

DEERBROOK



American Heart Month: Know the ABCS of Heart Health

BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.



Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



A: Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



C: Manage your cholesterol. Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



S: Don't smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit smokefree.gov or call 1-800-QUIT-NOW today.

Source: millionhearts.hhs.gov

Short-Term Therapy Success

Anthony H. is a 51-year-old man who admitted to Deerbrook Skilled Nursing Facility on 11/11/2025 after being hospitalized due to acute kidney failure.

Upon his initial evaluation, Mr. H. required moderate assistance for lower body dressing and bathing. He also required minimal assistance for upper body dressing. His goal was to return home and to work as a trucker. With hard work, perseverance, and a lot of laughter, Mr. Hosten was able return to the community with a new lease on life!

Following a 23-day-stay of skilled nursing and therapy services, Mr. H. made significant gains with help from the therapy team by improving upper and lower body dressing, and walking with modified independence.

On 12/14/2025 Mr. H. was successfully discharged home. With quality care and client centered focused goals, Mr. H. is a true testimonial story of the positive outcomes produced at Deerbrook!



Letter from Administrator

Happy February, the month most famously known as "The Month of Love." Also the month of the famous Groundhog; will he see his shadow? The Houston Livestock Show and Rodeo is also this month. So many great things to celebrate and see in the great city of Houston. We at Deerbrook are most grateful for you, our residents, their families and the trust that you all put in us to care for them.

We encourage you to visit us, call us, participate as much as you would like; we enjoy seeing you in the community involved with your loved ones.

We want to also welcome our newest team member, Ramona Cain, RN, Director of Nursing. She comes with years of experience, and is not new to the HMG family. Please welcome her to our team, as she is a great asset to us and our residents.

Genevieve Gonzales, Administrator

Employee of the Month

Niecy Jones, LVN. Niecy goes above and beyond every single day. She is the first one to offer assistance, she is always on time, comes in when needed and never complains. She gives 100% every single day, and we are so proud to call her a team member, team player Nursing Manager and above all, an all around great employee!

Thank you Niecy for everything you do on a daily basis!

Special Events

Join us for our Superbowl Party
Mardi Gras Party
Valentines Day Party
President's Day Celebration





RANDOM ACTS OF KINDNESS DAY: FEBRUARY 17

What small act could you do today to brighten someone else's day? While money can be earned and gifts can be bought, time is priceless. Here are a few Random Acts of Kindness that can make a difference:

- **Share a smile.** It's simple but can brighten anyone's day.
- **Show appreciation.** Call, text, or meet a friend to let them know how much they mean to you.
- **Donate food or household items.** Contact a local shelter and find out what items they need and make a donation, if you are able to do so.
- **Volunteer regularly.** Spend time once a week helping at local shelter or community center.
- **Send flowers or a plant.** Brighten someone's space by sending them a bouquet or potted plant.
- **Donate blankets or pillows.** Help animals in need by donating gently used items.
- **Volunteer at a nursing home.** Share your skills: play music, be a companion, or help with crafts.
- **Write letters or make cards.** Brighten someone's day by sending a personal note.
- **Share a meal.** Invite a friend for a simple lunch or bring food to share with others.
- **Offer a helping hand.** Assist a neighbor with carrying groceries or run an errand for them.
- **Give compliments freely.** Offer genuine compliments to people around you to make them feel good.
- **Read to someone.** Spend time reading a book or article aloud to someone who might appreciate it.

These small acts can not only make someone's day but also bring joy and fulfillment to you. Take today to make a change in someone's world—and yours. A few seconds of kindness can mean the world to someone. **Be kind!**



HAPPY BIRTHDAY

RESIDENTS

Aurora M	February 3
Keith W	February 25
Alice B.	February 27

STAFF

Leah W	February 7
Sophia Y	February 7
Trina T	February 7
Courtney P	February 23
Veronica Z	February 24
Quineycia J	February 25



WELCOME

Charlotte J.
Cynthia F.
Carmen G.



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ADMINISTRATIVE STAFF

ADMINISTRATOR
Genevieve Gonzales

DIRECTOR OF NURSING
Ramona Cain, RN

ASST. DIRECTOR OF NURSING
Jessica Galindo, RN

UNIT MANAGER
Quineycia "Niecy" Jones

DIRECTOR OF TALENT & LEARNING
Debra Verrett

PAYROLL/ RECEPTION
Terelyn Davis

STAFFING COORDINATOR
Jametra Autry

BUSINESS OFFICE DIRECTOR
Karrie Dodson

MARKETING DIRECTOR
Devin Johnson

ADMISSIONS COORDINATOR
Quartisha Adams

ACTIVITY DIRECTOR
Vernice Phillips

SOCIAL SERVICE DIRECTOR
Danielle Washington

MDS/PPS DIRECTOR
Jennifer Watson

MEDICAL RECORDS DIRECTOR
Shajuana Coleman

CENTRAL SUPPLY
Ciara Brooks

MAINTENANCE DIRECTOR
Kevin Morris



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!

WORD LIST
COPLES
EMBROIDERY
EXERCISE
HEALTH
HEART
HISTORY
KINDNESS
LIFESTYLE
LOVE
MATCH
NEEDLEWORK
PINK
RED
RISK
VALENTINE

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