

MISSION



LONG-TERM CARE PLANNING MONTH

October is recognized as **National Long-Term Care Planning Month**, a time dedicated to highlighting the importance of preparing for future healthcare needs. While it may not always be easy to think about, taking steps today can make a world of difference tomorrow.

Seniors and their families are encouraged to start conversations early and make thoughtful, informed decisions about long-term healthcare options. Planning ahead not only reduces stress during unexpected situations but also ensures that personal preferences

are respected and financial security is better maintained.

Whether it is discussing care options, setting up advanced directives, or exploring financial planning resources, this month is a reminder that preparation brings peace of mind. By addressing these important decisions now, seniors and their loved ones can look forward to a more comfortable and secure future.

National Long-Term Care Planning Month serves as a gentle reminder that thoughtful planning today can help ensure comfort, confidence, and peace of mind for tomorrow.



NATIONAL HEALTHCARE FOOD SERVICE WEEK

During Oct. 5-11, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Celebrate your food service workers and recognize the integral role they play in helping us stay well-nourished and healthy.



MISSION
NURSING AND REHABILITATION CENTER



ACTIVITY HIGHLIGHTS

HAPPY BIRTHDAY

Staff

Jessica Renee G.	10/04
Aracely Paola R.	10/10
Daniel R.	10/12
Emmanuel L.	10/19
Sally G.	10/21
Leonel L.	10/26
Viridiana S.	10/29



WELCOME NEW RESIDENTS

New residents have joined our secured unit, and we could not be happier to have them be part of our family.



A Letter from Administrator

Please make plans to attend our **Fall Festival on Thursday October 23, 2025**, we will be showing *The Nightmare before Christmas* in our secured unit patio, games, and food for all the family. We will have booths handing out candy for the children, please come dressed in family-friendly costumes. We hope you can join us for an amazing time.

A vibrant Halloween-themed poster for a movie night. The background is dark purple with orange spider webs. At the top, the words "HALLOWEEN MOVIE NIGHT!" are written in a large, stylized font. Below the text, there are several Halloween icons: a witch's hat, a cauldron with green smoke, a ghost, pumpkins, candy, and a skull. At the bottom, there is a movie clapperboard and a ticket stub that says "TICKET ADMIT ONE".

Join Us for an Exciting Halloween Movie Night,
Costume Contest, Food, and a lot of candies!

Open Doors at 6:00 PM – 9:30 PM
Secured Unit Patio

THURSDAY, OCTOBER 23, 2025

Short-Term Therapy Success

ADMISSION & TREATMENT: Yolanda Montoya is a 75-year-old female admitted to Mission Nursing and Rehab on 8/9/2025 for physical therapy and occupational therapy services. Yolanda presented with decline in functional mobility, decreased strength, reduced activity tolerance, and impaired static and dynamic balance following a recent hospitalization for sepsis and metabolic encephalopathy.

Her initial PT assessment indicated impairments in bilateral lower extremity strength, activity tolerance, and balance affecting bed mobility, transfers, and ambulation. The occupational therapy evaluation revealed impairments in coordination, balance, and activity tolerance.

During the PT evaluation, Yolanda required contact guard assistance with bed mobility and transfers. She was able to ambulate 40 feet with walker. The OT evaluation indicated patient required supervision for grooming and hygiene, moderate assistance for bathing and toileting, minimal assistance for upper body dressing, and maximum assistance for lower body dressing.

AT DISCHARGE: Following her stay at our skilled nursing facility. Ms. Yolanda Montoya made significant improvements in physical therapy by achieving her goal of walking 300ft with a four-wheeled walker with supervision!

Additionally, she is now able to bathe with supervision and dress herself independently.

Strong and determined, Ms. Montoya was successfully discharged home to continue her progress with home health therapy.

With quality care and client centered focused goals, Ms. Montoya is a true testimonial story of the positive outcomes achieved at Mission Nursing and Rehab.





NURSING AND REHABILITATION CENTER

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Recommended Visiting Hours: 8:00am to 8:00pm

Celebrating Physical Therapy Month

October is **Physical Therapy Month**, a time to recognize the incredible work physical therapists do to help people regain strength, mobility, and confidence. Physical therapy is an important part of rehabilitation, helping individuals build strength, improve mobility, and regain independence in daily activities.

Physical therapy benefits include:

- **Enhanced ability to walk and move safely**
- **Regained stamina and strength**
- **Improved balance and mobility**
- **Pain management**
- **Greater independence**

Thanks to their skill and dedication, physical therapists help people regain independence, move with confidence, and enjoy a better quality of life.



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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!

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

WORD LIST

AUTUMN
AWARENESS
CONNECTION
DECISIONS
EMOTIONAL
FOOD
PHYSICAL
PINK
PLANNING
PUMPKIN
SELFCARE
SPOOKY
SUPPORT
THERAPY
WELLNESS