

# TREVISO TRANSITIONAL CARE



## Achieve Your New Year Goals with PURPOSE AND POSITIVITY

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.

- **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.

### 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.

**Every step, no matter how small, brings you closer to your goals. With focus, determination, and support, this year can be your best yet!**



## 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 |

## Congratulations!

### RESIDENT OF THE MONTH: MABLE P.



## 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.

## 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

1154 E HAWKINS PKWY  
LONGVIEW, TX 75605

Admissions: 903.663.2750  
[trevisocare.com](http://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. Ernest



*Stay connected.*

 HMGHealthcare

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

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 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