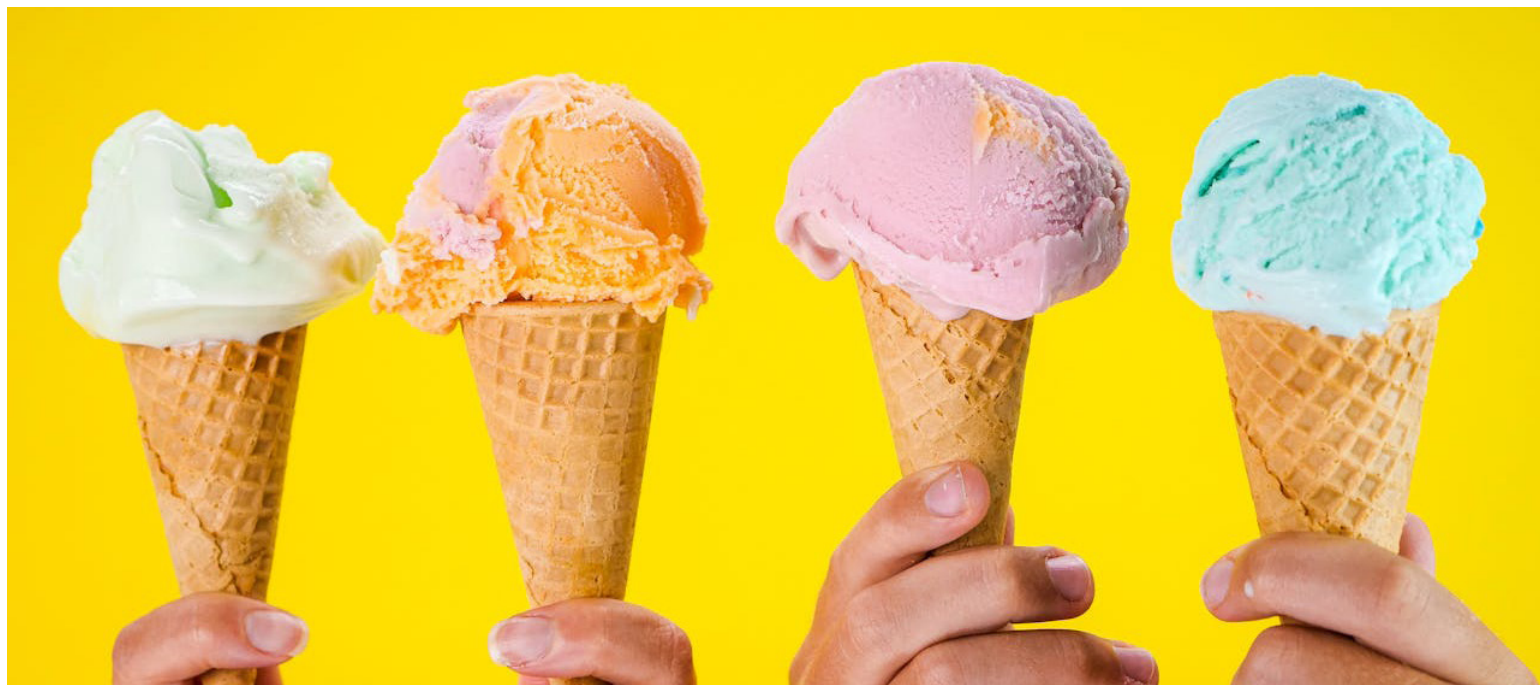


WILLOWBROOK



I Scream, You Scream, We All Scream for ICE CREAM MONTH!

Designated by President Reagan in the early 1980s, July is celebrated as Ice Cream Month, which features Creative Ice Cream Flavors Day on July 1 and Ice Cream Day on the third Sunday.

Did you know... the average American consumes 23.2 quarts of ice cream per year.

- The top three flavors are

vanilla, chocolate, and strawberry, often found in Neapolitan ice cream.

- Other popular flavors include butter pecan, mint chocolate chip, rocky road, and pistachio.
- Japan offers unique flavors like wasabi, sweet potato, and matcha.

If you could create your own ice cream flavor, what would you include? Would you start with a basic vanilla and add your favorite fruits, candies, or

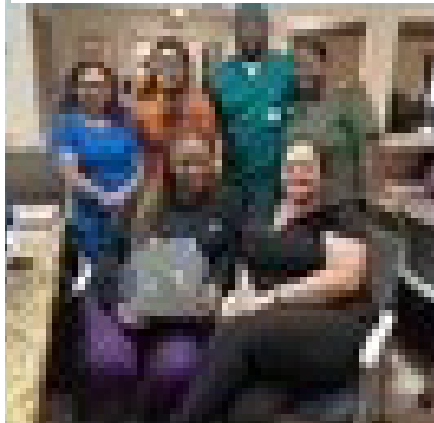
nuts, or would you start with something unconventional like pineapple-coconut and add bacon bits or hot sauce for a spicy twist?

