

HOLLAND LAKE



Embracing Healthy Aging: Feel Your Best at Any Age

Aging is a natural part of life, but that doesn't mean you can't feel vibrant and full of energy. **Prioritizing your well-being can help you stay active, happy, and engaged in the things you love.**

One of the best ways to support healthy aging is by **maintaining a positive outlook.** Stress can take a toll on both your body and mind, so focus on what brings you joy. Engaging in activities you love, practicing mindfulness, and staying socially

connected can boost both mood and overall well-being.

Nutrition plays a vital role in feeling your best. A balanced diet rich in fruits, vegetables, whole grains, and fiber fuels your body and supports energy levels. Trying new recipes or cooking with friends can make healthy eating more enjoyable.

Regular exercise is key to maintaining strength, stamina, balance, and bone health. Incorporating both cardiovascular activities and strength training can help you stay mobile and independent. Even simple activities like

walking, stretching, or chair exercises can make a difference.

As we age, our bodies process nutrients differently. If you're concerned about getting enough essential vitamins and minerals, talk to your doctor about supplements that may support your energy and overall health.

Aging doesn't mean slowing down—it's an opportunity to embrace life with enthusiasm and confidence. **By making small, positive choices, you can continue to thrive and make your golden years truly shine!**



HAPPY BIRTHDAY

RESIDENTS

Ruth C	6/2
Helen H	6/9
Mary W	6/13
Danny W	6/19
Brenda A	6/27
Pete F	6/29

STAFF

Terri B	6/6
Tammy P	6/16
Robin	6/23

STAFF ANNIVERSARIES

Naomi M	1 year
Kiara S	1 year
Ronda V	1 year
Kim L	2 years
Ashlyn S	5 years
Misti M	6 years

STAR OF THE MONTH APRIL 2026

Veronica



A Letter from the Administrator

Happy June! It has been a busy few weeks. We will have pictures to share of our 30th Anniversary Bash in our next newsletter!

We hope everyone had a great Mother's Day and end of school activities and graduations. Always a flurry activities.

We congratulate Veronica Carter, Activity Director for being recognized as our Star

of the Month for April. Veronica keeps the activities going for our Residents throughout each month. A well-deserved recognition!

Be watching for upcoming activities. We have a lot planned during the summer. Come join us!

– Donna Tillman,
Administrator

Special Events

June 14th Flag Day



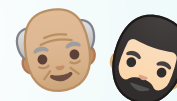
June 17th Wheelchair/Walker Car Wash



3:00 – 4:30 p.m.
Root Beer Floats

June 19th Parker County Cruises: Father's Day Party

June 21st First Day of Summer



June 22nd Snow Cone Day



June 24th St. Stephens Church – Bingo Fun

June 29th Facility Alzheimer's Walk:
Residents and Staff

WALK TO END ALZHEIMER'S

CRAFT TIME



Church with Don



Mother's Day Highlights



Short-Term Therapy Success

ADMISSION & TREATMENT:

Kenneth is a 91-year-old male who admitted to Holland Lake Rehab and Wellness Center after a stay at Medical City in Weatherford. He was admitted with community-acquired pneumonia and a subacute fracture of the L2 and L3 after a recent ground level fall.

The Physical Therapy team worked on his lower body strength, balance, and ambulation. The Occupational Therapy team worked on upper body strength and performing his ADL's safely. Speech Therapy focused on swallow strategies, memory, and communication.

AT DISCHARGE: 17 Day Stay

After a short 17 day stay for therapy and skilled nursing services, Kenneth was able to ambulate 180 feet independently on the sidewalk. He was able to complete upper body dressing at a set-up level and lower body dressing and toileting at a supervised level.

He will be returning home with his wife, Nadeen, and resuming his mowing activities as soon as possible.



Donna assisting her dad with some outdoor therapy.





HOLLAND LAKE

REHABILITATION AND WELLNESS CENTER

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WEATHERFORD, TX 76086

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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!

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

WORD LIST

CANDY
CELEBRATE
DAD
FATHER
HEALTH
HYDRATE
JUNE
MEN
MUSEUM
PICNIC
RECOMMIT
SWEET
TEA
WATER
ZOO