GULF POINTE VILLAGE

HAPPY LABOR DAY

Labor Day, observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution. Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.



GRANDPARENTS DAY

Grandparents hold a special place in the hearts of families, providing a wealth of wisdom, love, and cherished memories. They play a pivotal role in passing down traditions, values, and life experiences to younger generations. Here are some ways grandchildren and grandparents can celebrate Grandparents Day on September 10 together:

- Go to a local park or playground
- Look through old photos or create a scrapbook
- Listen to each other's favorite songs/music
- Draw or make a craft together
- Make a video of them interviewing each other



HAPPY BIRTHDAY

RESIDENTS	
Bettye H.	

STAFF	
Leticia	9/29

NEW RESIDENTS

Charlotte	Myr	tle	Loy	/d	Jody
Katharin	e	Coco		Elwy	n

Resident of the Month: Lois





9/9

we can present them with Gifts **Tuesday Sept. 12th - Crazy Hat Day** 2:00 p.m. - We will make the craziest Looking hats 3:30 p.m. Our judges will choose our winner

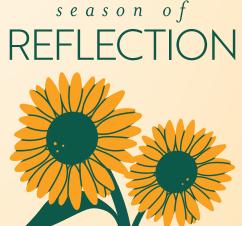
bag up some gifts for our EMS

Wednesday Sept. 13th - Hawaiian Day 2:00 p.m. Aloha Friday Luau

Thursday Sept. 14th - Western Day 2:00 p.m. Strap on those boots and join us for some Cowboys and Indian bingo 3:30 p.m. Shoot em up at the OK Corral

Friday Sept. 15th Family Night Prom -50's Night

6:00 p.m. Families invited to join! Dress for the 50's We will enjoy a night filled with Family, Friends, Music, Snacks, King & Queen, and lots of Photo's to capture all our new Memories





Mational Assisted

living Week is here!

A FUN FILLED WEEK OF DAILY THEMES THAT INCLUDE MUSIC, FOOD, DRESSING UP, CREATIVITY, DREAMING, FAMILY, FRIENDS, QUEENS & KINGS, BUT MOST OF ALL MEMORIES.

Sunday Sept. 10th - Grandparents Day 2:00 p.m. we will make homemade Chocolate Chip Cookies

3:30 p.m.- Our Local EMS will join us so

As we remember 9/11 we will honor our EMS workers right here at home! 2:00 p.m. - We will

Monday Sept. 11th - Patriotic Day



SPOTLIGHT ON OUR RESIDENTS



Four Things You Can Do to Prevent Falls

Speak up. Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines.

Exercises that improve balance and make your legs stronger can lower your chances of falling. It also helps you feel better and more confident.

Walking, dance, yoga, or Tai Chi are all great moderateto-low impact options. Lack of exercise leads to weakness and



increases your chances of falling.

At least once a year, check with your eye doctor and update your eyeglasses. Have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist or pediatrist is needed.

Keep floors clutter-free by removing small throw rugs, or use double-sided tape to keep the rugs from slipping. Add grab bars in the bathroom—next to and inside the tub, and next to the toilet. Have handrails and lights installed on all staircases. Install automatic nightlights in hallways, bathrooms, and frequently used areas.



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ADMINISTRATIVE STAFF

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Amber Mikulik

D.O.N. Linda Russell

ACTIVITIES Pam Wilcox

DIETARY MANAGER Mark Solis

> MAINTENANCE Tom Kitterman

DIETARY COOK Diane Pereda

CARE ATTENDANTS

Pat Torres Janie Kaczmarek Leticia Rivero Crystal Wilcox Lyndsay Hromadka Emily Whetstone Nancy Breaux Victoria Lea Diane Pereda



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!

WORD LIST F QUH EAR ΤF BXT С С С AGING S S ASN ΜK 0 S SZRN Y J BALANCE F Ζ Y Н С А Ζ Ρ L WA С Κ J COCONUT ΧP Х А Ρ Е J В ΜD MR V L 0 CONFIDENT F Е Ν E ΕK С 0 Ν D T Т Т R **EXERCISE** RAH С Ρ Ρ F Ν U J Ν 7 Т \bigcirc Y FALLS С Е S U Y W Е F Κ Т D U С V GRANDPARENT Е A В R R R Ζ F Y С L 0 0 Н HARMONY W SDAJB ΚO A B C FF U Ρ HEALTH F XI В Ρ KDK В U Α С L Y HEART ΗΗG Е F (S С DM UΗ DF LABOR F AGN Ρ R Ε V ΕN Т U L D J MINDFUL Ρ GΙ AF ΗΕΑ Н Ε N J Т S **NEIGHBOR** RE RΡ N GQ J U R ΕH А G PEACE RMONYZ NGGP D ΗA NV PREVENT

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