

WILLOWBROOK



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.



WEEKLY HIGHLIGHTS

GOLDEN HARVEST DAYS

Seasonal crafts, games, and autumn treats to celebrate the beauty of fall.

PUMPKIN DECORATING

submissions due October 8th

HALLOWEEN SPIRIT WEEK

(Oct 27–31) – Costume contests, spooky bingo, and fun fall games & treats. Residents and staff are encouraged to dress up October 31st!

OCTOBER COMMUNITY BINGO BASH

(Thursday October 16, 2:00 PM) – Special themed bingo games with festive prizes.

MOVIE MATINEES

(Fridays, 3 PM) – Cozy up with classic fall favorites and Halloween-themed films.

FALL FITNESS FUN

(Mondays & Fridays, 10:30 AM) Gentle exercises, chair yoga, and movement sessions to keep everyone active. Great music too!

ACTIVITY PHOTO HIGHLIGHTS



Special Guest Performer Fisher Arrington of Arp Texas entertained the crowd with special Elvis Tunes



Resident enjoying some sweet melon!



What a Melon Day!



Elvis Week Luau foods and drinks



Elvis Week Resident enjoying the festivities

ONGOING ACTIVITIES

Daily music sessions with residents' favorite tunes.

Social hour with refreshments and conversation in the common area.

Afternoon Table Games

WELCOME COURTNEY SHEPARD

Dear Residents, Families, and Friends,

As the leaves turn golden and the crisp autumn air surrounds us, we are reminded of the beauty of change and the joy of community. October is a special month here at Willowbrook, filled with fun, fellowship, and festive activities!

Celebrating the Season

This month, we are excited to host a variety of events to bring smiles and laughter to our community:

- **Golden Harvest Days** – Join us for seasonal crafts, games, and delicious treats several days a week.
- **Halloween Spirit Week** – From costume contests and a fall carnival, to spooky-themed bingo, we invite everyone to embrace the fun and creativity of the season.
- **October Bingo & Special Games** – Exciting prizes and laughter are guaranteed!

Wellness Corner

As the weather cools, it's important to keep up with both physical and mental well-being. Our daily exercise sessions, mindfulness moments, and group activities are designed to keep everyone engaged, active, and healthy.

Family & Friends

We love seeing families and friends joining in our events! Please remember to check the activity calendar for updated schedules and any special announcements. Your participation brightens our community and strengthens the bonds we share.

A Note of Gratitude

Thank you to our wonderful staff, volunteers, and residents who make Willowbrook a warm and welcoming home. Your kindness, patience, and spirit truly make a difference every day.

Wishing everyone a joyful, safe, and colorful October!

Warmly,

Jimmy Sanders

Administrator, Willowbrook Nursing Home

SPECIAL EVENTS!

Carmel Apple Bar & Autumn Trivia (Oct 23, 3:00PM) – Build your own sweet treat with a variety of toppings.

Pumpkin Painting & Decorating (Oct 1-8) – Show off your creative side with pumpkins of all sizes.

Manicures & Mocktails every Monday 3pm – Relax, socialize, and enjoy pampering with friends.

Chilli Cook Off (Oct. 24 2p-4p)

Pet Parade Costume Contest (Oct 29 2:30P)

Trick or Treating with Neighborhood Daycare (Oct.31 10am)

It's Just a Bunch of Hocus Pocus Carnival (October 31 2:30p-4:30p)

REMINDERS

Activity calendars are updated weekly—please check bulletin boards or speak with staff for any changes.

Families are always welcome to join our events—your presence makes the community even brighter!

FEATURED RESIDENTS

Ms. Aretha W. and Ms. Dorothy D. These ladies spend each day ensuring their friends here at Willowbrook are aware of daily activities and special events. The activity department are very grateful for their help and encouragement of others.



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ADMINISTRATIVE STAFF

Jimmy Sanders

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Rhonda Benavides

RN DIRECTOR OF NURSING

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!

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