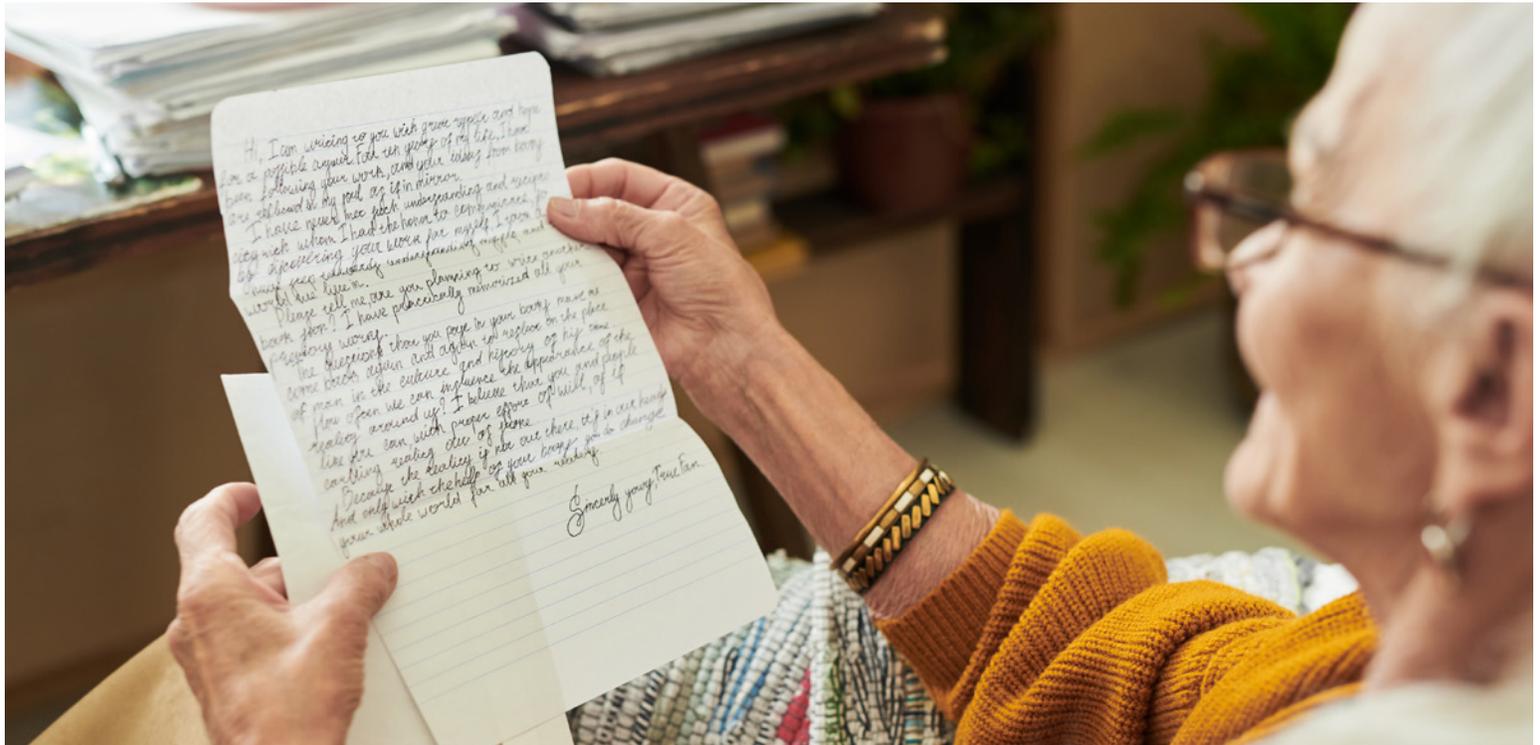


# HEWITT



## Making Everyday Moments Awesome

**March 10 is National Day of Awesomeness, a day to notice the little things that make life enjoyable and to share them with others.** It's the perfect excuse to celebrate simple joys and connect with the people around you, no matter your age.

### Notice the little things

Take a few minutes today to spot moments that make you smile. Maybe it's a favorite song, a sunny spot by the window, or the smell of fresh coffee. Keep a small notepad handy and jot down

anything that sparks a happy memory or makes you chuckle.

### Reach out to someone special

Call a friend, share a funny story with a grandchild, or send a note to someone you haven't seen in a while. Even a quick chat or a shared laugh can brighten both your days. Try sending one message or making one call today to lift someone's spirits.

### Share the fun

Do something enjoyable with someone else. Read a favorite story together, play a simple game, or swap memories from the past. Ask a child or grandchild to share their favorite silly joke or story with you.

### Treat yourself

Take a moment to enjoy something that feels special to you. Indulge in a favorite treat, savor a comforting drink, listen to a song you love, or spend a few quiet minutes relaxing. Choosing a small pleasure just for yourself can lift your mood and make the day feel a little more awesome.

