

ANNOUNCEMENTS & ADVERTISEMENT

FEBRUARY BIRTHDAY



- Sat. 1 Rosa Ramos
- Sun. 2 Antonia Jones
- Sun. 2 Corrie Stokes
- Fri. 7 Joshua Mudome
- Fri. 7 Erin Wilder
- Sun. 9 Jeffrey Hager
- Sun. 9 Ashley Jones
- Sun. 11 Zeyuan Pan
- Fri. 14 Nancy Young
- Sun. 23 Maria Balderas
- Sun. 23 Alyssa Richey
- Wed. 26 Barbara Friddle
- Wed. 26 Areana Hall
- Wed. 26 Hanna Robertson
- Thu. 27 Jada Green
- Thu. 27 Felicia Thompson
- Thu. 27 Vicki Wilson
- Thu. 28 Esinam Danku

**Welcome to
New NHC PARTNERS**

- Courtney Clowney 1/8/25 CNA
- Tyricia Sumpter 1/8/25 CNA
- Morgan Price 1/8/25 CNA
- Nicole Woods 1/8/25 CNA
- Melinda Stockweather 1/8/25 CNA
- Ben Kelly 1/8/25 CNA
- Mya Epps 1/8/25 CNA
- Mariah Lauifi 1/15/25 CNA
- Elizabeth Harris 1/13/25 Social W.
- Akira Byrd 1/22/25 Dietary
- Zahrya Gilmore 1/22/25 CNA
- Anita King 1/22/25 CNA
- Dinisha Faulkner 1/22/25 CNA
- Taki Carrington 2/5/25 CNA
- Vivian Dowdy 2/5/25 CNA
- Taina Darby 2/5/25 CNA
- Kenzlie Cash 2/5/25 CNA
- Brittney Williams 2/5/25 CNA
- Porchae Reeder 2/5/25 CNA



- Feb. 2 Catina Grady
- Feb. 6 Jennie Province
- Feb. 7 Tianesha Smith
- Feb. 13 Carrie Smith
- Feb. 18 Karen Lewis
- Feb. 18 Kathy Gambrell
- Feb. 18 Kenisha Smith
- Feb. 21 Louise Abrams
- Feb. 21 Rebecca Hicklin
- Feb. 23 Amerika Kyabasinga
- Feb. 27 Zeyuan Pan
- Feb. 28 Joseph Hanks

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 annie.mead@nhccare.com**



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



NEWSLETTER

THE GRAPEVINE NHC-MAULDIN

FEBRUARY, 2025

ADMINISTRATIVE TEAM

- GIDEON SELLARS**
Administrator
- KAREN TROTTER**
Assistant Administrator
- CARRIE TURNQUIEST**
Director of Nursing
- LISA BOLLINGER**
Business Office
- WALEED BERBER**
Admission & Social Services
- LAUREN DOBSON- WHITE**
Rehabilitation
- DAVID CATHCART**
Dietary Manager
- YOLANDA BROCKMAN**
Health Information Mgmt.
- ANNIE REBADULLA - MEAD**
Life Enrichment Department
- JOEY HANKS**
Plant Operation
- LAMEL PORTER**
Laundry & Housekeeping

Life Enrichment Week Culminated Friday

The Department- Life Enrichment culminated the occasion on Friday, January 31, 2025 with a special luncheon with the Administrator at NHC Mauldin in private dining room. An hour of conversation, dining, sharing of stories and laughter became a special moment for everyone. January 19-26 was declared the Life Enrichment Week with the 2025 year Theme "Shaping the Future".



The celebration signifies the contribution of all Life Enrichment/Activities Professionals that enhances the quality of life in all senior communities and healthcare. It is not all about physical health but the impact of having the dimensions of Health and Wellness in Spiritual, Social, Emotional, Physical and Intellectual. Environment is the new addition to the Dimension of

quality of life while living in all the senior communities. As what the NAAP (National Association of Activity Professionals) states "You are part of the important profession that helps people live a life that is full of fun and meaningful activities.. You are the heart and spirit of your communities".

Five CNA Students Receive Certificate of Completion

For the past Ten years, NHC has been actively involved in giving back to the community the commitment of offering a grant/ free tuition for students who wanted to pursue their education in Health Care. Classes are being offered for a three-week in-house class on theoretical and hands-on training in a care setting. Last year, NHC had at least six sessions for three-weeks. The first batch for 2025 - five CNA students completed their course and received their Certificate of Completion on Friday, February 4, 2025.



