

HEWITT



LONG-TERM CARE PLANNING MONTH

October is recognized as **National Long-Term Care Planning Month**, a time dedicated to highlighting the importance of preparing for future healthcare needs. While it may not always be easy to think about, taking steps today can make a world of difference tomorrow.

Seniors and their families are encouraged to start conversations early and make thoughtful, informed decisions about long-term healthcare options. Planning ahead not only reduces stress during unexpected situations but also ensures that personal preferences

are respected and financial security is better maintained.

Whether it is discussing care options, setting up advanced directives, or exploring financial planning resources, this month is a reminder that preparation brings peace of mind. By addressing these important decisions now, seniors and their loved ones can look forward to a more comfortable and secure future.

National Long-Term Care Planning Month serves as a gentle reminder that thoughtful planning today can help ensure comfort, confidence, and peace of mind for tomorrow.



NATIONAL HEALTHCARE FOOD SERVICE WEEK

During Oct. 5-11, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Celebrate your food service workers and recognize the integral role they play in helping us stay well-nourished and healthy.



REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

Residents

Celia G.	10/1
Maria L.	10/2
Glenn M.	10/7
Paul R.	10/7
Thomas R.	10/18
James W.	10/20
Brenda R.	10/25

ACTIVITY HIGHLIGHTS

Residents have been getting more active and trying new sports. Recently, they have been enjoying Swiffer shuffleboard and balloon volleyball. You're never too old to have fun or try something new!

We celebrated the transition into fall with an End of Summer Bash with Debbie from Accent Care. She brought lots of sports themed games, which our residents excelled at and we snacked on multiple sno cones.

We have several Fall and Halloween themed activities this month, so be sure to mark your activity calendars! We will be doing several spooky crafts, decorating, culinary creations, and even pumpkin carving!

Resident Halloween Party will be held on Halloween Day! We will have spooky carnival games and lots of treats, maybe even a few tricks, if you dare!



Resident playing games at the End of Summer Bash with Debbie



Lutheran Ladies of Peace Lutheran Church playing BINGO with residents



Residents enjoyed rock painting with Jasmine from Heart of Texas Hospice



Residents getting active playing balloon volleyball



Residents celebrating National Mimosa Day



TRAIN YOUR BRAIN DAY ON OCTOBER 13

We always hear about the health benefits of adding physical exercise into our daily routine, but what about fitness for our brain? Keep your mind sharp by challenging yourself with brainteasers, trying new activities, and trivia. Here are some suggestions how you can start exercising your brain today!

- Solve word or number puzzles like crosswords or Sudoku
- Practice mindfulness or meditation
- Read books or articles regularly
- Play strategy games like chess, rummy or cribbage
- Learn a new hobby or skill, such as knitting or painting
- Engage in social interactions and group activities
- Listen to music
- Stay physically active with activities like walking, tai-chi, or stretching
- Volunteer or participate in community service
- Practice journaling or creative writing
- Explore brain-training apps or games
- Prioritize quality and restful sleep
- Maintain a healthy diet rich in brain-boosting nutrients*

						5	
9	5	2			3	7	
	3		4				
	2					9	6
8		4					
			1	2			
		1	2		6		8
				7			9
5		3	8	4			1

*Be sure to consult with your physician before making any changes to your diet.

Start training your brain now!

Complete this sudoku puzzle by filling in the 9x9 grid so that each row, column, and 3x3 subgrid contains the digits 1 through 9 without repeating any numbers within the same row, column, or subgrid.

Short-Term Therapy Success

Kimberly D. is a 58 y.o. female who had a hospital stay following a left knee replacement surgery. She participated in PT and OT requiring minimal assistance for transfers, only able to walk 15 ft with a walker with minimal assistance due to pain and minimal assistance for activities of daily living.

Her goal was to return home with her husband, walking with a walker. After only 8 days of rehab, she was able to discharge home.

At discharge, Kimberly was performing activities of daily living with modified independence and bathing with set up assistance. She was very pleasant to work with during her stay and was able to meet her goal of returning home with family. She will continue therapy with home health services to safely acclimate back into her home setting.



WELCOME NEW RESIDENTS

Mark Bradshaw



HEWITT

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Oscar Romero



Celebrating Physical Therapy Month

October is **Physical Therapy Month**, a time to recognize the incredible work physical therapists do to help people regain strength, mobility,

and confidence. Physical therapy is an important part of rehabilitation, helping individuals build strength, improve mobility, and regain independence in daily activities.

Physical therapy benefits include:

- **Enhanced ability to walk and move safely**
- **Regained stamina and strength**
- **Improved balance and mobility**
- **Pain management**
- **Greater independence**

Thanks to their skill and dedication, physical therapists help people regain independence, move with confidence, and enjoy a better quality of life.



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!

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

WORD LIST

AUTUMN
AWARENESS
CONNECTION
DECISIONS
EMOTIONAL
FOOD
PHYSICAL
PINK
PLANNING
PUMPKIN
SELFCARE
SPOOKY
SUPPORT
THERAPY
WELLNESS