

# HEWITT



EVERY DAY  
IS A CHANCE  
TO CELEBRATE  
OUR SENIORS

August 21 is recognized as **National Senior Citizen Day**—a time to honor the older adults in our lives and reflect on all they've given to their families, communities, and the world around them. While today is a great reminder to celebrate, the truth is: **every day is an opportunity to show our appreciation.**

Our seniors are storytellers, role models, and the hearts of many families. They've lived through seasons of change, shared their wisdom, and helped shape the world we live in. Their lives are full of quiet victories and lasting legacies.

Whether you're looking for meaningful ways to celebrate on August 21—or simply want to make an ordinary

day feel extraordinary—here are a few uplifting ideas to enjoy together:

- **Create intergenerational moments:** Plan a fun art project, cook a favorite family recipe, or start a story-sharing tradition that bridges generations and builds bonds.
- **Celebrate their journey:** Look through old photo albums, revisit favorite songs or movies from their youth, or ask them to share a cherished memory.
- **Encourage wellness and joy:** Try a gentle movement class, spend time outdoors, or simply enjoy a cozy afternoon chat. Small moments matter.
- **Volunteer side by side:** Join a local cause together or help them share their knowledge through mentoring, reading to children, or crafting for a good cause.
- **Be present:** Your time, attention, and laughter are often the greatest gifts. Share a meal, play a game, or just sit and talk in whatever way brings joy and connection.

The seniors in our lives deserve to be honored not just on August 21, but in the little moments we create with them all year long. **Every shared smile, story, or simple visit is a chance to show them just how much they mean to us.**





## HAPPY BIRTHDAY

### Residents

Jeanie B.	8/9
Cheryl Y.	8/22
Linda H.	8/27
Eva W.	8/28

## WATERGUN PAINTINGS

Residents showcased their creativity by using masking tape, acrylic paint, and waterguns on canvases in July. They used masking tape to write their initials, special messages, and abstract shapes on the canvas before filling up waterguns with different colors of paint and heading outside to shoot the paint onto the canvases. They all created exceptional works, which will be displayed on our gallery wall in the library.



## Family Feud

Justin is back on Wednesday, August 6th to play Family Feud with our residents!

It is always a fun experience and we are so excited to have him back. Join us in the dining hall on the 6th at 1:30 pm for a good time and root beer floats to follow!



## KINDNESS BINGO PHOTO HIGHLIGHT

Throughout the months of June and July, we encouraged our residents to engage in Kindness Bingo, which consisted of carrying out various small acts of kindness in the community and outside of the facility. We also encouraged everyone to incorporate these acts into their daily lives and make the activity their own. Several residents shined as bright stars of kindness throughout these months and will continue to be role models in our facility of God's fruitful works. Congratulations and thanks are due to our resident Carolyn M., who was the first to complete 5 acts of kindness. She is depicted in the photo with her shiny new tumbler as a token of gratitude for her efforts. Bobbie N., Linda H. and Nancy D. completed their activity sheet shortly after and also received prizes as a token of gratitude for their kindness and initiative. We love all our residents here at Hewitt and hope they are reminded of that each and every day!

# ACTIVITY PHOTO HIGHLIGHTS



## WELCOME NEW RESIDENTS

Dick "Bubba" S.  
Russell T.

## Short-Term Therapy Success

**Janet J.** is a 64 y.o. female who had a hospital stay for a fall at home with a history of several back surgeries.

Janet participated in PT/OT for 20 days far exceeding her goals. She was able to walk 300ft using a walker with supervision assistance. She was performing activities of daily living with modified independence; i.e. using adaptive equipment as needed and set-up assistance for bathing.

She was always willing to work despite pain and was sweet throughout her stay and was able to meet her goal of returning home. She will continue therapy with home health services to safely acclimate back into her home environment.

## PRAYERFUL STRENGTH

The Bible Study group has been diligently praying for all the families affected by the devastating flooding in Texas. There have been personal connections by staff and residents to some of those who lost lives and loved ones during the July flooding. Residents led emotional prayer group in solidarity of those sons, daughters, fathers, mothers, brothers, sisters, friends and loved ones who lost their lives and those who risked their lives in the rescue and recovery efforts. Texans stand strong together and we all feel thankful and blessed to have been safe during those events. To anyone who was affected personally by the events, we offer you our love and deepest sympathies. We pray for God's guidance and strength and compassion as you grieve and heal and move forward in your lives.





HEWITT

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### ADMINISTRATIVE STAFF

#### ADMINISTRATOR

Chris Gallardo

#### DIRECTOR OF NURSING

Darla Singh

#### ASSISTANT DIRECTORS OF NURSING

Cynthia Valdez

Tisha Chappell

#### ACTIVITY DIRECTOR

Jesse Clark

#### DIRECTOR OF REHAB

Krystal Vanek

#### DIRECTOR OF ADMISSIONS

Lanie Huffman

#### SOCIAL WORKER

Melissa Tumlin

#### BUSINESS OFFICE MANAGER

Debbie Sather

#### PAYROLL/RECEPTIONIST

Shaun Burleson

#### DIRECTOR OF MARKETING

Hailey Carrier

#### TREATMENT NURSE

Gina Pettit

#### TALENT AND LEARNING DIRECTOR

Marissa Anzures

#### DIRECTOR OF THERAPY

Skylar Wolf

#### STAFFING COORDINATOR

Rachael Robinson

#### PPS NURSE

Melanie Kaluza

#### MAINTENANCE

Oscar Romero

## Tips for More Effective Reading

Book Lovers Day on August 9 celebrates the joy of getting lost in a good story. Whether you're revisiting an old favorite or picking up something new, reading is a wonderful way to relax, learn, and keep your mind active.

### Read Regularly:

Like any skill, reading improves with practice.

### Identify Main Ideas:

Focus on key characters, major events, and central themes.

### Stay Focused:

Limit distractions and recap each chapter before moving on.

**Reading is a rewarding habit that supports memory, focus, and imagination.**

**So pick up a good book and enjoy every page!**



*Stay connected.*



HMGHealthcare

**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

L	O	X	D	H	A	P	P	I	N	E	S	S	M	I
F	O	A	D	Z	M	Y	E	Y	O	C	W	V	J	L
Z	E	T	Y	V	A	X	S	R	D	M	F	L	C	L
R	S	T	W	B	C	M	G	L	E	Y	G	W	G	P
K	T	W	D	I	T	A	A	K	J	B	J	E	M	O
T	X	Z	W	F	I	R	E	L	A	X	Y	L	J	Y
P	C	Q	C	Z	V	S	P	S	B	O	W	L	J	Z
G	X	S	I	J	I	H	I	F	O	Q	F	N	I	R
S	M	O	R	E	T	M	D	X	O	V	I	E	Q	G
L	C	B	K	E	Y	A	X	G	K	U	X	S	U	X
X	O	F	I	L	H	L	M	U	S	I	C	S	K	Y
O	L	U	N	V	O	L	E	M	O	N	A	D	E	Q
K	O	H	G	I	X	O	P	R	E	S	L	E	Y	C
L	R	P	W	S	D	W	L	X	S	E	N	I	O	R
K	G	O	E	V	R	N	L	K	P	S	V	P	C	N

### WORD LIST

ACTIVITY  
BOOKS  
COLOR  
ELVIS  
HAPPINESS  
KING  
LEMONADE  
MARSHMALLOW  
MUSIC  
PRESLEY  
READ  
RELAX  
SENIOR  
SMORE  
WELLNESS