

# DEERBROOK



The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

### **Simple Steps for Success**

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."

- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

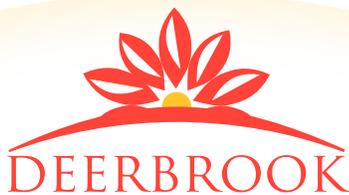
### **Need Extra Motivation?**

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.

- **Motivation and Inspiration Day (January 2):**

Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

**Every step, no matter how small, brings you closer to your goals. With focus, determination, and support, this year can be your best yet!**



SKILLED NURSING & REHABILITATION

## Short-Term Therapy Success

Anthony H. was admitted to Deerbrook Skilled Nursing Facility in November 2025 following a hospitalization for acute kidney failure. Upon initial evaluation, he required moderate assistance with lower body dressing and bathing, as well as minimal assistance with upper body dressing. His goal was to return home and resume work as a truck driver.

After working closely with our therapy team, Anthony made steady and meaningful progress. Following a 23 day stay of skilled nursing and therapy services, he significantly improved his ability to complete both upper and lower body dressing and was able to ambulate with modified independence.

Anthony was successfully discharged home on December 14, 2025. We are proud of his hard work, perseverance, and the progress he achieved during his stay at Deerbrook.



## Letter from Administrator

Now that the New Year is here, we look forward to so many things. Some of us have New Year Resolutions, hopes for the New Year as it brings about the changes we hope for a brand new year. For those of us in healthcare; we look forward to continuing to do what we love, which is caring for those folks that can no longer care for themselves. I wanted to take this opportunity to personally thank each and every one of you for the opportunity to continue our care of your loved ones.

To have a Servant's Heart means to not only put other's needs ahead of our own, but to serve with the right motivation.

Genevieve Gonzales, Administrator

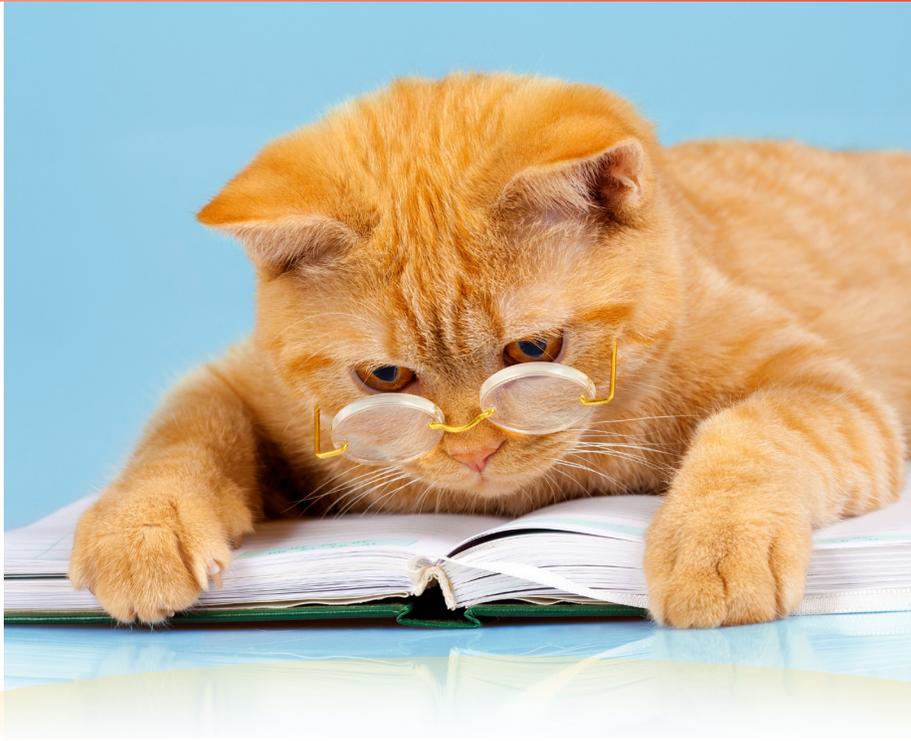
## Mind-Body Wellness Tips for Healthy Aging