NHC Mauldin is now open for enrollment for the second batch of CNA certification course. To anyone who wanted to further their knowledge and skills in Health Care Setting, we invite you to start to register online either in NHC Mauldin webpage or in Indeed. Interviews are scheduled for February 26 & 27. For more information and inquiries, please contact Tiffany Mauldin, Program Coordinator and Brittany Hawthorne, CNA class instructor at 8646756421



EMPLOYEE OF THE MONTH

JENNIE PROVINCE

CONGRATULATIONS!

You are recognized as the Employee of the month.

Jennie has been an NHC Partner for 12 years and when we say, "she can do it all" we mean it! Jennie currently is our HR Assistant, however, she has held many roles at NHC. She is a busy Mom of 2 and has been able to fill-in and help out administratively. Jennie is often a go-to for many things due to her vast knowledge! We rely on Jennie for an array of responsibilities and appreciate everything she does for NHC Mauldin.



KENISHA SMITH



Congratulations! Kenisha is a valuable team member. She works closely with therapy and social services on the Rehab/Unit 3. When Kenisha is around everything just runs smoothly. She is detailed oriented, organized, reliable and a multi-tasker. She keeps her nursing assistant certification and can often be found assisting a resident in that role even though that is no longer her primary job description. Kenisha takes pride in her work and is always a pleasure to work with. We are so happy that she is a part of the NHC team.

LOOKBACK January Activity Highlights



Interlude...

WAYS TO INCREASE YOUR INTELLIGENCE

1. PRACTICE DAILY RECALL

Before sleeping, recall everything you learned today. From conversations to new facts. This strengthens pathways, making info stick.

2. CONNECT WITH DIVERSE MINDS

Meet people with different perspectives, not just those who agree with you. These conversations make you question, rethink, and broaden your views.

3. SILENT TIME

Silence boosts intelligence. Spend 5 minutes in complete silence every day. Let your thoughts settle. When in silence, you brain starts connecting ideas, solving problems. The growth in action, it's that simple.

4. THINK BACKWARDS

This is rather unusual method. Try it out. *Start with the end result in mind. Think about what's already solved, and work backwards.* It's like giving your mind a map, this reverse logic sharpens thinking.

5. LEARN AND TEACH

Take any new knowledge and teach it to someone. When you teach it, learning increases. It's the best way to solidify and remember what you learn. If you can explain it simply, you really understand it.

6. MIND DIET

Consume something mentally challenging on a day-to-day basis. Try reading, a podcase, or even difficult puzzle. Choose content that stretches your brain—your brain craves it.

7. CURIOSITY MUSCLE

Pick one thing each day to question deeply. Not to et the right answer, but to explore. It's a practice; the more curious you are, the sharper you'll get.

8. CHALLENGE COMFORT

Start with tiny discomforts: Use your non-dominant hand, sit in a different spot, take a new route. Your brain grows outside comfort. Make small changes that can surprise your brain. It can increase adaptability.

Reference: Google

RECIPE OF THE MONTH

SLOW COOKER BEEF STROGANOFF

Ingredients:

- 3 tablespoons olive oil
- 2 to 3 pounds beef tips or chuck roast
- 1 pound mushrooms, sliced
- 1 onion, roughly chopped
- 3 clove garlic, minced
- 1 cup red wine
- 1 Tablespoon salt
- 1 Tablespoon freshly ground black pepper
- 1 Teaspoon ground coriander
- 1 Container (16 ounces) sour cream
- 1 Pound egg noodles

PROCEDURE:

In a skillet over medium heat, warm oil. Add meat and cook until browned.

Transfer to a slow cooker. Add mushrooms, onions, garlic, wine, salt, pepper, and coriander, plus water to cover meat and vegetables. Cover and cook on high for 6 to 8 hours. Lift lid 30 minutes before it's done and add sour cream. Stir until mixture appears creamy.

Cook noodles according to package directions, or al dente. Add to slow cooker and stir.

Make 6 to 8 servings

You can substitute grape or cranberry juice for red wine in recipes. For an extra kick, add a tablespoon of red-wine vinegar to the juice. *Reference: Boystown 2020*

RESIDENT OF THE MONTH LENA TALLEY SIMMONS



Lena was born on October 30, 1923 in Macon, Georgia To Edmund and Iola Harden. She was the fifth child of nine children.

It is an incredible blessing to reach 100 years of life that God has blessed her with

this many years as a tribute to how she has lived her life

She was blessed with six children, by a former marriage and fourteen grand children and numerous great grand children. She married L.M. Simmons in 2004 at the age of 81. The live a wonderful and full life together.

Lena has lived in the greater Sullivan Street area and been a member of Long Branch Baptist Church for over 70 years. She is beloved by many. She has brought and continues to bring joy to this world. Her smile is infectious and her eyes sparkle with love.

