

# GULF POINTE VILLAGE



The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

### **Simple Steps for Success**

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."

- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

### **Need Extra Motivation?**

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.

- **Motivation and Inspiration Day (January 2):**

Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

**Every step, no matter how small, brings you closer to your goals.**

**With focus, determination, and support, this year can be your best yet!**





## HAPPY BIRTHDAY RESIDENTS

Harry K

01/13

## WELCOME NEW RESIDENT

Mary K

## EMPLOYEE OF THE MONTH

Crystal W

## RESIDENT OF THE MONTH

Judy C.

## ACTIVITY HIGHLIGHTS!



# Mind-Body Wellness Tips for Healthy Aging

As we celebrate International Mind-Body Wellness Day on January 3, it's a great reminder that taking care of both our mind and body is key to aging well. Here are some simple ways to stay healthy and connected that benefit both:



- **Get Up and Get Moving:** Exercise is essential at any age. A brisk 30-minute walk each day can do wonders for both your body and mind. If walking is a challenge, try seated exercises or gentle stretching. Staying active boosts your mood, keeps your body strong, and sharpens your mind.
- **Prioritize Quality Sleep:** A good night's rest is crucial for both physical health and mental clarity. Make sleep a priority, create a calming bedtime routine, and aim for 7-8 hours of sleep to recharge your body and mind.
- **Stay Connected:** Social interaction is key for mental health. Spend time with family, friends, or join group activities at your community.

Remember, be sure to consult with your physician before changing any part of your daily routine, including diet, exercise, and sleep, to know what is right for you.

## Martin Luther King Jr. Day

Please join us as we celebrate the life and legacy of Dr. Martin Luther King Jr. on Monday, January 19, 2025.

This federal holiday honors Dr. King's remarkable achievements, including his leadership in nonviolent activism and his pivotal role in fighting racial discrimination across the United States. His contributions to equality and justice continue to inspire generations.



## SPECIAL EVENTS

Ice Cream Social  
with Harbor Hospice  
3:00p on 01/05



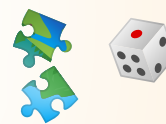
Resident's Council  
Meeting  
3:30p on 01/05



Arts & Crafts  
with Tiffany from  
Harbor Hospice  
2:30p on 01/15



Hope Church:  
Games and Activities  
2:00p on 01/19



Resident's Out to Lunch  
11:00a on 01/20



Resident's Birthday  
Celebration  
3:30p on 01/28



## Donate Blood and Save Lives!



The need for blood, plasma, and platelet donations never stops. Every day, the Red Cross must collect nearly 13,000 blood donations to support patients in about 2,500 hospitals nationwide. This life-saving effort continues regardless of the season, weather, or holidays.

Finding a place to donate is easy! Use the Red Cross Blood Donor app or visit [RedCrossBlood.org](https://www.RedCrossBlood.org) to schedule your next donation appointment. Your contribution could help save lives!



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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!

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

### WORD LIST

ACTIVITIES  
CONNECT  
DONOR  
EQUALITY  
GAMES  
GLAUCOMA  
GOALS  
HOBBY  
JANUARY  
KERNEL  
POPCORN  
RESOLUTION  
UNITY  
WELLNESS  
WORDS