

WILLOWBROOK



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.





HAPPY BIRTHDAY

RESIDENTS

Martha K.	9/2
Dorothy D.	9/16
Geneva R.	9/22
Joyce D.	9/25
Dorethea D.	9/25
Navarro C.	9/26
Florence R.	

Patriot Day: Honoring 25 Years of Remembrance

This year marks the 25th anniversary of September 11, 2001, a day that forever changed our nation. Patriot Day is a time to pause, remember the lives that were lost, honor the courage of first responders.

For many, the memories of that day remain vivid. While the years have passed, the spirit of compassion, unity, and service that followed continues to inspire us. Patriot Day reminds us that even in the most difficult moments, people can come together with kindness, courage, and hope.

As we remember this milestone anniversary, may we continue to honor the past while carrying forward the values of service, compassion, and unity that define our nation at its best.



A Letter from Administrator

A Warm Fall Welcome to Our Families!

Happy Fall!

As the leaves begin to change into beautiful shades of red, orange, and gold, we are excited to welcome the cooler weather and all the wonderful moments that come with the fall season. There is something special about this time of year—the crisp mornings, colorful trees, cozy sweaters, and opportunities to gather together as a family and community.

We are especially excited about the **fun fall family gatherings and activities** ahead! These special occasions give us the opportunity to slow down, enjoy one another, make memories, and celebrate the wonderful families who make

our community so special.

As we move into this beautiful season, we encourage you to enjoy the simple joys of fall together—take a walk and admire the changing leaves, share a warm meal, visit a pumpkin patch, or simply spend some quality time together.

Thank you for your continued support, partnership, and enthusiasm. We are so grateful to have each of you as part of our family. We look forward to a season filled with **laughter, friendship, family, and fun!**

Wishing you and your loved ones a **happy, healthy, and colorful fall season!**

With warm fall wishes,

Jimmy Sanders

Administrator,
Willowbrook Nursing Home

National Video Game Day: From Arcades to Apps



You might be a video gamer without even realizing it! Video games aren't just found in arcades or on game consoles anymore. Today, they're just as likely to be played on a phone or tablet, making gaming more accessible than ever.

Whether you're solving **Wordle** or **Sudoku**, matching candies, playing **Scrabble GO** or **Words With Friends**, or testing your skills with **Brain Test**, today's games offer fun ways to relax, challenge your mind, and even connect with others.

On National Video Game Day, September 12, celebrate the games you enjoy. Revisit an old favorite, try something new, or invite a friend or family member to play along. No matter your age, there's a game for everyone.



FROM THE ACTIVITY DEPARTMENT

Dear Families, Staff, and Friends,

The Activity Department is so excited to welcome the **fall season!** As the weather begins to cool down and the leaves start showing their beautiful colors, we are looking forward to a season filled with fun, laughter, family, and plenty of opportunities to get out and enjoy the community.

We want to take a moment to say **thank you for making our Back-to-School Bash such a success!** It was wonderful seeing everyone come together, enjoy the activities, share some laughs, and create great memories. We hope everyone had as much fun as we did!

We were also happy to provide **school supplies to our staff children.** We appreciate all that you do and were excited to show our support as we kicked off another school year. Your dedication and hard work make such a difference!

Now, we are looking ahead to an exciting fall season! We have lots of wonderful things planned, including:



Fall Activities & Crafts



Seasonal Festivals & Celebrations



Fun Community Outings



Family Gatherings & Social Events



Games, Music, Food, and Fellowship



Special Fall Surprises

With cooler temperatures ahead, it is the perfect time to get outside, explore, and enjoy everything this beautiful season has to offer. We hope you will join us for our upcoming activities and outings and take advantage of every opportunity to make special fall memories together.

The Activity Department is grateful for each of you and excited about what is to come. **Fall is a season of new beginnings, togetherness, and fun—and we can't wait to share it with you!**

Here's to a wonderful fall filled with **colorful days, cool weather, exciting adventures, and lots of fun!**

Happy Fall, Everyone!

With excitement,

The Activity Department

Short-Term Therapy Success

ADMISSION & TREATMENT:

Summer brings a sense of fun in the sun, and evermore when you have the cool calming waters of your pool calling out to you. Sarah Vaught was looking forward to a summer spent soaking those cool and calming water when she experienced a fall with acute injury. She felt well enough to not seek immediate medical care, however after a few days of pain and bruising that would not let up, she decided to make it into the emergency room. Sarah was hospitalized for further assessment, and it was discovered that she had no broken bones but did require hospitalization. She was referred to our facility for continued skilled nursing and rehab services and agreed to continue her journey of healing with us.

Sarah arrived at Willowbrook on June 16th, 2026, and was evaluated for Occupational Therapy Services. Our Occupational Therapist noted that she required moderate assistance during Toileting and Lower-body Dressing tasks, and she was only able to tolerate 30 to 60 seconds of continuous activity requiring assistance throughout. Physical Therapy evaluated Mrs. Vaught on June 17th the following day and noted that she was able to walk with total dependence and performed her bed mobility tasks with Moderate assistance. She was determined and willing to work hard and regain the strength and balance to return home for an enjoyable summer.

AT DISCHARGE:

Sarah Vaught vied vivaciously in her calm and sincere spirit to keep achieving her goals within the plan of care developed to help her help herself more each day and discharged from our facility on her own two feet.

Upon discharge, she did just that, and Physical Therapy documented her ability to walk 150feet using a walker and requiring only supervision, among other achievements. Occupational Therapy graded her as now being able to perform dressing and toileting tasks with Independence. Sarah became a stronger, more able person with our therapy team's direction and assistance.

Acts of kindness make our world a better place, and there is not any place better to achieve wellness and independence in Nacogdoches, TX than at Willowbrook Nursing Facility, where skilled nursing and rehabilitation provide collaborative clinical outcomes of the best kind! Season after season. Day after day.





227 RUSSELL BLVD.
NACOGDOCHES, TX 75965

Direct line to admissions:
936.564.4596

wb-admissions@healthmarkgroup.com
willowbrooknursingcenter.com

ADMINISTRATIVE STAFF

Jimmy Sanders
ADMINISTRATOR

Rhonda Benavides
RN DIRECTOR OF NURSING

Jessica Bryant
LVN ASSIS. DIRECTOR OF NURSING

Tonya Eberlain
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 and Chris Brown
SOCIAL SERVICES

Courtney Shepard
ACTIVITY DIRECTOR

Chris Thomas
ACTIVITY ASSISTANT

Courtney King
BUSINESS OFFICE MANAGER

Shelby Robertson
DIRECTOR OF TALENT AND LEARNING

Heriberto "Eddie" Martinez
DIRECTOR OF REHAB

Brad Robinson
DIRECTOR OF BUSINESS
DEVELOPMENT

Danny Pace
DIRECTOR OF MAINTENANCE

TBD
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!

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

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM