

GULF POINTE VILLAGE



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

Ray H 11/10
Helen C 11/14

ACTIVITY HIGHLIGHTS!



WELCOME NEW RESIDENTS

Ann W

EMPLOYEE OF THE MONTH

Leticia R



RESIDENT OF THE MONTH

Sylvia M



SPECIAL EVENTS

Resident's Council Meeting
3:30p on 11/03

Veteran's Day Ceremony



11:00a on 11/11

Resident's Birthday Celebration
2:30p on 11/20



Resident's Out to Lunch
11:00a on 11/25

Thanksgiving Dinner
12:00 on 11/27



NATIONAL ASSISTED LIVING WEEK

The week of September 7-13 was National Assisted Living Week and we had a great time and lots of activities here at Gulf Pointe Village. Each day was a different theme- "Crazy Hat Day", "Hobo Day", "Circus Day", "EMS Appreciation Day" and ending with a "50's Prom". Our residents and their families enjoyed a night of dancing, dining and the crowning of the 2025 Gulf Pointe Village Prom Queen and King. The Prom

Queen was Frances W and the Prom King was James P.



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**



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ADMINISTRATIVE STAFF

ADMINISTRATOR

Pam Wilcox

DIRECTOR OF NURSING

Linda Russell

ACTIVITY DIRECTOR

Shannon Carney

DIETARY MANAGER

Mark Solis

MAINTENANCE

Curtis McGehee

CARE ATTENDANTS

Pat Torres

Janie Kaczmarek

Leticia Rivero

Crystal Wilcox

Nancy Breaux

Diane Pareda

Mary Baizabal

Courtenay Bowman



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