



OCTOBER

- **Name:** October translates into “the eighth month” in Latin. (In 451 BC the two months of Ianuarius and Februarius were added to the beginning of the calendar, making October the 10th month.)

BIRTHSTONE

Tourmaline and Opal

OPAL
Opal is the traditional October birthstone, and is believed to have originated in India (the source of the first opals brought to the Western world), where in Sanskrit it was called *upala*, a “precious stone.”

Ancient Greeks thought opals bestowed the gift of prophecy and protection from disease. Europeans long maintained opal to be a symbol of purity, hope and truth. Hundreds of years ago, opal was believed to embody the virtues and powers of all colored stones.

Opal is also the stone given to celebrate the 14th wedding anniversary.

TOURMALINE
Tourmaline is the newer October birthstone. The name

comes from the Sinhalese word *toramalli*, which means “stone with mixed colors,” because it often has multiple colors in one crystal. Very few gems match tourmaline’s dazzling array of colors. Perhaps this is why ancient mystics believed this October birthstone could inspire artistic expression – it has a color palette for every mood. Among the most popular are the pink and green tourmalines.

Different colors of tourmaline are thought to have their own healing properties. Pink tourmaline embodies love and is associated with compassion and gentleness. Green tourmaline promotes courage, strength and stamina. Tourmaline is also given to celebrate the 8th wedding anniversary.

October Birthday Symbols and Zodiac Signs

Libra (September 23rd to October 22nd) or Scorpio (October 23rd to November 21st).

Zodiac signs:

People born in October are either Libras or Scorpions. Libras are said to be kind, sincere, and peace-loving.

Scorpions are known for being loyal, strong-willed, and mysterious.

Birth Flowers



Calendula “Marigold”



TOURMALINE



OPAL

ADMINISTRATIVE TEAM

GIDEON SELLARS

Administrator

KAREN TROTTER

Assistant Administrator

CARRIE TURNQUIST

Director of Nursing

LISA BOLLINGER

Business Office Manager

HOPE PATTERSON

Staff Development

WALEED BERBER

Admission & Social Services

LAUREN DOBSON- WHITE

Rehabilitation Unit

DAVID CATHCART

Dietary

YOLANDA BROCKMAN

Health Information Management

ANNIE REBADULLA - MEAD

Life Enrichment Department

JOEY HANKS

Plant Operation

LAMEL PORTER

Laundry & Housekeeping

NHC –Mauldin Recognizes the National Rehab Week

September 16-22

NHC Mauldin along with the In-house Rehab team celebrates National Rehabilitation Week. Annual National Rehabilitation Week demonstrates the values and importance of the Rehab Centers and professionals who give a variety of services e.g. Physical Therapy, Occupational therapy and Speech therapy.

National Rehabilitation Awareness Week was initially started in 1976 in a small event which was sponsored by Allied Service Company located in Pennsylvania.



This event promoted the services of the professionals. Therapist help minimize disabilities of people who are injured to regain their independence and to have better wellness and quality of life.

Thank you Rehab Team on your exemplary services to our community. *Cont. p. 7*



EMPLOYEE OF THE MONTH

SARA LYSKAWA

Sara has been at NHC Mauldin for 4 years and is our Registered Dietician. She works very hard to ensure our residents are well taken care of from a nutritional standpoint. She is always willing to step-in, help and even change her schedule as needed to meet our residents needs. Her office is centrally located and often visited by residents and families. Sara has been a great addition to NHC Mauldin and we are thrilled to have her!



Oct. 1	Edwards Larry
Oct. 4	Kathleen Greer
Oct. 4	Bonnie McKinney
Oct.5	Justin Julian
Oct. 5	Jerry Nix
Oct. 5	Reynald Vital
Oct. 11	Barbara Friddle
Oct. 11	Kate Wilford
Oct. 12	Karen Trotter
Oct. 14	Sara Lyskawa
Oct 16	Denise Capo
Oct. 17	Maria Baldera
Oct. 27	Marie Estabine

Congratulations Barbara!