Looking for something fun to do on a hot afternoon? Host an ice cream social this July for family and friends. Offer a variety of toppings, sprinkles, drizzles, cones, and flavors for everyone to mix and match. Ask each guest to write down their favorite flavor or an imaginary flavor and have fun guessing who belongs to each flavor.



ACTIVITY HIGHLIGHTS!

The month of June we celebrated the wonderful Nursing Staff!! We have the most wonderful, caring and compassionate nurses here at Willowbrook!!!



At Willowbrook Nursing and Rehabilitation Center, our compassionate, collaborative culture consistently cultivates comfort, confidence, and a cherished sense of home—whenever we're called to care.



HAPPY BIRTHDAY

RESIDENTS

Robbie R.	07/01
Bobby B.	07/12
Willie P.	07/15
Marilyn W.	07/19
JoEllen K.	07/23
Barbara M.	07/29
Rachel M.	07/31

STAFF

Victoria S.	07/02
Trena C.	07/07
LaSonya M.	07/08
Destiney B.	07/15
Rebbie W. O	07/17
Andrea M.	07/20
Jessica B.	07/28
Heather H.	07/28
Shelia W.	07/29

National Therapeutic Recreation Week

Join us in celebrating National Therapeutic Recreation this July 6-12, as we honor recreational therapists and the importance of activities that help the recovery and healing of people with various disabilities. Therapeutic recreation programs may include sports, expressive arts, muscle relaxation techniques, gardening, and many other enjoyable activities.

WELCOME NEW RESIDENTS

Tina O. Kyle P. Betty G. Annie A. Barbara G.



TIPS FOR PREVENTING HEAT RELATED ILLNESS

- ✓ **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing, wide-brim hats, and sunglasses. Many brands have offer UPF (Ultraviolet Protection Factor) apparel for added sun protection.
- ✓ **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- ✓ **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of 30 SPF (Sun Protection Factor) or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.
- ✓ **Drink Plenty of Fluids:** Drink more fluids, specifically water, regardless of how active you are. Don't wait until you're thirsty to drink. However, be sure to consult with your physician how much water you should consume daily, especially during summer months. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid and become dehydrated sooner.
- ✓ **Updates and Buddies:** Check your local news for extreme heat or UV alerts and safety tips. When working in the heat, be sure to have someone with you at all times. Monitor each other for signs of heat exhaustion or heat stroke.

Short-Term Therapy Success

Mr. G. graced our grounds on May 15, 2025, weary from days of deepening breathlessness and restless nights spent struggling to breathe. He was soon sheltered in our care, after it was revealed during his hospitalization that his heart had faltered in a sudden, silent storm of cardiac failure requiring continued skilled nursing care. On May 16, 2025, Physical and Occupational Therapy proudly proceeded with their patient evaluations. Physical Therapy found that Mr. Garner needed careful contact guard assistance and close cueing for bed mobility and for walking the ninety-foot path with his two wheeled walker. During his preliminary Occupational Therapy assessment, he displayed diminished endurance and maintained a determined demeanor, still depending on moderate help for lower body dressing and minimal aid for toileting task.



Following twelve transformative days of skilled nursing and rehabilitative support, Broderick Garner showed striking strides in Physical Therapy—successfully stepping 250 feet under supervision with a two wheeled walker and managing bed mobility with modified independence during his final functional evaluation. Occupational Therapy concluded with Mr. Garner now capable of completing most activities of daily living with stand-by support and some with minimal manual assistance.



227 RUSSELL BLVD.
NACOGDOCHES, TX 75965

Direct line to admissions:
936.564.4596

wb-admissions@healthmarkgroup.com
willowbrooknursingcenter.com

Drop a Rock Day: July 3



Have you ever noticed a painted rock on the ground or in an unexpected place? It was likely an unexpected little surprise that made your day! You can pass along that unique experience by making a painted rock of your very own, and leaving it for others to find. You only need some small rocks, paints, and a paintbrush to get started. Feeling stuck on what to create on your rock? Here are a few ideas to spark your creative process:



Between a Rock and a Hard Place: Have there ever been encouraging words that have uplifted you through tough times? Spread a spark of positivity to the person who finds your rock with kind words. Some great affirmations include "You matter," "Be the light," and "You can do this."

Rock and Roll: Add to your rock creation process by listening to your favorite music in the background, and write or paint the music lyrics onto the rock. The person who finds it may even know the song too!



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!

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

WORD LIST

BOREDOM
CHEESE
EMOJI
FLAVOR
FRIENDSHIP
HEAT
ICE CREAM
JULY
MACARONI
PAINT
REUNION
ROCKS
STARS
STRIPES
SUN