

10 Most Common Things to Give Up for Lenten

Traditional practices during Lent often involve giving up certain indulgences or activities as a form of penance, reflection, and spiritual discipline. Here are ten traditional things that people might choose to give up for Lent:

- 1. **Meat:** Abstaining from meat, especially on Fridays, is a common traditional practice during Lent.
- 2. **Desserts and Sweets:** Sacrificing indulgent treats and sweets is a way to practice self-discipline.
- 3. **Alcohol:** Many people choose to abstain from alcoholic beverages as a form of self-control and reflection.
- 4. **Smoking:** Giving up smoking is considered a significant sacrifice for those looking to improve their health during Lent.
- 5. **Screen Time:** Limiting or eliminating screen time can provide more time for prayer, reflection, and other spiritual activities.
- 6. **Gossiping:** Fasting from gossip and negative speech is a traditional way to promote kindness and self-awareness.
- 7. **Excessive Shopping:** Cutting back on unnecessary purchases and material consumption is a way to focus on simplicity and gratitude.
- 8. **Caffeine:** Some individuals choose to give up or limit their intake of caffeinated beverages as a form of self-discipline.
- 9. **Luxury or Extravagant Spending:** Choosing to live more frugally during Lent is a way to focus on stewardship and generosity.
- 10. **Personal Comforts:** Sacrificing personal comforts or conveniences, such as taking cold showers or sleeping without a pillow, is a traditional way to practice self-denial. *Reference: web:Christianity*

ANNOUNCEMENTS & ADVERTISEMENT



Invitation to All Creative and News Writers, Poem Writers, Trivia’s and Fun Facts Writers or any articles that you would like to contribute for NHC-Mauldin monthly newsletter. **Please contact Life Enrichment Director or email an-nie.mead@nhccare.com**



**OPEN EVERY TUESDAYS  
AND  
WEDNESDAYS AT 10:00AM**



ADMINISTRATIVE TEAM

GIDEON SELLARS

Administrator

KAREN TROTTER

Assistant Administrator

CARRIE TURNQUIEST

Director of Nursing

LISA BOLLINGER

Business Office Manager

WALEED BERBER

Admission & Social Services Dir.

LAUREN DOBSON- WHITE

Rehabilitation Manager

DAVID CATHCART

Dietary Manager

YOLANDA BROCKMAN

Health Information Mgmt. Director

ANNIE REBADULLA - MEAD

Life Enrichment Director

JOEY HANKS

Plant Operation Director

LAMEL PORTER

Laundry & Housekeep-

NEWSLETTER  
THE GRAPEVINE NHC-MAULDIN

APRIL, 2025

Social Services Department celebrates the  
National Social Work Month

Last month was the National Social Workers Month and World Social Work Day with the year’s theme “Compassion plus Action” This aims to recognize the contribution of every Social worker. The history of recognizing the social workers and its professionals were traced back to 1963 and formalized in 1984 in a joint resolution of the US Congress and by the US Pres. Ronald Reagan. Purpose of this proclamation is to highlight the contribution and the important role of the Social Workers in our society.



NHC Health Center of Mauldin recognizes the contribution of our own Social Services Department under the leadership of Waleed Berber, Director of Social Services and Admissions. Their accomplishment reflects the daily admissions in the community and the quality of care and wellness of the residents. The good rapport exemplifies the success of the NHC-Mauldin. Mr. Gideon Sellars, the Administrator gave them a lunch and a gift for their hard work and dedication in giving their services. (am)

