

STALLINGS COURT



TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!



HAPPY BIRTHDAY

RESIDENTS

Joyce J	10/11
Lyndon D	10/13
Myrtle P	10/14
Donna A	10/17
Cindy P	10/21
Linda C	10/24

STAFF

Alexandria Pope	10/2
Alisha Jones	10/5
Ashley Randle	10/7
Jalyric Porter	10/10
Karetha Ross	10/19
Leatha Hall	10/28

A LETTER FROM THE ADMINISTRATOR

Dear Residents, Families, and Team Members,

As we welcome another month, I would like to take a moment to express my sincere appreciation to everyone who makes our community feel like home.

To our residents, thank you for allowing us the privilege of being part of your lives. Your stories, smiles, wisdom, and unique personalities bring so much meaning to our community. To our families, thank you for your continued trust, support, and partnership. Your involvement is an important part of the care and well-being of your loved ones.

I also want to recognize our dedicated staff for the compassion, patience, and commitment you demonstrate every day. The

care you provide goes beyond daily tasks—it is about creating meaningful connections, preserving dignity, and helping each resident feel valued and respected.

As we begin this new month, let us continue to focus on kindness, connection, and creating special moments together. We look forward to another month filled with activities, celebrations, laughter, and opportunities to make wonderful memories.

Thank you for being such an important part of our community. Wishing everyone a happy, healthy, and fulfilling month ahead!

Warmly,

Jessica Davis

Nursing Home Administrator

Special Event

Oct. 14 Ribbon Cutting
at 4:30pm

HAPPY HALLOWEEN



What color are your pumpkins?

Grab your crayons or markers and bring these pumpkins to life! Go classic with orange, try pink or blue for a twist, or mix up a whole rainbow. There's no right or wrong—just have fun!

Coloring Fun!





THINK PINK THIS OCTOBER: BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a time dedicated to education, early detection, and support. Breast cancer affects hundreds of thousands of women and men each year, but when detected early, it can often be treated.

Know the Signs – Not every breast is the same, and changes are normal throughout life. Still, it's important to be aware of symptoms that may need a closer look, including:

- A new lump in the breast or underarm
- Thickening, swelling, or dimpling of breast skin
- Redness or flaky skin around the nipple
- Nipple turning inward or unusual discharge
- Any change in breast size, shape, or persistent pain

While many breast changes are not cancer, it's always best to check with a physician if you notice something new.

Early Detection Matters

- **Breast self-exams:** Starting in your 20s, regular self-checks can help you become familiar with what's normal for you.

- **Check-ups and mammograms:** Women ages 40–49 should talk with their physician about when to begin mammograms. For women 50–74 at average risk, a mammogram every two years is recommended.
- **Mammogram Day:** The third Friday in October serves as an annual reminder to schedule your screening.

Prevention and Wellness – Some risk factors like age or family history can't be changed, but healthy habits may help lower your risk:

- Maintain a healthy weight
- Stay active
- Limit alcohol
- Don't smoke
- Keep up with routine check-ups

Many people choose to wear pink throughout October as a visible sign of support. This year, **Wear Pink Day is October 25**, and many communities also encourage **"Wear Pink Wednesdays."** It's a simple way to honor survivors, remember those lost, and stand together in the fight against breast cancer.

Source: cdc.gov

Strong Bones, Steady Steps: Bone & Joint Health Week

Bone and Joint Health Week, observed October 11–18, shines a light on how we can stay active, steady, and strong as we age.

Over time, our bones naturally lose density and cartilage thins, which can lead to arthritis, back pain, or osteoporosis. These changes may cause discomfort, but there are ways to ease pain and protect mobility. Nearly 15 million adults in the U.S. live with severe joint pain, often alongside other conditions like diabetes or heart disease.

The good news is that healthy habits can make a big difference. **Activities like walking, tai chi, yoga, golf, or gentle chair exercises can improve strength, balance, and flexibility.**

Don't overlook the value of assistive devices such as canes, walkers, or supportive braces. They can reduce strain, prevent falls, and help you stay confident and independent while moving through your day.

Small steps add up, but always check with your physician or physical therapist before starting something new. Ask about a bone density test, too. Early detection can help you stay active, independent, and living life to the fullest.

Source: cdc.gov





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5 STAR OVERALL



FIVE STAR



QUALITY MEASURES

CMS.GOV

ADMINISTRATIVE STAFF

ADMINISTRATOR

Jessica Davis

DIRECTOR OF NURSING

Joneshia Cranford

ASSISTANT DIRECTOR OF NURSING

Veronica Tipps

SOCIAL WORKER

Lori Carrington

BUSINESS MANAGEMENT

Candice Allen

DIRECTOR OF BUSINESS DEVELOPMENT

Kelby Bell

ADMISSIONS DIRECTOR

JaLyric Porter

DIRECTOR OF REHAB

Maria Dominguez

ACTIVITIES DIRECTOR

Bobbi Launis

HOUSEKEEPING

Latedra Gipson

DIETARY

James Hood

MAINTENANCE

Tommy Wigington



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!

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

WORD LIST

APPLE
AUTUMN
AWARENESS
BONES
BREAST
CARAMEL
CARDS
COLORS
GOURD
HEALTH
LEAVES
PUMPKIN
SCAM
SECURITY
WELLNESS