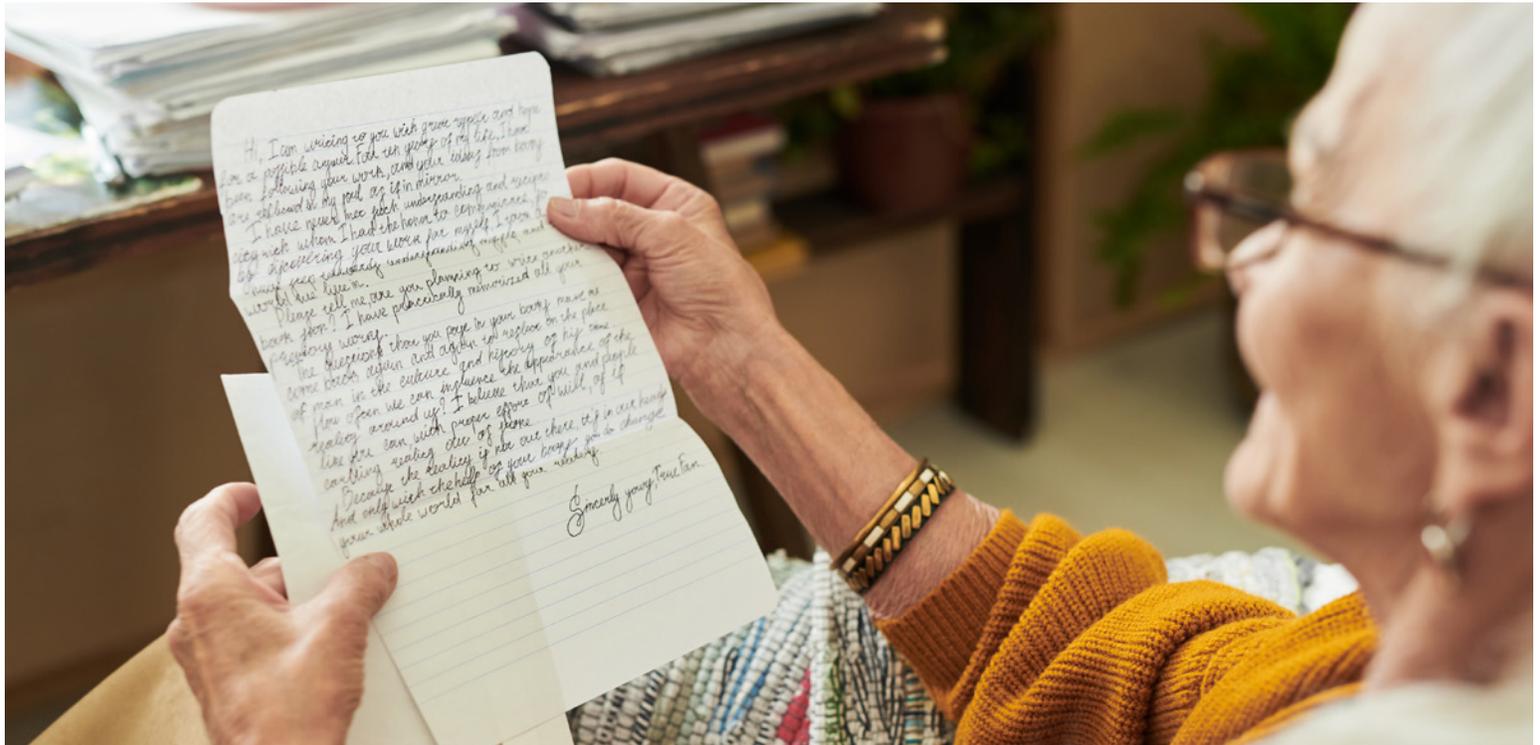


# GREEN OAKS



## Making Everyday Moments Awesome

**March 10 is National Day of Awesomeness, a day to notice the little things that make life enjoyable and to share them with others.** It's the perfect excuse to celebrate simple joys and connect with the people around you, no matter your age.

### Notice the little things

Take a few minutes today to spot moments that make you smile. Maybe it's a favorite song, a sunny spot by the window, or the smell of fresh coffee. Keep a small notepad handy and jot down

anything that sparks a happy memory or makes you chuckle.

### Reach out to someone special

Call a friend, share a funny story with a grandchild, or send a note to someone you haven't seen in a while. Even a quick chat or a shared laugh can brighten both your days. Try sending one message or making one call today to lift someone's spirits.

### Share the fun

Do something enjoyable with someone else. Read a favorite story together, play a simple game, or swap memories from the past. Ask a child or grandchild to share their favorite silly joke or story with you.

### Treat yourself

Take a moment to enjoy something that feels special to you. Indulge in a favorite treat, savor a comforting drink, listen to a song you love, or spend a few quiet minutes relaxing. Choosing a small pleasure just for yourself can lift your mood and make the day feel a little more awesome.

