

GULF POINTE PLAZA



National Healthcare Environmental Services & Housekeeping Week



Held annually during
the second full
week of September,
Environmental
Services Week/
Housekeeping

Week celebrates the
dedication of our diligent custodial
staff. These exceptional individuals
exemplify the teamwork and
expertise essential for maintaining
complex healthcare environments
across the nation.



GRANDPARENTS DAY: SEPTEMBER 7

Grandparents Day
celebrates the important role
grandparents play in families
and society, highlighting
their unique contributions
and strengthening
intergenerational bonds.
Looking for ways to
celebrate? Here are some
ideas to get you started:

Family Gatherings: Enjoy a
meal together, whether it's
dinner or afternoon ice cream.
Share stories, memories, and
quality time with one another.

Activities Together: Spend
the day doing activities

grandparents enjoy, like
listening to music, bowling,
gardening, or playing
cards and board games.

Video Messages: For long-
distance families, arrange
video calls or send video
messages to connect. Text
or email photos if you're not
able to arrange a video call.

**Take the time, Sunday,
September 7 to recognize,
appreciate, and celebrate
the unique impact
grandparents have on our
lives through their wisdom,
support, and love.**



HAPPY BIRTHDAY

RESIDENTS

| | |
|------------|------|
| Joy T. | 9/5 |
| Bettye H. | 9/9 |
| Audrey S. | 9/10 |
| Dorothy B. | 9/14 |
| Shirley W. | 9/14 |

STAFF

| | |
|-------------|------|
| Elisa G. | 9/6 |
| Yvonne C. | 9/7 |
| Kay V. | 9/14 |
| Griselda G. | 9/15 |
| Cheryl J. | 9/22 |
| Sheri K. | 9/23 |
| Pam A. | 9/25 |

WELCOME NEW RESIDENTS

| | | |
|------------|-------------|-------------|
| Robert D. | Mary K. | Felicia H. |
| Stephen G. | Barbara W. | Victoria H. |
| Gregg W. | Shirley J. | David L. |
| Sarah L. | Ben E. | Dennis H. |
| Kathryn G. | Patricia J. | Veronica L. |
| Ninfa G. | Bradley B. | Patricia B. |
| John C. | Lorraine R. | Kathryne A. |

DON'T SKIP A BEAT: PREPARE FOR HEART ATTACKS

Recognize the signs. Heart attacks look and feel different in women than they do in men. Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.

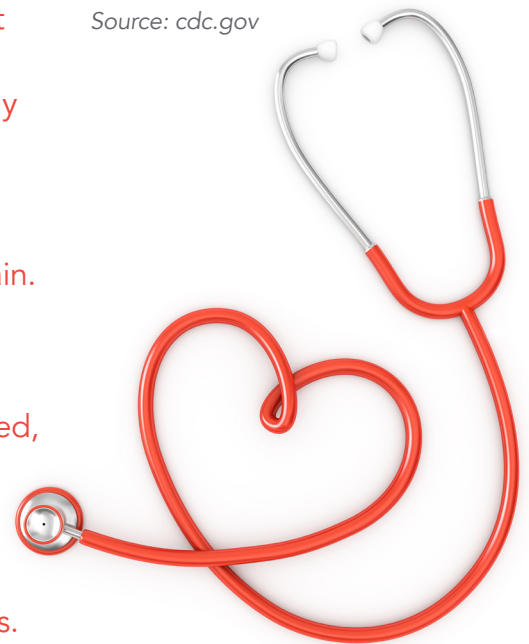
Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, faint, or a cold sweat.
- Shortness of breath.
- Pain or discomfort in one or both arms or shoulders.

Be safe, not sorry. Many heart attacks start slowly with relatively mild pain. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they want contacted in case of an emergency. Being prepared now may just save a life later.

Source: cdc.gov



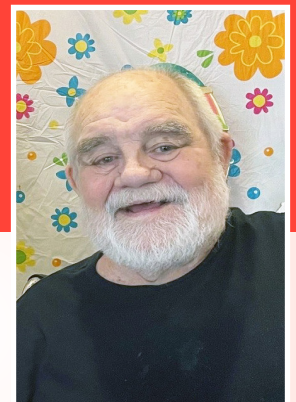
EMPLOYEE OF THE MONTH

Lorretta G.



RESIDENT OF THE MONTH

Elmer S.



FIVE SIMPLE STEPS FOR HEALTHY AGING

Healthy Aging Month is a perfect reminder that wellness isn't about perfection, it's about progress. Even small, everyday changes can make a lasting difference in how we feel and function as we age.



Start with Self-Care - Sleep well, drink plenty of water, and protect your skin with sunscreen and moisturizers. These may seem basic, but they're powerful tools to help you feel refreshed, inside and out.



Stay Curious, Stay Sharp - Healthy aging includes brain health. Read books, learn new games, or try music therapy. Even chatting with others or recalling old stories can help keep the mind active.



Prioritize Preventive Care - Regular checkups, vaccines, eye exams, and hearing screenings are key to catching small concerns before they become bigger ones. Encourage your loved ones to schedule theirs, too.



Build Your Strength - You don't need to lift heavy weights to build strength. Use resistance bands, take the stairs, or try light home exercises with canned goods. Keeping muscles strong can help with balance, confidence, and independence.



Embrace Your Worth - Aging highlights your wisdom, resilience, and experiences. You matter. Take pride in the life you've built, and remember that it's never too late to invest in your well-being.

This month, let's reframe aging as a journey of vitality, discovery, and purpose. **After all, the goal isn't just to live longer—it's to live well.** Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



Therapy Success Story

ADMISSION & TREATMENT:

H. F. is a 74

y/o Medicare A patient who was admitted to Gulf Pointe Plaza on 6/17/25 and discharged back home on 7/17/25. He was hospitalized after a fall that resulted in a left hip fracture leaving him with toe touch weight bearing precautions.

The therapy team at Gulf Pointe evaluated Mr. F. on day two of his stay. He required maximum assistance with all mobility. He also required maximum assistance with most self-care tasks. His goal was to be able to go home with his wife. The rehab team at Gulf Pointe helped him achieve that goal.

AT DISCHARGE:

Following a 30-day stay of skilled nursing and therapy services, Mr. F. required moderate assistance for most tasks. He did participate more actively in transfers and demonstrated improved engagement during therapy sessions! Additionally, he made improvements in Occupational Therapy and now completes most self-care tasks with set-up assistance.

Mr. F. 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. F. is a true testimonial story of the positive outcomes produced at Gulf Pointe Plaza!



**1008 ENTERPRISE BLVD.
ROCKPORT, TX 78382**

Admissions: 361.727.1800
info@gulfpointhe-plaza.com
gulfpointhe-plaza.com

ADMINISTRATIVE STAFF

Michael Higgins
ADMINISTRATOR

Shea Davis
DIRECTOR OF NURSING

Kenneth Davis
ASSIST. DIRECTOR OF NURSING

Kathryn Perley
BUS. DEVELOPMENT DIRECTOR

Ronnie Medina
ADMISSIONS DIRECTOR

Adrienne Solis
BUSINESS OFFICE MANAGER

Pam Armentor
MDS COORDINATOR NURSE

Jimmi Vasquez
REHAB DIRECTOR

Victoria Tomblin
ACTIVITIES DIRECTOR

Betty Baker
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!

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

WORD LIST

AGING
BEAR
COMFORT
COMPANION
COURTESY
CREATIVE
EXERCISE
FUN
GRANDPARENT
HEALTHY
HEART
IMAGINE
KINDNESS
TOGETHER
WELLNESS