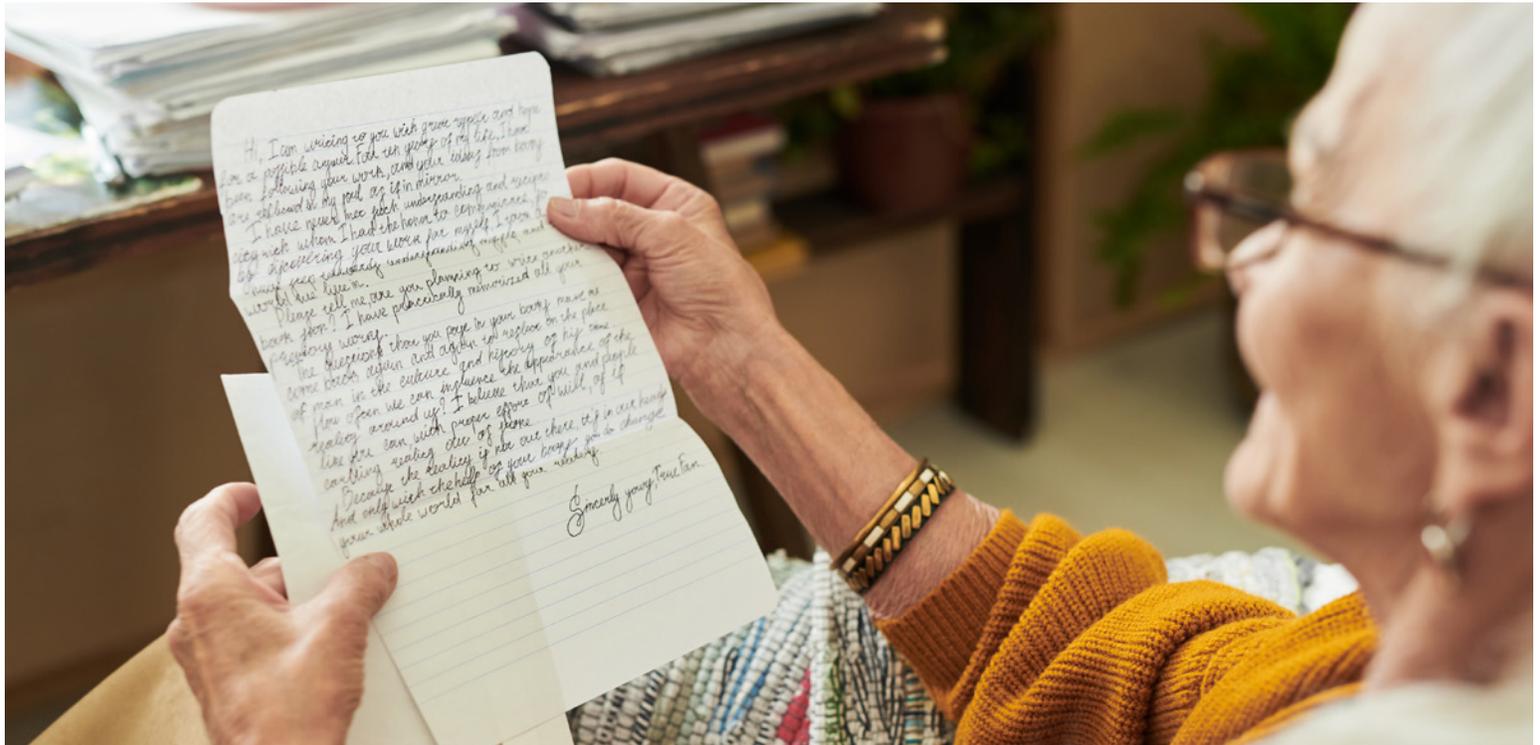


DEERBROOK



Making Everyday Moments Awesome

March 10 is National Day of Awesomeness, a day to notice the little things that make life enjoyable and to share them with others. It's the perfect excuse to celebrate simple joys and connect with the people around you, no matter your age.

Notice the little things

Take a few minutes today to spot moments that make you smile. Maybe it's a favorite song, a sunny spot by the window, or the smell of fresh coffee. Keep a small notepad handy and jot down

anything that sparks a happy memory or makes you chuckle.

