

# TREVISIO TRANSITIONAL CARE



## American Heart Month: Know the ABCS of Heart Health

### BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

#### Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.



Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



**A:** Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



**B:** Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



**C:** Manage your cholesterol. Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



**S:** Don't smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW today.

Source: [millionhearts.hhs.gov](http://millionhearts.hhs.gov)



## HAPPY BIRTHDAY

### RESIDENTS

Kenneth A.	2/6
Donna W.	2/6
Jose S.	2/11
Norman A.	2/21
Jacqueline R.	2/23
Paula H.	2/27

### STAFF

Izabella R	2/1
Shandra R.	2/1
LaShonda T.	2/5
La'Trese S.	2/7
Andrea B.	2/8
Kena W.	2/12
KeAmber H.	2/14
Amantha J.	2/15
Debra P.	2/17
Destiny W.	2/21
SaMonica J.	2/24

## New Years Photo Highlights



## 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.



## RANDOM ACTS OF KINDNESS DAY: FEBRUARY 17

What small act could you do today to brighten someone else's day? While money can be earned and gifts can be bought, time is priceless. Here are a few Random Acts of Kindness that can make a difference:

- **Share a smile.** It's simple but can brighten anyone's day.
- **Show appreciation.** Call, text, or meet a friend to let them know how much they mean to you.
- **Donate food or household items.** Contact a local shelter and find out what items they need and make a donation, if you are able to do so.
- **Volunteer regularly.** Spend time once a week helping at local shelter or community center.
- **Send flowers or a plant.** Brighten someone's space by sending them a bouquet or potted plant.
- **Donate blankets or pillows.** Help animals in need by donating gently used items.
- **Volunteer at a nursing home.** Share your skills: play music, be a companion, or help with crafts.
- **Write letters or make cards.** Brighten someone's day by sending a personal note.
- **Share a meal.** Invite a friend for a simple lunch or bring food to share with others.
- **Offer a helping hand.** Assist a neighbor with carrying groceries or run an errand for them.
- **Give compliments freely.** Offer genuine compliments to people around you to make them feel good.
- **Read to someone.** Spend time reading a book or article aloud to someone who might appreciate it.

These small acts can not only make someone's day but also bring joy and fulfillment to you. Take today to make a change in someone's world—and yours. A few seconds of kindness can mean the world to someone. **Be kind!**

**Congratulations!**  
RESIDENT OF THE MONTH:  
VICKI D.



## SPECIAL EVENTS!

Black History Month



Friendship Day Hand Painting  
Feb. 16th



Mardi Gras Party  
Feb. 17th



Super Bowl Watch Party  
Feb. 8th



Valentines Sock Hop  
Feb. 12th





# TREVISIO

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. Earnest



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!

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

### WORD LIST

COUPLES

EMBROIDERY

EXERCISE

HEALTH

HEART

HISTORY

KINDNESS

LIFESTYLE

LOVE

MATCH

NEEDLEWORK

PINK

RED

RISK

VALENTINE