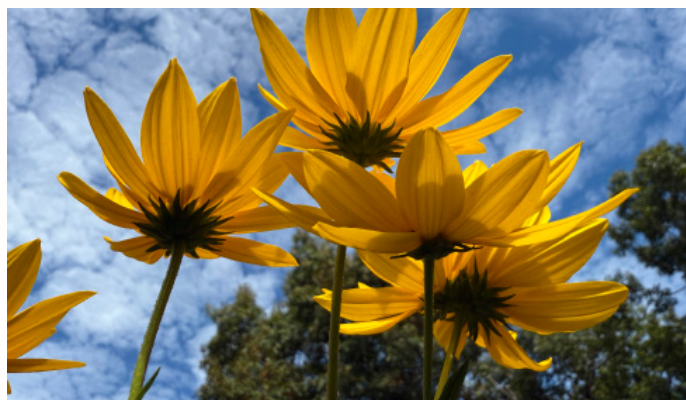


# November 2025



## End of Quarter Attendance and FUSE Reminder!

Please be sure to submit your Bingocize attendance for October before November 7th! Also, if you have received an email about August and September attendance, we need you to send them to us ASAP. For any facilities that did not host any Bingocize sessions during the reporting period, please let us know the reason. All of this information is important for us to track so we can include it in our quarterly report to the NC Department of Health and Human Services. We know you are busy so we appreciate your cooperation with this request!



## November's Gifts

November brings days of celebration that include Veteran's Day (November 11th), World Kindness Day (November 13th), and Thanksgiving Day (November 27th). It also includes fun celebrations such as World Jellyfish Day (3rd), National Donut Day (5th), and National Pickle Day (14th). Every day can be special as we contemplate gratitude and kindness. We know you all will be celebrating our veterans and Thanksgiving, but how about adding another day of celebration for your residents during one of your Bingocize sessions? Celebrate pickles, donuts, jellyfish, or kindness. What about adding some more fun to your sessions with these upcoming days of celebrations? A pickle-tasting? Practice kindness day? Be creative and have fun with your residents!

We are grateful for all of you who work hard to bring joy and fun to all those residing in North Carolina skilled nursing facilities. Thank you for your service. If you have a special day, please send along photos (if that is allowed by your facility).

## Novemburrr

Frosty nights and mornings, cooler temperatures, and a definite change of the seasons come with November. It's the beginning of the holiday season that can create joy for your residents, but it can also be a time of deep sadness because they miss their families.

Every word of kindness, every act of play, can help your residents know someone cares about them.

As you care for residents, remember to care for yourself as well. Take five-minute breathing breaks, stop and pause for two minutes thinking of your happy place, play music you love and have a dance break with your residents.

Stay warm, inside and out, this November.



## Facility Spotlight: Westchester Manor

The Bingocize program at Westchester Manor has grown very fast. Even though they joined the program in April 2025, they have created an amazing foundation of fun and exercise through Bingocize. Luckily, for the residents, the activities staff of Amanda, Tracy, and Bridget, all believe in exercise and enjoy promoting exercise as fun through Bingocize.

Amanda shared that their team approach brings a wide range of strengths and their own unique skills to help residents. In addition, facility physical therapists attend and observe residents during Bingocize assessing residents' movement and recovery progress.

We wanted to share this program's success as it shows how teamwork, from all departments, creates a wonderful system of caring and encouragement for residents. Thank you, Amanda, Tracy, and Bridget! Three of the many rockstars that have made Bingocize a great success in North Carolina through CMP funding!

**Bingocize NC can be reached at 828-227-2893 or [slipscomb@wcu.edu](mailto:slipscomb@wcu.edu). Reach out with questions. We love hearing from you all.**