

WILLOWBROOK



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.**

LETTER FROM ADMINISTRATOR

Dear Residents, Families, and Staff,

As the air turns crisp and the leaves begin to change, I'd like to take a moment to welcome the fall season here at Willowbrook. Fall is a time of reflection, renewal, and community—and we're embracing it with open arms.

Our team has planned a variety of festive and engaging events to celebrate the season and bring joy to our residents. From cozy gatherings to seasonal activities, there's much to look forward to in the weeks ahead.

Thank you for being a part of our Willowbrook family. Let's make this fall a time of warmth, connection, and lasting memories.

Warm regards,

Jimmy Sanders

Administrator

 **SAVE THE DATE!**

Community BINGO at Stallings Court! We are heading next door for some friendly fun! Join us Friday, September 26th as we visit our neighbors at Stallings Court Nursing & Rehab for a special Community Bingo event. Come ready to play, mingle, and enjoy a great afternoon with friends old and new. Let's bring our lucky charms and have a great time together!

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.



WELCOME COURTNEY SHEPARD

Dear Willowbrook Residents, Families, and Staff,

My name is Courtney Shepard, and I'm honored to introduce myself as the new Activity Director here at Willowbrook! I come to you from Garrison, Texas, and I've had the privilege of serving as an Activity Director for over 20 years in Nacogdoches County. During that time, I've learned that the heart of every great facility lies in its people, and I'm already so excited to get to know each and every one of you.

As we step into this beautiful fall season, I can't wait to bring new energy, joy, and connection to our community. Fall is a time of change, reflection, and celebration—and we're kicking things off with a calendar full of engaging activities, festive events, and meaningful moments designed to lift spirits and strengthen the bonds we share.

Whether it's pumpkin decorating, cozy movie nights, harvest festivals, or simply sharing a warm cup of cider together, my goal is to create experiences that bring laughter, purpose, and joy to each day. Thank you for welcoming me into your Willowbrook family. I'm looking forward to building a vibrant and fun-filled season with you all!

Warmly,

Courtney Shepard

Activity Director

SEPTEMBER IS COURTESY MONTH:

Small Gestures, Big Impact

In a busy world, simple kindness can go a long way. Courtesy, whether it's a warm hello, a thoughtful thank-you, or holding the door open, has the power to brighten someone's day and create a ripple effect of positivity.

And just in time: **World Gratitude Day is September 21**, a perfect reminder that showing appreciation is one of the kindest acts of all. Whether you're thanking a caregiver, sending a note to a friend, or simply offering a smile, these moments of connection matter.

Kindness doesn't have to be grand. It can be as simple as listening patiently, sharing encouraging words, or reaching out just because.

This month, try a daily act of courtesy or gratitude. You never know how much it might mean to someone or how good it will make you feel too.



HAPPY BIRTHDAY

RESIDENTS

9/3	Martha .K.
9/6	Mary .W.
9/11	Linda .P.
9/13	Mary .C.
9/16	Dorothy . D.
9/22	Geneva .R.
9/26	Navvaro .C.
9/29	Florence .R.

WELCOME NEW RESIDENTS

We're so happy to have you join our community. This is more than just a place to live, it's a place to belong. We can't wait to get to know you and help you feel right at home through fun activities, friendly faces, and a warm, welcoming atmosphere.

ACTIVITY HIGHLIGHTS!

Get Ready to show your team spirit on Tuesday September 23rd at 2:00pm as we kick off fall with a fun filled tailgate party! Wear your favorite team colors, enjoy tasty tailgate snacks, and cheer along with music, games and surprises! It's going to be a touchdown of a good time!



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Jessica Bryant

LVN ASSIS. DIRECTOR OF NURSING

Tonya Eberlan

LVN UNIT MANAGER

Miata Keynerd

LVN UNIT MANAGER

Corrie McGrath, LVN

MDS NURSE

Laura Hollis, LVN

MDS NURSE

Donna Russell

DIRECTOR OF ADMISSIONS

Jackie Stokes

MEDICAL RECORDS/CENTRAL SUPPLY

Monica Brown

SOCIAL SERVICES DIRECTOR

Chris Brown

SOCIAL SERVICES DIRECTOR,

Courtney Shepard

ACTIVITY DIRECTOR

Chris Thomas

ACTIVITY ASSISTANT

Donna Stephens

BUSINESS OFFICE MANAGER

Heather Sitton

DIRECTOR OF TALENT AND LEARNING

Heriberto "Eddie" Martinez, COTA

DIRECTOR OF REHAB

Brad Robinson

DIRECTOR OF BUSINESS DEVELOPMENT

Danny Pace

DIRECTOR OF MAINTENANCE

Bevyn Starkies

PAYROLL COORDINATOR/HR



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