

HOLLAND LAKE



Superpowers, Strength, and Everyday Heroes

Every year on April 28, we celebrate National Superhero Day, a time to honor both the fictional heroes who inspire us and the real-life heroes who make a difference in our world. **First recognized in 1955, this day serves as a powerful reminder that courage, strength, and selflessness are qualities we all admire**, whether they exist in comic books or in everyday life.

Superheroes first soared into popularity in the 1930s and 40s, with iconic characters like Superman, Batman, Wonder Woman, and Captain America making their debut. With extraordinary abilities—flying, super strength,

invisibility, and mind-reading—these heroes became symbols of hope and justice.

While we celebrate these fictional icons, **let's also take a moment to honor the everyday heroes among us, including nurses, EMS, firefighters, police officers, and first responders.** They may not wear capes, but their superhuman strength and resilience are on display every day. Whether they're saving lives, protecting our communities, or providing care in moments of crisis, they embody the same values of courage, sacrifice, and selflessness that we admire in our favorite superheroes.

If you could have any superpower, what would it be?

The ability to heal? To fly? To be invisible? Or perhaps the strength to lift entire buildings with ease? While most of us won't develop superhuman abilities, we all possess unique strengths that have the power to create change.

There is a bit of a superhero in all of us. We may not wear capes or leap tall buildings, but through acts of kindness, resilience, and perseverance, we can make a lasting impact.

This National Superhero Day, take a moment to celebrate the heroes—both fictional and real—who inspire us to be braver, kinder, and stronger. And remember, the world could always use another hero.

Maybe that hero is YOU!



A Letter from the Administrator

Welcome April! We are excited about Spring and being able to get back outside.

We're making plans for our upcoming 30th Anniversary Celebration. Mark your calendar now for May 14th!

Just a few reminders for Springtime:

1. All pet visitors must be on a leash or in crate during their visits and a copy of their immunization records on file with our Activity Director. No pets in dining room during mealtimes please.
2. Smoking – Holland Lake is a non-smoking facility. This includes all vape equipment. No smoking inside, in courtyards or on outside porch areas.
3. No items can be placed on the overbed lighting fixtures in our Resident rooms. They are not to be shelves. This is a safety concern.
4. No extension cords or extended plug devices in rooms.
5. No electric blankets, heating pads, coffee pots or cooking utensils can be utilized in Resident rooms. Small refrigerators are allowed, with a thermometer placed inside and all food items dated.

Springtime is also a great time to do spring cleaning and rearranging in your loved ones room. Giving them as much free space in the room as possible helps with getting around and lessens the possibility of a fall or injury.



Join us in congratulating our Star of the Month for February, **Ronda Vannatta**.

She works as a CNA on our skilled hall, during the day shift. Ronda is greatly loved by

her Residents, and her coworkers had many kind words about her in their nomination for this honor. A well-earned recognition!



We also recognized our Star of the Year for 2025 during our last employee meeting. The winner was **Jennie Ruddy!** MDS Nurse for Holland Lake. Jennie

received Star of the Month during 2025 and was chosen as the Star of the Year! She is such a hard worker and team player. Always willing

to help, while taking great pride in her work and striving to reach both personal and professional goals. Congratulations Jennie – A much deserved honor!



Along with Jennie being announced as the Star of the Year, we also recognized 3 other employees as runner ups. **Jared Davidson, Susan Robertson** and **Bree Oneal** were presented with certificates and a gift, in addition to the plaques and gift cards received when they won Star of the Month. A great group of folks, all well deserving of the honors!

(Check out all our pictures!).

Thank you for being part of our Holland Lake Family!

– **Donna Tillman, Administrator**

Save the Date!

Celebrating our 30th Anniversary

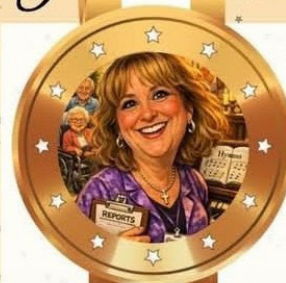
Holland Lake Rehabilitation & Wellness Center

May 14th, 2026 | 4:00 – 6:00 P.M.

Ribbon Cutting hosted by the
Weatherford Chamber of Commerce
at 4:00 P.M.



Congratulations!



**Administrator
Of The Year**

Donna Tillman



Activity Photos Highlights

Adult coloring group provides Valentine wishes

FROM STAFF REPORTS

The Adult Coloring Group that meets at Holland Lake Nursing and Rehab Center recently presented 95 colored Valentine pictures to Kim Boone for Parker County Meals on Wheels recipients.

The Adult Coloring group is open to the public and meets every Monday at 10 a.m. It is a part of the Holland Lake Nursing and Rehab Activity Department under the direction of Activity Director Veronica Sue Carter. Holland Lake Nursing and Rehab is located at 1201 Holland Lake Drive, Weatherford.



Courtesy

Pictured standing, from left, Maria Amaya, Peggy Belding, Virginia Tanner, Holland Lake Nursing & Rehab Administrator Donna Tillman, Janie Corner, Activity Director Veronica Sue Carter, Audrey Smyser, Meals-on-Wheels Coordinator Kim Boone and Nadeen Pickard Murphree. Seated, from left, Barbara Noland, Frances Ribble, Pam Loge, Dustie Mills and Linda Franklin. Not pictured is Karen Smith.



HAPPY BIRTHDAY

RESIDENTS

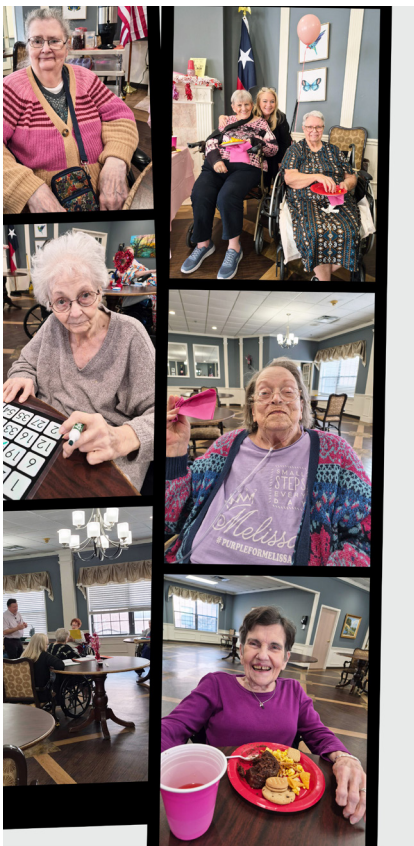
Kristin L	4/6
Hazel F	4/7
Elizabeth M	4/10
Greta G	4/13
DeeAnn M	4/13
Danny C	4/15

STAFF

Cassidy G	4/4
Chelsea V	4/17
Samantha T	4/17
Misti M	4/19
Carla C	4/22

STAFF ANNIVERSARIES

Kristin D	1 yr
Nari W	2 yrs
Brandon S	2 yrs
Sarah K	3 yrs
Mary T	3 yrs
Perla O	4 yrs
Teresa A	4 yrs
Helen J	7 yrs
Kim L	22 yrs
Riley I	4/18



Special Events

Lords Supper
April 2nd at 10:30 am



Easter Egg Hunt
April 4th





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!

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

WORD LIST

ART
CREATE
EARTH
ENERGY
EVERYDAY
GREEN
HERO
LAUGH
PHOTO
POWER
REDUCE
STORIES
SUPER
THERAPY
VOLUNTEER