



JULY 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

### 2019 Alzheimer's Walk

Again this year, NHC HealthCare Mauldin will be raising money for the Alzheimer's Association Memory Walk. We are planning many events one to include many fundraisers to help raise funds to find a cure for this devastating disease. Walk Day this year will be held on Saturday, October 5, 2019. We hope that you will join us and participate in the events. If you would like to make a donation, you may do so during the months of July, August and September!



### CNA of the Year Nominations

There were several CNA'S nominated for CNA of the year. The four nominees that were chosen to represent NHC HealthCare Mauldin at the annual "CNA of the Year" banquet held in Columbia, SC were: Renee Gentry, Lanie Humphreys, Pamela Mupenda, and Ann Rotondo. These four CNA'S were chosen for their overall commitment to quality of care, professionalism, and positive customer comments. One of these four will be selected as NHC HealthCare Mauldin CNA of the Year and have the opportunity to be selected as NHC HealthCare CNA of the Year. The annual CNA banquet will be held in September.



Congrats to these partners along with everyone else for all that you do!

### 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



# Resident

of the Month

## Aletha Roberts

Ms. Roberts was born in Del Rio, Tennessee. She has been in South Carolina for over 60 years! After some school, Ms. Roberts got married. She was married for 37 years. She had 5 children. They were all girls! Some of Ms. Robert's hobbies were farming, sewing, cooking, and gardening. Her favorite meal to cook was fried chicken and biscuits.



# Partners

of the Month

Congratulations to a  
job well done!

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**Collin Black**

**Pamela Mupenda**

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## Celebrating July Birthdays

We can hardly believe another year has gone by since we last wished those of you born in July 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. Let us help celebrate this special occasion with our monthly Birthday Bash on July 27. Join your friends and neighbors for cake and refreshments.



Please Visit Our

# Beauty Shop

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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 Anniversaries

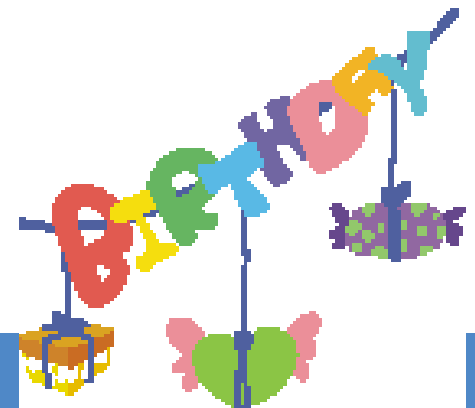
Phedra Brown	7/09/1999
Shirley Dendy	7/27/1999
Helen Burns	7/15/2002
Christina Brown	7/22/2003
Louise Abrams	7/15/2005
Lovely Modoor	7/26/2007
Tracey Duckett	7/06/2009
Dustin Boggs	7/22/2009
Kelly Fancher	7/11/2012
Latorre Shell	7/19/2013
Eric Gibb	7/11/2014
Heather Fiske	7/28/2015
Betty Medina	7/12/2016
Pamela Mupenda	7/06/2017
Taurean Arthur	7/11/2017
Kalisha Hampton	7/02/2018
Jasmeen Kaur	7/23/2018
Collin Black	7/24/2018
Jakadra Dunegan	7/24/2018
Jody Hellams II	7/24/2018

## Partner Birthdays

Betty Medina	7/01
Stephen Piccioni	7/01
Shantel Lowery	7/03
Sheyvon Golden	7/03
Shirley Dendy	7/04
Tameka Williams	7/04
Justin Julian	7/07
Denise Smith	7/08
Benjamin Childress	7/10
Janette Newbill	7/10
Shenika Smith	7/12
Heather Wiegand	7/12
Mika Humphrey	7/13
Michael Stone	7/13
Wendy Martin	7/14
Peggy Barone	7/18
Lakeya Brown	7/21
Margaret Boozer	7/27
Lisa Bollinger	7/29
Linda Knight	7/29

## Resident Birthdays

Elizabeth Page	7/8
Mary Griffith	7/13





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](mailto:ctalman@carishealthcare.com)  
864.297.7444

## Signs of Caregiver Stress

Submitted by the Therapy Department

Too much stress can be damaging to both the caregiver and family members. The following stress indicators, experienced frequently or simultaneously, can lead to more serious health problems.

1. The caregiver may deny the disease and its effect on the person who's been diagnosed.
2. The caregiver may express anger that no effective treatments or cures currently exist for chronic conditions such as Alzheimer's disease and that people don't understand what's going on.
3. The caregiver may withdraw socially from friends and activities that once brought pleasure.
4. The caregiver may express anxiety about facing another day and what the future holds.
5. The caregiver may experience depression, which eventually breaks the spirit and affects coping ability.
6. The caregiver may be exhausted, which makes it nearly impossible to complete necessary tasks.
7. The caregiver may experience sleeplessness caused by worrying.
8. The caregiver may express irritability, which may lead to moodiness and trigger negative responses and reactions.
9. Lack of concentration on the part of the caregiver makes it difficult to perform familiar tasks.
10. The caregiver experiences mental and physical health problems.





## Support Our Efforts

Like most of us, we know too many people whose lives have been touched by Alzheimer's disease, the nation's sixth-leading cause of death. That's why we're joining the Alzheimer's Association Walk to End Alzheimer's®. We've committed to raising awareness and funds to support Alzheimer's care, support and research. 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. Walk to End Alzheimer's is about so much more than walking., we gather together to honor those affected and their caregivers, remember those who are no longer with us and make a pledge to reclaim the future for millions. We know we can do this with your support. Would you please consider making a donation? Visit our fundraising Web page at <http://act.alz.org/goto/nhcmauldin> to learn more and make a secure on-line contribution. You can also mail a donation using the enclosed pledge form. Checks should be made payable to the Alzheimer's Association and are tax deductible. Thank you in advance for your time and generosity.

Gideon Sellars, Administrator

## 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.

## 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](mailto:heather.wiegand@nhccare.com) to reserve a spot.