



OCTOBER 2019

• 850 E. Butler Road • Greenville, SC 29607 • p: (864) 675-6421 • f: (864) 675-9122 •



Administrative Team

Gideon Sellars	Administrator
Lisa Bollinger	Business Office
Waleed Berber	Admissions
Dustin Boggs	Nursing
Karen Trotter	Social Services
Evan Hammett	Rehab
Carrie Hawkins	Dietary
David Cathcart	Dietary Manager
Yolanda Brockman	Medical Records
Joey Hanks	Plant Operations
Heather Wiegand	Activities
Linda Knight	Human Resources
Kimberly Elliott	Marketing

Office Hours

Mon. - Fri. 8:30 a.m. - 5 p.m.

Nurses' Station

Unit 1	864-527-9458
Unit 2	864-527-9460
Unit 3	864-527-9467

Halloween Treats

Join us for our Gateway Academy Trick-or-Treat on October 31 at 10:30 a.m. The children from Gateway Academy will be over to visit with the residents. The residents will be handing out candy and will have a carnival for the kids to play games and have fun. Come and enjoy the Trick-or-Treaters! The Activities Department is in need of your help for our Trick-or-Treaters. Please help support the Activity Department by dropping off a bag of candy at the Front Desk.



A Note From the Desk of the Director of Nursing

Due to the holidays approaching so quickly, we would like to inform/remind our families/partners the following steps needed when your loved one leaves the facility for a therapeutic leave of absence:

1. We ask that the family member/partner accompanying the resident on the outing please sign the resident out in our LOA (leave of absence) book located on each unit at the nurses station. A staff member will then sign as a witness with the date and time of your loved ones departure.
2. We ask that upon your loved ones arrival back from the outing, the resident be signed in by the family member/partner returning with resident in our LOA book. A staff member will then sign as a witness with the date and time of your loved ones arrival.

The holidays are very special time for our residents and we appreciate all that you do to help us ensure that all of your loved ones get cared for the NHC way.

Thanks so much,
Dustin Boggs



Resident

of the Month

Paul Elijah Wilburn, III

Mr. Wilburn was born in Union, SC. He graduated in 1970 with a Bachelor of Arts in English literature from Presbyterian College. In 1973 he earned a Juris Doctorate degree from the University SC School of Law. In 1974 he was admitted to the SC State Bar and SC Bar Association. In 1993 he earned a Master of Arts degree in English Literature, with honors, from Clemson. In 1975-1983 he was assistant solicitor of SC's 13th Judicial Circuit. In 1983 he was appointed by William French Smith, U.S. Attorney General, to the U.S. Department of Justice as Assistant U.S. Attorney for the District of S.C. He has three children spread "coast to coast:" son John Mcalpine Wilburn, Washington, D.C.; daughter Shell Wilburn, North Little Rock, Arkansas; and son, David Elijah Wilburn, Eugene, Oregon. His honors include 1958 outstanding camper, 1st Division, Camp Greenville. He is a member of Fourth Presbyterian Church, Greenville SC. He is also a member of the Walter Johnson Blue Hose Club, Presbyterian College. NHC Healthcare Mauldin would like to thank Mr. Wilburn for being resident of the month.

Partners

of the Month

Congratulations to a
job well done!

Justin Julian

Heather Wiegand



Celebrating October Birthdays

We can hardly believe another year has gone by since we last wished those of you born in October a Happy Birthday. We hope the past year went well for all of you, and we want to send our best wishes for a wonderful birthday full of love and laughter. May the next year be even better than the last.

