

# Raul Espinosa, LNFA

## Administrator, Windcrest Nursing & Rehabilitation



Windcrest Nursing & Rehabilitation provides skilled nursing, long-term care, and secured memory care services. Located in San Antonio, Windcrest is part of Caraday Healthcare, a leader in skilled nursing, delivering integrated and coordinated care along the long-term and post-acute care continuum across Texas.



Raul Espinosa Jr. is the Administrator at Caraday Windcrest Nursing and Rehabilitation in San Antonio.

Raul has been a long-term care nursing administrator for over 25 years. Additionally, he has been a Regent Chair member of the Texas Health Care Association for three years, Alamo Area Council of Governments for two years, and is a preceptor training new administrators.

Growing up in Knox City, a small town 75 miles north of Abilene, TX, with a population of only 1,500 people, Raul learned the value of putting family first. This is a value that he puts on display each and every day, putting his work family, the residents, and the staff at Windcrest first.

Raul credits his wife for helping him find his calling with her insights as a Director of Nursing at a facility 12 miles away from his hometown. Mrs. Espinosa not only suggested Raul become a licensed nursing home administrator, but she took the initiative to find a school nearby for him to attend. Initially Raul had reservations of becoming an administrator, but once he made the initial call to hear about the licensing program and learned that LNFA's had the power to make real changes for the elderly, he knew he had found his calling.

In his personal time, you can find Raul with his family on a beach somewhere soaking in some sun rays.

**For more information about Caraday Windcrest, call  
210-637-2700 or visit [caradayhealth.com/windcrest](http://caradayhealth.com/windcrest)**