**TICKET**

**50/50 RAFFLE**

PROCEEDS WILL GO TO

**ALZHEIMER'S FUND RAISER**

1 TICKET FOR \$1

15 TICKETS FOR \$10

25 TICKETS FOR \$15

**PURCHASE YOUR TICKETS NOW!**

PLEASE CONTACT

ANNIE MEAD and HELEN at the Front Office

**WALK TO END ALZHEIMER'S**

ALZHEIMER'S ASSOCIATION

**WELCOME to WALK 2025!**

**SHINE FOREVER WALKERS**

**Saturday Oct 4th @Fluor Field**

OUR GOAL: \$5,000 As of 3/17/2025 Our team raised \$2,724.83



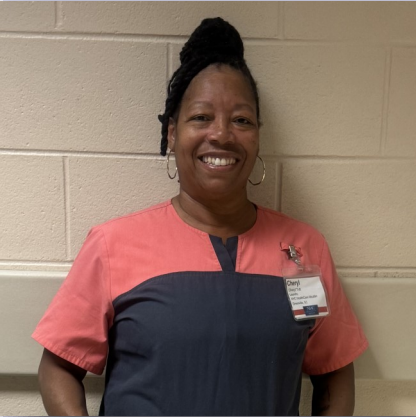
EMPLOYEE OF THE MONTH

CHERYL TUTT

CONGRATULATIONS!

You are recognized as the Employee of the month.

Cheryl has been employed at NHC Mauldin for 6 years in our laundry department. You can always find her with a big smile on her face. She comes in and gets right to work making sure our units are stocked with linen. She will check every unit and help out where needed. We are grateful to have Cheryl on our team!



ROSE RAMOS CONGRATULATIONS!

You are recognized as the Employee of the month.

Rose has been a CNA at NHC Mauldin for 13 years. To say she has a love for our residents is quite the understatement. Rose enjoys spoiling her residents on the SCU (Special Care Unit). You can often find her coming up with themes and projects to do with our residents. She loves to support our Alzheimer's fundraisers and goes above and beyond to get the word out for our patients and their needs. We are thrilled to have Rose as a partner at NHC Mauldin.



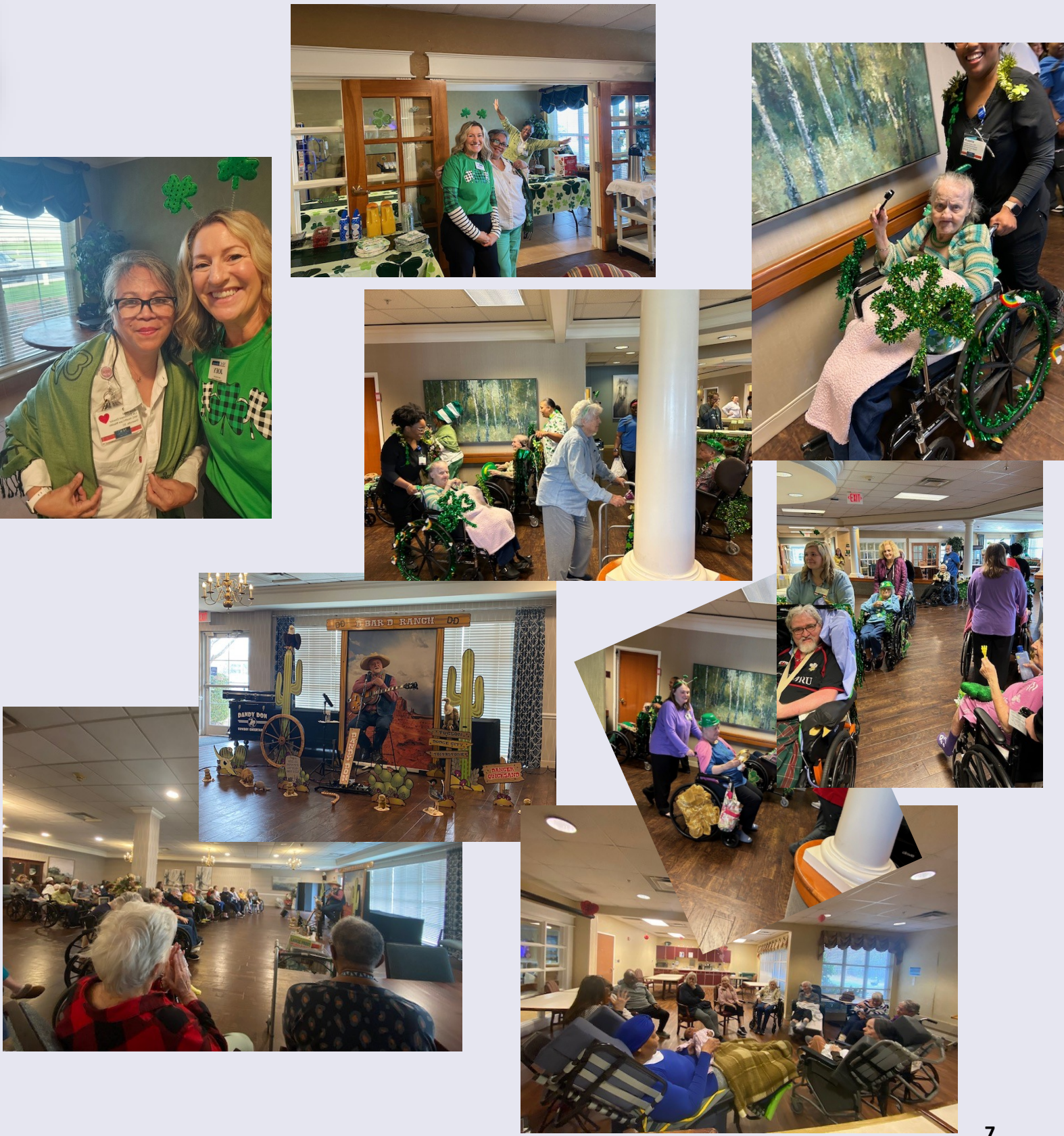
- April 3 Diana Baldonado
- April 3 Diana Bloom
- April 3 Lisa Nations
- April 5 Tina Roberson
- April 6 Linda Butler
- April 9 Cheryl Tutt
- April 13 Laura Coreas
- April 16 Lamel Porter
- April 16 Michael Stone
- April 20 Rosa Ramos
- April 28 Robert Huston
- April 29 Theresa Garrett

