

# NEWSLETTER



## 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](http://smokefree.gov) or call 1-800-QUIT-NOW today.

Source: [millionhearts.hhs.gov](http://millionhearts.hhs.gov)





## HAPPY BIRTHDAY

### RESIDENTS

Elida B.	02/02
Michael T.	02/04
Gloria S.	02/11
Heidi F.	02/15
Emily P.	02/24
Dolores F.	02/28

### STAFF

Baby Hernandez	02/03
Nasim Arredondo	02/07
Leonardo Buentello	02/12
Anna Gonzales	02/15
Esmmy Gonzales	02/19
Blanca Galvan	02/28

## Activity Photo Highlights!



## Activity Highlights

Bingo!/Loteria!  
Mondays at 3 PM



Tasty Taco Tuesday  
Tuesdays @ 9:30 AM



Pretty Nails  
Tuesdays @ 11AM



Movie & Popcorn  
Wednesdays @ 2:30 PM



Bingo!/Loteria!  
Thursdays at 3 PM



Arts & Crafts  
Thursdays @ 3 PM



Monthly Birthday Bash  
January 30 @ 3PM







## 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!**

## EMBROIDERY MONTH

Embroidery is a craft most notably mastered by the early Egyptians, as well as the Chinese in the Zhou Dynasty of China. Studies show that this art may have also existed in primitive cultures in many parts of the world. From generation to generation, the art of stitching has evolved and reached a new height in popularity among hobbyists.

Most of the time, embroideries are made for use in clothing and other household furnishes. In the early days, the type of embroidery and the fabric that was used indicated a certain economic level relative to society. While this craft is now more accessible today than ever, it remains as a productive hobby all the same.



All types of embroidery started with hand embroidery. From this, many other techniques were invented, such as machine embroidery, weaving, cross-stitching, and many more. Today there are millions of hobbyists that are fond of hand embroidery. To get started, all you need is a thimble, fabric, thread, a pattern, and a variety of needles!



3801 CIMARRON BOULEVARD  
CORPUS CHRISTI, TEXAS 78414

Admissions: 361.993.8500  
Fax: 361.993.4004  
info@cimarronplacenursing.com  
[cimarronplacenursing.com](http://cimarronplacenursing.com)

## ADMINISTRATIVE STAFF

Ernest De La Garza  
ADMINISTRATOR  
Melissa Garza  
DIRECTOR OF NURSING  
Stephanie Jimenez  
ASSISTANT DIRECTOR OF NURSING  
Shelley Beers  
ASSISTANT DIRECTOR OF NURSING  
Cassandra Herrera  
ACCOUNTS PAYABLE  
Joyce Ybanez  
DIRECTOR OF ADMISSIONS  
Stephany Brown  
DIRECTOR OF BUSINESS DEVELOPMENT  
Kim Ponce  
BUSINESS OFFICE MANAGER  
Angela Garcia & Cathleen Cody  
MDS/CASE MANAGER  
Blanca Esquivel  
WOUND CARE NURSE  
Dee Thompson  
DIETARY MANAGER  
Victoria Flores  
REHAB DIRECTOR  
Savannah Soliz  
SOCIAL WORKER  
Lyric Zamora  
ACTIVITY DIRECTOR  
Michael Zamora  
MAINTENANCE DIRECTOR  
Ashely Martinez  
MEDICAL RECORDS  
Melissa Cisneros  
CENTRAL SUPPLY  
Anna Ortiz  
HOUSEKEEPING SUPERVISOR  
Tony Zamora-Kershaw  
TALENT AND LEARNING DIRECTOR



**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!

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

**WORD LIST**

- COUPLES
- EMBROIDERY
- EXERCISE
- HEALTH
- HEART
- HISTORY
- KINDNESS
- LIFESTYLE
- LOVE
- MATCH
- NEEDLEWORK
- PINK
- RED
- RISK
- VALENTINE