

GREEN OAKS



TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!



Activity Photo Highlights



HAPPY BIRTHDAY

RESIDENTS

Brenda W.	10/1
Faye C.	10/3
John Julia H.	10/9
Richard A.	10/15
Constance R.	10/18
Horace R.	10/19
Joy W.	10/19
Alfred V.	10/23
Winifred L.	10/29

STAFF

Latoya Davis	10/2
Michelle French	10/3
Job Oganda	10/4
Bridget Starr Clendenen	10/8
Bethany Klag	10/12
Latoya Warren	10/12
Victoria Johnson	10/14
Hezinah Migiro	10/15
Irene Osebe	10/15
Latrice Lyons	10/24
Justus Omwenga	10/28
Jacqueline Ramos	10/29



SPECIAL EVENTS

Luby's Outing
 Halloween & Costume Party 
 Breast Cancer Awareness Month 
 Wear Pink Every Wednesday



THINK PINK THIS OCTOBER: BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a time dedicated to education, early detection, and support. Breast cancer affects hundreds of thousands of women and men each year, but when detected early, it can often be treated.

Know the Signs – Not every breast is the same, and changes are normal throughout life. Still, it's important to be aware of symptoms that may need a closer look, including:

- A new lump in the breast or underarm
- Thickening, swelling, or dimpling of breast skin
- Redness or flaky skin around the nipple
- Nipple turning inward or unusual discharge
- Any change in breast size, shape, or persistent pain

While many breast changes are not cancer, it's always best to check with a physician if you notice something new.

Early Detection Matters

- **Breast self-exams:** Starting in your 20s, regular self-checks can help you become familiar with what's normal for you.

- **Check-ups and mammograms:** Women ages 40–49 should talk with their physician about when to begin mammograms. For women 50–74 at average risk, a mammogram every two years is recommended.
- **Mammogram Day:** The third Friday in October serves as an annual reminder to schedule your screening.

Prevention and Wellness – Some risk factors like age or family history can't be changed, but healthy habits may help lower your risk:

- Maintain a healthy weight
- Stay active
- Limit alcohol
- Don't smoke
- Keep up with routine check-ups

Many people choose to wear pink throughout October as a visible sign of support. This year, **Wear Pink Day is October 25**, and many communities also encourage **"Wear Pink Wednesdays."** It's a simple way to honor survivors, remember those lost, and stand together in the fight against breast cancer.

Source: cdc.gov

Strong Bones, Steady Steps: Bone & Joint Health Week

Bone and Joint Health Week, observed October 11–18, shines a light on how we can stay active, steady, and strong as we age.

Over time, our bones naturally lose density and cartilage thins, which can lead to arthritis, back pain, or osteoporosis. These changes may cause discomfort, but there are ways to ease pain and protect mobility. Nearly 15 million adults in the U.S. live with severe joint pain, often alongside other conditions like diabetes or heart disease.

The good news is that healthy habits can make a big difference. **Activities like walking, tai chi, yoga, golf, or gentle chair exercises can improve strength, balance, and flexibility.**

Don't overlook the value of assistive devices such as canes, walkers, or supportive braces. They can reduce strain, prevent falls, and help you stay confident and independent while moving through your day.

Small steps add up, but always check with your physician or physical therapist before starting something new. Ask about a bone density test, too. Early detection can help you stay active, independent, and living life to the fullest.

Source: cdc.gov





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

Traci Binion

ASSISTANT DIRECTOR OF NURSING

Miguel Coleman

ASSISTANT DIRECTOR OF NURSING

Feleisa Barnes

MDS/PPS NURSE

Jane Gordon

MDS/PPS NURSE

Kishon Johnson

RECEPTIONIST/PAYROLL

Gennifer Puga

ADMISSIONS DIRECTOR

Latoya Davis

DIRECTOR OF BUSINESS DEVELOPMENT

Bethany Klag

BUSINESS OFFICE MANAGER

Tori Moody

MEDICAL RECORDS

Shelia Bailey

DIRECTOR OF LIFE

ENRICHMENT/Wellness

Stace Carter

WOUND CARE/TREATMENT NURSE

Marquis Page

DIRECTOR OF FOOD SERVICES

Rosa Kinchen

HOUSEKEEPING DIRECTOR

Bridget Clendenen

STAFFING/CENTRAL SUPPLY

Angel Sebron

MAINTAINCE DIRECTOR

Barry Samples

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!

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

WORD LIST

APPLE
AUTUMN
AWARENESS
BONES
BREAST
CARAMEL
CARDS
COLORS
GOURD
HEALTH
LEAVES
PUMPKIN
SCAM
SECURITY
WELLNESS