

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. 9/9

STAFF

Leticia 9/29

NEW RESIDENTS

Charlotte Myrtle Loyd Jody
Katharine Coco Elwyn

Resident
of the
Month:
Lois



Employee
of the
Month:
Linda R.



ASSISTED LIVING WEEK: SEPT. 10-16

National 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



Monday Sept. 11th - Patriotic Day

As we remember 9/11 we will honor our EMS
workers right here at home! 2:00 p.m. - We will
bag up some gifts for our EMS
3:30 p.m.- Our Local EMS will join us so
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

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

season of
REFLECTION



SPOTLIGHT ON OUR RESIDENTS



DEE



DOTTIE



FELISHA



FRED



JOYCE



JUDY



MODENA



RUTH



WANDA



WES & TOBY

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 moderate-to-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 podiatrist 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

ADMINISTRATOR

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 Breau

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!

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

WORD LIST

AGING
BALANCE
COCONUT
CONFIDENT
EXERCISE
FALLS
GRANDPARENT
HARMONY
HEALTH
HEART
LABOR
MINDFUL
NEIGHBOR
PEACE
PREVENT