As we celebrate International Mind-Body Wellness Day on January 3, it's a great reminder that taking care of both our mind and body is key to aging well. Here are some simple ways to stay healthy and connected that benefit both:



- **Get Up and Get Moving:** Exercise is essential at any age. A brisk 30-minute walk each day can do wonders for both your body and mind. If walking is a challenge, try seated exercises or gentle stretching. Staying active boosts your mood, keeps your body strong, and sharpens your mind.
- **Prioritize Quality Sleep:** A good night's rest is crucial for both physical health and mental clarity. Make sleep a priority, create a calming bedtime routine, and aim for 7-8 hours of sleep to recharge your body and mind.
- **Stay Connected:** Social interaction is key for mental health. Spend time with family, friends, or join group activities at your community.

Remember, be sure to consult with your physician before changing any part of your daily routine, including diet, exercise, and sleep, to know what is right for you.



## CELEBRATE WORD NERD DAY ON JANUARY 9!

Are you a word lover, or as some might say, a “logophile”? If you enjoy discovering new words and their meanings, January 9 is the perfect day for you! **Think back, what was the last new word you learned?** Did you immediately know what it meant, or did you have to look it up or ask someone?

**Grandchildren, young and old, can be great sources for learning new words or modern slang.** Reading is another excellent way to expand your vocabulary and understanding of language.

This Word Nerd Day, challenge yourself to learn at least one new word and practice using it. Here are a few fun ways to celebrate:

- **Word Challenges:** See how many winter activities you can list that start with the letter “S.” Challenge your friends.

- **Games:** Play Scattergories, Scrabble, Bananagrams or another word-based games with friends and family.
- **Apps:** Try a word-based game or language app to discover new terms and expand your vocabulary.
- **Alphabet Adventure:** Using a dictionary, learn one new word for every letter of the alphabet.
- **Reading Aloud:** Read to a grandchild, therapy animal, or even a favorite stuffed animal or baby doll. Reading aloud helps improve articulation and brings joy to listeners (even the furry, plush, or plastic ones).

Let Word Nerd Day be your excuse to explore new words, sharpen your mind, and have fun with language!



## HAPPY BIRTHDAY

### RESIDENTS

Lois R	January 3
Coquiese E	January 6
Michelle B	January 9
Doris N	January 11
Mary H	January 12
Janette S	January 12
Delores F	January 20
Cynthia F	January 20
Vondus G	January 20
Wallace J	January 20
Wilma B	January 21
Donald R	January 27

### STAFF

Nepheteria K.	January 6
Shujuana C	January 7
Quartisha A	January 7
Merylene P	January 9
Leesi A	January 10
Tyrone W	January 11
Zoe S	January 15
Cristal G	January 18
Kecia R	January 22
Vernice P	January 22
Latoya M	January 23
Genevieve G	January 24
Angela T	January 24
Kailey T	January 27



SKILLED NURSING & REHABILITATION

9250 HUMBLE WESTFIELD RD  
HUMBLE, TX 77338

Admissions: 281.446.5160  
info@deerbrook-humble.com  
deerbrook-humble.com

## ADMINISTRATIVE STAFF

ADMINISTRATOR  
Genevieve Gonzales

DIRECTOR OF NURSING  
Ramona Cain

ASST. DIRECTOR OF NURSING  
Jessica Galindo, RN

UNIT MANAGER  
Quineyia "Niecy" Jones

DIRECTOR OF TALENT & LEARNING  
Debra Verrett

PAYROLL/ RECEPTION  
Terelyn Davis

STAFFING COORDINATOR  
Jametra Autry

BUSINESS OFFICE DIRECTOR  
Karri 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

- ACTIVITIES
- CONNECT
- DONOR
- EQUALITY
- GAMES
- GLAUCOMA
- GOALS
- HOBBY
- JANUARY
- KERNEL
- POPCORN
- RESOLUTION
- UNITY
- WELLNESS
- WORDS