



JANUARY 2020

• 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



Martin Luther King, Jr.'s Birthday

Dr. Martin Luther King, Jr. was born January 15th, 1929 in Atlanta, Georgia. King became a pivotal figure in the civil rights movement of the late 1950s and 1960s. He was arrested 30 times for his participation in civil rights activities. He spearheaded many peaceful demonstrations. The most memorable rally was held August 28, 1963 in Washington, D.C., when he delivered the famous "I Have a Dream" speech. The following year, King was selected as Time magazine's Man of the Year and received the Nobel Peace Prize. He was assassinated April 4th, 1968, in Memphis, Tennessee. Efforts began just days after his death to declare his birthday a holiday, but it was not until January 20th, 1986 that the day was observed nationwide.

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



JANUARY

Resident of the Month

Donald Dean

Mr. Dean was born on April 23, 1930 in Greenville, South Carolina. He has lived in Greenville, South Carolina his entire life. He has three brothers. After high school, he joined the Navy. He met the love of his life in High School and married her. Together they built a house on Paris Mountain in Greenville, South Carolina. They have 3 sons together. One of his sons passed away a few years ago with cancer. His son Scott is a pastor at White Horse Church. He has been at NHC Healthcare Mauldin for the past 4 years. He loves it here!



Partners of the Month

Congratulations to a
job well done!

Lori Claire

Jennifer Gilstrap

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**



Celebrating December Birthdays

We can hardly believe another year has gone by since we last wished those of you born in January 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. Join your friends and neighbors for refreshments

2020

Partner Birthdays

Elizabeth Todd	1/01
Carrie Hawkins	1/02
Ashley Ramey	1/05
Gina Ladd	1/07
Ashyra Williams	1/08
Jordan Davis	1/09
Smita Amin	1/13
Ashley Turner	1/13
Mary Crawford	1/18
Lori Claire	1/20
Alison May	1/21
Alyssa Hodges	1/22
Khadijah Mosley	1/24
Taurean Arthur	1/25
Timothy Johnson	1/26
Nijeria Robinson	1/28
Adriana Robinson	1/31

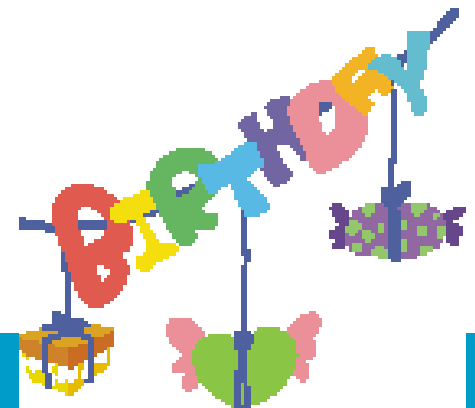
Resident Birthdays

Gordon Edens	1/09
Julia Braun	1/11
Sara Davis	1/11
Betty Nieders	1/17
Eula Channel	1/29



Partner Anniversaries

Wanda Kloeser	1/20/1998
Yolanda Brockman	1/22/2002
Benjamin Childress	1/07/2009
David Cathcart	1/19/2009
Lori Claire	1/31/2017
Carla De Senne	1/10/2019
Lavonda Wharton	1/15/2019
Jennifer Gilstrap	1/22/2019
Jaquraka Foggie	1/29/2019
Wendy Patrick	1/29/2019



JANUARY

“Weep no more my lady”

This time of year often brings reminders of our mortality and grief and loss. After the holidays life at the long term care center frequently gets into a rut or monotony that is hard on both the residents and the family. But with the holiday seasons over and the New Year upon us let us evaluate how much our family members have brought to us. Though their minds and bodies are not what they once were, yet they are the ones who often worked and laughed and went on vacations and picked us up after school. They taught us much, not just by what they said and did but also by who they were. They helped us deal with our fears and helped us learn to get along with our siblings or friends or enemies. They cried with us over a skinned knee or bad grade or lost love. These are the memories our residents would want us to have and remember.

Dementia is a dreaded work that many of us face on a daily basis. It has come into our homes and often robbed us of the ones we love. It has taken away the calm or laugh of the ones we seek these from most. It has removed our family member from being able to learn new things or even remember how to do simple things like cut up their food or even bring the spoon or fork to their mouth and chew. This dread disease has brought many people back to being like a toddler. Many of you have seen these changes first hand and grieve over the loss you and your family feel. We also grieve for you and in medicine have tried to remove the fear and encourage “quality of life”. But each of you must define that for yourself from your memories of your loved of your loved one and what they would want for themselves and for their family, which includes you.

As the time moves on in this horrific illness of dementia, other physical changes take place. You see, the brain is the epi-center of direction for all the other functions of daily life. IT sends the messages that most of the time we don’t even realize is occurring. The brain starts failing to let the body know it is hungry or thirsty or even how to chew or swallow. It stops letting the normal protections of the breathing stop those few seconds

while swallowing saliva or food so the lungs are ripe for pneumonia. The brain stops sending messages to the bladder or bowels and incontinence occurs. It slows down the terminology has developed called “brain failure”. Which describes this loss of control functions of he brain in the last stages of dementia. It is often a very sad state were comfort measures are the ultimate goal of care.

We don’t mean to sadden anyone by this article, but as all of us must face loss sometime or another, we just want to encourage everyone to remember the resident you love for all the good things of the past and not the end. Remember who they were and remind the staff at NHC HealthCare who never knew them of those fond memories. It will help all of us as we have the privilege of caring for the residents. God bless each one of you and we look forward to learning more about you and your family.

Respectfully submitted,
Merrylee A. Mullinax, CFNP

Looking for something to do?

If so, stop by any of the unit Day Rooms where you will find a large totes filled with puzzles, books, and games. If you still do not find anything of interest to you, please ask any of the activity partners for assistance. There is always thing you like to do available such as supplies, batteries and books.



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

Family Orientation Meetings

We would like to inform new families that we hold weekly group orientation meetings every Wednesday at 2:00pm in the Main Dining Room across from the Front Lobby. Hope to see you there.

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.

Just a Reminder

Guests must give notice to the Front Office for lunch by 10:00 a.m. and for dinner by 2:30 p.m. The Dietary Department offers meal selection for our residents. There is a primary and an alternate. There is also soup and sandwiches always available by request for residents..

Attention Families

We would like to invite you to an ongoing Alzheimer's/ dementia support group meeting. It takes place on the first Tuesday night of every month from 2:30pm-3:30pm in the Classroom, unless otherwise noted. Refreshments are also served.

Dentist

The Dentist will be in this month. If you have any questions please contact Andrea Quiroga.
Email: andrea.quiroga@nhccare.com

Podiatrist

The Social Service Department would like to remind our residents and their family members that the podiatrist visits our facility once every quarter to treat our patients, and is expected in January. Patients that are going to be seen for the first time will need a consent form filled out and returned prior to being seen. If your loved one has been seen in the past, he/she has an outstanding balance on his/ her account with the podiatrist. Questions regarding your loved ones account can be addressed to; The Foot Clinic at 864-281-9170. Consent forms can be obtained from the receptionist, and we ask that you return your completed form to the front desk. Should you have any questions, please contact your loved one's social worker.