

# FRIENDSHIP HAVEN



## 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.



## 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.**

# 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!

# 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.







## 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.

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)

## Teddy Bear Day

Teddy bears have stood the test of time as symbols of comfort, warmth, and companionship. Whether given as a gift or kept as a keepsake, these soft and familiar friends offer a special kind of reassurance. Celebrated on September 9, National Teddy Bear Day honors the simple joy these stuffed animals bring. They remind us that something so small can carry deep meaning, providing peace, fond memories, and joy through every stage of life.

Recently, **memory bears** have gained popularity. These custom-made keepsakes are often lovingly made



from clothing that once belonged to someone special. A favorite shirt, dress, or familiar fabric can become a lasting reminder of a loved one's warmth and presence. For example, if Grandma adored sunflowers, a bear made from her favorite sunflower-printed dress can be a beautiful tribute.

Creating a memory bear can be a meaningful way to grieve, heal, and celebrate life. For both children and adults, they offer a tangible connection to those they hold dear, preserving precious memories and providing comfort for years to come.



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## COMMUNITY LEADERS

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Joddie Naeseth, RN

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Loretta Goldsmith  
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Yolanda Spiller

TALENT AND LEARNING  
Tanya Partida

WOUND CARE  
Amanda Guzman

DIRECTOR OF REHABILITATION  
Ken Prosper



**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!

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| 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 |
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### WORD LIST

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