You are named one of the "Employee of the Month" the Shining Star of Life Enrichment Department. You deserve to receive this recognition of your unwavering commitment and dedication. You went Above and Beyond to what was expected from you. You have shown such a loving and compassionate heart to our residents on Special Care Unit.

Barbara has been in the company for a year as Life Enrichment Coordinator for Special Care Unit. She defines her motto that every smile of each resident brings "Happiness to her Soul".

On behalf of our NHC Mauldin family, we say Thank you for bringing joy and happiness to our residents and co-workers.

BARBARA FRIDDLE



Welcome to our New NHC PARTNERS

Ilesha Gilchrist	Nursing –LPN
Tiffany Ashley	Nursing—LPN
Michelle Jordan	Nursing CNA
Ava Trotter	Life Enrichment Coordinator
Esinam Danku	Nursing –CNA
Stacey Perkins	Nursing –CNA
Stacey Perkins	Dietary
Farhat Shaikh	Nursing –CNA

Get to know your

Therapist

"True humility is not thinking less of yourself. It is thing of yourself less."- C.S. Lewis. Working in healthcare has a funny way of putting things into perspective. Helping patients or their families when they're going through a tough time, makes me feel like I am making a difference and that is why I enjoy being a Speech Therapist!

Everyone has gifts and challenges in life. I became a therapist because I wanted to work in career where I could help people! **JORDAN**

I Became a therapist because God showed it to me in a dream. I had been fasting and praying about going to college but had no idea what to pursue. God gave me my answer in a dream. In the dream, I was working with people in wheelchairs to help them regain hope and their quality of life as well as praying and believing with them that recovery and restoration was possible. Still didn't know exactly what that was in the form of a degree, so I went to the start center at GVL Tech and met with a counselor. I described my dream, and she responded with what she felt was the clear answer to the description of the dream Physical therapy. She sent me for my 1-week observation at Roger C. Peace. During the observation, while I was supposed to be observing PT treatments, I found myself way more interested in what was happening on the OT side of the room I went back to the counselor and told her I was more interested in the OT Field. She explained to me that the OT program was under development and wad due to begin in about 18 months. She tried to redirect me

to the PTA program, but I felt strongly that the OTA program was where I would be doing what I saw in my dream. She told me the waiting list was 4 years deep. However, God had the bigger plan, and by the time I finished my pre-requisites, I was accepted into the 2nd year of the program. I always knew my field of choice was geriatrics, and that's where I have worked all but a short time. I tried editatirs covering someone's maternity leave. I couldn't wait for that therapist to get back so I could get back to my dream job! When God chooses for me, it can't be wrong. I am truly living the dream every day I have opportunity to work with our patients. When times are tough and my spirit gets on the struggle bus, God gently reminds me why I am in this field and what my calling is still up to this day. I am often blessed by my patients more than they will ever understand. It's truly my dream job! And I love love every day I get the opportunity to work with these precious souls.

PAM FLEMMING

"All is Well." I knew I could never have a a job sitting at a desk. I am a lifelong learner, love teaching and being a guide along this journey we call life. Physical Therapy was the right choice for me.

I wanted to do OT after my grandfather had a stroke when I was in middle school. I went to therapy with him at RCP. I even remember his yellow theraputty at home. Initially, I thought I wanted to do Peds,

but my love for rehab/geriatrics quickly became evident. **CASEY CAMP-**

"To succeed in life, you need 3 things: A wishbone, a backbone and a funny bone."-Unknown. I love this quote because it reminds me that life is a mixture of luck and hard work, that it is so important to stand up for whats right and through it all, find the laughter. **ALYSSA LOCKE**

I chose to be a PT because I wanted o meet others where they are at and make a difference in their lives. **KASSIDY TREADWAY**

I chose to be a COTA to help others medically as well as use my artistic and creative skills. **ALLISON NICHOLSON**

I love caring for people and seeing the difference that I can make and helping them gain confidence so they can live the quality of life they deserve! **HEATHER SCOTT**

I became a therapist to give others hope and show them you can get better if you try! **NANCY FEENEY**

I love seeing people meet their goals! **KATIE PERNOTTO**

"You should never view your challenges a disadvantage. Instead, it is important for you to understand that your experience facing and overcoming adversity is one of your biggest advantages."-Michell Obama. I became a PT to help restore confidence in patients as they navigate some of the toughest moments in their lives. Working alongside them to achieve their personal goals. My role also extends to being an advocate and educator for their caregivers, ensuring they are supported and informed throughout the recovery process.

