

GULF POINTE VILLAGE



TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!

Prioritize Your Well-Being

October is Emotional Wellness Month, a reminder to check in with yourself and make time for the habits that support your overall well-being. It is also home to World Mental Health Day on October 10, a day dedicated to raising awareness and encouraging conversations about mental health worldwide.

Emotional wellness means finding balance in how we handle stress, build connections, and enjoy life. While some factors like age or family history are out of our control, there are many positive steps we can take every day:



Practice self-care by doing activities that bring you peace or joy, whether it's reading, listening to music or enjoying nature.



Stay connected with friends, family, and community. Sharing time and conversation often brings comfort and reduces feelings of loneliness.



Care for your body with regular exercise, balanced meals, and plenty of rest.



Manage stress through breathing exercises, meditation, prayer, or quiet reflection. Stepping away from news or screens for a while often helps refresh your mind.



Remember you're not alone. Sharing with a loved one, doctor, or counselor often brings comfort during overwhelming times.

This month, allow yourself to slow down, recharge, and make space for what helps you feel good. Even small steps can create a stronger foundation for emotional wellness.

ACTIVITY PHOTO HIGHLIGHTS



EMPLOYEE OF
THE MONTH

Mary B.

RESIDENT OF
THE MONTH

Sylvia M.

WELCOME NEW
RESIDENTS

Mary Katharine T.

HIGHLIGHTS ...CONTINUED



HAPPY BIRTHDAY

RESIDENT

Katharine E.	10/3
Martha K.	10/7
Glenda W.	10/22

STAFF

Pam W.	10/2
--------	------



SPECIAL EVENTS

- 10/5 Ice Cream Social with Harbor Hospice 2:30p
- 10/5 Resident's Council Meeting 3:30p
- 10/19 Hope Church- Games and Activities 2:00p
- 10/16 Sandy Toes Homeschool Activity & Games 2:30p
- 10/21 Virtual Tour of Ireland 2:30
- 10/26 Resident's Birthday Celebration with Anthem Home Health 2:30p
- 10/29 Halloween/Welcome to Fall Party 2:30p
- 10/31 Halloween Candy Handout to Trick or Treaters 5:00p



900 ENTERPRISE BLVD.
ROCKPORT, TX 78382

Admissions: 361.729.5254
info@gulfpointhe-village.com

gulfpointhe-village.com

License # 00715

ADMINISTRATIVE STAFF

ADMINISTRATOR

Pam Wilcox

DIRECTOR OF NURSING

Janine Smith

ACTIVITY DIRECTOR

Shannon Carney

DIETARY MANAGER

Denice Myles

MAINTENANCE

Gary Helms

CARE ATTENDANTS

Janie Kaczmarek

Leticia Rivero

Crystal Wilcox

Nancy Breau

Diane Pareda

Mary Baizabal

Belinda Helm

Savanna Aguirre

Janise Tesh



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!

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

WORD LIST

APPLE
AUTUMN
AWARENESS
BONES
BREAST
CARAMEL
CARDS
COLORS
GOURD
HEALTH
LEAVES
PUMPKIN
SCAM
SECURITY
WELLNESS