Lena has always had a deep connection with nature. She found solace in the beauty of plants and flowers, vegetables and fruit. She



continued to work in her yard well into her nineties. She was always on her front porch waving to those who drove up and down guess and Sullivan street. She loved to bless others with her cooking and she was famous for her yeast rolls. Everyone had their favorite dish and when asked she never hesitated to cook for her family.

There is no way to put into words the beauty and wonder of her life and what she brought to

others. It is reflected in the lives of her children, grands and great grands, family and friends. She celebrated her 365000 days of her life on October 30, 2024.



Tuesday, Feb. 4 | Live Entertainment: Guest Performer: Nicole
 2:00pm | Venue: U3 Dining Room



Thursday, Feb. 6 | Residents Council Meeting
 2:00pm | Venue: Main Dining Room

Friday, Feb. 7 | Live Entertainment: The Southerniers
 3:00pm | Venue: Main Dining Room

Saturday, Feb. 8 | Live Gospel Music with Lyn Ludham
 2:00pm | Unit 2 Dining Room

Sunday, Feb. 9 | Live Gospel Music & Bible Scriptures | The Local Vocal
 3:30pm | Main Dining Room

Monday, Feb. 10 | PanCake Socials & Piano Concert "Love Songs" | Performer: Lory
 Pancake Starts at 10am | Music at 11:00am | Rehab/U3 Dining Room

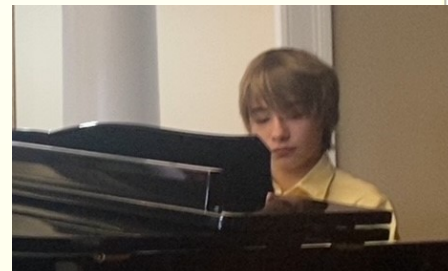


Wednesday Feb. 12 | Special Love Day: Wine & Dine w/Special Performer:Lance & Judith Flower
 11:30am | Main Dining Room

Thursday, Feb. 13 | Stand-up Comedy Show | Performer: Moody Black
 2:00pm | Main Dining Room

Saturday, Feb. 15 | Live Gospel Music | Performer: Lynn Ludham
 Pancake Starts at 10am | 11:00pm | Rehab/U3

Monday, Feb. 17 | Piano Concert | Performer: Brandon
 3:00pm | Main Dining Room



Thursday, Feb. 20 | Live Jazz Concert | Performer:
 2:30pm | Main Dining Room



Ray Jackson

SPECIAL FEATURE

NHC-MAULDIN LEADERSHIP TEAM

JOEY HANKS

Next month, March 4 is dedicated for Maintenance Worker Appreciation Day and our community would like to give this special recognition to Joey Hanks for his unwavering services to the company. This year will mark his 31 year of continuous dedication of working in this community.

Mr. Joey Hanks started his career at NHC Anderson on February 28, 1994 as Maintenance Assistant until he decided to join NHC Mauldin and became the Department Director on July 4, 2005.

Hanks family were all locals of Anderson county both his father and mother. He was born and raised in Anderson, South Carolina and oldest of three children. They were raised in a Christian home environment. " He stated, "All my family were members of the Baptist Church" and attended church during Sundays. "My mother is now 83 years old and taught the family good values to have patience, diligence and be faithful to our Creator. We still hold the family traditions.

In 1940, his great-grandfather established a construction business, the Hanks Construction Company. They specialized in constructing residential and commercial buildings in Anderson. In the early days, houses not have electricity and his great-grandfather was the first to construct residential houses with electricity. This became the legacy of the Hanks Family Construction business. For Four generations the business existed until year 2000 when the business

ended. The next generation did not want to pursue and continue the construction business.

According to Joey, NHC community has been part of his beautiful life story where he met Julie and later became his wife. Julie worked at the NHC Medical Records. "I was captivated by her disposition on life and fell in love. Now we have three grandchildren from our children that we raised. .

Joey went to McDaffie Trade School in Anderson and took the Architectural course. His inspiration was his father and great-grandfather. Good values was instilled to him in giving dedication , honesty and do the best you can do where ever and whatever you do in life".

During his off time he enjoys home with his family enjoying the special moments with his wife and three children (two sons & a daughter) and grandchildren, going fishing and hunting ventures. The bounties of vegetable garden that Joey planted, motivated him to plant more vegetable. He said " I am proud to tell you that the truck that I am still using for my farming is my great grandfather 55-year old Sub-Farnell Truck that I restored. My pride and the true heritage of the Hanks family.

(amead)

