Holland Lake



Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

This year, take a moment before the meal to share with your family what you're thankful for. Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!

HOLLAND LAKE
REHABILITATION AND WELLNESS CENTER



Happy Birthday

RESIDENTS

Ernest C.	11/3
Pam L.	11/7
George P.	11/9
Margarett S.	11/11
Thad K.	11/12
Debra B.	11/19
Jacqueline S.	11/20
Martha T.	11/27

STAFF

Kaitlyn W.	11/2
Tristen R.	11/11
Marianne R.	11/16
Stacy U.	11/20
Kristen D.	11/25
Brittany D.	11/26
Delaney H.	11/26
Maria T.	11/26

Staff Anniversaries

Valeria J	Nov. 3	4 years
Rachel B	Nov. 6	1 year
Lori T	Nov. 9	3 years
Donna T	Nov. 10	23 years
Jennie R	Nov. 14	7 years

A Letter from the Administrator

Welcome November! Can you believe it??? October was a busy month. We had our annual drive-thru flu shot clinic and Trunk or Treat event. Always the highlights of our fall season. Also, our annual Therapy Fall Prevention Fair was a roaring success. A lot of fun, while bringing attention to ways to help prevent falls and injuries.

Mark your calendar for November 19th, for our annual Family and Friends Thanksgiving Breakfast. 7-9 am in the Dining Room (Come & Go).

We will send out more information soon, as well as RSVP instructions.

It is a great morning of fun, fellowship and food! You will get to see our Management Team in action as we flip pancakes and waffles in the dining room!

As a reminder, please do not block our entry doors or mailbox area, park in marked fire lanes or in the grassy areas. While we know that parking sometimes can be limited, these areas must be kept clear. If you have any questions or concerns regarding parking, please feel free to contact me.

There will be lots going on in the next couple of holiday months. If you would like to be part of the fun, contact Veronica, our Activity Director. She will be glad to add you to our calendar for entertainment, crafts, visits or just helping out. Our Residents love new faces and activities. And please remember as you are decorating your loved ones doors and rooms for the holidays, that extension cords cannot be used and no nails utilized when hanging wreaths or other décor (also items cannot be placed on top of the overbed light fixtures). We will be glad to provide tape and push pins to assist with decorating.

As always, thank you for being a part of our Holland Lake Family.

– Donna Tillman, Administrator

Special Events

Watch for additions and changes in the activity schedule on the large calendar located outside the activity room door.

11/3	Election Day
11/11	Veterans Day
11/17	H.D. Peters – Lords Supper (North Side Baptist Church)
11/19	Annual Family and Friends Thanksgiving Breakfast









Activity Photo Highlights













On this special day of gratitude, our staff extends warm wishes for a Happy Thanksgiving to you and your loved ones. We wish you a day filled with joy, delicious food, and cherished moments with family and friends. May your holiday be as wonderful as the spirit of thankfulness it represents. Happy Thanksgiving!



Happy Thanksgiving

Please join us for a Family Thanksgiving Breakfast of Pumpkin Pancakes, Waffles, Turkey Bacon, Sausage and more!

Thursday, November 19
7 - 9 AM

RSVP 817.598.0160

Short-Term Therapy Success

ADMISSION & TREATMENT:

David a 71-year-old male was admitted to Medical City in Fort Worth after a fall. He had progressive weakness, four days of urinary retention, severe hyponatremia, acute kidney injury, and bilateral obstructive nephrolithiasis with hydronephrosis. His course was complicated by new onset A-fib and bilateral nephrostomy-tube management. He was then sent to Holland Lake Rehab and Wellness Center for Occupational and Physical Therapy.

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 ADLs safely.

AT DISCHARGE:

18 Day Stay

After an 18-day stay for therapy and skilled nursing services, David was ambulating 250' at a supervised level using a bariatric rolling walker. He was able to complete upper body dressing at an independent level and lower body dressing at a set up level. Toileting was completed at an independent level.

He will be returning to his home in Brock.



HOLLAND LAKE
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

Newsletter Production by PorterOneDesign.com



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!

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

WORD LIST

AUTUMN
FAMILY
FOOD
GRATITUDE
HONOR
KINDNESS
LEAVES
MEAL
MEMORY
REMEMBER
SHARE
SUPPORT
THANKS
TURKEY
VETERAN