Birthday Celebrants

April 6	Linda Butler	April 21	Latorre Shell
April 9	Dayanara Trejo	April 22	Robert Huston
April 11	Cheri Carmer	April 25	Sabrina Crymes
April 18	Nayirah Vashon	April 26	Christina Brown
April 19	Diana Baldonado	April 26	Jessica Hearst
April 19	Dominique Montaque		



LOOKBACK March Activity Highlights







**Bible Study with Pastor Joe Franks** | Mondays at  
2:00pm | Venue: Main Dining Hall

**Beauty Shop Opens at 10am** | Tues and  
Wednesday | Beauty Salon

**Gospel Music & Devotional  
with Scott** | Wed, April 2, 9, 16, 23, 30 | 10:30am Rehab/Unit 3 10:30 am | SC 11:00am | U2 11:30am

**Grace Point Church Comm. Visit** | Sun. Apr. 6 | 3:00 pm | Main Dining Room

**Local Vocal** | Sun Apr. 13 | 3:00pm | Unit 2 Dining Room

**Live Gospel Music/Entertainment w/Lyn** | Sat. April 12 11:00am | April 19 1:00pm U2|

**Communion Service with Joe Franks** | Mon. April 14 | 2:30pm | Main Dining Room Easter

**Pancake & Conversation Easter Parade** | Tues. Apr. 14 | 9:30pm | U3 DR.

**Easter Egg Hunt & Easter Socials** | Courtyard

**Live Entertainment w/Lance & Judith Flower** | Thurs. Apr. 16 | 2:30pm | Main Dining Rm.

**Easter "Wine & Dine" & live music** | Thurs. Apr. 17 | 11:30am | Main Dining Room

**Good Friday Service w/Caris** | Wed. Apr. 18 | 2:30p | MDR

**Live Entertainment "Carolínians Sr. Jazz Band** | Wed. Apr. 23 | 2:30pm | MDR

**Chip Auction** | Friday, Apr. 25 | 2:30pm | Main Dining Room

**Live Entertainment "The Southerniers"** | Mon. April 28 | 3:00pm | MDR

**Pancake & Conversation** | Monday, April 28 | 9:30am | U2 Main Dining Room

## SPECIAL FEATURE

### NHC-MAULDIN LEADERSHIP TEAM

# WALEED BERBER

Waleed has worked in long term care for almost 20 years and has been at NHC Mauldin for 15 years. He began as the Unit 3 social worker and has since become the Director of Admissions and then Director of Admissions and Social Work. Waleed was born in Egypt and spent most of his youth living the beach lifestyle near the Mediterranean Sea. After graduating he moved to the US to be closer to his Dad. He earned a Social Work degree from UNC and then later pursued a Computer Science Degree from Greenville Tech.

