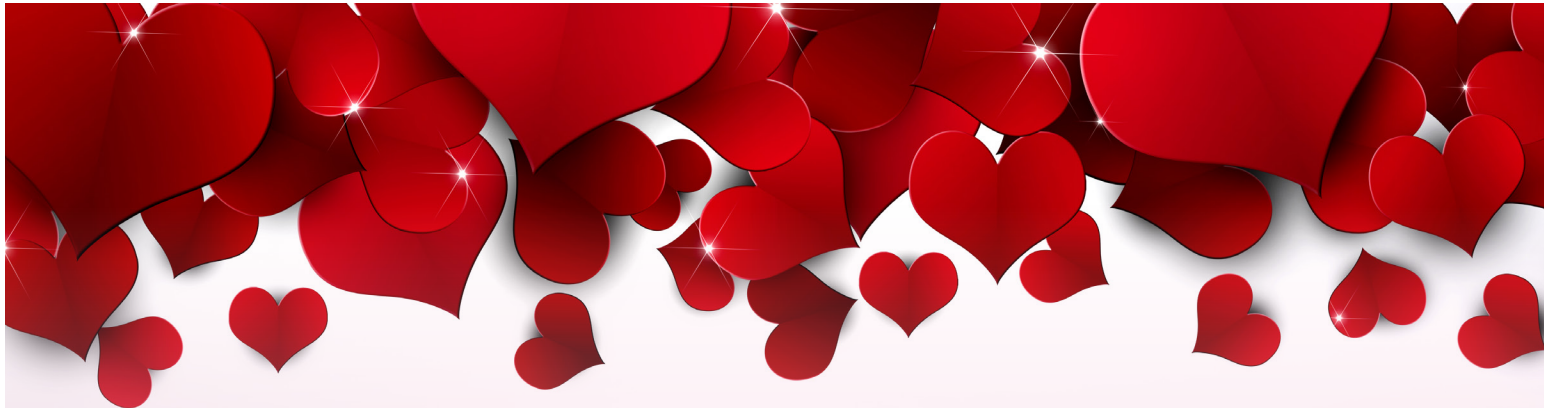


HEWITT



American Heart Month: Know the ABCS of Heart Health

BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.



REHABILITATION AND WELLNESS CENTER

Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



A: Ask your health care professional if aspirin can reduce your risk

of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



C: Manage your cholesterol. Cholesterol is a waxy substance

produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



S: Don't smoke.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit smokefree.gov or call 1-800-QUIT-NOW today.

Source: millionhearts.hhs.gov

HAPPY BIRTHDAY

Residents

Lee D.	2/2
Diana W.	2/3
Dan M.	2/8
Hector P.	2/18
Jimmy S.	2/21

WELCOME NEW RESIDENT

Viola L.

Sweetheart Tree

Our feature art installation of the month is our Sweetheart Tree in the resident library. Residents will be sharing their favorite photos of their sweethearts, whether it be a wedding photo or a funny moment captured on film. We invite everyone to visit the Sweetheart Tree to reflect on all the love and memories that fill it. Residents are encouraged to share stories along with photos of their sweethearts all throughout the month.

SPECIAL EVENTS

February features much to celebrate and will include several **Olympic games** and themed activities of our own. We will celebrate **Mardi Gras** with mask making and a resident parade. We will host our own **Superbowl Party** for residents and families on Superbowl Sunday. We will celebrate **President's Day** with presidential Bingo, and patriotic sensory circle. We will also recognize **Black History Month** with several feature films, art highlights, picture Bingo, trivia, games, music, and a spotlight on Sidney Poitier. Join us **February 5th** at 1:30 pm in welcoming **Brady Taylor**, Chief Meteorologist of KWTX, for National Weatherperson's Day!

PHOTO HIGHLIGHTS





Short-Term Therapy Success

Rosa B. is a 71 year old who had a hospital stay following a fracture to the left toe. Upon admission, she required maximal assistance for transfers, walked 10 ft with maximal assistance and total-maximal assistance for activities of daily living.

She participated in PT/OT for 29 days, reaching her goal of returning home with her caregiver. At discharge, she was able to walk 150ft using a rollator walker, with minimal assistance, and perform activities of daily living with minimal assistance.

She continued therapy with home health services to safely acclimate back into her home setting.

Rosa was always so caring, funny and enjoyed working with therapy.



National Wear Red Day

Wearing red, the color of life and love, is more than just a bold choice of clothing. It could help save lives.

As part of the American Heart Association's **Go Red For Women** movement, millions of women are wearing this color on February 6 to celebrate their commitment to keeping their hearts healthy! Wearing red is an easy and affordable way to express yourself.

Learn more about how you can help raise awareness at [GoRedForWomen.org](https://www.GoRedForWomen.org).





HEWITT

REHABILITATION AND WELLNESS CENTER

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TALENT AND LEARNING DIRECTOR

Marissa Anzures

STAFFING COORDINATOR

Rachael Robinson

PPS NURSE

TBD

MAINTENANCE

Oscar Romero

Valentine Heart Message Painting

Supplies:

- 2 sheets white cardstock paper (or 1 canvas and 1 sheet of paper)
- Red and pink paint
- Paint brush
- Scissors
- Tape

Directions:

First cut out a heart shape that will fit in the center of your other sheet of paper. Helpful hint: fold the paper in half, draw half a heart and then cut out the shape.

Use a piece of tape to lightly tape it the center of your other piece of paper.

Use dots of paint to color

the area around your heart shape. Put more dots in the center and space them out towards the edges.

When paint is dry, peel your taped heart off.

Paint or write a message in the center:

Love | Be Mine | R U My Valentine? | I ♥ U



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!

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

WORD LIST

COUPLES
EMBROIDERY
EXERCISE
HEALTH
HEART
HISTORY
KINDNESS
LIFESTYLE
LOVE
MATCH
NEEDLEWORK
PINK
RED
RISK
VALENTINE