

HOLLAND LAKE



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

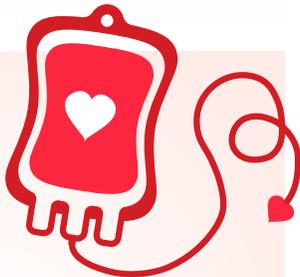
RESIDENTS

John E.	Jan. 10
Terry M.	Jan. 11
Russell W.	Jan. 16
Dora C.	Jan. 17
Jerry M.	Jan. 24
Carolyn W.	Jan. 28
James M.	Jan. 28
Sherry C.	Jan. 29

STAFF

Marianne M.	Jan 3
Dawn O.	Jan 4
Donald B.	Jan 4
Kim L.	Jan 12
Mike L.	Jan 16
Rhonda V.	Jan 18
Sara T.	Jan 27
Perla O.	Jan 29

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!

A Letter from the Administrator

Happy New Year from Everyone at Holland Lake Rehabilitation and Wellness Center. We hope that you have had a wonderful holiday season and are ready for all that 2026 brings our way!

We will be sharing pictures and stories of our adventures in the upcoming weeks, after we have a little time to recover and get everything back in order. It has been busy around here!

Join with us in congratulating our **November Star of the Month – Bree Oneal**. (Left below) Bree works as a COTA in our Therapy Department and is a favorite with our Residents and Staff! A well-deserved honor.



Be sure and check out the awesome picture (right below) of the handmade (crocheted) octopuses that were lovingly made by Kathi Bragdon.

She worked almost three months making each of our Residents a special "love" for Christmas. A very special blessing for all. We will have more pictures in our next newsletter about this. Thank you Kathi!

Thank you to everyone for all you do and being a part of our Holland Lake Family & Friends. Happy New Year to All!!

– Donna Tillman,
Administrator



Activity Photos Highlights



Short-Term Therapy Success

Juanita H. was admitted to Holland Lake Rehab and Wellness Center on November 15, 2025, following a three night hospital stay at Harris Southwest after a ground level fall that resulted in a decline in her mobility. Upon evaluation, Juanita was able to ambulate 50 feet but required minimal assistance for balance and safety. She also required maximum assistance with toileting and dressing.

After a 20 day stay of skilled nursing and therapy services, Juanita made great progress toward her goals. She was able to ambulate up to 240 feet with standby assistance using a four wheeled walker. Her self care skills also improved, with lower body dressing completed with supervision and toileting requiring only minimal assistance.

Juanita was successfully discharged home to continue her recovery. We are proud of her progress and wish her all the best as she continues her journey at home.





HOLLAND LAKE

REHABILITATION AND WELLNESS CENTER

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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!

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