

GULF POINTE VILLAGE



National Healthcare Environmental Services & Housekeeping Week



Held annually during
the second full
week of September,
Environmental
Services Week/
Housekeeping

Week celebrates the
dedication of our diligent custodial
staff. These exceptional individuals
exemplify the teamwork and
expertise essential for maintaining
complex healthcare environments
across the nation.

GRANDPARENTS DAY: SEPTEMBER 7

Grandparents Day
celebrates the important role
grandparents play in families
and society, highlighting
their unique contributions
and strengthening
intergenerational bonds.
Looking for ways to
celebrate? Here are some
ideas to get you started:

Family Gatherings: Enjoy a
meal together, whether it's
dinner or afternoon ice cream.
Share stories, memories, and
quality time with one another.

Activities Together: Spend
the day doing activities

grandparents enjoy, like
listening to music, bowling,
gardening, or playing
cards and board games.

Video Messages: For long-
distance families, arrange
video calls or send video
messages to connect. Text
or email photos if you're not
able to arrange a video call.

**Take the time, Sunday,
September 7 to recognize,
appreciate, and celebrate
the unique impact
grandparents have on our
lives through their wisdom,
support, and love.**



HAPPY BIRTHDAY

RESIDENTS

Richard K	09/05
Joel P	09/10
Jeannine L	09/21

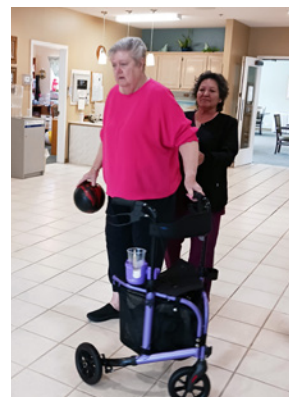
STAFF

Curtis M	09/27
Leticia R	09/29

WELCOME NEW RESIDENT

Terry D.

ACTIVITY HIGHLIGHTS!



SPECIAL EVENTS

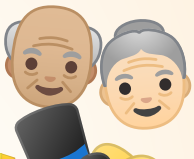
Assisted Living Week:

September 7th – 13th

Dress Up and Games:



9/5 Grandparent's
Day Party



9/8 Crazy Hat Day



9/9 Circus Day



9/10 Hobo Day

9/11 EMS Day



9/12 50's Day Prom

at 6PM with Family



9/24 Resident's Birthday
Party at 2:30PM



9/30 Resident's Luncheon
at La Tequila Jalisco
at 11:00 AM



RESIDENT OF THE MONTH

Celina S.

EMPLOYEE OF THE MONTH

Nancy B

FIVE SIMPLE STEPS FOR HEALTHY AGING

Healthy Aging Month is a perfect reminder that wellness isn't about perfection, it's about progress. Even small, everyday changes can make a lasting difference in how we feel and function as we age.



Start with Self-Care - Sleep well, drink plenty of water, and protect your skin with sunscreen and moisturizers. These may seem basic, but they're powerful tools to help you feel refreshed, inside and out.



Stay Curious, Stay Sharp - Healthy aging includes brain health. Read books, learn new games, or try music therapy. Even chatting with others or recalling old stories can help keep the mind active.



Prioritize Preventive Care - Regular checkups, vaccines, eye exams, and hearing screenings are key to catching small concerns before they become bigger ones. Encourage your loved ones to schedule theirs, too.



Build Your Strength - You don't need to lift heavy weights to build strength. Use resistance bands, take the stairs, or try light home exercises with canned goods. Keeping muscles strong can help with balance, confidence, and independence.



Embrace Your Worth - Aging highlights your wisdom, resilience, and experiences. You matter. Take pride in the life you've built, and remember that it's never too late to invest in your well-being.

This month, let's reframe aging as a journey of vitality, discovery, and purpose. **After all, the goal isn't just to live longer—it's to live well.** Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



September 7–13 marks **National Assisted Living Week (NALW)**, a time to recognize

and celebrate the vital role assisted living communities play in enriching the lives of seniors and individuals with disabilities.

The 2025 theme, **Ageless Adventure**, celebrates the idea that no matter our age, the spirit of discovery and joy never fades. This uplifting theme encourages residents, staff, volunteers, and families to come together for a week of meaningful experiences, shared stories, and imaginative events that highlight the sense of fun, curiosity, and community that exists in every assisted living home.

It's a time to reflect on the journeys we've taken and let our memories and imagination take us anywhere we want to go. Staff and residents alike can embrace this theme by hosting "adventure" themed activities such as passport lunches, travel-inspired parties, storytelling sessions, and creative getaways like cruise days, beach parties, or safari dress-up fun.

As always, NALW is also a time to honor the caregivers, volunteers, and family members who support our communities every day. Let this week serve as a joyful reminder that adventure has no age limit, and that the connections we share continue to inspire every step of the journey.

For more information, ideas, and planning resources, visit www.ahcancal.org/nalw.



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ADMINISTRATIVE STAFF

ADMINISTRATOR

Pam Wilcox

DIRECTOR OF NURSING

Linda Russell

ACTIVITY DIRECTOR

Shannon Carney

DIETARY MANAGER

Mark Solis

MAINTENANCE

Curtis McGehee

CARE ATTENDANTS

Pat Torres

Janie Kaczmarek

Leticia Rivero

Crystal Wilcox

Nancy Breaux

Diane Pareda

Mary Baizabal

Courtenay Bowman



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!

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

WORD LIST

AGING
BEAR
COMFORT
COMPANION
COURTESY
CREATIVE
EXERCISE
FUN
GRANDPARENT
HEALTHY
HEART
IMAGINE
KINDNESS
TOGETHER
WELLNESS