Holland Lake

NATIONAL PLAY DAY: YOU ARE NEVER TOO OLD TO PLAY!

July 19 is National Play Day, a reminder that play does not have an age limit. Whether you are 9 or 90, play has a way of lifting the spirit, sparking laughter, and bringing people together. It is one of the simplest ways to feel young at heart. In a month that also celebrates staying social and connected, play is a natural fit, especially when shared across generations.

There are so many ways to join in the fun:

- **Bean bag toss or cornhole in the yard**
- **Balloon volleyball or indoor bowling**
- **Games like left-right-center, checkers, chess, or cribbage**
- **Card games such as Uno, euchre, bridge, or rummy**
- **Classics like Battleship, Scrabble, or Connect Four**
- **Music, dancing, or playing piano, guitar, or another instrument**
- **Handheld video games or phone apps**

Play also brings back memories of simpler days, like neighborhood baseball games, riding bikes until dinner, or afternoons at the swimming pool with friends. Those spontaneous "play dates" were really just time spent enjoying life outdoors.

On National Play Day, try something familiar or something new. Gather with friends or family of all ages, have fun, stay connected, and simply play!

HOLLAND LAKE
REHABILITATION AND WELLNESS CENTER

Happy Birthday

RESIDENTS

Willie R	7/13
Ruby S	7/13
Lonnita T	7/16
David D	7/22
Delores G	7/24

STAFF

Madeline B	7/1
Mary D	7/3
C.J. J	7/4
Bailey F	7/6
Shannon R	7/7
Isaline JP	7/21
Ciara S	7/22
Patricia S	7/27

STAR OF THE MONTH MAY 2026

Congratulations to our May Star of the Month – Bailey Freeman.

Bailey works as a Charge Nurse at the West Side Nurses Station.

A well-deserved honor!

A Letter from the Administrator

Happy 4th of July!!

Hope everyone has a great celebration. Enjoy our pictures from our 30th Anniversary Celebration.

– Donna Tillman, Administrator

Activity Photo Highlights

July Special Events

7/4 4TH JULY INDEPENDENCE DAY

7/9 Resident Christmas in July

250 Years of Red, White & Blue

This Fourth of July marks 250 years since the signing of the Declaration of Independence, a milestone that brings a little extra meaning to a familiar summer tradition.

For generations, July 4 has been filled with backyard barbecues, hometown parades, fireworks, and simple moments shared with the people around us. While traditions evolve, the feeling stays the same: gathering together and celebrating the red, white, and blue.

So whether it is a big gathering or a quiet evening outside, enjoy the day, the people, and the celebration of 250 years of red, white, and blue.

Short-Term Therapy Success

ADMISSION & TREATMENT:
Mary is a 71-year-old female who admitted to Holland Lake Rehab and Wellness Center on May 11, 2026, and was discharged home on May 22, 2026. She was seen at the ER at Texas Health in Fort Worth. She was admitted for acute encephalopathy and acute hypoxemic respiratory failure

The Physical Therapy Team worked on her lower body strength, balance, endurance, and ambulation. The Occupational Therapy Teamshe worked on upper body strength and performing her ADL's safely.

AT DISCHARGE: 12 Day Stay

After a brief 12 day stay for therapy and skilled nursing services, Mary was able to ambulate 300 feet at a set-up level with a 4 wheeled walker. She was able to complete upper body dressing and toileting at a set-up level and lower body dressing at a supervised level.

She will be returning to Poolville to her home and husband.

Staff Anniversaries

Rhonda E – 7/1	30 years
Mary D – 7/18	2 years
Marianne R – 7/25	2 years

HOLLAND LAKE
REHABILITATION AND WELLNESS CENTER

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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

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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!

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

Word List

AMERICA
BLUE
BOREDOM
FAMILY
FRIENDS
GAME
HISTORY
HOT DOG
OUTDOORS
PATRIOTIC
PLAY
RED
SUMMER
TOGETHER
WHITE