**21 Years** Alice

**19 Years**

Stacey

**18 Years**

Darlene

**17 Years**

Kimberly

Linda

**16 Years**

Katie

Tina

**15 Years**

Teresa

Amy

**13 Years**

Barbara

**10 Years**

Kayla

Kim

**7 Years**

Tanya

**6 Years**

Charlene

Ashby

**4 Years**

Christy

Renn

**3 Years**

Angela

**2 Years**

Shannon

Alicia

Charterria

**1 Year**

Kennedy

Happy

Anniversary!

“Courteous treatment will make a customer a walking advertisement.”

J.C. Penney

“I tell my kids: You’re not going to be the tallest, fastest, prettiest, the best track runner, but you can be the nicest human being that someone has ever met in their life… leave that legacy… being nice is a true treasure.” George Foreman

Emergency Preparedness  
  
**2019 Hurricane Season is officially in full swing, the Atlantic hurricane season goes from June 1 – November 30.**

Here are some thunderstorm tips:

When Thunder Roars, Go Indoors. All thunderstorms produce lightning. If it’s thundering outside, that means there’s lightning nearby, even if you can’t see it. Do not stay outside to video. ☺

Prepare. If you know a storm is on the way, pick up any fallen branches or patio furniture that could be blown around. If you’re here at work, take a peek outside and check to see that the umbrellas are rolled down at the patio tables.

If you’re on the lake… Get. Off. The. Lake. But think first. Put your life jacket on as you get to shelter.

Close blinds, secure doors to the outside.

If you are outside, stay away from metal objects, small sheds in open spaces, get away from golf carts, farm equipment, motorcycles. If your hair suddenly stands on end, lightening is about to strike! Squat down on the balls of your feet, put your head close to your knees and cover your ears with your hands. Do not lie flat on the ground.

My great-grandfather is 100 years old. Without going to college, Andy worked his way to the top; he became the corporate manager of the dairy department of Safeway for the entire country. He earned the nickname Grandpa Cheese. Here's what he has learned in his 100 years.

Always maintain a good sense of humor.

Never be too good to start at the bottom.

Exercise every single day, even when you don't feel like it.

Don't spend more money than you make.

Drink orange juice every day.

Having a bad job is better than having no job at all.

Eat around the mold; don't go wasting food.

Your family is the most precious thing you will ever have in life.

Eat sausage every day — it worked for me.

Your life is delicate, and if you neglect yourself, you'll spoil. That's what cheese taught me.

Everyone has too many clothes. Wear what you have and quit buying more.

You must be able to forgive, even if it's difficult to do.

Find something comical in every single situation.

Education is important, but not necessary. Life can be an education in itself.

Life is a gift that you must unwrap. It's up to you to determine if what's inside will lead you to happiness or dismay. You have the power to make that decision for yourself.

NHC Anderson

Job Posting:

We have listed several jobs on Facebook and we would love for you to share them! If you have a Facebook account, go to the NHC Anderson page and find the job postings. Share to your page and get the word out! We would love to hire caring, compassionate people. We are currently hiring for CNA/NA, but we frequently post other jobs, as well. Feel free to share all of them! And thanks!