PAIGE JOHNSON

"Success is the product of daily habits—not once in a lifetime transformations. Focus on being 1% better every day. Small, consistent improvements lead to remarkable results over time."-Unknown. From being an athlete at an early age, I have experienced many injuries and setbacks along the way. I have had many Physical Therapists throughout my journey that got me back up on my feet. In high school, I had a back injury that was so bad, I had a 10% chance of ever running again. Rigorous therapy got me back, not only running, but allowed me to compete in college for 4 years on the basketball team and complete numerous triathlons along with 3 Ironmans. I can absolutely say that I LOVE MY JOB and I LOVE HELPING OTHERS.

LAUREN WHITE

"His hand can slow the spiral. His staff can stabilize the spinning. His brush is still painting the sky over our soul's landscapes-a job never done and we can feel Him. Behind us beside us. Ahead of us. Over us. In the ever-shifting shades of love. "I wanted to become a COTA because I watched what occupational therapy did to help my papa heal, his therapist also became a huge part of my journey as a student in the field of occupational therapy. Occupational therapy was a place to know I can and the day knowing I helped someone no matter how big or little. **CAROLINE ELLISON**

"Shoot for the moon. Even if your m land among stars." Norman Vincent Peale

JAMIE JOHNSMAN

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace." Peter 4: 10 **CASEY KNIGHT**

- Wednesdays** | 10:30 | Venue: Rehab Side (Unit 3) | **Music & Devotional**
- | 11:00 | Venue: Special Care Activity Room | **MUSIC & DEVOTIONAL**
- Thursday, Oct. 3** | 2:00 | Venue: Main Dining Room | **RESIDENT'S COUNCIL MEETING**
(Coordinated by Life Enrichment Dept.)
- Wednesday, Oct. 9** | 2:00 | Venue: Main Dining Room | **LIVE ACOUSTIC MUSIC W/JIM**
- Saturday, Oct. 12** | 11:00 | Venue: Rehab—Unit 3 | **LIVE GOSPEL MUSIC WITH LYN**
- Tuesday, Oct. 15** | 11:30 | Venue: Main Dining Room | **LIVE IN CONCERT : ELVIS**
- Friday, Oct. 18** | 2:00 | Venue: Front Parking Lot | **NHC OKTOBER FESTIVAL**
CAR SHOW & BEERS (Non-Alcoholic)
- Monday, Oct. 21** | 2:00 | Venue: Main Dining Room | **DISTRIBUTION OF PUMPKINS**
"DEPARTMENTS AND RESIDENTS PARTICIPATION FOR PUMPKIN CONTEST"
- Tuesday, Oct. 22** | 7:30 | Venue: Main Dining Room | **LIVE CONCERT "The Southerniers"**
- Friday, Oct. 25** | 2:00 | Venue: Main Dining Room | **BIRTHDAY BINGO & PUMPKIN JUDGING**
- Saturday, Oct. 26** | 11:00 | Venue: SCU Dining Room | **LIVE GOSPEL MUSIC WITH LYNN**
- Tuesday, Oct. 29** | 11:30 | Venue: Main Dining Room | **BLUE PLATE SPECIAL: HALLOWEEN**

EXCERPTS FROM THE EXPERTS

National Positive Attitude Month

Month of October has been designated as annual observance of Positive Attitude Month. NHC has a "The Better Way" Promises that talks about Positive Attitude. Promise No. 20 is to maintain a positive attitude. Having a positive attitude attributes good outcomes and positive energy while negative attitude can ruin your goals and missions in life.

There are lasting benefits of having positive attitude e.g. having a longer life span due to lower stress levels, will have a good immune system, prevention of cardiovascular disease, having lower chance of depression, etc. According to the experts there are five positive steps thinking ideas if someone is struggling to keep good attitude. Here are the following suggestions:

1. **Write down all the negative things** that made you lose

your temper. Once it is stated in paper you recognize and address them instantly. When you overcome, cross it out. It means you addressed the problem.

