

Sheila Chambers, LNFA, MS

Administrator, Meadow Creek Nursing and Rehabilitation



Located in the heart of San Angelo, Meadow Creek provides individualized short-term rehabilitation and long-term skilled nursing home care with an expert team of healthcare professionals and caregivers. A warm, homelike setting at Meadow Creek Nursing & Rehabilitation welcomes patients who need to recover after hospitalization, as well as those who require long-term care for additional support.

Sheila Chambers comes to Caraday Healthcare with a long history of working in the healthcare field – 20 years in skilled nursing/long-term care and more than 20 years in acute care and psychiatric care.

She attributes her calling to work in long-term care to her grandmother who worked as a caregiver for many years, providing care for the ill and elderly in her five houses – all on one street in San Angelo – in a loving, homelike environment.

Sheila enjoys her current role at Meadow Creek Nursing & Rehabilitation and looks forward to promoting and implementing new programs to enhance the quality of life and quality of care of each resident. In all she does she wants to instill a sense of pride and accomplishment in all team members, and to “Do the Right Thing!”

After receiving her Bachelor of Science Degree from Angelo State University, Sheila completed her Master of Science Degree in Gerontology at Abilene Christian University.

Sheila has four grown daughters, two granddaughters, two grandsons, and it’s not surprising that she loves going on family adventures!

Education and Credentials

- Angelo State University Bachelor’s of Science
- Abilene Christian University Master of Science in Gerontology

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