Please Visit Our

Beauty Shop

- Shampoo, Rinse or Condition & Set - **\$15**
- Perm, Hair Cut & Set - **\$46**
- Barber Rinse - **\$1.50**
- Shampoo & Female Cut - **\$11.25**
- Male Cut (includes trim, eyebrows & ears) - **\$12**
- Beard & Mustache Trim - **\$5.75**
- Coloring - **\$32.75**
- Shampoo - **\$3**



Partner Birthdays

Collin Black	10/01
Carrie Turnquist	10/04
Kenisha Smith	10/07
Wendy Patrick	10/08
Victoria Edmunds	10/10
Deborah Lavoie	10/10
Larry Edwards	10/14
Heather Fiske	10/14
Samantha Bayne	10/18
Pamela Mupenda	10/21
Louise Coltson	10/23
Carrie Smith	10/24
Jamo Baldeh	10/26
Doris Sorton	10/27
Attache Brown	10/28
Cicely Sullivan	10/29
Catina Grady	10/30
Sarah McNeely	10/30
Deena Clark	10/31
Sade Connor	10/31

Partner Anniversaries

Jerry Nix	10/05/1999
Brenda Allman	10/18/2001
Heather Wiegand	10/27/2003
Kate Wilford	10/11/2004
Larry Edwards	10/01/2005
Denise Capo	10/16/2008
Karen Trotter	10/12/2009
Justin Julian	10/05/2011
Diana Rodriguez	10/17/2013
April Lluvera	10/06/2015
Princess Berry	10/03/2017
Kianna Porter	10/24/2017
Cicely Sullivan	10/24/2018



Resident Birthdays

Josephine Mule	10/10
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A Message From the Administrator

Dear Families of NHC HealthCare Mauldin:

The holiday season is fast approaching and with the cold weather, fire safety requires more awareness and attention and also the holiday “goodies” require special attention and consideration. Here are a few reminders from the State Fire Safety Codes:

1. Please use ONLY flame proof holiday decorations. Remember all decorative materials MUST be noncombustible.
2. Do NOT use electrical lights on live trees/plants/flowers.
3. Please remove dried out/dead plants/wreaths/flowers.
4. Do NOT use electrical cords.
5. When you bring food into the facility and you wish your family member to keep it at bedside, please be sure that it is in a secure container with a tight fitting lid. (Tin or plastic)

Also, we realize that your loved on has special needs and that there will be occasions when these needs occur at times other than “business hours.” Due to my personal commitment to offer a high quality of service, I am providing you with the telephone numbers where I may be reached after “business hours.” I encourage you to contact me at any time that you feel a situation warrants my attention. The following numbers are for your convenience.

Facility (864) 675-6421

Also the direct lines to the nursing stations:

Unit 1 (864) 527-9458

Unit 2 (864) 527-9460

Unit 3 (864) 527-9467

Again, Thank You for the opportunity to care for your loved one. My door is always open to you and I hope your loved one’s stay at NHC HealthCare is exceptionally pleasant.

Submitted by Gideon Sellars, Administrator



Caris Hospice, an affiliate of National HealthCare, enhances care when an illness no longer responds to aggressive, cure-oriented treatments. Caris Hospice provides pain and symptom relief, as well as emotional and spiritual support for patients and their families.

Call 1-800-HOSPICE Today.

Interested in Volunteering?

Caris Healthcare is a member of the NHC family and a provider of hospice care-- a special way of caring for people in the final stage of life. Hospice provides physical, emotional and spiritual care to terminally-ill patients and their families. Caris is always looking for compassionate and dedicated volunteers. Our volunteers represent people from all walks of life with varied interests who lend their life experiences to help the patients and families we serve.

Volunteers can...

- Provide emotional support and friendship
- Read to patients
- Share favorite songs
- Participate in crafts and activities
- Make a difference in the lives of people in our community.

Contact Cathy at: ctalman@carishealthcare.com
864.297.7444



Recipe of the Month: Fast Turtles

- 12 Caramels
- 8 oz. semi-sweet chocolate or milk chocolate
(use 1 oz. squares of baking chocolate or chips)
- 4 dz. pecan halves

Line a cookie sheet with wax. Arrange 48 pecan halves, flat side down in group so 4 with ends meeting in center. Flatten 12 caramels to 1 ½ inch squares. Place one in center of each group of pecans. Melt eight 1 oz. squares semisweet chocolate, stirring occasionally until smooth. Spoon over caramels, leaving nut tips showing. Let stand in a cool place until firm, about 1 hour. Store in refrigerator. Makes 12.