This National Day of Awesomeness, celebrate the everyday joys and connections that make life brighter for you and everyone around you. Small actions, shared laughs, and simple moments of fun can turn an ordinary day into something truly awesome.



# Uplift. Defend. Transform: Celebrating our Social Workers!

This year's Social Work Month theme is "Uplift. Defend. Transform." and it reflects the many ways social workers support individuals and families through compassion, advocacy, and meaningful guidance. Their work centers on strengthening well-being, protecting dignity, and helping people navigate life's changes with confidence and care.



Social workers collaborate closely with care teams to address emotional and social challenges, offering reassurance, resources, and steady support when it matters most. Through listening, problem-solving, and advocacy, they help ensure each person feels seen, heard, and valued.

During Social Work Month, we extend our sincere appreciation to the social workers who bring empathy, dedication, and heart to their work each day. Their commitment uplifts others, defends what matters most, and helps create positive, lasting change.

## ACTIVITY HIGHLIGHTS



*Superbowl Watch Party*



*Self Portrait Day*



*Make Your Own Butter Day*

## Letter from Staff

The staff at Green Oaks would like to express our deepest thanks and gratitude for the leadership of our outgoing Admin Eric Johanan. In the fast-paced world of short- and long-term care, your steady hand and genuine heart have been a constant source of support for both our team and residents. While we are sad to see him go we wish him nothing but the best. We are also thrilled to welcome our new administrator, Rachel. We are eager to introduce her to our community and begin this next chapter together.



## RECOGNIZING HEARING LOSS

World Hearing Day, observed annually on March 3, promotes ear and hearing care across the world and raises awareness of how to prevent deafness and hearing loss. If you have any of these signs or symptoms, you may have hearing loss caused by noise:

- **Speech and other sounds seem muffled**
- **Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone)**
- **Trouble understanding conversations when you are in a noisy place, such as a restaurant**
- **Trouble understanding speech over the phone**
- **Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)**

- **Asking others to speak more slowly and clearly**
- **Asking someone to speak more loudly or repeat what they said**
- **Turning up the volume of the television or radio**
- **Ringing in the ears**

Untreated hearing loss, especially in older adults, can lead to:

- **social isolation**
- **depression**
- **dementia**
- **falls (leading to injury)**
- **inability to work or travel**
- **reduced physical activity**

Don't wait until you show signs of hearing loss. Have your hearing examined by your doctor during your regular checkup. If you have any signs of hearing loss, get tested by a qualified healthcare provider.

Source: [cdc.gov](http://cdc.gov)



## HAPPY BIRTHDAY

### RESIDENTS

Sonia A.	3/1
Minnie R.	3/2
Karen S.	3/4
Charlene M.	3/9
Keith W.	3/10
Gina M.	3/13
Linda S.	3/15
Regina L.	3/17
Shirley B.	3/18

## SPECIAL EVENTS

3/3	Chinese New Year Lantern Lighting 
3/6	Cookie Social For National Cookie Day 
3/14	Pie Tasting for National Pie Day 
3/27	Activity Auction 
3/30	Gospel Jubilee Concert



**GREEN OAKS**  
NURSING AND REHABILITATION

**3033 W. GREEN OAKS BLVD.**  
**ARLINGTON TX 76016**

Admissions: 817.222.6000

info@greenoaksnursingandrehabilitation.com

**greenoaksnursingandrehabilitation.com**

## ADMINISTRATIVE STAFF

Rachel Amiri

ADMINISTRATOR

Jonica Gary

DIRECTOR OF NURSING

Nicholle Zaragoza

ASSISTANT DIRECTOR OF NURSING

Brandi Walker

ASSISTANT DIRECTOR OF NURSING

Feleisa Barnes

MDS/PPS NURSE

Jane Gordon

MDS/PPS NURSE

Kishon Johnson

RECEPTIONIST/PAYROLL

Gennifer Puga

ADMISSIONS DIRECTOR

Lotoya Davis

DIRECTOR OF BUSINESS DEVELOPMENT

Morshleen Mathew

SOCIAL WORKER

Bethany Klag

BUSINESS OFFICE MANAGER

Tori Moody

MEDICAL RECORDS

Jasmyn Garrett

DIRECTOR OF LIFE

ENRICHMENT/WELLNESS

Miguel Coleman

WOUND CARE/TREATMENT NURSE

Marquis Page

DIRECTOR OF FOOD SERVICES

Rosa Kinchen

HOUSEKEEPING DIRECTOR

Bridget Clendenen

STAFFING/CENTRAL SUPPLY

George Rodriguez

MAINTAINCE DIRECTOR

Janesia Clayton

DIRECTOR OF TALENT & LEARNING

Shailah Nusbaumer

DIRECTOR OF REHAB

Michelle French

TRANSPORTATION

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!



### WORD LIST

- ART
- AWESOME
- BOOK
- CRAFT
- DIABETES
- GREEN
- HEAR
- LISTEN
- MOMENTS
- READ
- SAINT
- SHAMROCK
- SOCIAL
- UPLIFT
- WORKER