

HOLLAND LAKE



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.



HOLLAND LAKE

REHABILITATION AND WELLNESS CENTER

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

Gay W	9/6
John H	9/7
Timothy G	9/11
Lena W	9/12
Cathy V	9/14
Dorothy M	9/25

STAFF

Carrie C	9/1
Lori T	9/4
Paige R	9/8
Tracy	9/10
John G	9/20
Nari W	9/24
Naomi M	9/25
Katia G	9/28

Special Events

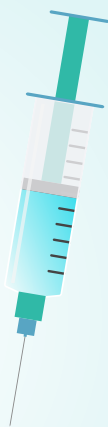
September 9, 2025

9am – 12 noon

Resident Vaccination Clinic
Flu, RSV, Pneumonia and
Covid vaccines will be
available to our Residents

****October – Date TBD****

**Annual Facility Drive-Thru
Flu Shot Clinic – open to
our community. Families,
Friends & Neighbors Invited!**



A Letter from the Administrator

Happy September! It's hard to believe that we are already looking forward to Fall, Holidays and cooler temperatures.

We had a great Back to School Bash in August. The front lawn and porch area were filled with smiles and laughter. Our Residents, Staff and their kiddos, celebrated by playing in the water, eating popcorn and enjoying snow cones and ice cream. The back-to-school group were given school supply boxes provided by HMG, and they also received fire hats and inflatable toys. It was a wonderful afternoon for all!

To keep up with our activities, please check the large calendar located outside the Activity Room. Copies are also available on the buffet in the front entry way. Special events are also posted in the frames located on each corner of the suite hall.

Have a great month and thank you for being a part of our Holland Lake Family!

– Donna Tillman, Administrator

DON'T SKIP A BEAT: PREPARE FOR HEART ATTACKS

Recognize the signs. Heart attacks look and feel different in women than they do in men. Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.

Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Shortness of breath.

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, faint, or a cold sweat.
- Pain or discomfort in one or both arms or shoulders.

Be safe, not sorry. Many heart attacks start slowly with relatively mild pain. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they want contacted in case of an emergency. Being prepared now may just save a life later.

Source: cdc.gov

Activity Photos



Short-Term Therapy Success

ADMISSION & TREATMENT:

Wanda was taken to Medical City Weatherford after multiple ground level falls. She was sent to Holland Lake Rehab and Wellness Center for Occupational and Physical Therapy. She met her therapy goals and was able to have a planned discharge to her new home in Oklahoma.

AT DISCHARGE: 18 DAYS

Wanda began her rehab needing assistance with her ADL's and could not walk. At discharge she walked 300' with a rolling walker at stand by assist level and completed her ADLs independently. Wanda is moving to Oklahoma with her best friend who will be assisting in her care.





REHABILITATION AND WELLNESS CENTER

**1201 HOLLAND LAKE DRIVE
WEATHERFORD, TX 76086**

Admissions contact

Vivian Minnix – 832-948-6285

eFax: 682.285.3065

info@hollandlakerehabilitationandwellness.com

hollandlakerehabilitationandwellness.com

ADMINISTRATIVE STAFF

Donna Tillman

ADMINISTRATOR

Rhonda Edwards, RN

DIRECTOR OF NURSING

Devin Saavedra, LVN

ASSIS. DIRECTOR OF NURSING
(WEST)

Perla Oritz, LVN

ASSIS. DIRECTOR OF NURSING
(EAST)

Jennie Ruddy, LVN

MDS NURSE

Shelli Wilson, LVN

MEDICAL RECORDS/STAFFING

Janna Blumentritt

SOCIAL SERVICES DIRECTOR,

Veronica Carter

ACTIVITY DIRECTOR

Helen Jackson

BUSINESS OFFICE MANAGER

Danielle Roque

DIRECTOR OF TALENT AND
LEARNING

Robin Watson

DIRECTOR OF REHAB

Teresa Atkins

DIRECTOR OF BUSINESS
DEVELOPMENT



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