Gulf Pointe Plaza

Achieve Your New Year Goals with PURPOSE AND POSITIVITY

The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

Simple Steps for Success

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."
- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

Need Extra Motivation?

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.
- **Motivation and Inspiration Day (January 2):** Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

Every step, no matter how small, brings you closer to your goals. With focus, determination, and support, this year can be your best yet!

GULF POINTE PLAZA
NURSING & REHABILITATION

Happy Birthday

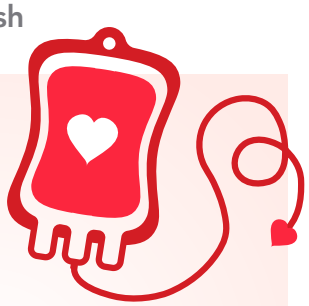
RESIDENTS

Joyce S.	1/4
Delores S.	1/10
Myra J.	1/16
Stephen G.	1/23
Maria R.	1/23
Gordon S.	1/23
Elmer S.	1/26

Special Events

1/1	Memory Lane & Muffins
1/8	Blue Suede Social
1/16	Creative Fruit Creations
1/28	Resident Council
1/30	Birthday Bash

Donate Blood and Save Lives!



The need for blood, plasma, and platelet donations never stops. Every day, the Red Cross must collect nearly 13,000 blood donations to support patients in about 2,500 hospitals nationwide. This life-saving effort continues regardless of the season, weather, or holidays.

Finding a place to donate is easy! Use the Red Cross Blood Donor app or visit RedCrossBlood.org to schedule your next donation appointment. Your contribution could help save lives!

Mind-Body Wellness Tips for Healthy Aging

As we celebrate International Mind-Body Wellness Day on January 3, it's a great reminder that taking care of both our mind and body is key to aging well. Here are some simple ways to stay healthy and connected that benefit both:

- **Get Up and Get Moving:** Exercise is essential at any age. A brisk 30-minute walk each day can do wonders for both your body and mind. If walking is a challenge, try seated exercises or gentle stretching. Staying active boosts your mood, keeps your body strong, and sharpens your mind.
- **Prioritize Quality Sleep:** A good night's rest is crucial for both physical health and mental clarity. Make sleep a priority, create a calming bedtime routine, and aim for 7-8 hours of sleep to recharge your body and mind.
- **Stay Connected:** Social interaction is key for mental health. Spend time with family, friends, or join group activities at your community.

Remember, be sure to consult with your physician before changing any part of your daily routine, including diet, exercise, and sleep, to know what is right for you.

Martin Luther King Jr. Day

Please join us as we celebrate the life and legacy of Dr. Martin Luther King Jr. on Monday, January 19, 2025. This federal holiday honors Dr. King's remarkable achievements, including his leadership in nonviolent activism and his pivotal role in fighting racial discrimination across the United States. His contributions to equality and justice continue to inspire generations.

Celebrate Word Nerd Day on January 9!

Are you a word lover, or as some might say, a "logophile"? If you enjoy discovering new words and their meanings, January 9 is the perfect day for you! Think back, what was the last new word you learned? Did you immediately know what it meant, or did you have to look it up or ask someone?

Grandchildren, young and old, can be great sources for learning new words or modern slang. Reading is another excellent way to expand your vocabulary and understanding of language.

This Word Nerd Day, challenge yourself to learn at least one new word and practice using it. Here are a few fun ways to celebrate:

- **Word Challenges:** See how many winter activities you can list that start with the letter "S." Challenge your friends.
- **Games:** Play Scattergories, Scrabble, Bananagrams or another word-based games with friends and family.
- **Apps:** Try a word-based game or language app to discover new terms and expand your vocabulary.
- **Alphabet Adventure:** Using a dictionary, learn one new word for every letter of the alphabet.
- **Reading Aloud:** Read to a grandchild, therapy animal, or even a favorite stuffed animal or baby doll. Reading aloud helps improve articulation and brings joy to listeners (even the furry, plush, or plastic ones).

Let Word Nerd Day be your excuse to explore new words, sharpen your mind, and have fun with language!

Discover a New Hobby This January

Did you resolve to try something new this year? January is National Hobby Month—the perfect time to explore hobbies that bring joy, relaxation, and a sense of purpose. Hobbies not only to fill extra time, especially for seniors, but may also positively affect mood and well-being.

Here are some hobby ideas to inspire you:

Creative Crafts: Try sewing, needlepoint, quilting, or painting. Creating something with your hands brings a sense of accomplishment, and your finished pieces can make heartfelt gifts or donations to those in need.

Games & Puzzles: Enjoy crosswords, cards, or jigsaw puzzles to keep your mind sharp. Prefer tech? Online games on tablets and smart phones are great for mental stimulation, especially during National Puzzle Month!

Book Clubs: Reading is a great leisure activity, and joining a group to discuss books can add a social element and spark meaningful conversations.

Social Media Fun: Stay connected with loved ones by sharing updates, photos, and videos via text, email, or on social media. It's an easy way to stay involved and feel connected.

Music Appreciation: Enjoy listening to your favorite tunes on the radio or join a group sing-along. Music is a wonderful way to relax, lift your spirits, and connect with others.

Hobbies add meaning and joy to life. Which one will you try this month?

GULF POINTE PLAZA
NURSING & REHABILITATION

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Kathryn Perley
Bus. Development Director

Ronnie Medina
Admissions Director

Adrienne Solis
Business Office Manager

Pam Armentor
MDS Coordinator Nurse

Jimmi Vasquez
Rehab Director

LeeAnn White
Activities Director

Betty Baker
Dietary Manager

Ruben Hernandez
Maintenance Manager

Griselda Garcia
Social Worker

Valeria Barton
Payroll/AP/Receptionist

Sinal Patel
Medical Records/
Unit Manager

Valerie Crane
Director of Talent & Learning

Melody Dayhoff
Wound Care Nurse

Cecilia Garcia
Housekeeping/Laundry Sup.

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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!

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

Word List

ACTIVITIES
CONNECT
DONOR
EQUALITY
GAMES
GLAUCOMA
GOALS
HOBBY
JANUARY
KERNEL
POPCORN
RESOLUTION
UNITY
WELLNESS
WORDS