

WILLOWBROOK



SIMPLE WAYS GRATITUDE CAN LIGHTEN HOLIDAY STRESS

November is a month full of meaning. It is **Gratitude Month**, and it also includes **Stress Awareness Day** on November 5. Both remind us that while stress is a natural part of life, gratitude can help us feel calmer, healthier, and more connected.

Gratitude does not need to be complicated. Sometimes it is the little things that matter most. A warm meal shared with family, a kind word from a friend, or a neighbor lending a helping hand can ease stress and brighten your day.

Here are a few uplifting ways to practice gratitude this season:

Unplug and Notice: Step away from the news or your devices for a while. Enjoy the crisp air and colors of fall with a walk outside, or spend a cozy afternoon with family or friends over a cup of coffee or tea.

Share Your Thanks: Let family, friends, or neighbors know you appreciate them. A smile, a short note, or a thoughtful word can mean more than you realize.

Create Moments Together: Gratitude grows in connection. Enjoy a meal around the table, play a game with grandchildren, or simply sit and talk with someone you love.

Simply Pause: Take a few deep breaths and think of one thing you are grateful for today. It could be the

comfort of your surroundings, the laughter of friends, or the support of family.

Celebrate the Everyday: Holidays are special, but gratitude also lives in daily joys. Cherish the simple moments that brighten life, like the vibrancy of fall leaves, a phone call from a neighbor, or a hug from a loved one.

As families, friends, and communities gather this November, remember that gratitude is more than a holiday tradition. It is a way to ease stress, strengthen our connections, and celebrate the joy of reaching out and appreciating one another. Wishing you a season filled with thankfulness, togetherness, and a very **Happy Thanksgiving.**



NOVEMBER FUN AT WILLOWBROOK!

The season of thankfulness is here, and we have a month full of exciting activities planned at Willowbrook! As the weather cools and the holidays draw near, our Activity Department is keeping spirits warm with fun, fellowship, and plenty of reasons to smile.

Residents can look forward to **Thanksgiving crafts, baking days, seasonal games, and music** programs to celebrate the joy of fall. We'll also enjoy cozy movie afternoons with hot cocoa, scenic drives to enjoy the fall colors, and special visits from our friends at **Independence Manor Ministries** for weekly devotionals.

Of course, we can't forget our **Thanksgiving Feast**, where we'll gather together to share a delicious meal and reflect on all the blessings in our Willowbrook family.

November is sure to be full of laughter, creativity, and gratitude—and we can't wait to share every moment with our wonderful residents!

ACTIVITY PHOTO HIGHLIGHTS



Bingo with Stallings Court Friends

ALZHEIMER'S DISEASE AWARENESS MONTH: IS IT AGING OR ALZHEIMER'S?

It can be challenging to determine whether forgetfulness is due to normal aging or early signs of Alzheimer's. If you or a loved one notice any of the following signs, it's essential to schedule an appointment with a memory care specialist or a primary care physician:

- Frequent memory loss of new information
- Getting lost in familiar areas
- Difficulty completing everyday tasks
- Misplacing items in strange places (i.e., ice cream in the oven)
- Trouble with communication, using odd descriptions for simple words
- Impaired judgment (i.e., wearing inappropriate clothing for the weather)



LETTER FROM ADMINISTRATOR

Dear Residents, Families, and Friends,

As the season of gratitude arrives, I want to take a moment to reflect on all that we must be thankful for here at Willowbrook Nursing and Rehabilitation. November reminds us to slow down, appreciate one another, and celebrate the many blessings that surround us each day.

Our residents continue to inspire us with their wisdom, humor, and resilience. Our staff members go above and beyond to provide compassionate care and create moments of joy. And our families, your love and support mean the world to us. Together, we make Willowbrook a true home.

This month, we look forward to sharing special Thanksgiving activities, delicious seasonal meals, and meaningful moments together. Whether it's a fall craft, a warm cup of cider, or a visit with loved ones, may we each find something to be thankful for every day.

From all of us at Willowbrook, we wish you a happy and healthy November filled with friendship, laughter, and gratitude.

Wishing everyone a joyful, safe, and colorful October!

With appreciation

Jimmy Sanders

Administrator, Willowbrook Nursing Home

VOLUNTEERS NEEDED

Do you have a heart for helping others? We would love to have you join our Willowbrook Volunteer Team!

Our volunteers play a special role in brightening the lives of our residents—whether it's helping with activities, sharing a talent, reading aloud, assisting with outings, or simply offering a friendly smile and conversation.

If you enjoy spending time with seniors and making a difference in your community, we'd love to hear from you!

For more information or to sign up, please contact:

Courtney Shepard, Activities Director
Willowbrook Nursing and Rehabilitation

Phone: 936-564-4596

Email: wb-activity@healthmarkgroup.com

Come share your time, talents, and heart with us—you'll be glad you did!

FALL FUN!

Fall has arrived, and we are in full swing with activities and outings! Recently, we enjoyed a wonderful trip to our neighboring sister facility, **Stallings Court**, for a fun afternoon of **Bingo**. It was a great time filled with laughter, friendly competition, and new friendships.

We are also so thankful for our new friends from **Independence Manor Ministries**. Each week, they visit and share a heartfelt devotional that brings encouragement and inspiration to our residents. Their presence truly adds warmth and joy to our community.

It's been a beautiful start to the fall season here at Willowbrook Nursing and Rehabilitation, and we look forward to many more moments of fellowship and fun!



Featured Residents

We are proud to celebrate Tina O. as our Resident of the Month! Tina has been making wonderful progress—she's now walking with her walker and joining activities each day. She even enjoys going out on our community outings!

Tina's positive attitude and friendly spirit brighten every room she enters. She's a friend to everyone and always greets others with a warm smile. We are so proud of her accomplishments and look forward to seeing her continue to shine here at Willowbrook.



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ADMINISTRATIVE STAFF

Jimmy Sanders

ADMINISTRATOR

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!

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

WORD LIST

APPRECIATE
COLD
DIABETES
FAMILY
FEET
FOOD
GRATITUDE
HONOR
KINDNESS
MEMORY
SERVICE
STRESS
THANKFUL
TOGETHER
VETERANS