

HOLLAND LAKE



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



HOLLAND LAKE
REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

RESIDENTS

Gay W.	9/6
Linda J.	9/7
John H.	9/7
Susan Z.	9/11
Tim G.	9/11
Lena W.	9/12
Ruth J.	9/12
Robert B.	9/13
Betty D.	9/17
Marcella Z.	9/18
Dorothy M.	9/25
Sharon J.	9/26
Virginia N.	9/29

STAFF

Lori T.	9/4
Tracy O.	9/10
Nari W.	9/24
Rachel T.	9/30

A Letter from the Administrator

Happy September! We are looking forward to Fall and cooler weather. It was a busy July and August. We had many fun activities along the way. The highlight was our Back to School Bash! Residents, Staff and all our kiddos, had a wonderful afternoon outside playing in the water and enjoying popcorn, snow cones and ice cream. This was our 2nd year hosting the event and we are already looking forward to next year. Check out the

attached picture. A huge thank you to all that helped make it such a fun day for all!

Congratulations to our July Star of the Month, Annette Tucker. She works as a CNA on the weekends. Many kind words were said in her nominations. A well-deserved recognition.

Be watching for the details for our annual Trunk or Treat event. This is always a fun time for all! Thank you for being a part of our Holland Lake family!

– Donna Tillman, Administrator

STAFF ANNIVERSARIES

Vivian M.	8 years	Bailey F.	2 years
Kim S.	6 years	Korey V.	2 years
Temitope A.	3 years	Linda B.	1 year
Madeline B.	2 years	Stephanie G.	1 year
Terri B.	2 years	Ally P.	1 year
Rhonda B.	2 years		

SPECIAL EVENTS

Labor Day

9/1 & 9/22 Joy Singers
Springtown Baptist Church
are returning!



Grandparents Day Picture
details soon!



9/26 Cout's Youth Tea Party



Check our large Activity
Calendar located outside the
Activity Room for changes
and additions to events.



Be watching for details
about our Annual
Trunk or Treat Event in October



Activity Photo Highlights



Continued Photo Highlights



Short-Term Therapy Success

ADMISSION & TREATMENT:

Barbara T. is an 82-year-old female who admitted to Medical City Weatherford for severe hypokalemia that required IV potassium and oral potassium, cardiac monitoring telemetry for arrhythmia, electrolyte monitoring and frequent assessments. She then admitted to Holland Lake Rehab and Wellness Center on July 16, 2026, and was discharged home on July 31, 2026.

AT DISCHARGE:

16 Day Stay

After a brief 16-day stay for therapy and skilled nursing services, Barbara

was able to ambulate 200 feet with contact guard assist with a rolling walker. She was able to complete upper body dressing independently and lower body dressing at a supervised level. She was also to complete toileting at a supervised level.

She will be returning to Autumn Hills Assisted Living.



STAR OF THE MONTH
ANNETTE
TUCKER, CNA



REHABILITATION AND WELLNESS CENTER

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WEATHERFORD, TX 76086

Admissions contact

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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!

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

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM