



YUMA

Nursing Center

WELCOME TO OUR

Fall & Winter Newsletter



As the seasons change, we are excited to share the latest happenings here at Yuma Nursing Center & Rehab! In this edition, you'll find highlights from our recent celebrations, upcoming holiday events, and resident spotlights.

From festive fall activities to cozy winter gatherings, we are proud to create joyful moments and meaningful connections with our residents, families, and community.

We hope this newsletter keeps you informed, inspired, and connected as we move into this wonderful time of year together.



In this newsletter you will find:

Upcoming events, Photo Highlights, and more! Keep Reading!

WE ARE PROUD TO
ANNOUNCE OUR
PARTNERSHIP WITH THE VA!



We are beyond pleased to share that Yuma Nursing Center & Rehab is now officially contracted with the **U.S. Department of Veterans Affairs**. This partnership allows us to better serve the men and women who have selflessly served our country by providing them with access to the skilled nursing and rehabilitation services they need and deserve. We are honored to support our Veterans and look forward to welcoming them and their families with the compassion, respect, and quality care we extend to all our residents. It is such a privilege to give back to those who have given so much. To learn more, please contact us at 928-726-6700.

Features:

ALZHEIMER'S WALK

We are thrilled to announce that we will be Walking to End Alzheimer's on November 15th, 2025.

Please join us as we stand together in support of Alzheimer's awareness and research. Your participation helps bring hope and strength to so many touched by this disease.

You can join us by **signing up with the QR code**, or by visiting

<https://act.alz.org>

We hope to see you there!

FALL PREVENTION & WINTER SAFETY REMINDERS

Falls are one of the most common causes of injury in older adults, but many can be prevented with simple precautions. Here are some ways to stay safe:

- **Wear sturdy, non-slip shoes** both indoors and outdoors.
 - **Keep walkways clear** of clutter, cords, and loose rugs.
 - **Use handrails and grab bars** when available.
 - **Take your time** when getting up from a bed or chair.
 - **Stay active** with gentle exercises to improve balance and strength.
 - **Have regular vision and hearing checks** to stay aware of your surroundings
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- **Stay warm:** Even mild desert nights can get chilly- wear layers to stay comfortable.
 - **Stay hydrated:** The desert air is dry year-round; continue to drink water regularly.
 - **Watch outdoor surfaces:** Early mornings can bring dew or frost that makes walkways slippery.
 - **Plan for shorter days:** Use good lighting indoors and outdoors as evenings arrive earlier.
 - **Holiday safety:** Be mindful of decorations, cords, and busy walkways during the season.





Coming Up

We are very much looking forward to sharing a season full of meaningful events, celebrations, and community connections. Mark your calendars and join us as we celebrate together:

- Halloween Trick-or-Treat- Bring your little ghosts and goblins for some family-friendly fun! Trick-or-treating will take place here at **Yuma Nursing Center & Rehab on Saturday October 25th from 2-4pm**, as well as at **Exceptional Community Hospital on October 29th, from 5:30-7:30pm**, and at **Yuma Senior Living on October 31st from 6-8pm**.
- Yuma Chamber of Commerce Community Expo- Come visit us at this exciting local event on **October 25th from 8am-2pm** located at the Civic Center.
- Yuma County Health & Wellness Fair- We're proud to be part of this county-wide event focused on healthy living, education, and resources to support our residents and families. This will take place on **October 29th from 8am-12pm**.
- Fort Yuma Health & Wellness Fair- Stop by the Ft Yuma Health Care Center and say hello on **November 1st from 11am-3pm**.
- Welcome Back Winter Visitor Bash- As the weather cools, we're thrilled to welcome back our winter visitors with a celebration full of fun, friendship, and community spirit on **December 10th from 9am-1pm**.

WE LOOK FORWARD TO SEEING YOU AT THESE EVENTS AND SHARING THIS WONDERFUL SEASON TOGETHER!

Come visit us at any SBHIS Health Fair!

COME BY AND SAY HI.

We love connecting with our community! Stop by our booth at the health fairs we attend- we'd love to meet you, share what we do, and answer any questions you may have about our facility. Don't forget to grab some goodies while you're there!

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