

NEWSLETTER

NATIONAL MEN'S HEALTH WEEK: JUNE 15-21



National Men's Health Week is an important time to focus on men's well-being, raising awareness and encouraging early detection for better health outcomes. Studies show that men are less likely than women to visit the doctor for annual check-ups, which makes it even more important to highlight the value of regular health screenings.

This week serves as a reminder to prioritize men's health, seek routine medical advice, and catch

potential issues early. Many common health problems, such as prostate and colon cancers, can be treated effectively when detected early. Prostate cancer is the most common cancer in American men (excluding skin cancers), but it can often be treated successfully with early detection.

In addition to routine exams for prostate and colon screenings, men should also keep up with regular check-ups from other health professionals, including dentists, dermatologists, and eye doctors. Annual

dental visits can help prevent tooth decay and gum disease, while eye exams can catch issues like glaucoma or early signs of vision loss. Regular skin checks with a dermatologist can detect skin cancers early, when they are most treatable.

Taking small steps today, like making an appointment or talking to a healthcare provider, can make a big difference. Use this week as a starting point to take charge of your health and support the men in your life in doing the same.



HAPPY BIRTHDAY

RESIDENTS

Linda B.	06/21
Marta M.	06/24
Catherine V.	06/26
Reynaldo G.	06/28
Olivia M.	06/30

STAFF

Sandy Ramon	06/02
Maria Ramirez	06/06
Tony Zamora-Kershaw	06/08
Amber Garcia	06/13
Cassandra Herrera	06/17
Mary Segura	06/25

Activity Highlights

Loteria!

Mondays at 2:30 PM



Tasty Taco Tuesday

Tuesdays @ 9:30 AM



Pretty Nails

Tuesdays @ 11AM



Bingo!/Loteria!

Wednesdays at 10:30 AM

Movie & Popcorn

Wednesdays @ 2:30 PM



Arts & Crafts

Thursdays @ 3 PM



Father's Day Party

June 19th @ 2:30PM



Monthly Birthday Bash

June 26th @ 2:30PM



HYDRATION DAY!

On June 23 each year we celebrate National Hydration Day! Proper hydration is vital to living a long healthy life, but it's often overlooked due to the regular hustle and bustle of the day. Carrying a water bottle can make a huge difference in your summer health, and may also help protect from dehydration, heat stroke, and other dangerous issues. It is never too late to start taking better care of your hydration! **Unsure how to go about drinking more water?** Be sure to speak with your physician to know how much is right for you. Then treat yourself to a new refillable water bottle. They come in all different styles and colors with the ounces labeled. There are free apps for your phone or tablet that can keep track and send reminders about your water intake. Find a method that works for you and make a commitment to stay hydrated all year long!



National Great Outdoors Month

Great Outdoors Month is the perfect time to enjoy the outdoors, whether it's a short stroll or a bit of quiet time in the sun. You don't have to travel far to embrace the wonders of nature. Here are some simple ways to get started:

- Relax in the courtyard, porch, or on the patio
- Have a picnic lunch outside, or enjoy a meal in the fresh air
- Take a leisurely walk with a friend or caregiver
- Visit a local park and watch the birds
- Tend to plants, flowers, or a small garden
- Try easy lawn games like ring toss or bean bag toss
- Enjoy the peace of a nearby pond, beach, or waterway

Even small moments spent outdoors can lift your spirits, spark connection, and bring peace. Fresh air, sunshine, and a little nature can go a long way!



Activity Photo Highlights!



JUNETEENTH INDEPENDENCE DAY

Did you know that Juneteenth became a federal US holiday in 2021, even though Texas has recognized it as a state holiday since 1980? On June 19, 1865, Army Major General Gordon Granger rode on horseback into Galveston, Texas and announced the end of the Civil War and the emancipation of over three million slaves.

Celebrate with your friends and family this year by participating in prayer and religious services, speeches, educational events, or family picnics.

Happy Father's Day

Be sure to take a moment on Sunday, June 21 to honor dads, foster fathers, surrogate dads, grandfathers, uncles, brothers and the other important male role models in your life. Let him know how much he means to you by calling, texting, visiting or sharing photos on social media. Take him to dinner, nine holes of golf, fishing, or to the movies and spend the day together. Send a card or small gift to show your love and appreciation. It is sure to brighten his day!



**3801 CIMARRON BOULEVARD
CORPUS CHRISTI, TEXAS 78414**

Admissions: 361.993.8500
 Fax: 361.993.4004
 info@cimarronplacenursing.com
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!

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

WORD LIST

- CANDY
- CELEBRATE
- DAD
- FATHER
- HEALTH
- HYDRATE
- JUNE
- MEN
- MUSEUM
- PICNIC
- RECOMMIT
- SWEET
- TEA
- WATER
- ZOO