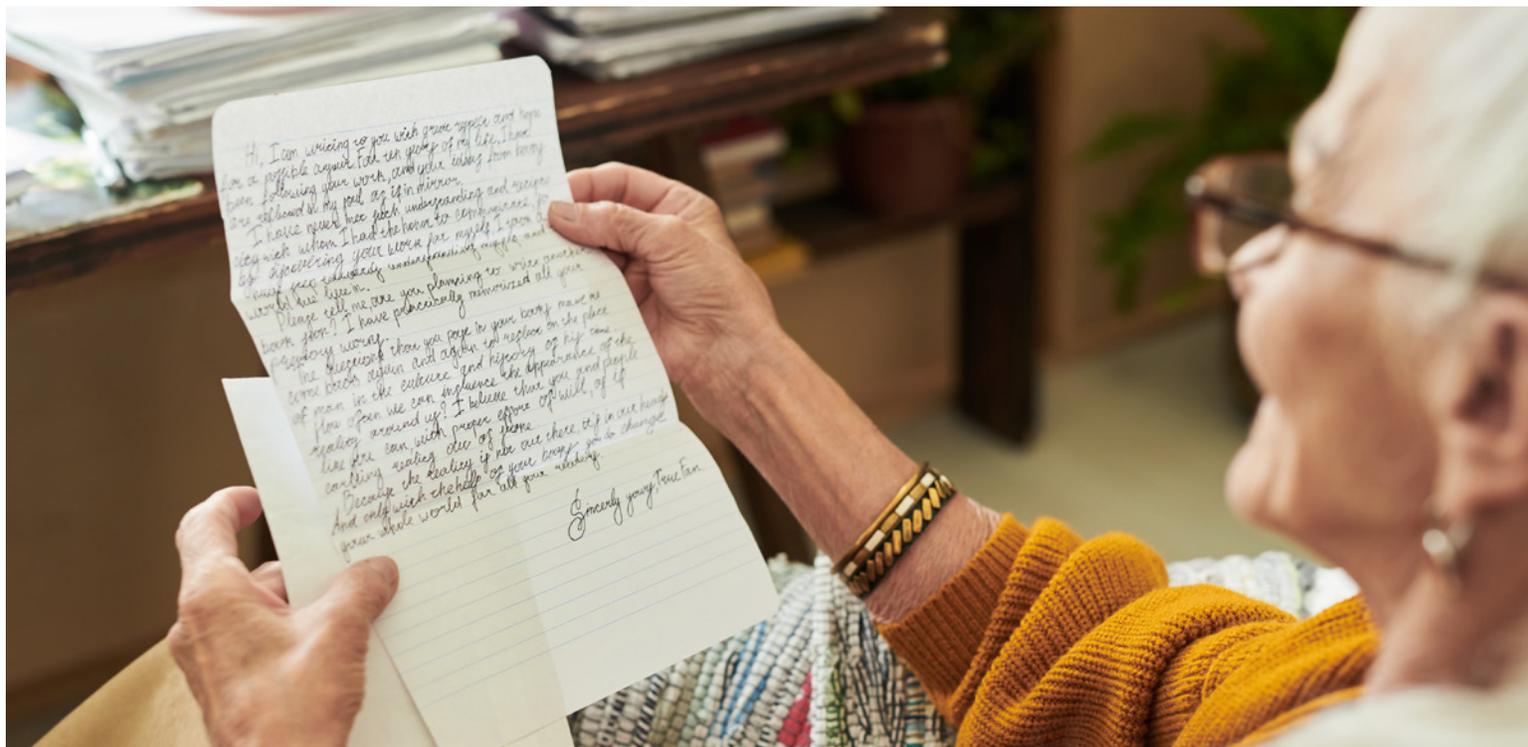


# GULF POINTE VILLAGE



## Making Everyday Moments Awesome

**March 10 is National Day of Awesomeness, a day to notice the little things that make life enjoyable and to share them with others.** It's the perfect excuse to celebrate simple joys and connect with the people around you, no matter your age.

### Notice the little things

Take a few minutes today to spot moments that make you smile. Maybe it's a favorite song, a sunny spot by the window, or the smell of fresh coffee. Keep a small notepad handy and jot down

anything that sparks a happy memory or makes you chuckle.

### Reach out to someone special

Call a friend, share a funny story with a grandchild, or send a note to someone you haven't seen in a while. Even a quick chat or a shared laugh can brighten both your days. Try sending one message or making one call today to lift someone's spirits.

### Share the fun

Do something enjoyable with someone else. Read a favorite story together, play a simple game, or swap memories from the past. Ask a child or grandchild to share their favorite silly joke or story with you.

### Treat yourself

Take a moment to enjoy something that feels special to you. Indulge in a favorite treat, savor a comforting drink, listen to a song you love, or spend a few quiet minutes relaxing. Choosing a small pleasure just for yourself can lift your mood and make the day feel a little more awesome.

This National Day of Awesomeness, celebrate the everyday joys and connections that make life brighter for you and everyone around you. Small actions, shared laughs, and simple moments of fun can turn an ordinary day into something truly awesome.



