



Mauldin Civitan Club

P.O Box 1068
Mauldin, SC 29662

Vol. 1

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Issue 63

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NEXT MEETING

Mauldin Cultural Center
March 5, 2020 @ 12:00pm

Dues

Membership Dues for
Jan, Feb, Mar may be
mailed to:

P.O Box 1068
Mauldin, SC 29662

MAULDIN CIVITANS ARE REMINDED TO:

Maintain a Healthy Heart

February is American Heart Month — a good reminder to take time to focus on heart health and heart disease prevention. Unfortunately, heart disease can strike anyone at any time, and certain factors can make some people more likely to develop the condition than others. Risk factors for heart disease include family history, certain lifestyle behaviors like smoking and an unhealthy diet, and health issues like high blood pressure and obesity.

Here's the good news: According to the American Heart Association, up to 80% of heart disease and stroke are preventable with simple lifestyle changes. Try reducing your risk of heart disease by following these six steps that focus on a heart-healthy lifestyle.

1. **Embrace a heart-healthy diet** that includes more fruit, vegetables, lean protein and whole grains, while consuming less fat, sugar and salt. To make it easier to stick with healthier food choices, try setting aside an hour every week to plan healthy meals and snacks before creating a grocery list.
2. **Keep moving** by including physical activity in your daily routine. In addition to helping you maintain a healthy weight, regular exercise can help lower blood pressure, which is important for a healthy heart. Aim for at least 150 minutes of moderate exercise per week, or talk to your doctor about specific recommendations based on your health status.

3. **Take care of yourself** by getting enough sleep on a regular basis and taking steps to reduce stress. For a better night's sleep, try going to bed and waking up at the same time every day. Find healthy ways to manage stress like practicing deep breathing and setting aside time for activities you enjoy.
4. **Say no to bad habits** that can jeopardize your health, such as smoking, drinking too much alcohol and consuming unhealthy foods.
5. **Take care of your teeth and gums** since oral health is directly related to overall health. Be sure to brush and floss daily and visit your dentist twice a year for a routine dental exam and teeth cleaning.
6. **Maintain regular checkups** and health screenings and talk to your doctor about any unusual symptoms or health concerns. If a medical screening indicates anything outside of a healthy range, such as high cholesterol or blood pressure, ask your doctor about additional steps you can take to improve your heart health.

President's Message



I hope each of you is having a great first quarter, 2020. I want to take a moment to thank our Clergy Day Committee for doing an outstanding Job. The weather was indeed a factor in our attendance. None the less, it was a wonderful program. We are now making plans to support the March of Dimes Campaign. Remember, we have a goal to donate \$1,000. By now you should have received a link from Suzi on how you can join our page, online. We need you to ask your friends and family to make a contribution. It is truly very easy. We will take a moment to show each of you how to set up your page at our next meeting. We will have a luncheon Meeting on March 5th. I would like each of you to try to make every effort to attend. We will have our own Suzi to speak with us about Special needs adults she is working with on her job. We are looking forward to attending the Generation Group

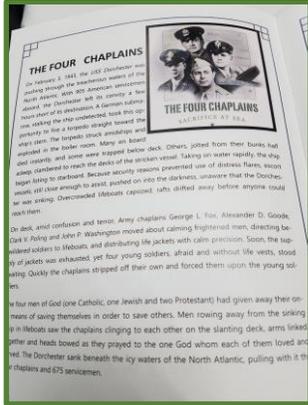
Luncheon on Wednesday, March 11, 11:45 am – 1 :00 pm. I need you to let me, or Judith, know if you plan to attend. Seating is limited, so let us know as soon as you can. We are planning some exciting things for our club. Belita and her committee have met with Mauldin High School. She will give a detailed report at our next meeting. We are looking forward to getting our foot back in the door to work with the special needs students and staff. We want to stay engaged, so we will need all hands on deck. I hope each of you will be committed to the goals and mission of Civitan.

God's Blessings,

Jimmy DuRante

Mauldin Civitan Appreciation Celebration

On February 6, 2020, the Mauldin Civitan Club celebrated its Clergy Appreciation Luncheon with several ministers from the area in attendance.

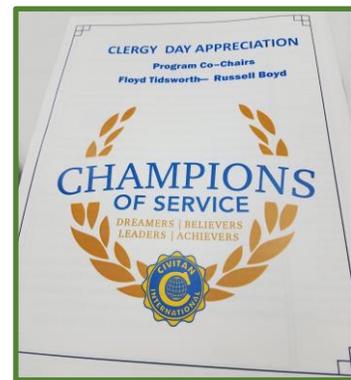
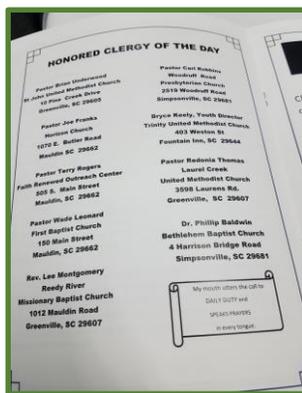


The Clergy Appreciation was inspired by the sacrifices of four chaplains of different religious beliefs, on a sinking ship during World War II which illustrated the unwavering spirit of their sacrifices. This tradition was began by the Albuquerque Civitan Club in 1960 as their first major project and later adopted by Civitan International in 1962 at the Dallas Convention. Each year the Mauldin Civitan Club honors the impact of faith and recognizes individuals in the community who exhibits the attitude of service through their daily lives.

We were honored to have Reverend Wade Leonard ...Pastor of the First Baptist Church of Mauldin, Reverend Redonia Thomas ... Pastor of the Laurel Creek United Methodist Church and the Reverend Carl Robbins... Pastor of the Woodruff Road Presbyterian Church.

The program this year was Co-Chaired by Floyd Tisdale and Russell Boyd. A special lunch was served and enjoyed by all. Following lunch each Pastor shared with us information about their church and various mission activities that they were in involved with within the community. It was inspiring to all and gave each of us a sense of further commitment to our Mission as Civitan members to building a good community through volunteer action.

A special tribute was made to the guest pastors by our club President Jimmy Durante and Past President Belita Broadus. Each was presented a gift as our expression of appreciation for their work in the church and community. Clergy Appreciation is a significant event throughout North America and observed during the first week of February.



Pastors Presenting Their Church



Rev. Leonard



Rev. Thomas



Rev. Robbins

Happy Birthday!

Betty DuRante March 2

Lee Gray March 11

Diane Staley March 15