

TREVISO TRANSITIONAL CARE



The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

Simple Steps for Success

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."

- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

Need Extra Motivation?

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.

- **Motivation and Inspiration Day (January 2):**

Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

Every step, no matter how small, brings you closer to your goals.

With focus, determination, and support, this year can be your best yet!



TREVISO
TRANSITIONAL CARE



HAPPY BIRTHDAY

RESIDENTS

Margaret T. Jan. 15

Bobby B. Jan. 21

STAFF

Sangeeta S Jan. 1

Shanequa C. Jan. 6

David P. Jan. 11

Briaunna W. Jan. 14

Sakala A. Jan. 15

John M. Jan. 19

Jerica R. Jan. 26

Kimberly M. Jan. 27

Mind-Body Wellness Tips for Healthy Aging

As we celebrate International Mind-Body Wellness Day on January 3, it's a great reminder that taking care of both our mind and body is key to aging well. Here are some simple ways to stay healthy and connected that benefit both:



- **Get Up and Get Moving:** Exercise is essential at any age. A brisk 30-minute walk each day can do wonders for both your body and mind. If walking is a challenge, try seated exercises or gentle stretching. Staying active boosts your mood, keeps your body strong, and sharpens your mind.
- **Prioritize Quality Sleep:** A good night's rest is crucial for both physical health and mental clarity. Make sleep a priority, create a calming bedtime routine, and aim for 7-8 hours of sleep to recharge your body and mind.
- **Stay Connected:** Social interaction is key for mental health. Spend time with family, friends, or join group activities at your community.

Remember, be sure to consult with your physician before changing any part of your daily routine, including diet, exercise, and sleep, to know what is right for you.

Congratulations!

RESIDENT OF THE MONTH:
MABLE P.



Martin Luther King Jr. Day

Please join us as we celebrate the life and legacy of Dr. Martin Luther King Jr. on Monday, January 19, 2025.


This federal holiday honors Dr. King's remarkable achievements, including his leadership in nonviolent activism and his pivotal role in fighting racial discrimination across the United States. His contributions to equality and justice continue to inspire generations.



CHRISTMAS PARADE 2025



Short-Term Therapy Success

Mr. Sammy F. initially required maximum assistance with all daily activities, bed mobility, transfers, and gait ability and unable to ambulate. Notably, he was quiet yet diligent individual. Upon discharge, Mr. Sammy demonstrated significant improvement, now requiring only minimal assistance and successfully ambulating 125 feet X 2 with a rolling walker. It was an absolute pleasure to have met and worked with you, sir, and we extend our sincerest congratulations on your remarkable progress. We are proud of your accomplishments and remain available to support you in the future should the need arise. 



SPECIAL EVENTS!

New Years Party



Frosty Happy hour



National Spaghetti Day



Welcome New Residents

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 Managers

Chadarian Turne | 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 | Jerome Watson

Medical Directors

Dr. Perez | Dr. Earnest



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!

R	Y	I	F	A	C	T	I	V	I	T	I	E	S	V
G	J	E	H	S	U	N	W	O	R	D	S	P	F	Y
J	E	R	H	U	C	M	U	N	I	T	Y	O	F	T
A	G	Q	E	E	M	O	K	E	D	E	A	P	S	Q
Y	O	H	U	S	N	B	N	S	P	R	Z	C	K	D
U	J	P	V	A	O	W	M	N	K	F	T	O	E	M
A	G	A	Z	H	L	L	O	E	N	N	R	W	D	
L	A	K	N	Q	G	I	U	M	S	C	N	N	K	O
O	M	E	H	U	O	N	T	T	G	D	T	P	G	N
M	E	R	G	A	A	R	M	Y	I	X	G	N	Q	O
F	S	N	Z	R	L	R	N	E	H	O	I	O	J	R
J	R	E	S	Q	S	O	Y	G	P	O	N	B	C	C
W	E	L	L	N	E	S	S	Q	Q	Z	B	H	Z	Z
A	N	M	F	V	Z	S	K	P	K	K	Z	B	S	R
G	L	A	U	C	O	M	A	T	B	Q	K	N	Y	R

WORD LIST

ACTIVITIES
CONNECT
DONOR
EQUALITY
GAMES
GLAUCOMA
GOALS
HOBBY
JANUARY
KERNEL
POPCORN
RESOLUTION
UNITY
WELLNESS
WORDS