

GREEN OAKS



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.**



World Kindness Day

Here are some simple acts of kindness you can do to brighten someone's day on Kindness Day, November 13:

Compliments go a long way:

A genuine compliment can make someone's day.

Pay It Forward: Pay for the coffee or meal of the person behind you in line.



Help Someone Carry Something:

Offer to help someone struggling with heavy bags or items.

Send a Message: Text or call a friend or family member to let them know you're thinking of them.

Donate Items: Gather unused items and donate them to a local charity or animal shelter.

Hold the Door Open: Hold the door open for someone entering or exiting a building.

Write a Thank-You Note:

Tell someone (a nurse, loved one, teacher, mentor or friend) how much you appreciate them. If you're able to, tell them in person.

Smile: Simply smiling at others can spread positivity and warmth.

These small gestures can create a ripple effect of kindness and improve someone's day!

ACTIVITY HIGHLIGHTS





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.

Thanksgiving Wreaths: Use paper plates as a base for a wreath. Cut out the center and decorate the outer edge with glued on fall-themed items like leaves, acorns, and dried corn. Or simply cut out leaves and berry shapes from colorful paper and tape or glue them on.



HAPPY BIRTHDAY

RESIDENTS

Lavern B	11/3
Delmar G	11/4
Pedro C	11/8
Janette G	11/10
Jimmy B	11/17
Fran A	11/19
Aline K	11/19
Senait R	11/20
Jeffrey F	11/22
James B	11/23
Darlene C	11/23

STAFF

Clementina Oweh	11/2
Destini Johnson	11/9
Abrina Houseworth	11/15
Uchenna Chukwujama	11/26
Maleah Mendez	11/28
Noela Nousiten	11/28



SPECIAL EVENTS

November 6th 5:00 to 6:30 pm
Family Thanksgiving Dinner





GREEN OAKS
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Mea Altidor

MDS/PPS NURSE

Feleisa Barnes

MDS/PPS NURSE

Jane Gordon

HR/PAYROLL

Gennifer Puga

ADMISSIONS DIRECTOR

Morshleen Mathew

SOCIAL WORKER

Bethany Klag

BUSINESS OFFICE MANAGER

Tori Moody

MEDICAL RECORDS

Shelia Bailey

WELLNESS/ LIFE ENRICHMENT

Shannon Rindahl

DIRECTOR OF REHAB

Miguel Coleman

TREATMENT NURSE

Marcuss Paige

DIETARY MANAGER

Hersiba Ernest

DIETICIAN

Rosa Kinchen

HOUSEKEEPING DIRECTOR

Bridget Starr Clendenen

STAFFING COORDINATOR

Brandon Lucas

MAINTENANCE DIRECTOR

Alberto Mendez

WEEKEND RECEPTIONIST

Michelle French

TRANSPORTATION

Monique Johnson

LVN WEEKEND SUPERVISOR

DR Ramesh Alwarappan

MEDICAL DIRECTOR

Deme Eggins

CONCIERGE



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!

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

WORD LIST

APPRECIATE

COLD

DIABETES

FAMILY

FEET

FOOD

GRATITUDE

HONOR

KINDNESS

MEMORY

SERVICE

STRESS

THANKFUL

TOGETHER

VETERANS