Waleed married his High School Sweetheart when they were 25 years old. They have 4 children aged 9-22. Waleed's oldest daughter recently graduated from USC and is headed to MUSC to pursue her career as a Trauma Surgeon. His oldest son is a Senior at Greenville Tech High School and will be heading to college in the fall. The two younger ones keep him busy with soccer and many other activities.

A definite passion of Waleed's is soccer. His face lights up when the conversations go to soccer. He has coached and played at many levels. He started playing in elementary school and continued through college before beginning his coaching career.

Over the years Waleed has been able to establish a rapport with hospitals, facilities and other agencies. He loves this population and enjoys being able to bring patients from the hospital that he knows we can care for and improve their quality of life.





How Christian Celebrates  
Lenten Season Around the world?

By: Annie Mead

Month of April in the Biblical Hebrew calendar means “Celebrating new beginnings”. This month is the most solemn Christian Observance of Lenten Season. This is the remembrance of death and the resurrection of Jesus. The Christian around the world particularly the Roman Catholic Church observe the 40-days lent season of prayer, fasting and giving in preparation for the resurrection day which is the Easter Sunday. It started March 5 to April 17. Here in the US, It is more a knowledge of a holiday celebration.

Countries around the world has its own traditions and cultures to commemorate the Lenten Season but there is always one common denominator and that is understanding that “God has Risen”.

In Asia, the Philippines where there are 80% of Catholic observed this tradition. The “Holy Week” as it is commonly known starts from Palm Sunday, Holy Monday thru Wednesday, Maundy Thursday and Good Friday- where it is the most popular, Black Saturday and Sunday Easter.

My recollections of the tradition in the Philippines was the “Traditional Procession” where I participated when I was a kid. Young and old were part of the parade. Every home in the community decorated their entry way to welcome the participants of the procession as station for prayers and chanting. The final church station was the church where everyone congregate to offer flowers at the altar. A whole week of re-enactment is the “Moriones Festival”. Participants wear masks and costumed clothes of Roman Soldiers. This is a long week looking for “Longinus” the blind Roman Soldier who witnessed the crucifixion. Also another unique tradition is



Interlude...

the 3 consecutive days and nights of continuous chanting of the story of Jesus life, passion, death and resurrection. Good Friday was the enactment of nailing on the cross. Another important tradition is the Easter celebration that begins at dawn. The whole town wakes at 3 or 4am for a ritual procession that we call “Pag Salubong” or welcome of the “Risen Christ”. Whole families will have a celebration of the new beginning and the new life.

In India, Christians celebrate Easter as a “Spring Festival” while egg dyeing and decorating is not common, many purchase elaborately decorated eggs and give them as presents to their children.

Australia has a different view with images of rabbits. They don’t use it for their observance because rabbits are considered pests. Unlike in America it is part of the tradition. Australians use their own endangered animal called Bilby. It has long ears and looks similar to a rabbit and they called it “Easter Bilby”.

While in Africa, Easter is widely celebrated from Maundy Thursday to resurrection Sunday. Churches decorate with butterflies, flowers and bright colors. In Ethiopia they have their own way to celebrate “ Fasika ” 55 days of fasting until Easter. It is a bigger deal than the Christmas celebration where they fast, no meat, no animal products. The night before the Easter vigil and when morning comes they will welcome the new beginnings with music and dancing.

In Europe where the long history of easter traditions where all started. The Orthodox Christians - Romanian, Serbians, and Greeks where they followed Julian Calendar.



Cont. How Christian Celebrates Lenten Season...

