

GULF POINTE VILLAGE



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



Shining THROUGH THE YEARS

September 13 begins National Assisted Living Week, a special opportunity for residents, staff, families, volunteers, and surrounding communities to celebrate the meaningful role assisted living communities play in enriching the lives of seniors and individuals with disabilities.

Shining Through the Years is the 2026 theme for National Assisted Living Week. This theme celebrates the unique stories, experiences, and wisdom residents have gained throughout their lives while recognizing the caregivers and team members who help them continue to shine each day. It is a time to honor the memories, relationships, and accomplishments that make every person's journey special.

As always, this week is also a time to recognize the dedicated staff, volunteers, and family members who support residents every day. Let National Assisted Living Week serve as a joyful reminder that every person has a story to share, and the wisdom, connections, and memories within our communities continue to shine.

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

ACTIVITY PHOTO HIGHLIGHTS



RESIDENT OF THE MONTH

Tom N.

HIGHLIGHTS CONTINUED



HAPPY BIRTHDAY

RESIDENT

Richard K 9/5

Joel P 9/10

Dorothy (Jeanie) S 9/26

STAFF

Leticia R 9/29

SPECIAL EVENTS

- 9/7 Ice Cream Social with Harbor Hospice at 3:00p 
- 9/7 Resident's Council Meeting at 3:30p 
- 9/13-19 Assisted Living Week
- 9/14 "Roaring 20's" 
- 9/15 "Fabulous 50's" 
- 9/16 "Swinging 60's & 70's"
- 9/17 "Shining Stars of Gulf Pointe Village" 
- 9/18 Prom - "Hollywood Nights" with Family 6:00p 
- 9/28 Resident's Birthday Celebration w/Anthem Home Health at 2:30p 

WELCOME NEW RESIDENTS

Dorothy (Jeanie) S.

Lois V.

EMPLOYEE OF THE MONTH

Belinda H.



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

Matthew Pace

CARE ATTENDANTS

Janie Kaczmarek

Leticia Rivero

Crystal Wilcox

Nancy Breau

Diane Pareda

Mary Baizabal

Belinda Helm

Savanna Aguirre

Emma Hoffmann

Sabrina Anders Herrera



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!

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

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM