

GULF POINTE PLAZA



August 21 is recognized as **National Senior Citizen Day**—a time to honor the older adults in our lives and reflect on all they've given to their families, communities, and the world around them. While today is a great reminder to celebrate, the truth is: **every day is an opportunity to show our appreciation.**

Our seniors are storytellers, role models, and the hearts of many families. They've lived through seasons of change, shared their wisdom, and helped shape the world we live in. Their lives are full of quiet victories and lasting legacies.

Whether you're looking for meaningful ways to celebrate on August 21—or simply want to make an ordinary

day feel extraordinary—here are a few uplifting ideas to enjoy together:

- **Create intergenerational moments:** Plan a fun art project, cook a favorite family recipe, or start a story-sharing tradition that bridges generations and builds bonds.
- **Celebrate their journey:** Look through old photo albums, revisit favorite songs or movies from their youth, or ask them to share a cherished memory.
- **Encourage wellness and joy:** Try a gentle movement class, spend time outdoors, or simply enjoy a cozy afternoon chat. Small moments matter.
- **Volunteer side by side:** Join a local cause together or help them share their knowledge through mentoring, reading to children, or crafting for a good cause.
- **Be present:** Your time, attention, and laughter are often the greatest gifts. Share a meal, play a game, or just sit and talk in whatever way brings joy and connection.

The seniors in our lives deserve to be honored not just on August 21, but in the little moments we create with them all year long. **Every shared smile, story, or simple visit is a chance to show them just how much they mean to us.**



HAPPY BIRTHDAY

RESIDENTS

Dalton V.	8/7
Nancy N.	8/8
Larnie R.	8/15
Sherrel S.	8/30

STAFF

Sarah P.	8/1
LeeAnn W.	8/2
Ronnie M.	8/10
Paige B.	8/10
Valerie C.	8/26
Sinal P.	8/31

WELCOME NEW RESIDENTS

Guadalupe L.	Rita W.
Richard B.	Hector F.
Garry M.	John P.
Kathleen K.	Gregory W.
Juan V.	Larry A.

SPECIAL EVENTS

8/27	Resident Council
8/29	Birthday Bash

EMPLOYEE OF THE MONTH

Michael C.



COLOR ME!

Coloring isn't just for children – it has been proven to have great benefits for all ages, including stress relief, improving motor control, creativity and increasing concentration. Coloring books targeted towards adults have become a popular trend in our country in the last few years. **On August 2, National Coloring Book Day**, grab some crayons, colored pencils or markers for some relaxing fun!



RESIDENT OF THE MONTH

Lorraine B.





S'MORE FUN THIS AUGUST

Celebrate S'mores Day on August 10 and Toasted Marshmallow Day on August 31 with a tasty twist on the campfire classic.

While the traditional s'more—made with gooey marshmallow, melty chocolate, and crunchy graham crackers—will always have our hearts, who says you can't mix things up?

Sweet Ideas:

Go Bananas: Add sliced bananas, strawberries, or even a touch of jam.

Spice It Up: Sprinkle cinnamon, cocoa powder, hot honey, or even a dash of chili powder for a kick.

Chocolatey Goodness:

Use white chocolate, dark chocolate, or filled candy bars like caramel, peanut butter cups, or peppermint patties.

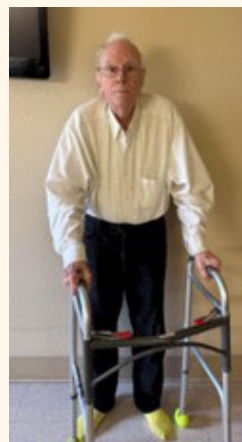
Fruit Filling: Roasted peach slices or a spoonful of pie filling adds a warm, pie-like flavor.

Now for Something Savory:

For a fun twist, skip the sweets and try a savory s'more! **Toast a wedge of cheese—like brie or cheddar—and layer it with thin prosciutto or deli meat between your favorite buttery crackers.** It's rich, melty, and unexpectedly delicious.

Whether you love sweet or savory, there's a s'more out there for everyone. So grab your favorite fixings, gather around the fire—or toaster oven—and make some gooey, golden memories this August!

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Therapy Success Story

ADMISSION & TREATMENT:

Richard B. is an 88 y/o Medicare Part A patient who was admitted

to Gulf Pointe Plaza on 6/05/25 and discharged back home on 6/21/25. He had a fall due to a loss of balance, which resulted in him being hospitalized.

The therapy team at Gulf Pointe evaluated Mr. B. on day two of his stay. He required minimal/moderate assistance with all mobility. He also required minimal assistance with self-care tasks. His goal was to be able to go home, walking without a walker, independently. The rehab team at Gulf Pointe helped him get closer than ever to that goal.

AT DISCHARGE:

Following a 16-day stay of skilled nursing and therapy services, Mr. B. made significant gains with physical therapy by achieving his goal of walking with no assistance! Additionally, he made gains and now completes most self-care tasks independently.

Mr. B. was successfully discharged home to continue his 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, Mr. B. is a true testimonial story of the positive outcomes produced at Gulf Pointe Plaza!**



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Pam Armentor
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Victoria Tomblin
ACTIVITIES DIRECTOR

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DIETARY MANAGER

Ruben Hernandez
MAINTENANCE MANAGER

Griselda Garcia
SOCIAL WORKER

TBA
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!



WORD LIST

ACTIVITY
BOOKS
COLOR
ELVIS
HAPPINESS
KING
LEMONADE
MARSHMALLOW
MUSIC
PRESLEY
READ
RELAX
SENIOR
SMORE
WELLNESS