Reach out to someone special

Call a friend, share a funny story with a grandchild, or send a note to someone you haven't seen in a while. Even a quick chat or a shared laugh can brighten both your days. Try sending one message or making one call today to lift someone's spirits.

Share the fun

Do something enjoyable with someone else. Read a favorite story together, play a simple game, or swap memories from the past. Ask a child or grandchild to share their favorite silly joke or story with you.

Treat yourself

Take a moment to enjoy something that feels special to you. Indulge in a favorite treat, savor a comforting drink, listen to a song you love, or spend a few quiet minutes relaxing. Choosing a small pleasure just for yourself can lift your mood and make the day feel a little more awesome.

This National Day of Awesomeness, celebrate the everyday joys and connections that make life brighter for you and everyone around you. Small actions, shared laughs, and simple moments of fun can turn an ordinary day into something truly awesome.



Short-Term Therapy Success

ADMISSION & TREATMENT

Cynthia H. admitted to Deerbrook Skilled Nursing on 1/27/2026 after her hospital stay after sustaining metabolic encephalopathy and generalized weakness.

Upon her initial evaluation, Mrs. H. required contact guard assistance for bed mobility, transfers and was only able to ambulate 75 feet. She also required moderate assistance for toileting and lower body dressing. Her goal was to be able to walk longer distances safely and return home with as much independence as possible. The rehab team at Deerbrook helped her achieve her goals.

AT DISCHARGE Following a 12-day-stay of skilled nursing and therapy services, Mrs. H. made significant gains with physical therapy by achieving her goal of walking 500 feet at supervision assistance. She also completes bed lower body dressing and toileting with contact guard assistance.

On 2/7/2026 Mrs. H. was successfully discharged home with support. With quality care and client centered focused goals, Mrs. Cynthia H. is a true testimonial story of the positive outcomes produced at Deerbrook!



DO YOU FEEL LUCKY? Test Your St. Patrick's Day Knowledge with True or False Trivia!



There's no pot of gold at the end, but hopefully fun and maybe a few surprises along the way! See how much you really know about shamrocks, leprechauns, and all things green. When finished, flip the page upside down to reveal the answers below.

1. St. Patrick was actually Irish.
2. The color originally associated with St. Patrick was blue, not green.
3. Shamrocks are said to have been used by St. Patrick to explain the Holy Trinity.
4. Leprechauns are a modern invention with no roots in Irish folklore.
5. The first St. Patrick's Day parade was held in Dublin, Ireland.
6. Corned beef and cabbage is a traditional Irish St. Patrick's Day meal.
7. St. Patrick is credited with driving all the snakes out of Ireland.
8. Wearing green on St. Patrick's Day is said to make you invisible to leprechauns.
9. The shamrock has three leaves because four-leaf clovers are extremely rare.



