

FRIENDSHIP HAVEN



HAPPY LABOR DAY

Labor Day, observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution. Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.



GRANDPARENTS DAY

Grandparents hold a special place in the hearts of families, providing a wealth of wisdom, love, and cherished memories. They play a pivotal role in passing down traditions, values, and life experiences to younger generations. Here are some ways grandchildren and grandparents can celebrate Grandparents Day on September 10 together:

- Go to a local park or playground
- Look through old photos or create a scrapbook
- Listen to each other's favorite songs/music
- Draw or make a craft together
- Make a video of them interviewing each other





HAPPY BIRTHDAY

RESIDENTS

Joseph A	9/4
Ronald M.	9/7
Peggy A.	9/24
Roberto O.	9/26
Wanda W.	9/30

STAFF

Christina Jarmmon	9/7
Jayla Roberts	9/7
Kimberly Riggs	9/7
Mary Joseph	9/8
Mixzari Rodriguez	9/12
Irene Gomez	9/16
Laura Hollis	9/18
Elizabeth Killion	9/20
Veronica Curtis	9/22
Martia Clark	9/24
Vennisha Jackson	9/25
Shanikka Adams	9/29
Elizabeth Hillard	9/29



Celebrate Healthy Aging Month this September by trying the tips below, which may help you age slower and improve your quality of life.

Eat a varied and healthy diet.

Include plenty of fruits, vegetables, and whole grain foods. Drink lots of fluids to maintain healthy skin and flush out waste.

Exercise every day. Exercise improves appetite, encourages healthy bones, gives you a better emotional outlook and improves digestion and circulation.

Manage stress. Develop ways to help you cope and adjust to situations in your life that may cause you stress.

Seeking prompt medical care when you're ill or injured.

Listen to your body and take care of any little problems before they become big problems.

Use sunscreen to prevent sunburn.

One of the most significant factors contributing to aging is chronic inflammation of the skin.

Quit smoking, vaping, and avoid secondhand smoke.

Smoking has very damaging effects on your overall health and increases your risk of getting cancer and heart disease.

Keep strong relationships.

Maintaining close ties to your family and friends are crucial to healthy aging.

SEPTEMBER 2 IS COCONUT DAY!

Coconuts are the delightful fruits of the coconut palm tree (*Cocos nucifera*). Known for their versatility, delicious taste, and numerous health benefits, coconuts have been a vital part of the diet, culture, and economy of many countries for centuries.

Coconuts are renowned for their nutritional value. The white, fleshy part inside the coconut is a rich source of healthy fats, fiber, vitamins, and minerals. Coconut water, found inside young coconuts, is a natural electrolyte-packed drink.

Coconut Day is dedicated to recognizing the cultural, economic, and environmental significance of coconuts.



SEPTEMBER 21: THE INTERNATIONAL DAY OF PEACE



The International Day of Peace is dedicated to promoting peace and non-violence. It serves as a reminder of the crucial need for conflict resolution, understanding, and compassion in today's world. Individuals across the globe are urged to come together to advocate for peaceful coexistence, raise awareness about peace-related issues, and participate in various activities aimed at fostering a more harmonious and inclusive society.

Here are ten ways to get involved:

1. **Start and end your day with a moment of silence for peace and reflection**
2. **Join or organize a peace walk or march in your community**
3. **Meditate or practice mindfulness for peace and inner harmony**
4. **Engage in acts of kindness and compassion towards others**
5. **Write or share peaceful messages and quotes on social media using #InternationalDayOfPeace**
6. **Support a local charity or organization working towards peace and conflict resolution**
7. **Read books or watch documentaries about peace and global understanding**
8. **Create and display peace-themed art or crafts at home or in public spaces**
9. **Attend virtual peace conferences or webinars to learn more about peace-building efforts**
10. **Plant a peace garden or flowers representing different cultures and countries**

Short-Term Therapy Success Story

Mr. West admitted to us with multiple fractures in the neck and back. Upon admission he had a goal and stated, "I want to walk out of here." After 32 days of rehabilitation he successfully discharged to the community and walked out.



Beauty Shop

Open from 8AM to 12PM
on Wednesdays

Shampoo/Set\$18
Shampoo/Blow Dry\$18
Perm/Cut/Style\$75
Color\$45
All Hair Cut\$15

Questions?

Please contact Shauna Walters
at: 281-851-8880

Accepts cash, checks, trust fund,
CashApp, and Zelle



1500 SUNSET DRIVE
FRIENDSWOOD, TX 77546

Admissions: 281.992.4300
friendshiphaven.net

COMMUNITY LEADERS

ADMINISTRATOR

Kimberly Mostek, LNHA

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Joddie Naeseth, RN

DIRECTOR OF BUSINESS DEVELOPMENT

Darbi Massey

ADMISSIONS COORDINATOR

Missie Fielden

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Jose Rangel

BUSINESS OFFICE MANAGER

Leticia Rodriguez

AP/PAYROLL

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DIETARY SUPERVISOR

Leroy Tatum

CENTRAL SUPPLY MANAGER

Irene Gomez

HOUSEKEEPING SUPERVISOR

Leslie Martinez

MEDICAL RECORDS

Danelle Massey

ACTIVITY DIRECTOR

Dionna Holmes

SOCIAL WORKER DIRECTOR

Laura Hollis, LBSW



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!

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

WORD LIST

AGING
BALANCE
COCONUT
CONFIDENT
EXERCISE
FALLS
GRANDPARENT
HARMONY
HEALTH
HEART
LABOR
MINDFUL
NEIGHBOR
PEACE
PREVENT