This National Day of Awesomeness, celebrate the everyday joys and connections that make life brighter for you and everyone around you. Small actions, shared laughs, and simple moments of fun can turn an ordinary day into something truly awesome.



# PHOTO HIGHLIGHTS



## Get Crafty during Craft Month!

Whether you already paint, knit, quilt, woodwork, or crochet, try some of these other creative projects throughout the month. Ask family and friends to join you for arts and crafts.

- Painted Rocks
- Handmade Greeting Cards
- Paper Plate Crafts
- Easy Origami
- Button Magnets
- Decorative Paper Flowers



## HAPPY BIRTHDAY

### Residents

- Jutta S. 3/4
- Hazel L. 3/14
- Patricia M. 3/22
- Rhonda B. 3/24
- Irene R. 3/25

### Staff

- Karli D. 3/9
- Jennifer M. 3/18
- Yasmeen B. 3/25
- Darla S. 3/27
- Serena S-H. 3/31

## WELCOME NEW RESIDENT

Eva W.  
Robert P.

Wilma H.  
Barbara D.

## SPECIAL EVENTS

February was packed full of events including Superbowl LX, Winter Olympics, Valentine's Day, Mardi Gras, and Black History Month. In March, we will stay plenty busy celebrating **Women's History Month**, **Saint Patrick's Day**, and **Spring Equinox**. Our Travelogue destination this March is **London**, England. Several of the feature films for this month have a bit of British flare and our culinary activities are also inspired from across the pond.



## QUILTING PROJECT

In anticipation of Skilled Nursing Facility Week in April, we will jumpstart our resident art project to debut. Join us Sunday, March 15th at 2:30 to plan our mock quilt and begin selecting a pattern, colors, and textures for the project. Each resident in the facility will select a fabric square to be featured on the final product.

## RECOGNIZING HEARING LOSS

World Hearing Day, observed annually on March 3, promotes ear and hearing care across the world and raises awareness of how to prevent deafness and hearing loss. If you have any of these signs or symptoms, you may have hearing loss caused by noise:

- **Speech and other sounds seem muffled**
- **Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone)**
- **Trouble understanding conversations when you are in a noisy place, such as a restaurant**
- **Trouble understanding speech over the phone**
- **Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)**

- **Asking others to speak more slowly and clearly**
- **Asking someone to speak more loudly or repeat what they said**
- **Turning up the volume of the television or radio**
- **Ringing in the ears**

Untreated hearing loss, especially in older adults, can lead to:

- **social isolation**
- **depression**
- **dementia**
- **falls (leading to injury)**
- **inability to work or travel**
- **reduced physical activity**

Don't wait until you show signs of hearing loss. Have your hearing examined by your doctor during your regular checkup. If you have any signs of hearing loss, get tested by a qualified healthcare provider.

Source: [cdc.gov](http://cdc.gov)

## Live Music by the String Benders

Join us March 31st in the dining room to welcome the String Benders. This band of locals brings an eclectic mix of country, classic rock, Tex-Mex, and a little bit of Cajun spice. They will entertain us with a wee bit o' Irish melodies, as well, from 2:30-4 pm.

## RECIPE BOOK

If you have some favorite family recipes you would like to share, the Activity and Dietary Departments are teaming up to create a resident recipe book to print and distribute at the end of the year. Each recipe will include a spotlight on the resident who submitted it. We encourage family members to get involved in this project, as well. As recipes are submitted, the kitchen will include them in the weekly menus. Connect with the activity director for more details and to submit a recipe.



REHABILITATION AND WELLNESS CENTER

**8836 MARS DRIVE  
HEWITT, TX 76643**

Admissions: 832.948.5065

info@hewittrehabilitationandwellness.com

[hewittrehabilitationandwellness.com](http://hewittrehabilitationandwellness.com)

### 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

#### MDS NURSE

Karey Jones

#### MAINTENANCE

Oscar Romero

## Short-Term Therapy Success

**Kenneth K.** is a 64-year-old who had a hospital stay following a sepsis diagnosis.

Upon admission, he required maximal assistance for transfers and maximal assistance for activities of daily living, including using restroom and getting dressed. His goal was to return home and transfer and perform activities of daily living on his own again.

The patient participated in PT/OT for 55 days, reaching his goals. He was able to transfer using a walker or grab bar and perform activities of daily living with stand-by assistance and bathe with minimal assistance.

He discharged home with home health services to safely acclimate back into his home setting and continue therapy.

He was a little reluctant to work in the beginning but once he was feeling better, he was eager to work and able to meet his goal of returning home.



**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

- ART
- AWESOME
- BOOK
- CRAFT
- DIABETES
- GREEN
- HEAR
- LISTEN
- MOMENTS
- READ
- SAINT
- SHAMROCK
- SOCIAL
- UPLIFT
- WORKER