

STATEMENT OF DEFICIENCIES AND PLAN OF CORRECTION	(X1) PROVIDER/SUPPLIER/CLIA IDENTIFICATION NUMBER: 676138	(X2) MULTIPLE CONSTRUCTION A. Building B. Wing	(X3) DATE SURVEY COMPLETED 01/28/2026
NAME OF PROVIDER OR SUPPLIER The Heights of Gonzales		STREET ADDRESS, CITY, STATE, ZIP CODE 701 N Sarah Dewitt Gonzales, TX 78629	

For information on the nursing home's plan to correct this deficiency, please contact the nursing home or the state survey agency.

(X4) ID PREFIX TAG	SUMMARY STATEMENT OF DEFICIENCIES (Each deficiency must be preceded by full regulatory or LSC identifying information)
<p>F 0803</p> <p>Level of Harm - Potential for minimal harm</p> <p>Residents Affected - Many</p>	<p>Ensure menus must meet the nutritional needs of residents, be prepared in advance, be followed, be updated, be reviewed by dietician, and meet the needs of the resident.</p> <p>Based on observation, interview, and record review the facility failed to provide each resident with a nourishing, palatable, well-balanced diet that met his or her daily nutritional and special dietary needs, taking into consideration the preferences of each resident for 8 of 35 days for the Fall/Winter 2025 menu. This facility failed to ensure their menu met the nutritional needs of residents in accordance with established national guidelines. This failure could place residents at risk for a decline in health status due to inadequate or inappropriate nutritional intake. The findings include: Record review of a complaint from an anonymous complainant reflected The complainant feels the facility does not serve a good variety of foods for residents .The food does not meet the nutritional guidelines for each resident. Observation on 01/27/26 at 06:17PM of the requested dinner sample tray for dinner did not include an option of fruit from a dessert cart and observation of residents during this dinner service did not reveal a dessert cart or anyone passing out fruits to residents. Interview on 01/28/26 at 09:46 AM, the CDM revealed she followed the menus and wondered sometimes why food items like fruit were missing, however, she followed the menus that had been approved by [food company] and the RD. Interview and record review on 01/28/26 at 12:39PM revealed the facility's Fall/Winter 2025 Menu reflected the Day 6 menu included for the day: choice of juice, cereal, eggs, meat, bread, margarine/jelly, chicken rice pilaf, sweet peas, ice cream, shrimp po' boy, French fries, pickle slices, and cake. The menu reflected 1 serving of vegetable (sweet peas) and 1 serving of fruit (juice). Interview with the RD revealed potatoes and cucumbers were considered vegetables on that day. She further revealed she was going to contact the CDM to further investigate the fruit and vegetable servings per day for the facility and call back. The RD revealed that for a balanced diet, they ensured there were 5 servings of fruits and vegetables per day. During the interview, this Surveyor shared that an email would be sent to the RD later about other days we could discuss about that did not have enough fruits and vegetables for the day. On 01/28/26 at 01:40 PM an email was sent to the RD expressing concerns about Days 12, 14, 16, 20, 22, 25, and 30 (in addition to Day 6) on the Fall/Winter 2025 menu of not having enough fruits and vegetables for the day. Record review of the facility's Fall/Winter 2025 Menu reflected the Day 12 menu included for the day: choice of juice, cereal, eggs, meat, bread, margarine/jelly, [Barbecue] pork, potato salad, cole slaw, cookie, ravioli, sliced zucchini, garlic bread, and poke cake. Record review of the facility's Fall/Winter 2025 Menu reflected the Day 14 menu included for the day: choice of juice, cereal, eggs, meat, bread, margarine/jelly, garlic pork cubes, herbed orzo, seasoned peas, fudge rounds, vegetable soup, deli sandwich, potato chips, and fresh fruit. Record review of the facility's Fall/Winter 2025 Menu reflected the Day 16 menu included for the day: choice of juice, cereal, eggs, meat, bread, margarine/jelly, crusted fish, cheesy broccoli rice, cornbread, ice cream, polish sausage, parsley new potatoes, sauerkraut, and cake. Record review of the facility's Fall/Winter 2025 Menu reflected the Day 20 menu included for the day: choice of juice,</p> <p>(continued on next page)</p>

Any deficiency statement ending with an asterisk (*) denotes a deficiency which the institution may be excused from correcting providing it is determined that other safeguards provide sufficient protection to the patients. (See instructions.) Except for nursing homes, the findings stated above are disclosable 90 days following the date of survey whether or not a plan of correction is provided. For nursing homes, the above findings and plans of correction are disclosable 14 days following the date these documents are made available to the facility. If deficiencies are cited, an approved plan of correction is requisite to continued program participation.

