

Brentwood Constitution

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Special Observances in January

January 3rd Western Day

January 4th Trivia Day

January 11th Are you Feeling Lucky Day

January 15th Strawberry Ice Cream Day

January 23rd National Pie Day

January 25th Snickerdoodle Day

January 30th Croissant Day

January 31st Favorite Sports Team Day



Monty Baggett
Executive Director

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





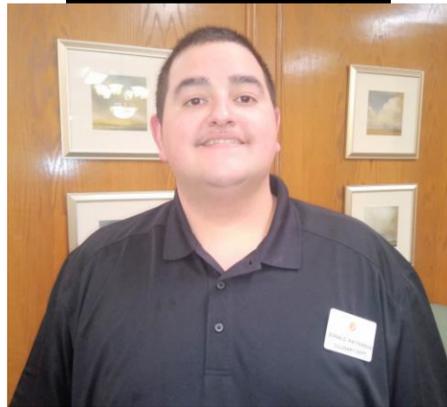
Senior Health Care: Exercise Your Face

Here's a senior health tip you won't see elsewhere. You know that if any muscle of your body is not active, it begins to lose quality; same thing happens to our facial and neck muscles. Facial and neck exercises are a must to maintain the muscle tone. Without this, the muscle fibers deteriorate and shrink, and the skin covering the muscle can age very rapidly. Funny (or maybe not), but as we age we chew gum less; this act of 'chewing' is a form of exercise for our face and neck muscles.



- Pat Brown 1/1
- Rebecca Dunford 1/5
- VJ Snelson 1/9
- Louise Rhodes 1/10
- Helen Bailey 1/19
- Pat Mayfield 1/23
- Gwen Coggins 1/24
- Opal Fremin 1/27

Employee of the Month
Donald Patterson



When Donald isn't busy and has freetime he likes to socialize, play on facebook and enjoys reading. Donald has been doing his job since September, that is also when he joined The Brentwood family. What he enjoys most about his job, is how everyone is friendly. Donald is a great asset to our kitchen staff . He gets his work done in a timely manner and also does more then expected. He is great with the residents and is always willing to do what he can to make the residents happy!
Please stop by the dining room and thank Donald for all he does!

We would like to congratulate our employee of the month Donald Patterson. He was born on February 20th in Ansbach, Germany. He is a current college student and has one older brother.

Resident of the month
Norma Wells



Norma Wells was born on September 11th in Dodge City, KS. She grew up and attended school there. When in the 7th grade she met a boy named Terry Wells and they dated all the way through high school even when he moved away to Castro Valley, CA when she was 16 years old. When Norma turned 17, she moved to Castro Valley, CA to be with her longtime boyfriend Terry and also to be close to her family. For a time, she worked there as a cashier at a drug store.

After just 4 months her family and Terri all moved to San Rafael, CA where they all lived there for about a year and then Terri and Norma got married. Soon they then had a son and his name is Delbert. Norma and Terry decided that she would be a stay at home mom. When Norma was 31 years old, she and her family moved to Petaluma, CA and she lived there until her son retired from the Army. She moved to Lawton to be close to her son. She lived on her own in a small apartment and she loved it. She lived there until she fell ill and had to spend some time in rehabilitation following brain surgery. After she recuperated her son began touring assisted living communities around Lawton and he decided the best place for his mother would be The Brentwood. She moved to The Brentwood at the end of October in 2018. Norma is so happy living here. She enjoys the beading class and playing bingo every week. She has said she is very thankful for all the help she receives, and the food is wonderful! We are glad Noma is a part of our Brentwood Family!