

# HEWITT



## Achieve Your New Year Goals with PURPOSE AND POSITIVITY

The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

### Simple Steps for Success

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."

- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

- **Motivation and Inspiration Day (January 2):** Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

### Need Extra Motivation?

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.

**Every step, no matter how small, brings you closer to your goals. With focus, determination, and support, this year can be your best yet!**



**HEWITT**

REHABILITATION AND WELLNESS CENTER



## HAPPY BIRTHDAY

### Residents

Ira H.	1/6
Ruben A.	1/22
Ruth R.	1/22
Geri M.	1/24

## WELCOME NEW RESIDENT

Leona G.

### Donate Blood and Save Lives!



The need for blood, plasma, and platelet donations never stops. Every day, the Red Cross must collect nearly 13,000 blood donations to support patients in about 2,500 hospitals nationwide. This life-saving effort continues regardless of the season, weather, or holidays.

Finding a place to donate is easy! Use the Red Cross Blood Donor app or visit [RedCrossBlood.org](http://RedCrossBlood.org) to schedule your next donation appointment. Your contribution could help save lives!

## SPECIAL EVENTS

**Music for the Soul:** We recently welcomed local celebrity Zak Webb to play for our residents and staff this holiday season. Zak was recently featured in the December edition of the Wacoan. He and his cousin, Jeremy graciously let our resident Rickie jam with them. Zak and his cousin played a soulful multi-generational set that inspired residents to shake the dust off some rusty dance moves and get grooving.



**Elvis is in the Building:** Please join us in celebrating Elvis Presley's birthday on January 8th with a special guest. Blue Suede Tunes will be entertaining us with an All Elvis Show you won't want to miss! Join Elvis in the dining room at 3 pm for a great time!



**Arctic Adventure:** Throughout the month of January, many of our activities will be Alaskan and Arctic themed. Join us on a travelogue adventure, trivia, moose crafting, or play Polar Bear Plunge while we celebrate the snowy climate from the comfort of indoors.



## Welcome to our new Social Worker and Admissions Director

**Jennifer Machac** is our new **Admissions Director**. She is a Waco native. Jennifer brings a strong and compassionate background in healthcare, with a deep commitment to supporting individuals and families through every step of the admissions process. Her favorite place is the beach, where she finds peace and inspiration. Outside of work, Jennifer enjoys exploring new foods, reading, and spending quality time with her family. Let's give her a warm welcome!



**Wanetta Vaughan** is our new **Social Worker**. She was born and raised in Waco. She attended the University of Texas at Arlington where she graduated with bachelor's and master's degrees in social work.

Wanetta has worked in long-term care for approximately 16 years. She feels that the best part of being a social worker is meeting all the residents and their families. She enjoys watching Yellowstone, reading, going to the movies, and caring for others. Welcome to the Hewitt family Wanetta!

# PHOTO HIGHLIGHTS



Resident made bird houses from gourds to hang around the gazebo



Residents tried a new game of Cheese Heads!



Santa visited residents before his holiday rush



The Grinch stirred up trouble and made residents laugh



Residents went candy cane fishing for ornamental fish trapped on black ice

## Short-Term Therapy Success •

**Moises Z.** was admitted following a hospital stay for cellulitis of his right leg, which resulted in a decline in mobility and activities of daily living. Upon admission, he was only able to ambulate 10 feet and required moderate assistance with daily tasks. His goal was to return home and walk independently using a walker.

After 23 days of physical and occupational therapy, Moises made excellent progress toward his goals. He was able to complete transfers with standby assistance, ambulate 75 feet using a walker, and perform activities of daily living with modified independence, including bathing with setup assistance. He was discharged home with plans to continue therapy through home health services to safely transition back to his home environment.

Moises brought a positive attitude and a great sense of humor to every therapy session. His eagerness to work and determination played a key role in his successful return home.





## HEWITT

REHABILITATION AND WELLNESS CENTER

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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

Skylar Wolf

#### DIRECTOR OF ADMISSIONS

Jennifer Machac

#### SOCIAL WORKER

Wanetta Vaughan

#### BUSINESS OFFICE MANAGER

Debbie Sather

#### PAYROLL/RECEPTIONIST

Shaun Burleson

#### DIRECTOR OF MARKETING

Lanie Huffman

#### TREATMENT NURSE

Gina Pettit

#### TALENT AND LEARNING DIRECTOR

Marissa Anzures

#### STAFFING COORDINATOR

Rachael Robinson

#### PPS NURSE

Melanie Kaluza

#### MAINTENANCE

Oscar Romero

## January is National Hobby Month

Hobbies add meaning and joy to life. Especially for seniors, they do more than fill extra time. They can boost mood, support well-being, and bring a sense of purpose. Which one will you try this month?

Here are some hobby ideas to inspire you:

**Creative Crafts:** Try sewing, needlepoint, quilting, or painting. Creating something with your hands brings a sense of accomplishment, and your finished pieces can make heartfelt gifts or donations to those in need.



**Games & Puzzles:** Enjoy crosswords, cards, or jigsaw puzzles to keep your mind sharp. Prefer tech? Online games on tablets and smart phones are great for mental stimulation, especially during National Puzzle Month!



**Book Clubs:** Reading is a great leisure activity, and joining a group to discuss books can add a social element and spark meaningful conversations.



**Social Media Fun:** Stay connected with loved ones by sharing updates, photos, and videos via text, email, or on social media. It's an easy way to stay involved and feel connected.



**Music Appreciation:** Enjoy listening to your favorite tunes on the radio or join a group sing-along. Music is a wonderful way to relax, lift your spirits, and connect with 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!

WORD LIST
ACTIVITIES
CONNECT
DONOR
EQUALITY
GAMES
GLAUCOMA
GOALS
HOBBY
JANUARY
KERNEL
POPCORN
RESOLUTION
UNITY
WELLNESS
WORDS