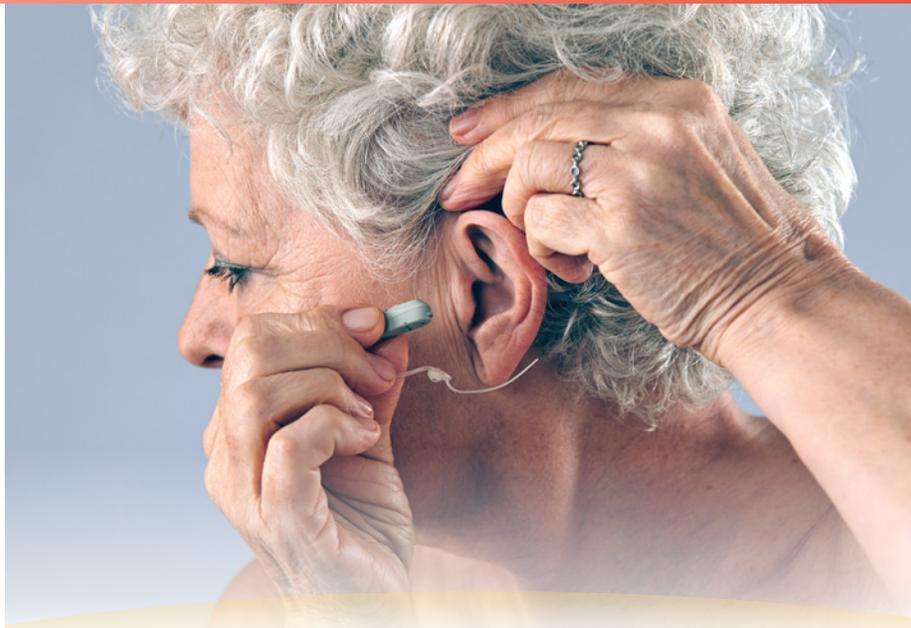
ANSWERS:
 1 False - St. Patrick was actually British.
 2 True - The color originally associated with St. Patrick was blue, not green.
 3 True - Shamrocks are said to have been used by St. Patrick to explain the Holy Trinity.
 4 False - Leprechauns are not a modern invention; they do have roots in Irish folklore.
 5 False - The first St. Patrick's Day parade was held in St. Augustine, Florida.
 6 False - Corned beef and cabbage is not a traditional Irish St. Patrick's Day meal.
 7 True - St. Patrick is credited with driving all the snakes out of Ireland.
 8 True - Wearing green on St. Patrick's Day is said to make you invisible to leprechauns.
 9 True - The shamrock has three leaves because four-leaf clovers are extremely rare.

Letter from Administrator

Welcome to the month of March! Even if Phil the Groundhog saw his shadow, Spring is in the air. We welcome warmer, longer days; cool breezes, sunshine and all the beautiful things that come with the changing of the seasons! As we celebrate another month at Deerbrook we wanted to take a moment to reflect on the many things we are grateful for.

We welcome you to come and pay us a visit, whether to chat, enjoy a cup of coffee or to tour our beautiful building. No appointment needed; we welcome you.

Genevieve Gonzales, Administrator



RECOGNIZING HEARING LOSS

World Hearing Day, observed annually on March 3, promotes ear and hearing care across the world and raises awareness of how to prevent deafness and hearing loss. If you have any of these signs or symptoms, you may have hearing loss caused by noise:

- **Speech and other sounds seem muffled**
- **Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone)**
- **Trouble understanding conversations when you are in a noisy place, such as a restaurant**
- **Trouble understanding speech over the phone**
- **Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)**

- **Asking others to speak more slowly and clearly**
- **Asking someone to speak more loudly or repeat what they said**
- **Turning up the volume of the television or radio**
- **ringing in the ears**

Untreated hearing loss, especially in older adults, can lead to:

- **social isolation**
- **depression**
- **dementia**
- **falls (leading to injury)**
- **inability to work or travel**
- **reduced physical activity**

Don't wait until you show signs of hearing loss. Have your hearing examined by your doctor during your regular checkup. If you have any signs of hearing loss, get tested by a qualified healthcare provider.

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



HAPPY BIRTHDAY

RESIDENTS

Jermaine M	March 2
Epsie W	March 4
Jermaine S	March 5
Celestine S	March 7
Barbara T	March 13
Norman L	March 14
Robert G	March 28
Gregory W	March 28

STAFF

Garet P	March 13
Jakiley P	March 15
Tina D	March 15
Elonda H	March 16
Aminat S	March 17
Melanie A	March 21
Fritz N	March 24
Toy J	March 26
Shukina R	March 29
Skylar J	March 31

Special Events

- St Patrick's Day 
- International Women's Day 
- National Peanut Butter Lovers Day
- Multiple Sclerosis Month

Resident of the Month

Carmen G.



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, RN

ASST. DIRECTOR OF NURSING
Jessica Galindo, RN

UNIT MANAGER
Melanie Anderson, LVN

DIRECTOR OF TALENT & LEARNING
Debra Verrett

PAYROLL/ RECEPTION
Terelyn Davis

STAFFING COORDINATOR
Elonda Harris

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

- ART
- AWESOME
- BOOK
- CRAFT
- DIABETES
- GREEN
- HEAR
- LISTEN
- MOMENTS
- READ
- SAINT
- SHAMROCK
- SOCIAL
- UPLIFT
- WORKER