2. **Let go of Expectation.** Never compare yourself to anybody. Remember that no one is PERFECT.
3. **Forgive yourself and others.** Do not linger with past mistakes and harbor hurts in your heart.
4. **Respond, don't react.** Take a deep breath, think not once but hundred times and you will have clarity in your mind. Give your response in a positive approach.
5. **Surround yourself with positive people.** A quotation from Roy Bennett " Good things happen in your life when you surround yourself with positive people."

Always remember that Positivity is contagious. As what many says, it can motivate, uplift your spirit and inspire. It helps create environment that fosters growth, ideas and happiness.

A Partner's PERSPECTIVE

What Does My Start of Day Look Like at NHC-Mauldin

I am Barbara Friddle working for a year now at NHC as Life Enrichment Coordinator for the "Special Ones- Memory Care Unit". Working at NHC has been truly a gift, a special place in my heart.

Every morning as I enter the building, the first thing I hear is "hey Barbara" from a friendly employee who is taking a break from their early morning shift. As I continued walking through the entry way, I would have my first stop—to get my brewed coffee at the breakroom where I would see Sandra, the hardworking ball of dynamite that would not miss a day saying good morning. This is a daily morning routine that became music to my ears. It is always a cozy feeling what I receive on my first hour "A great way to start my day".

Heading towards my work area, the next stop would be at the front desk where I have a little conversation with Helen who always wears her beautiful smile on her face to receive my lunch meal order. As I continued walking to my area, I would see busy PT's in corridors with residents doing their morning walk exercise with non-stop

morning greetings all the way to the end of the hallway. As I entered the Special Care Unit, residents are up, Nurses are busy with their Medicine Cart, CNAs working together assisting the residents which feels to me "It's a little bit of how I think heaven should be". Kitchen is busy, housekeeping is busting.. Everyone is busy in one way or the other with a common goal which is "To do things right for residents" people that deserve love, time and commitment.

I have heaven in my work area where I have a great environment. I am fortunate to be able to render my services—the love and compassion that I feel we need to share when coming to work every day. I have learned so much every day. Loving every bit of them is the greatest feeling I have. Every single day is a lucky day to be with NHC-Mauldin Family!!



Oct. 1	Marie Estabine	Oct. 9	Karen Polen	Oct.26	Margarita Cruz-Justo
Oct. 2	Courtney Smith	Oct. 10	Deborah Lavoie	Oct. 27	Doris Sorton
Oct. 3	Frances Fernandez	Oct. 14	Larry Edwards	Oct. 28	Melissa Drummond
Oct. 4	Carrie Turnquist	Oct. 23	Deja Brown	Oct. 30	Catina Grady
Oct. 6	Julie Gombash	Oct. 23	Jamaya Paulding	Oct. 30	Sarah McNeely
Oct. 7	Marie Estabine	Oct. 23	Rebecca Rhodes	Oct. 31	Deena Clark
Oct. 8	Wendy Patrick	Oct.24	Carrie Smith		

Opening Event to Welcome



Monthly Blue Plate Specials with
Live Concert Music by JOHN & LORY
September 20, 2024



RESIDENT OF THE MONTH

JAMES SKARDON



Mr. Skardon prided himself on his athleticism and was an avid tennis player and golfer throughout his life. His friends and family describe him as the epitome of a southern gentleman. He made such an impact in the community of Walterboro that on November 20, 2020, the Colleton County Council named November 2nd as James Skardon Day.”

His family looks forward to celebrating his 104th birthday at NHC Mauldin in November.

James Skardon was born November 2, 1920 in St. Francisville, LA to Reverend Alvin and Genevieve Skardon. He grew up in Walterboro, South Carolina where his father served for 26 years as Episcopalian Minister at St Jude Episcopal Church.

James graduated from Clemson in 1942 with a Bachelor of Science in Economics and then had his own insurance business. He served in the Signal Corp during World War II alongside his 4 brothers. The family continued to grow over the years, he now has 7 grandchildren and 8 great grandchildren (plus 1 on the way in November).