In Germany, they decorated trees with painted eggs. In Poland, families gather for Easter Sunday breakfast were they served their traditional sweet bread “babka”. But in France, Easter Monday– the volunteers in the town of Bessieres gather to cook a giant omelet. The folklore behind the tradition was when Napoleon and his armies travelled through South of France stopped by this small town. They ate omelets and Napoleon ordered the whole town to gather eggs for his armies..

Though we all have our own way to celebrate the tradition that was passed through ages manifest God’s love when He was nailed to the cross in Calvary to redeem us from sin– May we all be blessed on His remembrance of His story of Love and Sacrifices for mankind. **Let us love one another until the Last trumpet sounds of His Second Coming! Have a Happy Easter.**

Mindfulness

By: Barbara Friddle

In the grand scheme of life, our greatest gift is to be able to give to others. While in one’s refuge it is nice to feel safe, comfortable and have as many means as possible. At our home where we live now. We find ourselves in a very diverse community. We witness things that we do not understand and we ourselves are facing so many challenges. Our neighbors are as well. We are so blessed to be around so many precious people that have made huge contributions to the society. We have doctors, professors, nurses, engineers, teachers, coaches, veterans etc. Sadly, some of these people have

been dealt with a horrible disease and different types of illnesses that prevent them from being the same person that they used to be. Their cognition and dexterity has withered. While we all have a story to tell, perhaps our greatest would be how we in our many challenges still took the time to give to others. No one in life is in control of their destiny. It is in God’s hands. What we do with our situations and our time is however, up to us. We can choose to alienate ourselves from those that are riding along their own path. A path they did not choose.

EASTER RECIPE  
Linguine with Clam Sauce

Kosher salt, to taste

**1 lb.** linguine  
**1 Tbsp.** olive oil  
**2 Tbsp.** salted butter  
**2** (10-ounce) cans chopped clams, drained and juice reserved  
**4** garlic cloves, minced  
**3/4 cup** white wine  
Juice of 1/2 lemon, plus lemon wedges for serving  
**3/4 cup** heavy cream  
**2 Tbsp.** fresh flat-leaf parsley, chopped, plus more for serving  
**1/2 tsp.** black pepper  
Freshly grated parmesan cheese, for serving]



PROCEDURES/DIRECTIONS

1. Bring a large pot of salted water to a boil. Add the linguine and cook according to the package directions for al dente. Be careful not to overcook; the pasta should have plenty of bite to it. Reserve 1 cup of the pasta water, drain the pasta, and keep it warm.
2. Meanwhile, in a large skillet over medium-high heat, warm the oil and 1 tablespoon of the butter. (Using both olive oil and butter allows you to heat the mixture at a higher heat before it starts to brown.) Add the clams and garlic and stir together. Cook until fragrant and just beginning to brown, about 3 minutes. Pour in the white wine, scraping the bottom of the skillet with a wooden spoon. Cook until the sauce is reduced and less watery, 2 to 3 minutes.
3. Add 1/2 cup of the reserved clam juice and the remaining 1 tablespoon butter to the skillet and stir to melt. Reduce the heat to medium-low and squeeze in the lemon juice. Pour in the cream and sprinkle in the parsley. This is a very decadent dish! Add the black pepper, taste for seasoning, and add salt as desired. Cook at a low simmer, stirring, until heated through, about 3 minutes more. Pour the pasta directly into the skillet along with 1/4 cup of the reserved pasta water, and toss until the pasta is glossy with sauce. Add additional pasta water, if needed. At this point your kitchen smells like heaven. Top with parmesan and more parsley, and garnish with lemon wedges. (Reference: thepioneerwoman

We can disregard them and consider them not worthy of our time or we can be evident of God’s grace and share our talents, warmth and strength to others. All the while keeping in mind that one’s battle today, may just be yours tomorrow. Let us not just be steadfast in nodding our heads in agreement at devotions and worship time. Let our hearts show love and grace to our neighbors and be all that we can be for them, and ourselves. What would Jesus do? Let’s all come together, love one another and share all that we can with each other!