

The Brentwood Senior Living  
6920 Sw Lee Blvd  
Lawton Ok 73505

Postage  
Information

# Brentwood Constitution



To All our Brentwood family members and residents:

We are excited to announce the addition of something we believe will be extremely helpful to many of our family members, residents, and extended family and friends. Beginning in February, The Brentwood will be hosting an Alzheimer's Caregivers Support Group. This group will meet on the first and third Wednesdays of each month at 10:00 a.m. in our activities room. This particular group has been in existence for over 10 years now, has great leadership, but needed a new location to meet and we agreed to be that place. There is already a group of 10-12 who meet regularly with this group so they are well established. We want to invite any and all who feel they might benefit from being a part of a support group that seeks to help and encourage those who give care to loved ones or close friends who are dealing with memory issues.

The first meeting here at The Brentwood will be February 6<sup>th</sup> at 10:00 a.m. We invite you to come and see for yourself how this group might be a source of added strength for you. There is no charge to attend. We only want to be a part of helping anyone who might need this time of support, sharing, education, and encouragement. You are certainly welcome to bring a friend.

Come join us!

Sincerely,

**Monty Baggett**  
Executive Director

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**Carol Shaw, LPN**  
Director of Nursing

**Angie Odom,**  
Community Relations  
Manager, LPN

**Linda Climer,**  
Business Office  
Manager/Associate  
Executive Director

**Rachael Cole,**  
Activities Director

**Mike Werger,**  
Plant Operations

**April Sterling, Dining  
Services Manager**

## Special Observances in February

February 1<sup>st</sup> Wear Red Day

February 3<sup>rd</sup> Superbowl Sunday

February 4<sup>th</sup> Snickers Day

February 6<sup>th</sup> Chopsticks Day

February 14<sup>th</sup>  
Cream Filled Chocolates Day

February 15<sup>th</sup> Fact or Fantasy Day

February 19<sup>th</sup> Chocolate Mint Day

February 20<sup>th</sup> Cherry Pie Day

February 28<sup>th</sup> Chocolate Souffle Day





Water for your health

Nutrition is not all there is to good senior health. Drinking plenty of water during the day is a must, especially when exercising or during summer months. It is recommended (and very important) that we drink at least 8 glasses of water each day; increase that to 10 or 12 glasses if you are a very active person, walk, garden, or are outdoors often, this will help you avoid dehydration. If you have night bladder problems, eliminate liquids at a set time in the evenings; you'll get a better nights sleep.

**Resident of the Month  
Helen Holder**



Helen Holder was born on March 5<sup>th</sup>. She was born in Snyder, OK. Her father was a farmer, so she grew up on a farm outside of town.

When she was 18 years old, she graduated from Snyder High School and from there went on to college. While she was in college, she was married to a gentleman she had known for most of her life. They had 2 children together. While still attending college, Helen became an educator.

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In 1962 she moved to Texas and continued working toward her degree. She graduated from college and then went to work as an educator. She played many roles in the area of education. She worked in 3 different cities in Texas until 1980 when she returned to Snyder to once again live outside of town.

Helen worked at Snyder High School as a counselor for a while until she was offered a job with the State Board of Education as a School Psychometrist. After working in this field for a while she went back to work at Snyder High School. Helen worked in education for 37 years until she retired.

After retirement Helen and her husband traveled a lot around the world. When the two of them were not traveling, she would help on the farms they owned and hold a lot of family gatherings.

In 2007 her husband became ill. The two of them discussed what she would do when he passed away and they decided that it best for her to make her home in an assisted living community.

In 2012 her husband did pass away. Helen lived on her own for a while and then she decided it was time to start looking for an assisted living community. She came and toured The Brentwood. She knew a few people who lived here, some of them because they were connected through her career in education. She loved the way The Brentwood felt like home. She moved here in March of 2018 and loves living here and just loves to be around people. She also loves playing bingo. She says her only problem with bingo is that, "Rachael, the Activities Director, does not have enough mental telepathy to call my numbers!"

Helen is a hoot and we are glad she is a part of our Brentwood family.

We are proud to announce the new residents this month that have joined our Brentwood Family. Everyone please take a little time, to introduce yourself and get to know these wonderful people that are now a part of our community.



**Stanley Moddie, Willie and Norine Jackson, Charles and Eva Lee Kriss, Kathy Newcombe, and Charlotte Kelly**



Ron Brown 2/13  
Dorothy McNabb 2/10

The two zodiac signs associated with January are Capricorn and Aquarius. Capricorns, who are born from January 1 - January 19 are one of the zodiac's most energetic and hardworking of signs. Those born under this sign are sure to always reach towards great achievement. Those born from January 20 to January 31 are members of the Aquarius sign. One can identify an Aquarius by the originality that dominates all aspects of their life.

