

DEERBROOK



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.**



SKILLED NURSING & REHABILITATION

Short-Term Therapy Success

Gait (walking) is a crucial component to regaining one's independence. When someone loses the ability to walk, it can cause impairments to every system in your body. Our Therapy team at Deerbrook are excellent in coming up with creative ways to help patients achieve their ambulation goals. Pictured below are Adrian Rodriguez, PTA, Daniel Garza, PTA & DOR, and a patient with hemiparesis (weakness on one side of your body). Adrian and Daniel came up with a way to help this patient advance his affected leg while ambulating. Great job, team!!



FALL FEAST!

Fall Feast for residents, staff,
and families November 20th, 2025
at 12PM.

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.

Thanksgiving Wreaths: Use paper plates as a base for a wreath. Cut out the center and decorate the outer edge with glued on fall-themed items like leaves, acorns, and dried corn. Or simply cut out leaves and berry shapes from colorful paper and tape or glue them on.



HAPPY BIRTHDAY

RESIDENTS

Earline A.
Carmen G.
San Juana M.
James T.

William C.
Darryl J.
Anita T.

STAFF

Rogers, Kenetha	11/3
Emelumgini, Uchechukwu	11/10
Davis, Terelyn	11/10
Roberson, Aleshia	11/11
Coley, Cicely	11/14
Mott, Kristiana	11/15
Pritchard, Kenisha	11/18
James, Amber	11/20
Jackson, Laurie	11/30

Letter from Administrator

Thank you for choosing Deerbrook Skilled Nursing & Rehabilitation. We are honored that you trust us in caring for your loved one. Deerbrook takes pride in providing positive resident outcomes, whether you choose us for a Short Term stay for Therapy or a longer stay. We take pride in the longevity of our staff, the care and friendliness that they provide for everyone that walks through our doors. Please feel free to stop by anytime to visit, take a tour or just come in and enjoy a cup of coffee and great company.

Genevieve Gonzales, Administrator





SKILLED NURSING & REHABILITATION

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ADMINISTRATIVE STAFF

ADMINISTRATOR

Genevieve Gonzales

DIRECTOR OF NURSING

Sheryl Dykes

ASST. DIRECTOR OF NURSING

Jessica Galindo, RN

UNIT MANAGER

Quineyia "Niecy" Jones

DIRECTOR OF TALENT & LEARNING

Debra Verrett

PAYROLL/ RECEPTION

Terelyn Davis

STAFFING COORDINATOR

Jametra Autry

BUSINESS OFFICE DIRECTOR

Karri Dodson

MARKETING DIRECTOR

Devin Johnson

ADMISSIONS COORDINATOR

Quartisha Adams

ACTIVITY DIRECTOR

Vernice Phillips

SOCIAL SERVICE DIRECTOR

Danielle Washington

MDS/PPS DIRECTOR

Jennifer Watson

MEDICAL RECORDS DIRECTOR

Shajuana Coleman

CENTRAL SUPPLY

Ciara Brooks

MAINTENANCE DIRECTOR

Kevin Morris



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