LABORATORY DIRECTOR'S OR PROVIDER/SUPPLIER REPRESENTATIVE'S SIGNATURE	TITLE	(X6) DATE
---	-------	-----------

STATEMENT OF DEFICIENCIES AND PLAN OF CORRECTION	(X1) PROVIDER/SUPPLIER/CLIA IDENTIFICATION NUMBER: 676138	(X2) MULTIPLE CONSTRUCTION A. Building B. Wing	(X3) DATE SURVEY COMPLETED 01/28/2026
NAME OF PROVIDER OR SUPPLIER The Heights of Gonzales		STREET ADDRESS, CITY, STATE, ZIP CODE 701 N Sarah Dewitt Gonzales, TX 78629	
For information on the nursing home's plan to correct this deficiency, please contact the nursing home or the state survey agency.			
(X4) ID PREFIX TAG	SUMMARY STATEMENT OF DEFICIENCIES (Each deficiency must be preceded by full regulatory or LSC identifying information)		
<p>F 0803</p> <p>Level of Harm - Potential for minimal harm</p> <p>Residents Affected - Many</p>	<p>cereal, eggs, meat, bread, margarine/jelly, fried fish, baked potato wedges, buttered spinach, cookie, pasta bake, Italian vegetables, garlic [sticks], and cobbler. Record review of the facility's Fall/Winter 2025 Menu reflected the Day 22 menu included for the day: choice of juice, cereal, eggs, meat, bread, margarine/jelly, cheesy chicken pasta, herbed green beans, garlic [sticks], cookie, baked fish sandwich, macaroni salad, carrot sticks, and lemon cream pie. Record review of the facility's Fall/Winter 2025 Menu reflected the Day 25 menu included for the day: choice of juice, cereal, eggs, meat, bread, margarine/jelly, spaghetti with meat sauce, tossed salad, garlic bread, applesauce, deli sandwich, potato chips, lettuce and tomato, and pumpkin pie. Record review of the facility's Fall/Winter 2025 Menu reflected the Day 30 menu included for the day: choice of juice, cereal, eggs, meat, bread, margarine/jelly, chicken and dumplings, mixed green salad, cornbread, ice cream, goulash, wheat roll, mixed [vegetables], and cinnamon pears. Interview on 01/28/26 at 02:40PM, the ADM revealed his expectation was for the menus the facility provided to the residents were well-balanced. He revealed the facility got their menus from somewhere that made sure that the menu had all the proper nutrition for the residents. He further revealed that the RD signed off on the menus so he would expect the menus to be nutritionally adequate. Interview on 01/28/26 at 02:55 PM, the CDM asked if this surveyor had considered fruit juice being available all day as a part of the daily fruit intake. Interview on 01/28/26 at 02:58 PM, the RD revealed the fruit juice that was offered all day was counted towards the residents' fruit intake, there was a dessert cart of fruits offered at dinner, and there were snacks at the nurse's station that counted too. Record review on Fall/Winter 2025 Menu reflected no mention of fruit juice being available all day, fruit and vegetable snacks available at nurse's station, or dessert carts of fruits being offered at dinner. Record review of page 1-14 of the facility's Nutrition Care Manual, dated 2021, reflected the Individualized/Liberalized Diet for Older Adults included 2.5 cups or more of vegetables and 2 cups or more of fruits per day. Record review of page 1-8 of the facility's Nutrition Care Manual, dated 2021, reflected at least half of fruits should come from whole fruits rather than juice. Record review of the facility's policy Dietary Services, revised January 2023, reflected The community provides each resident with a nourishing, palatable, well-balanced diet that meets the daily nutritional and special dietary needs of each resident and The community provides menus that meet the nutritional needs of residents in accordance with the recommended dietary allowances of the Food and Nutrition Board of the National Research Council, National Academy of Sciences. Record review of the National Research Council's Recommended Dietary Allowances, 10th edition and last revised in 1989, did not reflect the fruits and vegetables needed for a healthy diet for older adults in a day.</p>		