

GULF POINTE PLAZA

WORLD DAY OF MUSIC: JUNE 21



World Day of Music, observed on June 21, celebrates the universal language of music. Originating in France in 1982 as *Fête de la Musique*, this day has grown into a worldwide sensation, embracing the diverse musical traditions of cultures around the globe.

Musicians come together from various backgrounds, generations, and cultures, and showcase their talents with numerous songs and musical genres. World Day of Music also encourages innovation, experimentation, and creativity in music-making. Need ideas on

how to celebrate? Here are a few to spark musical moments:

Live Performances: Attend a live performance from a volunteer musician, or at a local music event near you. Go see an artist you haven't seen or heard of before to broaden your musical horizons.

Music-themed Movies: Enjoy a musical movie every afternoon for a week! Include recent favorites, like *Sing* or *Chicago*, or classics like *Mary Poppins*, *Singing in the Rain*, or *The Wizard of Oz*. It might even turn into a fun sing-along!

Music Trivia Night: Organize a music trivia night featuring

questions about famous bands and musicians throughout history.

Group Playlist: Ask friends and family of all generations to each add one to two of their favorite songs to a playlist on your phone or tablet. Enjoy the variety of tunes and have fun discovering new songs and artists.

Intergenerational Music Activities: Did you play a musical instrument in your youth? Do you know how to read music? Share this talent with your grandchildren or local youth groups. Show them how to play scales, a simple song, or how to read sheet music.



HAPPY BIRTHDAY




RESIDENTS

Bruce W.	6/02
Aurora S.	6/04
Caroline V.	6/12
Nina C.	6/15

STAFF

Jazelle	6/05
Pat	6/12
Corina	6/26
Allison	6/30

SPECIAL EVENTS

Father's Day Luncheon	6/13	
Juneteenth Trivia	6/19	
Resident Council	6/25	
Resident Birthday Bash	6/27	

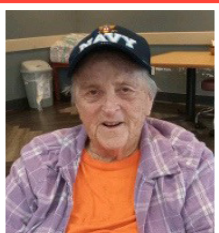
EMPLOYEE OF THE MONTH

Allison K.



RESIDENT OF THE MONTH

Audrey S.P.



National Men's Health Week June 9 – 15

National Men's Health Week is a great time for men to schedule all those check-ups that have been avoided or pushed back. Now is the time to go to those appointments!

Remember, full-body health includes your cognitive, eating, resting, and activity habits. Here are some healthy tips for men:

- **Treat yourself to healthy, well-balanced portioned meals**
- **Visit the dermatologist to check your skin**
- **Prioritize setting a sleep schedule**
- **Schedule a check-up and cleaning with your dentist**
- **Visit a chiropractor to have your spine checked**
- **Enjoy leisure activities, such as fishing, bowling, watching sports or movies, reading, or gardening**
- **Quit smoking**
- **Laugh everyday**
- **Be kind to yourself by not comparing yourself to others**
- **Schedule a complete physical with your doctor that includes checking testosterone levels, cancer screenings, a prostate exam, blood and urine tests**
- **Visit an ENT to get your hearing checked**
- **Strive for 30 minutes of exercise daily**





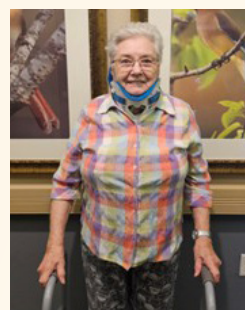
DID YOU KNOW THERE ARE TWO DOUGHNUT HOLIDAYS EACH YEAR?

That's right— twice the excuse to indulge! The first sweet celebration lands on the first Friday in June, and the second is in November. **The June version, known as National Doughnut Day, was started by The Salvation Army as a way to honor the brave "doughnut lassies"—women who fried up doughnuts in service helmets and served them to soldiers during World War I.** Years later, a new generation of morale-boosting women, known as the American Red Cross "Doughnut Dollies," continued the tradition by supporting troops during Vietnam.

Over time, "doughnut" has often been shortened to "donut," thanks to pop culture influences like *The Simpsons* and the ever-popular Dunkin'. And let's be honest—whether you're calling it a doughnut or a donut, we can all agree they're delicious!

These days, doughnuts have gone beyond simple powdered sugar or cinnamon. Hometown bakeries and specialty shops are dreaming up all kinds of mouthwatering combinations, like key lime pie, mocha crème, or even mango-filled delights. Some are topped with everything from cereal and crushed candy to flavored drizzles and cookie crumbles. But no matter how wild the toppings get, many still believe nothing beats the simple joy of a warm, freshly glazed donut.

With so many delicious options to choose from, what better time to enjoy your favorite than National Doughnut Day on June 6? **Whether you stick with the classics or try something new, there's a donut out there for you.**



Therapy Success Story

ADMISSION & TREATMENT:

Mary Jean B. is an 85 y/o Well Med

patient who was admitted to Gulf Pointe Plaza on 4/18/25 and discharged back home on 4/26/25. She was hospitalized due to cervical fusion surgery.

The therapy team at Gulf Pointe evaluated Mrs. Baietto on day two of her stay. She required minimal/moderate assistance with all mobility. She also required set-up to minimal assistance with self-care tasks. Her goal was to be able to get in and out of bed independently as well as walk with her walker independently. The rehab team at Gulf Pointe helped make that dream a reality.

AT DISCHARGE:

Following an 8-day stay of skilled nursing and therapy services, Mrs. B. made significant gains with physical therapy by achieving her goal of walking with no assistance! Additionally, she made gains and now completes all self-care tasks independently.

Mrs. B. was successfully discharged home to continue her progress with Home Health Services.

It is always a pleasure when a family trusts us with the care of their loved ones! With quality care and client-centered focused goals, **Mrs. B. is a true testimonial story of the positive outcomes produced at Gulf Pointe Plaza!**

WELCOME NEW RESIDENTS

Allen D.	Lou Ann G.	Elinor G.
Carl C.	Mary Jean B.	Mary U.
Tommy V.	James M.	Charlene E.
Joyce P.	Myra J.	Gloria R.
Howard S.	Bruce W.	Tina K.
Leon B.	Margaret D.	Allen D.
Glenda T.	Thomas L.	Robert R.



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ADMINISTRATIVE STAFF

Michael Higgins
ADMINISTRATOR

Shea Davis
DIRECTOR OF NURSING

Kenneth Davis
ASSIST. DIRECTOR OF NURSING

Kathryn Perley
BUS. DEVELOPMENT DIRECTOR

Caitlin Strahan
ADMISSIONS DIRECTOR

Adrienne Solis
BUSINESS OFFICE MANAGER

Pam Armentor
MDS COORDINATOR NURSE

Jimmi Vasquez
REHAB DIRECTOR

Victoria Tomblin
ACTIVITIES DIRECTOR

Betty Baker
DIETARY MANAGER

TBA
HOUSEKEEPING/
LAUNDRY MANAGER

Ruben Hernandez
MAINTENANCE MANAGER

Griselda Garcia
SOCIAL WORKER

Veronica Medina
PAYROLL/AP/RECEPTIONIST

Sinal Patel
MEDICAL RECORDS/
UNIT MANAGER

Valerie Crane
DIRECTOR OF TALENT & LEARNING

Melody Hayhoff
WOUND CARE NURSE

Cecilia Garcia
HOUSEKEEPING/LAUNDRY SUP.



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

WORD LIST

DONUT
FATHER
FREEDOM
GRANDPA
HEALTH
HYDRATION
MEN
MUSIC
NICE
NOTES
SELFIE
SONGS
SURVIVOR
WATER
YOGA