Gulf Pointe Plaza



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!

GULF POINTE PLAZA
NURSING & REHABILITATION



Happy Birthday

RESIDENTS

Miguel A.	11/19
Louise W.	11/26
Iva H.	11/28
Delia K.	11/29

STAFF

Michelle McClaugherty	11/9
Melody Knittel	11/10
Heather Paredez	11/15
Frances McNutt	11/23
Elizabeth Garza	11/26

Special Events



11/6 Taste The Flavor



11/11 Veterans Appreciation Breakfast

11/19 Annual Thanksgiving Family Night



11/20 Taste The Flavor

11/26 Macy's Thanksgiving Day Parade & Pastry



11/27 Resident Birthday Bash

11/30 Resident Council Meeting

Thanksgiving Invite

November 19 - 6:00-8:00pm.

You're invited to our Annual Residents Family Night & Thanksgiving Meal.

Please RSVP with our Activities Director LeeAnn by 11/9/2026. Thank you!!!

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



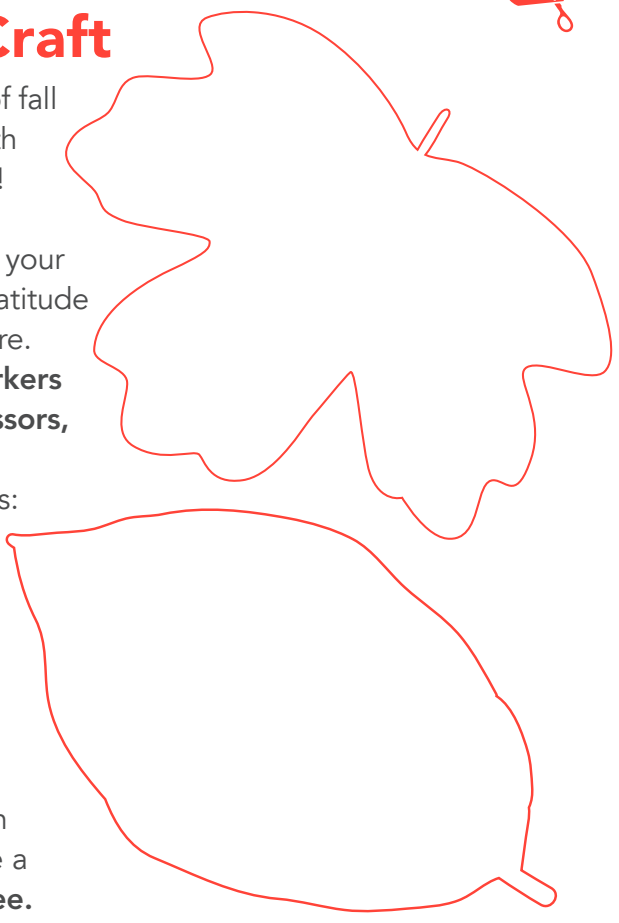
Gratitude Craft

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.



GULF POINTE PLAZA
NURSING & REHABILITATION

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Michael Higgins
Administrator

Shea Davis
Director of Nursing

Kenneth Davis
Assist. Director of Nursing

Kristle Salazar
Bus. Development Director

Ronnie Medina
Admissions Director

Adrienne Solis
Business Office Manager

Pam Armentor
MDS Coordinator Nurse

Jimmi Vasquez
Rehab Director

LeeAnn White
Activities Director

Betty Baker
Dietary Manager

Ruben Hernandez
Maintenance Manager

Sylvia Barrera-Wiginton
Social Worker

Valerie Barton
Payroll/AP/Receptionist

Beth Haynes
Medical Records/
Unit Manager

Valerie Crane
Director of Talent & Learning

Amanda Lockwoodf
Wound Care Nurse

Cecilia Garcia
Housekeeping/Laundry Sup.

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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
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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