

GULF POINTE PLAZA



LONG-TERM CARE PLANNING MONTH

October is recognized as **National Long-Term Care Planning Month**, a time dedicated to highlighting the importance of preparing for future healthcare needs. While it may not always be easy to think about, taking steps today can make a world of difference tomorrow.

Seniors and their families are encouraged to start conversations early and make thoughtful, informed decisions about long-term healthcare options. Planning ahead not only reduces stress during unexpected situations but also ensures that personal preferences

are respected and financial security is better maintained. Whether it is discussing care options, setting up advanced directives, or exploring financial planning resources, this month is a reminder that preparation brings peace of mind. By addressing these important decisions now, seniors and their loved ones can look forward to a more comfortable and secure future.

National Long-Term Care Planning Month serves as a gentle reminder that thoughtful planning today can help ensure comfort, confidence, and peace of mind for tomorrow.



NATIONAL HEALTHCARE FOOD SERVICE WEEK

During Oct. 5-11, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Celebrate your food service workers and recognize the integral role they play in helping us stay well-nourished and healthy.



HAPPY BIRTHDAY

RESIDENTS

Danny H.	10/6
Nancy B.	10/11
Mary T.	10/12
Larry N.	10/15
Priscilla S.	10/15
Irene V.	10/15
Scarlett H.	10/28
Frances I.	10/31

STAFF

Lori	10/6
Cynthia	10/15
Susan	10/17
Victoria	10/20
Betty	10/26
Anika	10/29
Norma	10/29

EMPLOYEE OF THE MONTH

Kay V.



RESIDENT OF THE MONTH

Janis R.



EMOTIONAL WELLNESS MONTH: Simple Self-Care Tips

October is Emotional Wellness Month, a time to focus on caring for your mental and emotional health. It is also worth noting that **October 10 is World Mental Health Day**, a reminder that mental well-being is essential at every stage of life.

Mental health is just as important as physical health. It shapes how we think, feel, and act each day. It also influences how we manage stress, connect with others, and make decisions in challenging moments. Here are three simple ways to support your mental well-being:

1. Make Time for Self-Care: Little moments of joy can make a big difference. Read a good book, take a walk, listen to music, practice mindfulness, or enjoy a favorite hobby. Activities that bring relaxation and fulfillment can boost your mood and restore balance.

2. Stay Connected: Strong social connections are essential for emotional health. Spend time with family and friends, share meaningful conversations, and seek out community. Feeling connected helps ease loneliness and provides encouragement during difficult times.

3. Support Your Body to Support Your Mind: Your physical and mental health go hand in hand. Aim for regular exercise, a balanced diet, and plenty of rest. Moving your body releases feel-good endorphins, healthy foods fuel your brain, and good sleep keeps emotions steady.

Remember that mental health improvement is an ongoing process. **This October, take time to nurture your emotional wellness and encourage loved ones to do the same.** If challenges ever feel overwhelming, reach out to a trusted professional for guidance and support.

WELCOME NEW RESIDENTS

Thomas B.	Herminia V.
Sarah B.	Refugia G.
Jerry J.	David S.
Clara N.	Ethelyn P.
Deborah G.	Juanita R.
Leslie S.	Heath T.
William K.	Ruby D.
Mary K.	Barbara S.
Helen C.	Hector F.
Paul G.	Curtis M.
Nancy M.	Laura M.
Frotscher S.	

Special Events

10/17	Cooking Class with Activities
10/22	Resident Halloween Carnival
10/24	Birthday Bash
10/29	Resident Council
10/31	Halloween Movie & Treats



TRAIN YOUR BRAIN DAY ON OCTOBER 13

We always hear about the health benefits of adding physical exercise into our daily routine, but what about fitness for our brain? Keep your mind sharp by challenging yourself with brainteasers, trying new activities, and trivia. Here are some suggestions how you can start exercising your brain today!

- Solve word or number puzzles like crosswords or Sudoku
- Practice mindfulness or meditation
- Read books or articles regularly
- Play strategy games like chess, rummy or cribbage
- Learn a new hobby or skill, such as knitting or painting
- Engage in social interactions and group activities
- Listen to music
- Stay physically active with activities like walking, tai-chi, or stretching
- Volunteer or participate in community service
- Practice journaling or creative writing
- Explore brain-training apps or games
- Prioritize quality and restful sleep
- Maintain a healthy diet rich in brain-boosting nutrients*

						5	
9	5	2			3	7	
	3		4				
	2					9	6
8		4					
			1	2			
		1	2		6		8
				7			9
5		3	8	4			1

**Be sure to consult with your physician before making any changes to your diet.*

Start training your brain now!

Complete this sudoku puzzle by filling in the 9x9 grid so that each row, column, and 3x3 subgrid contains the digits 1 through 9 without repeating any numbers within the same row, column, or subgrid.



Therapy Success Story

Sherrell B. is a patient who has blessed us with her presence at Gulf Pointe

Plaza since 6/27/18. Ms. B. was picked up by our rehab team at Gulf Pointe Plaza to recover from an infection that weakened her body.

The therapy team at Gulf Pointe evaluated Ms. B. on day two of her return from the hospital. Starting out, she required maximum assistance with all mobility. She also required maximum assistance with most self-care tasks. Her goal was to start walking the halls down to her bingo games and church services, independently. The rehab team at Gulf Pointe helped her achieve that goal.

Following a 30-day skilled stay with therapy services, Ms. B. is now independent in all mobility tasks! Her progress and determination showed how much she wanted to get back to ambulating independently! Additionally, she now completes all self-care tasks independently.

Ms. B. was successfully discharged from therapy and continues to brighten up the halls at Gulf Pointe Plaza.

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, Ms. B. is a true testimonial story of the positive outcomes produced at Gulf Pointe Plaza!



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ADMINISTRATIVE STAFF

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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
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Victoria Tomblin
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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!

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

WORD LIST

AUTUMN
AWARENESS
CONNECTION
DECISIONS
EMOTIONAL
FOOD
PHYSICAL
PINK
PLANNING
PUMPKIN
SELFCARE
SPOOKY
SUPPORT
THERAPY
WELLNESS