

TREVISO TRANSITIONAL CARE



LONG-TERM CARE PLANNING MONTH

October is recognized as **National Long-Term Care Planning Month**, a time dedicated to highlighting the importance of preparing for future healthcare needs. While it may not always be easy to think about, taking steps today can make a world of difference tomorrow.

Seniors and their families are encouraged to start conversations early and make thoughtful, informed decisions about long-term healthcare options. Planning ahead not only reduces stress during unexpected situations but also ensures that personal preferences

are respected and financial security is better maintained. Whether it is discussing care options, setting up advanced directives, or exploring financial planning resources, this month is a reminder that preparation brings peace of mind. By addressing these important decisions now, seniors and their loved ones can look forward to a more comfortable and secure future.

National Long-Term Care Planning Month serves as a gentle reminder that thoughtful planning today can help ensure comfort, confidence, and peace of mind for tomorrow.



NATIONAL HEALTHCARE FOOD SERVICE WEEK

During Oct. 5-11, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Celebrate your food service workers and recognize the integral role they play in helping us stay well-nourished and healthy.



TREVISO
TRANSITIONAL CARE



HAPPY BIRTHDAY

RESIDENTS

BW B.	10/1
Jeanette B.	10/4
Hazel W.	10/4
Stephen B.	10/7
Melvin W.	10/12
Ruthie M.	10/16
Roilynn W	10/24
Earl S.	10/25
Edwin K.	10/29

STAFF

Teresa P.	10/6
Krystal D.	10/6
Jacole C.	10/9
Felicia P.	10/11
Toneika J.	10/16
Meddie B.	10/16
Elizabeth S.	10/16
Ashley M.	10/18
Gloria W.	10/18
Tomika J.	10/20
LaPorsia D.	10/29

SPECIAL EVENTS!

Downtown Sow and Seed

Cargo Out to Eat

Halloween Bingo Bash

Candy Crawl with the Silver Coalition

Treviso's Fall Fest

Spooky Dinner Night

EMOTIONAL WELLNESS MONTH: Simple Self-Care Tips

October is Emotional Wellness Month, a time to focus on caring for your mental and emotional health. It is also worth noting that **October 10 is World Mental Health Day**, a reminder that mental well-being is essential at every stage of life.

Mental health is just as important as physical health. It shapes how we think, feel, and act each day. It also influences how we manage stress, connect with others, and make decisions in challenging moments. Here are three simple ways to support your mental well-being:

1. Make Time for Self-Care: Little moments of joy can make a big difference. Read a good book, take a walk, listen to music, practice mindfulness, or enjoy a favorite hobby. Activities that bring relaxation and fulfillment can boost your mood and restore balance.

2. Stay Connected: Strong social connections are essential for emotional health. Spend time with family and friends, share meaningful conversations, and seek out community. Feeling connected helps ease loneliness and provides encouragement during difficult times.

3. Support Your Body to Support Your Mind: Your physical and mental health go hand in hand. Aim for regular exercise, a balanced diet, and plenty of rest. Moving your body releases feel-good endorphins, healthy foods fuel your brain, and good sleep keeps emotions steady.

Remember that mental health improvement is an ongoing process. **This October, take time to nurture your emotional wellness and encourage loved ones to do the same.** If challenges ever feel overwhelming, reach out to a trusted professional for guidance and support.





TRAIN YOUR BRAIN DAY ON OCTOBER 13

We always hear about the health benefits of adding physical exercise into our daily routine, but what about fitness for our brain? Keep your mind sharp by challenging yourself with brainteasers, trying new activities, and trivia. Here are some suggestions how you can start exercising your brain today!

- Solve word or number puzzles like crosswords or Sudoku
- Practice mindfulness or meditation
- Read books or articles regularly
- Play strategy games like chess, rummy or cribbage
- Learn a new hobby or skill, such as knitting or painting
- Engage in social interactions and group activities
- Listen to music
- Stay physically active with activities like walking, tai-chi, or stretching
- Volunteer or participate in community service
- Practice journaling or creative writing
- Explore brain-training apps or games
- Prioritize quality and restful sleep
- Maintain a healthy diet rich in brain-boosting nutrients*

						5	
9	5	2			3	7	
	3		4				
	2					9	6
8		4					
			1	2			
		1	2		6		8
				7			9
5		3	8	4			1

**Be sure to consult with your physician before making any changes to your diet.*

Start training your brain now!

Complete this sudoku puzzle by filling in the 9x9 grid so that each row, column, and 3x3 subgrid contains the digits 1 through 9 without repeating any numbers within the same row, column, or subgrid.



**Mary T. has been voted
Resident of the Month!**

Welcome New Staff

My name is LaKendra Baker. I am the Social Worker Assistant in Social Service Department. I graduated from Stephen F, Austin State University in 2021 with my Bachelor of Social Work. I am currently a newlywed to my wonderful husband of almost a year. I have worked at Treviso for 5 months. I love to be able to be an active listener and advocate for the residents. My compassion in the social work field is to be able to have the heart to connect with residents just by being open ear to listen to their stories of past and current memories. I take pride in my career and love what I do to make the residents feel heard.

One of my favorite scriptures is

**For I know the plans I have for you,
"declares the LORD," plans to
prosper you and not to harm you,
plans to give you hope and a future.
Jeremiah 29:11**



TREVISO

TRANSITIONAL CARE

1154 E HAWKINS PKWY
LONGVIEW, TX 75605

Admissions: 903.663.2750

trevisocare.com

ADMINISTRATIVE STAFF

Administrator

Matthew Mewborn

Director of Nurses

Sharonda Jenkins

Director of Business Development

Abraham Pina

Director of Admissions

Tiffani Taylor

Business Office Manager

Amy Epperson

Director of Talent and Learning

Miescha Golden

Assistant Director of Nurses

Jann Epps

Unit Manager

Chadarian Turner-Wendy Womack

Director of Social Services

Stephani Tiller

Case Management MDS

Anita Vogelsang- Ivy Watson

Director of Rehabilitation

Kelly Hall

Activity Director

Tosha Royal

Director of Medical Records

Alstina Blanton

Director of Housekeeping

Felicia Peoples

Dietary Manager

Jessielyn Hawkins

Director of Maintenance

Darrell Smith

Payroll Coordinator

Katherine Hall

Nurse Practitioners

Teresa Darden - Jetta Bowman

Medical Director

Dr. Perez & Dr. Davis



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



WORD LIST

AUTUMN
AWARENESS
CONNECTION
DECISIONS
EMOTIONAL
FOOD
PHYSICAL
PINK
PLANNING
PUMPKIN
SELFCARE
SPOOKY
SUPPORT
THERAPY
WELLNESS