

HOLLAND LAKE



FAMILY FUN MONTH: END-OF-SUMMER FUN CHECKLIST

August is Family Fun Month, making it the perfect time to squeeze in a few more summer memories before the season comes to an end. You don't need a big vacation or expensive plans. Sometimes the simplest moments become the ones we remember most.

See how many you can check off before summer says goodbye!

- ☐ Read a new book
- ☐ Try a new ice cream flavor
- ☐ Make S'mores
(National S'mores Day is August 10!)
- ☐ Have a picnic indoors or outside
- ☐ Play your favorite card or board game
- ☐ Mix up a new lemonade flavor
- ☐ Watch a summer sunset
- ☐ Blow bubbles
- ☐ Listen to your favorite songs from years past
- ☐ Share a favorite summer memory
- ☐ Call or visit someone who makes you smile
- ☐ Enjoy a walk or simply relax outside
- ☐ Take a photo to remember the day

Whether you complete one activity or all of them, every little adventure is a chance to make new memories.
Summer isn't over yet!





HAPPY BIRTHDAY

RESIDENTS

Peggy M	8/7
Judy C	8/8
Beverly K	8/19
Nancy S	8/25
Bob P	8/31

STAFF

Rhonda E	8/3
Leah M	8/6
Viola R	8/16
Catherine H	8/16
Ashley N	8/17
Sandra M	8/19
Jared D	8/24
Stephanie G	8/24
Tamara R	8/27

STAR OF THE MONTH RAY C.



A Letter from the Administrator

Happy August! Hope everyone has been staying cool and enjoying the summer months. Holland Lake was busy getting ready for the annual Peach Festival Food Competition. We have been the sponsor of this fun event for the past 12 years!

You can see pictures and the list of winners on the Food Competition Facebook page. www.facebook.com/PeachFestivalFoodCompetition. It was a great event and we look forward to seeing everyone each year!

Do you have a special talent that you would like to share? Contact our Activity Director

(Veronica) about scheduling a time. They love new visitors and entertainment!

Be sure and check our big activity calendar throughout the month. Any changes or additions will be posted there.

Join us in congratulating our June Star of the Month, Ray Corona. Ray is our Maintenance Director. He has been with us for a few months and has already a big impression on our Staff and Residents. We are glad that he is a part of our Holland Lake Family! A greatly deserved honor.

Stay cool and enjoy these last few days of summer fun!

– Donna Tillman, Administrator

Short-Term Therapy Success

ADMISSION & TREATMENT:

Herman W. is an 81-year-old male who admitted to Texas Health in Azle for AMS. Also, it was noticed he was incontinent and had generalized weakness. He admitted to Holland Lake Rehab and Wellness Center on June 12, 2026 to begin his therapy, and was discharged home on June 27, 2026.

The Physical Therapy team worked on his lower body strength, balance, endurance, and ambulation. In Occupational Therapy he worked on upper body strength and performing ADL's safely.

AT DISCHARGE: 16 Day Stay

After a brief 16 day stay for therapy and skilled nursing services, Herman was ambulating 150 feet with a rolling walker at contact guard assist. He was able to complete upper body at set-up assist and lower body dressing at supervision.

He will be returning to his home in Springtown where he does live alone in a RV that is close to his caregiver.



Activity Photo Highlights



Short-Term Therapy Success

ADMISSION & TREATMENT:

Shirlee H. is 79-year-old female who admitted to Medical City Weatherford after stepping awkwardly to assist her husband. She had an unspecified injury of the adductor muscle, fascia, and tendon of left thigh. She admitted to Holland Lake Rehab and Wellness Center on May 31, 2026, and discharged home on June 26, 2026.

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

AT DISCHARGE: 26 Day Stay

After a short 26 day stay for therapy and skilled nursing services, Shirlee was ambulating 300 feet with a rollator at a standby assist. She was able to complete upper and lower body dressing at setup assist. Her toileting was completed independently.

She will be returning to her home North of Weatherford with her husband. She also enjoys her occasional visits to their other home in California.



STAFF ANNIVERSARIES

Rhonda E – 7/1

30 years

Mary D – 7/18

2 years

Marianne R – 7/25

2 years



REHABILITATION AND WELLNESS CENTER

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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!

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

WORD LIST

ADVENTURE
BOOKS
CHARM
CHERISH
ELVIS
FUN
LEGACY
LUCKY
MELON
MEMORIES
MUSIC
PENNY
READ
SENIORS
SUMMER