

TREVISO TRANSITIONAL CARE



SIMPLE WAYS GRATITUDE CAN LIGHTEN HOLIDAY STRESS

November is a month full of meaning. It is **Gratitude Month**, and it also includes **Stress Awareness Day** on November 5. Both remind us that while stress is a natural part of life, gratitude can help us feel calmer, healthier, and more connected.

Gratitude does not need to be complicated. Sometimes it is the little things that matter most. A warm meal shared with family, a kind word from a friend, or a neighbor lending a helping hand can ease stress and brighten your day.

Here are a few uplifting ways to practice gratitude this season:

Unplug and Notice: Step away from the news or your devices for a while. Enjoy the crisp air and colors of fall with a walk outside, or spend a cozy afternoon with family or friends over a cup of coffee or tea.

Share Your Thanks: Let family, friends, or neighbors know you appreciate them. A smile, a short note, or a thoughtful word can mean more than you realize.

Create Moments Together: Gratitude grows in connection. Enjoy a meal around the table, play a game with grandchildren, or simply sit and talk with someone you love.

Simply Pause: Take a few deep breaths and think of one thing you are grateful for today. It could be the

comfort of your surroundings, the laughter of friends, or the support of family.

Celebrate the Everyday: Holidays are special, but gratitude also lives in daily joys. Cherish the simple moments that brighten life, like the vibrancy of fall leaves, a phone call from a neighbor, or a hug from a loved one.

As families, friends, and communities gather this November, remember that gratitude is more than a holiday tradition. It is a way to ease stress, strengthen our connections, and celebrate the joy of reaching out and appreciating one another. Wishing you a season filled with thankfulness, togetherness, and a very **Happy Thanksgiving**.





HAPPY BIRTHDAY

RESIDENTS

Ima W.	11/2
David M.	11/6
Jackie A.	11/12
Linda G.	11/12
Larry W.	11/12
Patricia G.	11/17
Sara C.	11/21
Rickey H.	11/22
Martha H.	11/26
Elizabeth W.	11/26

STAFF

Samyia W.	11/1
Amber M.	11/2
Stephanie Y.	11/2
Stephanie T.	11/6
Darrell S.	11/16
Ivy W.	11/18
Whitney T.	11/18
Tessa L.	11/20
Kaylee F.	11/23
Japheth B.	11/29

DIABETES AWARENESS MONTH: *How Diabetes Can Affect Your Feet*

Diabetes can reduce blood flow and damage nerves, making wounds more likely to get infected and harder to heal, which can increase the risk of amputation.

Anyone with diabetes can develop nerve damage, but these factors increase your risk:

- Blood sugar levels that are hard to manage
- Having diabetes for a long time, especially if your blood sugar is often higher than your target levels
- Having overweight
- Being older than 40 years
- Having high blood pressure
- Having high cholesterol

Good diabetes management habits may include:

- Check your feet every day. Use a mirror if you can't see the bottom of your feet or ask a family member to help.
- Keeping your blood sugar in your target range as much as possible
- Don't smoke. Smoking reduces blood flow to the feet.
- Follow a healthy eating plan.
- Get physically active—10 to 20 minutes a day is better than an hour once a week. And both are better than none!
- Take medicines as prescribed by your doctor.

If you have any of these symptoms, don't wait for your next appointment. See your physician or foot doctor right away:

- Pain in your legs or cramping in your buttocks, thighs, or calves during physical activity.
- Tingling, burning, or pain in your feet.
- Loss of sense of touch or ability to feel heat or cold very well.
- A change in the shape of your feet over time.
- Loss of hair on your toes, feet, and lower legs.
- Dry, cracked skin on your feet.
- A change in the color and temperature of your feet.
- Thickened, yellow toenails.
- Fungus infections such as athlete's foot between your toes.
- A blister, sore, ulcer, infected corn, or ingrown toenail.

Source: www.cdc.gov/diabetes





CRAFTING THANKSGIVING FUN TOGETHER

Gathering together for Thanksgiving is a cherished tradition that strengthens family bonds and creates lasting memories. Engaging in seasonal hands-on crafts offers a wonderful opportunity for everyone to connect, share stories, and express their creativity.

Here are some easy Thanksgiving crafts and projects that families can enjoy together over the holidays:

Handprint Turkeys: Have grandchildren place their hands in non-toxic paint and press them onto paper, then add details like googly eyes, legs and feathers using paint, markers or crayons.

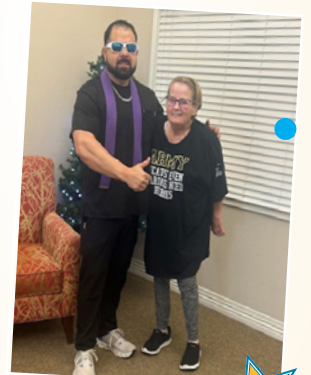
Gratitude Jars: Decorate small jars with paint, markers, or stickers. Each person can write down things they are thankful for on slips of paper and place them in the jar. These can be read together after Thanksgiving dinner.

Thankful Tree: Cut out a tree trunk and branches from brown construction paper and tape it to a wall. Have family members cut out colorful leaves and write what they're thankful for on each leaf. Attach the leaves to the tree with tape.

Fall Leaf Art: Collect colorful autumn leaves and use them to create collages or rubbings. Place a leaf under a piece of paper and rub a crayon over it to create an impression.

Short-Term Therapy Success

It's a great day here at Treviso as we celebrate the outpatient graduation of Carolyn S. This lady showed up and showed out here three times a week for the past month as she received physical therapy services and absolutely rocked it! She met all her established



goals, and we couldn't be more proud of her. It was an absolute pleasure to have met and worked with you during your rehabilitation journey.

SPECIAL EVENTS!

Thanksgiving Dinner



Family Night

Pumpkin Patch



Out to Eat at Cargo's

Welcome New Residents

Welcome to Treviso Transitional Care. We would like to personally welcome you, and your loved one, to our facility. At Treviso, it is our mission to deliver premier healthcare services. We do this through dedicated and compassionate employees, accommodating the individual needs of our residents. We offer a home-like environment where our primary focus is to ensure the quality of life that you or your loved one desires. We realize that being in a nursing facility may be an uneasy experience. Therefore, through our values of Compassion, Attitude, Respect, Excellence and Service, strive to make your stay as pleasant, comfortable, and successful as possible. These values are what drive our TEAM. We always welcome your comments and questions. Your communication is extremely valuable for us to meet all of your healthcare needs. Please do not hesitate to reach out to myself or any of our other staff members for anything you may need.



TREVISO

TRANSITIONAL CARE

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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

APPRECIATE
COLD
DIABETES
FAMILY
FEET
FOOD
GRATITUDE
HONOR
KINDNESS
MEMORY
SERVICE
STRESS
THANKFUL
TOGETHER
VETERANS