

RED OAK



National Healthcare Environmental Services & Housekeeping Week



Held annually during the second full week of September, Environmental Services Week/ Housekeeping

Week celebrates the dedication of our diligent custodial staff. These exceptional individuals exemplify the teamwork and expertise essential for maintaining complex healthcare environments across the nation.



RED OAK

HEALTH AND REHABILITATION CENTER

GRANDPARENTS DAY: SEPTEMBER 7

Grandparents Day celebrates the important role grandparents play in families and society, highlighting their unique contributions and strengthening intergenerational bonds. Looking for ways to celebrate? Here are some ideas to get you started:

Family Gatherings: Enjoy a meal together, whether it's dinner or afternoon ice cream. Share stories, memories, and quality time with one another.

Activities Together: Spend the day doing activities

grandparents enjoy, like listening to music, bowling, gardening, or playing cards and board games.

Video Messages: For long-distance families, arrange video calls or send video messages to connect. Text or email photos if you're not able to arrange a video call.

Take the time, Sunday, September 7 to recognize, appreciate, and celebrate the unique impact grandparents have on our lives through their wisdom, support, and love.



HAPPY BIRTHDAY

RESIDENTS

Patricia B.	9/4
Loraine R.	9/4
Minor V.	9/12
Sharon G.	9/18

DON'T SKIP A BEAT: PREPARE FOR HEART ATTACKS

Recognize the signs. Heart attacks look and feel different in women than they do in men. Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.

Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, faint, or a cold sweat.
- Shortness of breath.
- Pain or discomfort in one or both arms or shoulders.

Employee Spotlight: Ms. Gloria

"Why I Chose Red Oak Health & Rehabilitation"

After spending 30 years in Elementary Education, I always knew that once I retired, I wanted to work in a field close to my heart.

Working with and caring for seniors has been a passion of mine for many years, especially after the passing of my mother. Joining the team at Red Oak

Health & Rehabilitation as the Assistant Director of Activities has been way for me fulfill that passion.

I always dreamed of being that child whose mother could come live with them and be cared for in a loving home. Although that dream didn't come true in the way I imagined, this job allows me to live out that vision—by caring for many "moms and dads."

Each day I come to work, I feel a deep sense of purpose and fulfillment. I truly love what I do and consider it a blessing to give back in this meaningful way.

– Ms. Gloria, Assistant Activities Director



Be safe, not sorry. Many heart attacks start slowly with relatively mild pain. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they want contacted in case of an emergency. Being prepared now may just save a life later.



Source: [cdc.gov](https://www.cdc.gov)

FIVE SIMPLE STEPS FOR HEALTHY AGING

Healthy Aging Month is a perfect reminder that wellness isn't about perfection, it's about progress. Even small, everyday changes can make a lasting difference in how we feel and function as we age.



Start with Self-Care - Sleep well, drink plenty of water, and protect your skin with sunscreen and moisturizers. These may seem basic, but they're powerful tools to help you feel refreshed, inside and out.



Stay Curious, Stay Sharp - Healthy aging includes brain health. Read books, learn new games, or try music therapy. Even chatting with others or recalling old stories can help keep the mind active.



Prioritize Preventive Care - Regular checkups, vaccines, eye exams, and hearing screenings are key to catching small concerns before they become bigger ones. Encourage your loved ones to schedule theirs, too.



Build Your Strength - You don't need to lift heavy weights to build strength. Use resistance bands, take the stairs, or try light home exercises with canned goods. Keeping muscles strong can help with balance, confidence, and independence.



Embrace Your Worth - Aging highlights your wisdom, resilience, and experiences. You matter. Take pride in the life you've built, and remember that it's never too late to invest in your well-being.

This month, let's reframe aging as a journey of vitality, discovery, and purpose. **After all, the goal isn't just to live longer—it's to live well.** Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



Creativity Has No Age Limit

September 14 is **Live Creative Day**, a perfect excuse to try something new, have fun, and let your imagination shine.

Whether you're working on your own or with others, here are fun, simple ways to celebrate:



Make Mini Art - Try painting a rock, decorating a bookmark, or designing greeting

cards. No pressure—just play!

Tell a Story - Write a short poem, record a memory, or create a story with a grandchild.

Solve Something - Try a jigsaw puzzle, or crossword. Problem-solving is creative, too!

Mix the Generations - Invite younger visitors or family members to color, paint, or build something together. Combine experience with fresh imagination!

Be Silly - Put on a costume hat, try a new dance move, or write a funny limerick. Let go of perfection and just enjoy the process.

This day is all about celebrating the joy of making, imagining, and exploring—no matter your age or skill level. Let's get creative!



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SEPTEMBER IS COURTESY MONTH:

Small Gestures, Big Impact

In a busy world, simple kindness can go a long way. Courtesy, whether it's a warm hello, a thoughtful thank-you, or holding the door open, has the power to brighten someone's day and create a ripple effect of positivity.

And just in time: **World Gratitude Day is September 21**, a perfect reminder that showing appreciation is one of

the kindest acts of all. Whether you're thanking a caregiver, sending

a note to a friend, or simply offering a smile, these moments of connection matter.

Kindness doesn't have to be grand. It can be as simple as listening patiently, sharing encouraging words, or reaching out just because.

This month, try a daily act of courtesy or gratitude. You never know how much it might mean to someone or how good it will make you feel too.

RESPECT

THANK YOU

PLEASE

COMPASSION



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!

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

WORD LIST

AGING
BEAR
COMFORT
COMPANION
COURTESY
CREATIVE
EXERCISE
FUN
GRANDPARENT
HEALTHY
HEART
IMAGINE
KINDNESS
TOGETHER
WELLNESS