

GULF POINTE PLAZA



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.**



HAPPY BIRTHDAY

RESIDENTS

Marilyn S.	11/6
Miguel A.	11/19
Louise W.	11/26
Delia K.	11/29

STAFF

Michelle	11/9
Adrianna	11/16
Frances	11/23

EMPLOYEE OF THE MONTH

Archie A.



RESIDENT OF THE MONTH

Betty S.



SPECIAL EVENTS

11/11	Veterans Luncheon
11/19	Resident Council
11/20	Thanksgiving Family Night
11/21	Cooking with Activities
11/28	Resident Birthday Bash

DIABETES AWARENESS MONTH: *How Diabetes Can Affect Your Feet*

Diabetes can reduce blood flow and damage nerves, making wounds more likely to get infected and harder to heal, which can increase the risk of amputation.

Anyone with diabetes can develop nerve damage, but these factors increase your risk:

- Blood sugar levels that are hard to manage
- Having diabetes for a long time, especially if your blood sugar is often higher than your target levels
- Having overweight
- Being older than 40 years
- Having high blood pressure
- Having high cholesterol

Good diabetes management habits may include:

- Check your feet every day. Use a mirror if you can't see the bottom of your feet or ask a family member to help.
- Keeping your blood sugar in your target range as much as possible
- Don't smoke. Smoking reduces blood flow to the feet.
- Follow a healthy eating plan.
- Get physically active—10 to 20 minutes a day is better than an hour once a week. And both are better than none!
- Take medicines as prescribed by your doctor.

If you have any of these symptoms, don't wait for your next appointment. See your physician or foot doctor right away:

- Pain in your legs or cramping in your buttocks, thighs, or calves during physical activity.
- Tingling, burning, or pain in your feet.
- Loss of sense of touch or ability to feel heat or cold very well.
- A change in the shape of your feet over time.
- Loss of hair on your toes, feet, and lower legs.
- Dry, cracked skin on your feet.
- A change in the color and temperature of your feet.
- Thickened, yellow toenails.
- Fungus infections such as athlete's foot between your toes.
- A blister, sore, ulcer, infected corn, or ingrown toenail.

Source: www.cdc.gov/diabetes





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.

WELCOME NEW RESIDENTS

Pricilla S.	Loretta M.	Elizabeth H.
Larrine R.	Delbert K.	Lanny C.
Terry F.	Candelaria A.	Richard G.
Stephanie T. L.	Ann B.	SaraLee S.
Shirley B.	Lupe M.	



Therapy Success Story

ADMISSION & TREATMENT:

Patricia B. is an 83 y/o Med. A patient who was admitted to Gulf Pointe Plaza on 7/29/25

and was discharged on 8/12/25. Ms. B. was brought to us from the hospital after having some sharp pains throughout her body.

The therapy team at Gulf Pointe evaluated Ms. B. on day two of her visit. Starting out, she required moderate assistance with all mobility. She also required moderate assistance with most self-care tasks. Her goal was to regain her independence and go home. The rehab team at Gulf Pointe helped her achieve that goal.

AT DISCHARGE: Following a 14-day skilled stay with therapy services, Ms. B. is now independent in all mobility tasks! She did a great job with therapy in gaining strength and regaining balance! Additionally, she now completes all self-care tasks independently.

Ms. Bills was successfully discharged and will continue with Home Health Services.

It is always a pleasure when a family trusts us with the care of their loved ones! With quality care and client-centered focused goals, Ms. B. is a true testimonial story of the positive outcomes produced at Gulf Pointe Plaza!



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ADMINISTRATIVE STAFF

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ASSIST. DIRECTOR OF NURSING

Kathryn Perley
BUS. DEVELOPMENT DIRECTOR

Ronnie Medina
ADMISSIONS DIRECTOR

Adrienne Solis
BUSINESS OFFICE MANAGER

Pam Armentor
MDS COORDINATOR NURSE

Jimmi Vasquez
REHAB DIRECTOR

Victoria Tomblin
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Betty Baker
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Ruben Hernandez
MAINTENANCE MANAGER

Griselda Garcia
SOCIAL WORKER

TBA
PAYROLL/AP/RECEPTIONIST

Sinal Patel
MEDICAL RECORDS/
UNIT MANAGER

Valerie Crane
DIRECTOR OF TALENT & LEARNING

Melody Dayhoff
WOUND CARE NURSE

Cecilia Garcia
HOUSEKEEPING/LAUNDRY SUP.



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