

MISSION



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.**



MISSION
NURSING AND REHABILITATION CENTER



HAPPY BIRTHDAY

Staff

Khrisine Camins	11/04
Elisa Larson	11/05
Cindy Ramirez	11/17
Lizbeth Meza	11/22
Maria Bravo	11/23

A Letter from Administrator

The month of November is very dear and special to us as it reminds us to give thanks for all the blessings we have. It is the little things that motivate us to continue moving forward daily and we tend to lose sight of that. I invite everyone to take the time and reflect on the little things you are thankful for this year. I want to thank all our employees; they play an enormous role in our main objective here which is to "Take care of people". I also want to thank our lovely residents that give meaning to our objective; we would not be here if it was not for them. Our resident's loved one and our vendors that also play part of our lovely family here at Mission Nursing and Rehabilitation Center, thank you.

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



ACTIVITY HIGHLIGHTS

We had a blast celebrating Fall Prevention week! We celebrated with a fun game of jeopardy, a scavenger hunt, and a contest. We also managed to drastically change our numbers by over half!

Our Region Champs belt made a way to our facility for some nice bragging rights pictures with our staff.

Late September we celebrated our Environmental team, and, in this October, we enjoyed doing the same for our Dietary team.



ALZHEIMER'S DISEASE AWARENESS MONTH: IS IT AGING OR ALZHEIMER'S?

It can be challenging to determine whether forgetfulness is due to normal aging or early signs of Alzheimer's. If you or a loved one notice any of the following signs, it's essential to schedule an appointment with a memory care specialist or a primary care physician:

- Frequent memory loss of new information
- Trouble with communication, using odd descriptions for simple words
- Difficulty completing everyday tasks
- Ignoring activities of daily living
- Misplacing items in strange places (i.e., ice cream in the oven)
- Getting lost in familiar areas
- Impaired judgment (i.e., wearing inappropriate clothing for the weather)
- Unexplained mood swings or personality changes
- Loss of initiative or disengagement from activities



VETERANS DAY: NOVEMBER 11

**Thank You To All
Who Have Served**



NURSING AND REHABILITATION CENTER

1013 S. BRYAN ROAD
MISSION, TX 78572

Admissions: 214.316.8114

info@missionnursingandrehabilitation.com

missionnursingandrehabilitation.com

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

November is Family Caregivers Month

This November, we celebrate the dedication of family caregivers. Caring for a loved one is rewarding but can also be exhausting, which is why self-care matters.

Taking breaks, planning a vacation, or enjoying small moments for yourself helps reduce stress and recharge your mind and body. Caregivers often hesitate to ask for help, but support is available. Local groups and respite programs can provide care for your loved one while you take time to rest.

Let's honor caregivers not only for all they do, but also by remembering that taking care of yourself is an essential part of caring for others.



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