

WILLOWBROOK



American Heart Month: Know the ABCS of Heart Health

BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.



Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



A: Ask your health care professional if aspirin can reduce your risk

of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



C: Manage your cholesterol. Cholesterol is a waxy substance

produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



S: Don't smoke.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit smokefree.gov or call 1-800-QUIT-NOW today.

Source: millionhearts.hhs.gov

LETTER FROM ADMINISTRATOR

Dear Residents, Families, and Friends of Willowbrook,

As we welcome the month of February, our hearts are filled with gratitude for the warmth, kindness, and sense of family that make Willowbrook Nursing & Rehab such a special place. Even in the winter season here in East Texas, the smiles, laughter, and fellowship within our walls continue to shine brightly.

February is a time to celebrate love, friendship, and appreciation. Throughout the month, our team has planned special activities focused on connection—whether it's Valentine-themed fun, social gatherings, music, or moments that simply bring joy to everyday life. We are thankful for our Activities Department and staff who work so hard to create meaningful experiences for our residents.

I would also like to take a moment to thank our dedicated staff. Their compassion, commitment, and servant hearts

are evident each and every day. It is truly an honor to work alongside such a caring team who treat our residents like family.

To our residents' families and loved ones, thank you for your continued trust and support. Your involvement, visits, and encouragement mean so much to our residents and staff alike. We are grateful to partner with you in providing a safe, comfortable, and loving home for those entrusted to our care.

As we move forward into the new year, our focus remains on quality care, meaningful relationships, and creating a positive environment where everyone feels valued and respected. Please know that my door is always open, and we welcome your feedback and suggestions.

From all of us at Willowbrook, we wish you a February filled with warmth, love, and blessings.

With appreciation,

Jimmy Sanders

Administrator,
Willowbrook Nursing Home



HAPPY BIRTHDAY

RESIDENTS

Evelyn .L	2/2
Joan J.	2/14
Tina O.	2/16
Judy B.	2/16
Diane P.	2/23

WELCOME NEW RESIDENTS

Judy H.
Thenita W.
Billie B.
Tammie S.

David S.
James. B.
Thomas V.
Albert C.

RESIDENT OF THE MONTH

If there's one smile that can instantly brighten the room, it belongs to Sharon S.! Sharon is always ready for a good time and never misses an opportunity to join in on the fun. Whether there's music playing, a party happening, or friends gathered nearby, you can count on Sharon to be right in the middle of the joy.

She is truly a friend to all, known for her kind heart, caring spirit, and warm personality. Sharon has a special way of making others feel welcome, and her positivity is contagious. Her laughter, encouragement, and genuine care for those around her make Willowbrook an even happier place.

We are so thankful to have Sharon as part of our Willowbrook family. Congratulations to our Resident of the Month—we love celebrating YOU!

Short-Term Therapy Success

ADMISSION & TREATMENT:

Joyce Danley arrived at our campus on October 27th, 2025, and was evaluated by all three therapy disciplines on her second day. On day 15, Joyce presented a change in condition immediately addressed by our nursing staff and requiring emergency medical attention at the nearest hospital for transient ischemic attack. Upon returning to our facility on November 12th, her journey with skilled nursing and rehabilitation services would begin again, including accordant therapeutic accommodations and a renewed focus on returning home with optimal independence.

November 13th, 2025, she was evaluated by all three therapy disciplines with updated short-term goals and long-term goals tailored to trigger the catalyst within her to reemerge out of gleaned pessimism following rehospitalization. Occupational Therapy measured her baseline during self-care tasks and dressing tasks required Minimal and Moderate assistance, and Physical Therapy evaluated her ability to walk 150feet with a Front-Wheeled Walker and transfers needing minimal assistance. Speech Therapy noted her problem-solving skills, thought organization, judgement and inference skills required enhancement to promote safety awareness.

AT DISCHARGE:

Joyce effortfully participated in therapeutic interventions suited and bootied to strengthen and empower her beyond the date of discharge. Occupational Therapy documented braved breakthroughs during discharge demonstrating how she now is able to complete self-dressing tasks, toileting, and hygienic care with Independence. Physical Therapy described her undoubtedly dandy functional gains and noted she is now able to walk 500-feet using a 4- Wheeled Walker (Rollator) with supervision and also completes her bed mobility and transfers with Independence.

Every member of our facility plays a key role providing care and a welcoming environment to fortify the revitalization redeemed after unexpected upheavals. Our community becomes whole once more with every success serving to restore independence from admission to discharge at Willowbrook Nursing Facility.



ACTIVITY HIGHLIGHTS

February is one of our favorite months at Willowbrook because it's all about love, laughter, and making special memories together! We are especially excited to welcome our residents, families, and community friends to two very special events this month.

On Thursday, February 13th, The Fredonia Rotary club is rolling out the red carpet for the Community Senior Prom. This magical evening will be filled with music, dancing, photo opportunities, and plenty of smiles. Whether you dress up or simply come to enjoy the atmosphere, it's sure to be a night to remember and a wonderful opportunity to celebrate friendship and community.

Then on Friday, February 14th, we'll continue the fun at our facility with our Valentine's Day Party. Residents can look forward to festive decorations, sweet treats, music, and lots of love as we celebrate the joy of connection and companionship.

We are so grateful for the continued support of our families and community partners who help make these moments possible. We can't wait to celebrate with you and create memories that our residents will cherish.

With love and excitement,

Courtney Shepard

Activity Director

Willowbrook Nursing & Rehab



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LVN UNIT MANAGER

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MDS NURSE

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DIRECTOR OF TALENT AND LEARNING

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DIRECTOR OF REHAB

Brad Robinson
DIRECTOR OF BUSINESS
DEVELOPMENT

Danny Pace
DIRECTOR OF MAINTENANCE

Donna Stevens
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!

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

WORD LIST

COUPLES
EMBROIDERY
EXERCISE
HEALTH
HEART
HISTORY
KINDNESS
LIFESTYLE
LOVE
MATCH
NEEDLEWORK
PINK
RED
RISK
VALENTINE