

HEWITT



SIMPLE WAYS GRATITUDE CAN LIGHTEN HOLIDAY STRESS

November is a month full of meaning. It is **Gratitude Month**, and it also includes **Stress Awareness Day** on November 5. Both remind us that while stress is a natural part of life, gratitude can help us feel calmer, healthier, and more connected.

Gratitude does not need to be complicated. Sometimes it is the little things that matter most. A warm meal shared with family, a kind word from a friend, or a neighbor lending a helping hand can ease stress and brighten your day.

Here are a few uplifting ways to practice gratitude this season:

Unplug and Notice: Step away from the news or your devices for a while. Enjoy the crisp air and colors of fall with a walk outside, or spend a cozy afternoon with family or friends over a cup of coffee or tea.

Share Your Thanks: Let family, friends, or neighbors know you appreciate them. A smile, a short note, or a thoughtful word can mean more than you realize.

Create Moments Together: Gratitude grows in connection. Enjoy a meal around the table, play a game with grandchildren, or simply sit and talk with someone you love.

Simply Pause: Take a few deep breaths and think of one thing you are grateful for today. It could be the

comfort of your surroundings, the laughter of friends, or the support of family.

Celebrate the Everyday: Holidays are special, but gratitude also lives in daily joys. Cherish the simple moments that brighten life, like the vibrancy of fall leaves, a phone call from a neighbor, or a hug from a loved one.

As families, friends, and communities gather this November, remember that gratitude is more than a holiday tradition. It is a way to ease stress, strengthen our connections, and celebrate the joy of reaching out and appreciating one another. Wishing you a season filled with thankfulness, togetherness, and a very **Happy Thanksgiving.**



REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

Residents

Rex H.	11/7
Timothy M.	11/8
Lloyd F.	11/16
Michael M.	11/20
Kimberly L.	11/23
Rickie F.	11/24
Gale D.	11/30

PET THERAPY

Our residents love when therapy dogs come to visit the facility, but not all therapy pets have fur! November 4th is National Chicken Lady Day, which we will celebrate with a special guest pet. We will have a silkie chicken in the facility for residents to love on. She is the sweetest fuzz ball named Love Bug.

THERAPY TEAM HIGHLIGHT

Last month the therapy department held a fall prevention event with lots of games and treats for our residents. The therapists inspected resident wheelchairs and reviewed safe practices with them to ensure a high quality of life. Residents played several therapeutic games and laughed and smiled along with staff while enjoying several snacks and treats, provided by our wonderful community representatives from local healthcare and hospice companies.

ACTIVITY HIGHLIGHTS



Playing Bingo



Residents used magnets to create abstract art displayed on the gallery wall



Liza R. showing off her mini pinata mummy



Residents browsing record albums to chose selections for music therapy



Residents enjoying their trip to Walmart



Residents with all the scavenger hunt eyeballs they collected



Residents showing off their beautiful fall mini wreaths they made



Rehab Director Skyler with residents playing a game at the Fall Prevention Event



Our amazing therapy team!

FALL FESTIVAL

We will be having a Fall Festival for residents and their families on Friday, November 7th. Please join us for the festivities with lots of fun games, prizes, food & drinks. We are excited to make fun memories with you this fall season!

We will have many more Thanksgiving, turkey and fall themed activities throughout the whole month, so be sure to check your calendar and pop in to the activity room or dining hall to see what we have going on each day!

CRAFTING THANKSGIVING FUN TOGETHER

Gathering together for Thanksgiving is a cherished tradition that strengthens family bonds and creates lasting memories. Engaging in seasonal hands-on crafts offers a wonderful opportunity for everyone to connect, share stories, and express their creativity.

Here are some easy Thanksgiving crafts and projects that families can enjoy together over the holidays:

Handprint Turkeys: Have grandchildren place their hands in non-toxic paint and press them onto paper, then add details like googly eyes, legs and feathers using paint, markers or crayons.

Gratitude Jars: Decorate small jars with paint, markers, or stickers. Each person can write down things they are thankful for on slips of paper

and place them in the jar. These can be read together after Thanksgiving dinner.

Thankful Tree: Cut out a tree trunk and branches from brown construction paper and tape it to a wall. Have family members cut out colorful leaves and write what they're thankful for on each leaf. Attach the leaves to the tree with tape.

Fall Leaf Art: Collect colorful autumn leaves and use them to create collages or rubbings. Place a leaf under a piece of paper and rub a crayon over it to create an impression.

Thanksgiving Wreaths: Use paper plates as a base for a wreath. Cut out the center and decorate the outer edge with glued on fall-themed items like leaves, acorns, and dried corn. Or simply cut out leaves and berry shapes from colorful paper and tape or glue them on.

Short-Term Therapy Success

Mildred B. is a 63 y.o. female who had a hospital stay following left femur fracture after a fall at home. She participated in 20 days of PT and OT requiring minimal assistance for transfers, walking 40 ft with contact guard assistance and minimal assistance for activities of daily living. Her goal was to return home alone using a walker on her own.

She initially had a lot of pain, but with pain management and a good spirit, she was able to meet her goal of returning home alone. She was able to walk 250ft using a walker and perform activities of daily living with modified independence and bathing with set up assistance. She will continue therapy with home health services to safely acclimate back into her home setting



Mille B. and her therapist



VETERANS DAY: NOVEMBER 11

Thank You To All
Who Have Served



HEWITT

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November is Family Caregivers Month

This November, we celebrate the dedication of family caregivers. Caring

for a loved one is rewarding but can also be exhausting, which is why self-care matters.

Taking breaks, planning a vacation, or enjoying small moments for yourself helps reduce stress and recharge your mind and body. Caregivers often hesitate to ask for help, but support is available. Local groups and respite programs can provide care for your loved one while you take time to rest.

Let's honor caregivers not only for all they do, but also by remembering that taking care of yourself is an essential part of caring for others.



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!

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

WORD LIST

APPRECIATE
COLD
DIABETES
FAMILY
FEET
FOOD
GRATITUDE
HONOR
KINDNESS
MEMORY
SERVICE
STRESS
THANKFUL
TOGETHER
VETERANS