

TREVISO TRANSITIONAL CARE



Superpowers, Strength, and Everyday Heroes

Every year on April 28, we celebrate National Superhero Day, a time to honor both the fictional heroes who inspire us and the real-life heroes who make a difference in our world. **First recognized in 1955, this day serves as a powerful reminder that courage, strength, and selflessness are qualities we all admire**, whether they exist in comic books or in everyday life.

Superheroes first soared into popularity in the 1930s and 40s, with iconic characters like Superman, Batman, Wonder Woman, and Captain America making their debut. With extraordinary abilities—flying, super strength,

invisibility, and mind-reading—these heroes became symbols of hope and justice.

While we celebrate these fictional icons, **let's also take a moment to honor the everyday heroes among us, including nurses, EMS, firefighters, police officers, and first responders.** They may not wear capes, but their superhuman strength and resilience are on display every day. Whether they're saving lives, protecting our communities, or providing care in moments of crisis, they embody the same values of courage, sacrifice, and selflessness that we admire in our favorite superheroes.

If you could have any superpower, what would it be?

The ability to heal? To fly? To be invisible? Or perhaps the strength to lift entire buildings with ease? While most of us won't develop superhuman abilities, we all possess unique strengths that have the power to create change.

There is a bit of a superhero in all of us. We may not wear capes or leap tall buildings, but through acts of kindness, resilience, and perseverance, we can make a lasting impact.

This National Superhero Day, take a moment to celebrate the heroes—both fictional and real—who inspire us to be braver, kinder, and stronger. And remember, the world could always use another hero.

Maybe that hero is YOU!



TREVISO
TRANSITIONAL CARE

STAR of the Year



Welcome New Residents

Greetings!

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.



HAPPY BIRTHDAY

RESIDENTS

| | |
|------------|----------|
| Marylyn M. | April 1 |
| Linda S. | April 3 |
| Toni R. | April 6 |
| Mable P. | April 12 |
| Jerry M. | April 23 |
| Vallie B. | April 29 |

STAFF

| | |
|---------------|----------|
| Desirai C. | April 4 |
| Chiquetlyn H. | April 6 |
| Chadarian T. | April 14 |
| Abraham P. | April 16 |
| Anthony M. | April 17 |
| Damonica S. | April 20 |
| Ashley E. | April 22 |
| Ashley L. | April 24 |
| Kymbrecia M | April 30 |

The Joy of Volunteering: Finding Purpose Through Giving Back

Studies show that volunteering can help us age better through dedicated socialization and fulfillment, increasing both happiness and self-esteem. Seniors who volunteer also experience other benefits such as better health, making friends, learning new skills, and keeping their minds sharp with new experiences.

Chili Cook Off Winner: Kristen H.



Resident
of the
Month

Jerry M.

SPECIAL EVENTS!

April Fools Bash

April 2 Easter Scavenger Hunt

April 5 Easter Program

April 9 Hairstylist Party

April 16 Fly a Kite Day Trail

April 15 Baseball Cap Show

April 22 Earth Day Event

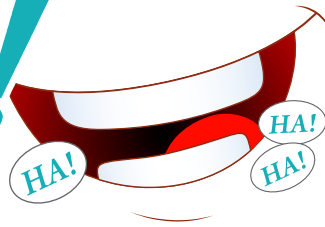
April 24 Family Game Night

April 25 Trivia Night

April 30 Country Store

Laughter!

A Simple Remedy for Stress



Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation.

Make it a habit to laugh often, whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach.

Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or lighthearted stickers. Keep a "humor file" filled with comics, memes, and jokes for an instant mood boost; one you can also share with others who might need a lift.

Best of all, laughter requires no prescription and has no side effects. If stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.

Short-Term Therapy Success

Upon admission following back surgery, Patricia P. required total assistance and was unable to sit unsupported. She has progressed to ambulating in the parallel bars



with minimal assistance. Although her journey is not yet complete, we will continue to work with her to achieve her goal of independent ambulation. On behalf of Team Treviso, we would like to congratulate her on all the progress that she's made thus far.



TREVISO

TRANSITIONAL CARE

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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 Managers

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

WORD LIST

ART
CREATE
EARTH
ENERGY
EVERYDAY
GREEN
HERO
LAUGH
PHOTO
POWER
REDUCE
STORIES
SUPER
THERAPY
VOLUNTEER