

HOLLAND LAKE



TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!





HAPPY BIRTHDAY

RESIDENTS

Shelly A	10/3
Debra D	10/5
Billie M	10/6
Debbie N	10/11
Eddie S	10/13
Denise T	10/14
Grethen S	10/16
Teddy L	10/16
George B	10/19
Winfred B	10/26
Dianna E	10/26
Linda F	10/26
Sheila S	10/26
Shirley D	10/29

STAFF

Deja M	10/1
Caroldean F	10/7
Annie W	10/9
Mykayla	10/17
Edna F	10/17
Janna B	10/19
Amanada H	10/19
Rhonda B	10/22
Vivian M	10/27
Mary T	10/30

A Letter from the Administrator

Welcome to October! We are so excited for Fall and all the upcoming activities. It is always a busy time at Holland Lake.

Mark your calendars for Oct. 15th. This is the date for our annual Drive-Thru Flu Shot Clinic. This is open for all our families, friends and the community. Shots are free with a donation of canned goods for our local food pantries. The clinic will be held from 7a-6p.

Veronica has been busy working on voting for the upcoming election. Deadline for mail in ballots is Oct. 23rd, with early voting starting on Oct. 13th. If you need assistance with this, please contact her.

Our Star of the Month for August was Marie Gonzales, from our Housekeeping/Laundry Department. Marie is a very hard worker and is greatly appreciated by all. Congratulations Marie!

We also celebrated the 30th anniversary and retirement of two very special employees. Ruby Rahbarzare and Carla Currie have been with Holland Lake since it opened in 1996. Ruby was our weekend nurse supervisor and Carla was a CNA on our 6-2 shift.

We wish them both only the best in this next phase of their lives. We will miss them greatly!

As a reminder, we use an electronic notification system for special announcements, care plan meeting reminders and other special events. You will either receive a text message or voice mail. If you have any questions about this, please let me know.

Be sure and check the big activity calendar for changes and additions throughout the holiday season!

– Donna Tillman,
Administrator

SPECIAL EVENTS

Oct. 21-26	Annual Facility Pumpkin Decorating Contest
Oct. 26	Turn in Voting
Oct. 28	Announce Winner
Oct. 30	Trunk or Treat 3-5 p.m. Parker County Cruisers also here!

STAFF ANNIVERSARIES

Jeter A	1 year
Unice J	1 year
Sondra M	2 years
Jared D	5 years
Dawn O	7 years
Marietta M	7 years
Tammy P	30 years



Short-Term Therapy Success

ADMISSION & TREATMENT:

Glenn is a 75-year-old male who admitted to Texas Health in Fort Worth with osteoarthritis of the right ankle and foot. He also has a history of chronic osteoarthritis of the right knee, chronic right and left knee pain, and chronic osteoarthritis of the left

knee. He admitted to Holland Lake Rehab and Wellness and worked hard each day, going above and beyond what was asked of him.

The Physical Therapy team worked on his lower body strength, balance, and transfers. The Occupational Therapy team worked on upper body strength and performing ADL's.

AT DISCHARGE: 17 Day Stay

After a brief 17 day stay for therapy and skilled nursing services, Glenn remains NWB to RLE, but is able to use a RW for transfers with supervision. He is able to complete upper and lower body dressing at a set up level.

He will be returning to his home in Poolville with his wife.

Short-Term Therapy Success

ADMISSION & TREATMENT:

Sandra S. an 80-year-old female who was admitted to Texas Health in Fort Worth for A-fib, chronic heart failure. She then admitted to Holland Lake Rehab and Wellness Center on August 15, 2026, and discharged home on August 29, 2026.

The Physical Therapy team worked on her lower body



strength, balance, functional activity tolerance, and ambulation. The Occupational Therapy team worked on upper body strength and performing her ADL's safely.

AT DISCHARGE:

15 Day Stay

After a brief 15 day stay for therapy and skilled nursing services, Sandra was ambulating 150 feet with a rolling walker at a supervised level. She was able to complete upper and lower body dressing and toileting at a supervised level.

She will be returning home to live with her husband.

Activity Photo Highlights





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, RN

ASSIS. DIRECTOR OF NURSING
(WEST)

Perla Oritz, LVN

ASSIS. DIRECTOR OF NURSING
(EAST)

Jennie Ruddy, LVN

MDS NURSE

Shana Castillo, LVN

MEDICAL RECORDS/STAFFING

Janna Blumentritt

SOCIAL SERVICES DIRECTOR,

Veronica Carter

ACTIVITY DIRECTOR

Helen Jackson

BUSINESS OFFICE MANAGER

Alexis Watson

DIRECTOR OF TALENT
AND LEARNING

Robin Watson

DIRECTOR OF REHAB

Teresa Atkins

DIRECTOR OF BUSINESS
DEVELOPMENT

Ray Corona

MAINTENANCE DIRECTOR



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!

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

WORD LIST

APPLE
AUTUMN
AWARENESS
BONES
BREAST
CARAMEL
CARDS
COLORS
GOURD
HEALTH
LEAVES
PUMPKIN
SCAM
SECURITY
WELLNESS