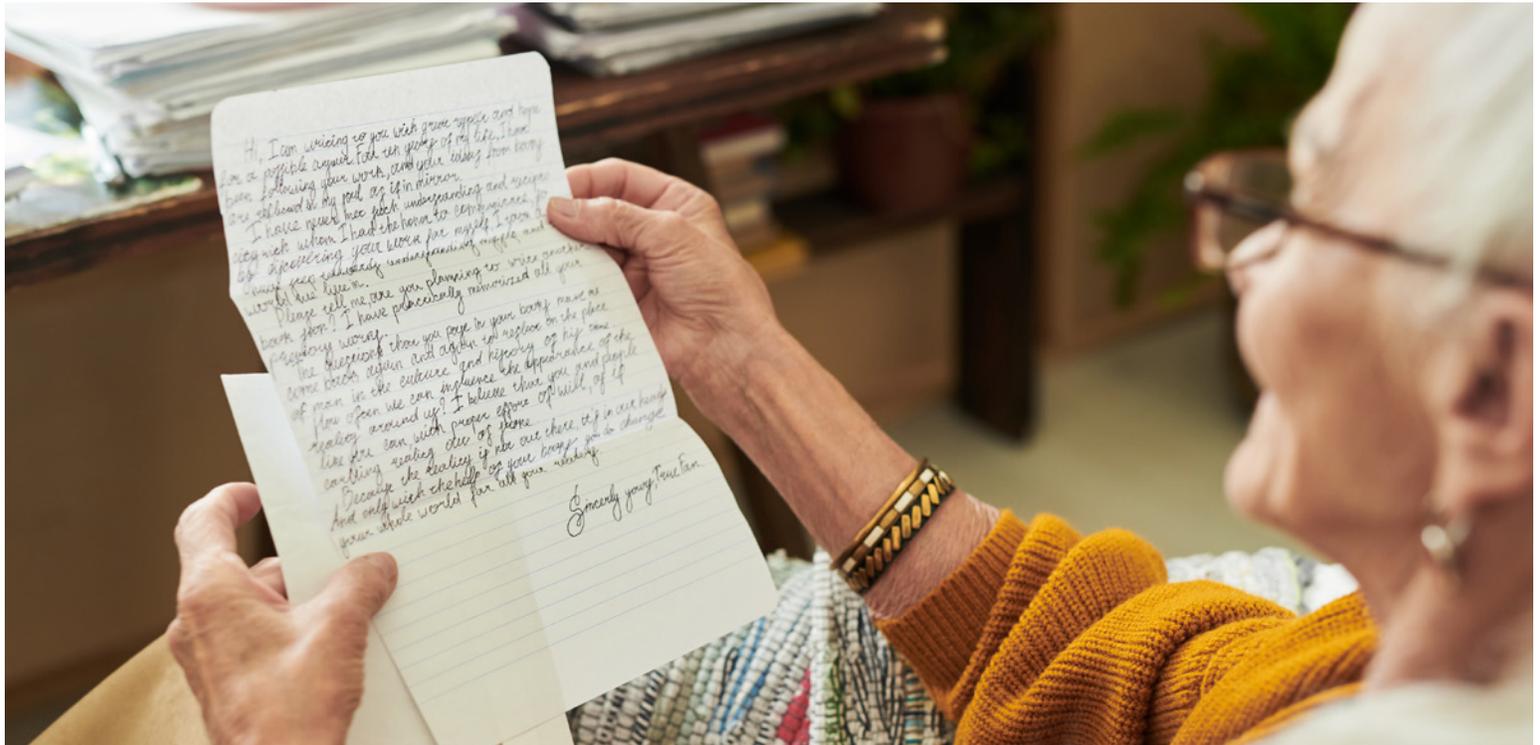


HOLLAND LAKE



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.



A Letter from the Administrator

Welcome to March! It has been a busy few weeks at Holland Lake. We made it through the ice and snowstorm of 2026 and have been enjoying the warmer temperatures that followed. I am so proud and thankful for all our staff that either stayed at the facility or close by in a hotel provided by the facility, to make sure that they were able to be at work to take care of our Residents. We also send a big thank you to everyone that checked in on us and dropped by goodies! We have such a wonderful community that surrounds us in times like this.

Congratulations to our January Star of the Month, Ally Pigg, CNA. Many wonderful nominations were received about Ally. She works on our 2-10p shift, on the West Hall. A well-deserved and earned honor.

Just a couple of reminders, text messages are sent out

for Care Plan meeting times and other notices as needed, through Cliniconex. It will show a local number and ask you to accept if it is your first time to receive a notice from the facility.

Also, if you store refrigerated or frozen items in the nourishment room refrigerator, they must be marked with the Resident Name and Date. Open items will be discarded after 3 days and any expired items will also be disposed of. This is for the safety of the Resident.

Attention - Holland Lake is turning 30 this summer! Be watching for news of upcoming celebrations. We are so excited to be celebrating this milestone.

As always, thank you for choosing Holland Lake. We are glad that you are part of our family.

**- Donna Tillman,
Administrator**



HAPPY BIRTHDAY

RESIDENTS

Michael B.	3/4
Eva C.	3/16
Adam B.	3/18
Kay B.	3/21
Sharon A.	3/25

STAFF

Allyson P.	3/19
Devin S.	3/19
Veronica C.	3/26
Valerie J	3/29
Leah S.	3/29

STAFF ANNIVERSARIES

Kelly B.	1 yr
Tracy O.	1 yr
Cindy G.	1 yr
Danielle R.	2 yrs
Allen C.	2 yrs
Angela H.	3 yrs
Chelsea V.	3 yrs
Sidney S.	3 yrs
Tristen R.	3 yrs
Ashley F.	3 yrs
K. Contreras.	4 yrs
M. Tellez.	8 yrs
Lynn D.	25 yrs

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



Activity Photos Highlights



Short-Term Therapy Success

ADMISSION & TREATMENT:

Cecilia S. is a 73-year-old female who admitted to Holland Lake Rehab and Wellness Center on January 20, 2006, and was discharged home on February 6, 2026. She was hospitalized with acute renal failure.

The Physical Therapy team worked on lower body strength, balance, and ambulation. In Occupational Therapy she worked on upper body strength, balance and safety during Activities of Daily Living. In Speech Therapy she met all her goals.

AT DISCHARGE:

After a 17 day stay for therapy and skilled nursing services, Cecilia made progress with her Physical Therapy. She was able to ambulate 180 feet with a rolling walker. She was able to complete upper and lower body dressing and toileting with stand-by-assist.



Special Events

National Social Work Month

Election Day – March 3rd

Spring Forward - March 8

National Pi Day – March 14th

St. Patrick's Day – March 17th

First Day of Spring – March 20th





HOLLAND LAKE

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!



WORD LIST

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