-From the Kitchens of the Activity Department



Christmas Help

We are looking for volunteers to help during this year's Christmas activities. If you can sing, play an instrument, or have any other Christmas-related talent, call Heather Wiegand at 864-675-6421 or email heather.wiegand@nhccare.com

Therapy Department.....

When can I visit my family?

We would like to have people visit after therapy if possible. Family members are welcome to come in and observe treatments, although we would appreciate that you limit it to one or two people due to the fact that the gym can get crowded.

How can my family get in touch with my therapist?

Someone will be in the gym Monday-Friday until 4:30p.m. and we will return phone calls to discuss questions or concerns.

Just a reminder!

Guests must give notice to the Front Office for lunch by 10:00a.m. and by 2:30p.m. for dinner. The Dietary Department offers a meal selection for our residents. There is a primary and an alternative. There is also soup and sandwich always available as well by request for residents. Hats off to the Dietary Department for serving over 550 meals daily and over 16,200 meals a month. We thank the Dietary Department for all their hard work. As always, we appreciate your involvement, feedback, and suggestions for further improvement. Thank you Dietary.

DEADLINES!

Don't forget—the deadline for newsletter articles is the 5th of every month. Articles may be submitted to any partner of the Activity Department, and we respectfully reserve the right to review and edit all copies.



Physical and Occupational Therapy

Physical and Occupational Therapy are provided at NHC, oftentimes after joint replacement. Here are some principles to follow to protect your joints.

1. Respect pain. Monitor activities and stop to rest when discomfort or fatigue develops.
2. Reduce stresses on joints. Use the largest joint possible for activities.
3. Wear splints as prescribed to protect joints.
4. Avoid sustaining a strong, tight grasp. Use foam or a cloth wrap around handles to relax the grip needed to manipulate an object.
5. Avoid carrying and lifting heavy objects. Use a cart to move heavy objects.
6. Limit the amount of time spent climbing, walking, and standing.
7. Avoid sustained flexion of the finger joints. Use a large sponge for cleaning, work with the fingers extended over the sponge rather than squeezing it.
8. Avoid using heavy objects. Cook with light-weight pots and pans rather than heavy cast-iron pots and pans.

Monthly Alzheimer's Support Group Meeting

If you would like more information about Alzheimer's/Dementia or are seeking support from others, we offer a monthly support group. Meetings are held on the first Tuesday of every month. Light refreshments provided. Please call Heather Wiegand at (864) 527-9457 or email heather.wiegand@nhccare.com to reserve a spot.

To: All Families

If you should make any changes to your current benefits or receive any new insurance or prescription cards please send a copy to Lisa Bollinger in the Business Office.

Thank you,
Lisa Bollinger
Business Office Manager

Dietary Services Week - October

Please join us as we take time this month to thank all of our Dietary Partners for the excellent job they do! Serving up great food and honoring the preferences of our residents is something that they take pride in and we appreciate the time and effort they put in to making our dining experiences excellent.



Walk to End Alzheimers Thank You

Dear Family and Friends,

I am delighted to inform you of an upcoming activity here at NHC HealthCare Mauldin. All of my fellow partners will soon be participating in an Alzheimer's Association Walk to End Alzheimer's and other fundraising events. Alzheimer's disease is the 6th leading cause of death in our country and NHC HealthCare Mauldin is excited about being a part of a major effort by the Alzheimer's Association to do everything possible to find a cure.



Within the coming weeks, you will find many activities in progress here at our center. All activities will lead up to the grand finale with the "Walk to End Alzheimer's" to be held on Saturday, October 5, 2019. My fellow partners and I will be fundraising and walking and we invite you to come join us. Come walk with us. You can register at We have set a goal of \$5,000.00 for the fight against Alzheimer's. Please help us reach our goal by making a tax-deductible donation. Again, you can visit our fundraising Web page to make a secure on-line contribution. You can also come by the front desk and show your support by filling out the pledge form. We know we can do this with your support.

I thank you for being a part of our NHC family and thank you for your support as we all work together towards a "world without Alzheimer's"

Sincerely,
Gideon Sellars
Administrator