# ACTIVITY PHOTO HIGHLIGHTS!

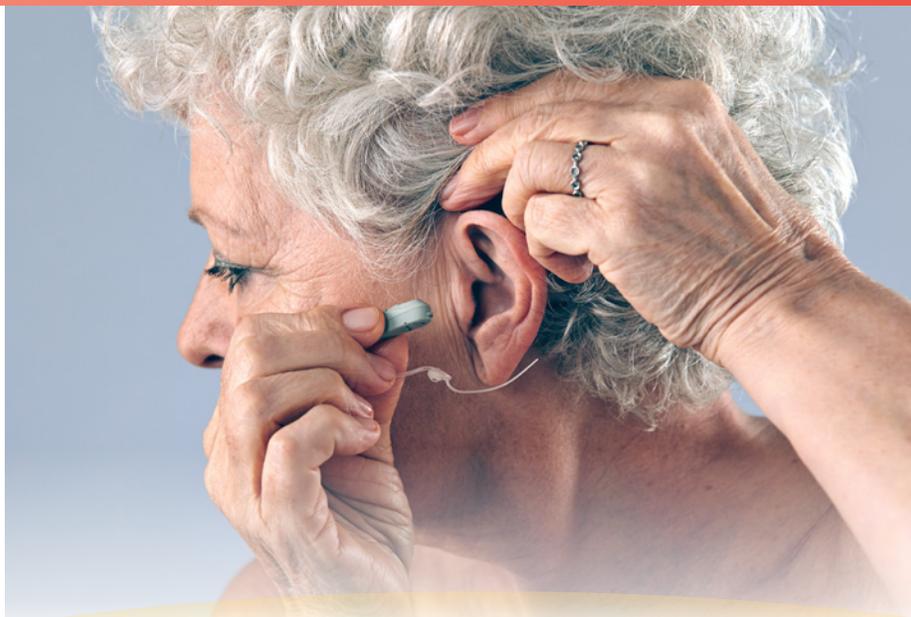


## Get Crafty during Craft Month!

Whether you already paint, knit, quilt, woodwork, or crochet, try some of these other creative projects throughout the month. Ask family and friends to join you for arts and crafts.

- Painted Rocks
- Handmade Greeting Cards
- Paper Plate Crafts
- Easy Origami
- Button Magnets
- Decorative Paper Flowers





## RECOGNIZING HEARING LOSS

World Hearing Day, observed annually on March 3, promotes ear and hearing care across the world and raises awareness of how to prevent deafness and hearing loss. If you have any of these signs or symptoms, you may have hearing loss caused by noise:

- **Speech and other sounds seem muffled**
- **Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone)**
- **Trouble understanding conversations when you are in a noisy place, such as a restaurant**
- **Trouble understanding speech over the phone**
- **Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)**

- **Asking others to speak more slowly and clearly**
- **Asking someone to speak more loudly or repeat what they said**
- **Turning up the volume of the television or radio**
- **Ringing in the ears**

Untreated hearing loss, especially in older adults, can lead to:

- **social isolation**
- **depression**
- **dementia**
- **falls (leading to injury)**
- **inability to work or travel**
- **reduced physical activity**

Don't wait until you show signs of hearing loss. Have your hearing examined by your doctor during your regular checkup. If you have any signs of hearing loss, get tested by a qualified healthcare provider.

Source: [cdc.gov](http://cdc.gov)



## HAPPY BIRTHDAY

STAFF

Steve R

3/07

## EMPLOYEE OF THE MONTH

Shannon C

## RESIDENT OF THE MONTH

Ann W.

## SPECIAL EVENTS

3/02 Ice Cream Social with Harbor Hospice @ 3:00p 

3/02 Resident's Council Meeting @ 3:30p

3/15 Bingo with RFHS Hope Squad @ 2:00p 

3/16 Hope Church- Games and Activities @ 2:00p 

3/17 St Patrick's Day Social @ 2:30p 

3/19 Arts & Crafts with Tiffany from Harbor Hospice @ 2:30p 

3/26 Bay Education Center Field Trip @ 2:00p

3/31 Resident's Out to Lunch @ 11:00a 



900 ENTERPRISE BLVD.  
ROCKPORT, TX 78382

Admissions: 361.729.5254  
info@gulfpointe-village.com  
[gulfpointe-village.com](http://gulfpointe-village.com)

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## ADMINISTRATIVE STAFF

### ADMINISTRATOR

Pam Wilcox

### DIRECTOR OF NURSING

Linda Russell

### ACTIVITY DIRECTOR

Shannon Carney

### DIETARY MANAGER

Mark Solis

### MAINTENANCE

Steve Rightmire

### 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!

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

### WORD LIST

ART  
AWESOME  
BOOK  
CRAFT  
DIABETES  
GREEN  
HEAR  
LISTEN  
MOMENTS  
READ  
SAINT  
SHAMROCK  
SOCIAL  
UPLIFT  
WORKER