Green Oaks



Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

This year, take a moment before the meal to share with your family what you're thankful for. Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!

GREEN OAKS
NURSING AND REHABILITATION



Happy Birthday

RESIDENTS

Delmar G.	11/4
Darrell C.	11/08
Marilyn G.	11/17
James B.	11/23
Pedro C.	11/29
Cecile Y.	11/29

STAFF

Clementina Oweh	11/2
Morgan Mcgee	11/7
Shantele Gaines	11/13
Marcia Turner	11/14
Etulan Eunice Turnah	11/15
Adetunji Olufunmi	11/16
Raniya James	11/22
Noela Nousiten	11/28
Maleah Mendez	11/28
Kenicia Sample	11/29



SPECIAL EVENTS

11/13 Tag Dancers at 2pm

Family Thanksgiving Dinner



Alzheimer's Awareness Month:
What to Know About Memory Changes

Memory naturally changes as we grow older, but significant memory loss that interferes with daily life is not a normal part of aging. Alzheimer's disease affects areas of the brain that control thought, memory, and language, and can make everyday tasks challenging. If you, a family member, or loved one notice one or more of the following early signs of Alzheimer's disease, consider reaching out to your physician right away to understand what's causing them:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work, or at leisure
- Confusion with time or place
- New problems with words in speaking or writing
- Trouble understanding visual images and spatial relations
- Misplacing things and not being able to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities

Source: cdc.gov



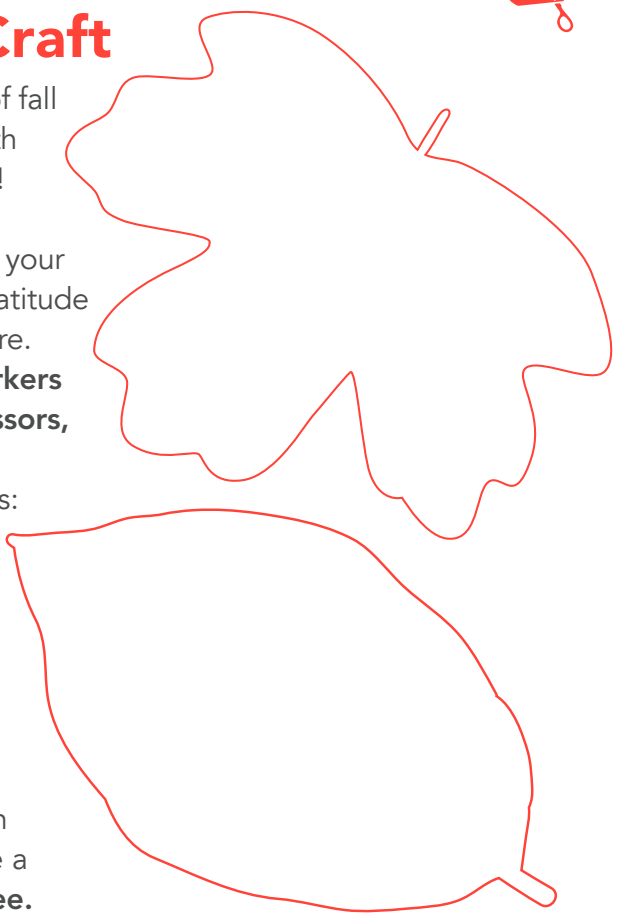
Gratitude Craft

Add a personal touch of fall décor to your space with a simple gratitude craft! Using the leaf shapes provided as a guide (or your own), create colorful gratitude leaves to display or share. **You'll need paper, markers or colored pencils, scissors, and glue.**

Write messages such as:

I'm Grateful for...
Blessed & Thankful
I'm Thankful for...
Be Thankful.
I Appreciate...

Decorate your leaves, then hang them as autumn décor or bunch them together to make a beautiful **Gratitude Tree.**





Celebrating Family, Food, & Flavors:

November's Delicious Traditions

November is a month for gathering with loved ones, sharing meals, and making memories, especially around the table. **This month is filled with fun food-related observances that are perfect for sparking conversation, trying something new, or celebrating your favorites.** The month kicks off on **November 2 with Deviled Egg Day**, a nod to the creamy, tangy favorite appetizer that often graces holiday spreads alongside mashed potatoes, sweet potatoes, and green bean casserole. **Sandwich Day on November 3** is another chance to get creative with simple favorites or reinvent a classic with your own twist. Mid-month, we can enjoy **Pickle Day on the 14th**, **Homemade Bread Day on the 17th**, and **Apple Cider Day on the 18th**, which are perfect excuses to share a snack, swap recipes, or try something new. As Thanksgiving approaches, **Stuffing Day on the 21st** and **Eat Cranberry Day on the 23rd** remind us of the classic flavors that make the holiday so special. **Of course, there are many more food observances in November, but our dinner table and this page are not big enough to fit them all!** These food celebrations are more than tasty. They are invitations to share stories and laughs. As you gather with loved ones, friends, and family this Thanksgiving, take a moment to reflect and ask each other: ***What is your favorite Thanksgiving dish? Ham, turkey, or both? Will you be bold and try something new this year, or stick with your favorites?*** Is there a certain something you look forward to each Thanksgiving or holiday season? ***What is your silliest Thanksgiving meal memory?*** **From deviled eggs to cranberry sauce and everything in between, November invites us to celebrate favorite foods, try something unexpected, and make every meal a memory with those we love.**

VETERANS DAY

Honoring Those Who Serve on November 11

Today we honor the courage, dedication, and sacrifice of the men and women who have served our country. Veterans Day is more than a date—it's a moment to reflect, remember, and show our gratitude.

Ways to honor veterans:

- **Wear pins, clothing, or accessories that show support**
- **Donate to organizations that assist veterans or active-duty service members**
- **Share a meal, coffee, or kind gesture with a service member**
- **Send a letter, text, or care package**
- **Visit a memorial or cemetery to pay respects**

This day is also a chance to connect with family and friends. Share stories of loved ones who served, reflect on the freedoms their service protects, or create a small tribute together. This Veterans Day, reach out, reflect, honor and take a moment to thank a veteran.



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

TBD
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

Alaina Brackenridge
Social Worker

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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!

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

WORD LIST

AUTUMN
FAMILY
FOOD
GRATITUDE
HONOR
KINDNESS
LEAVES
MEAL
MEMORY
REMEMBER
SHARE
SUPPORT
THANKS
TURKEY
VETERAN