

HEWITT



Superpowers, Strength, and Everyday Heroes

Every year on April 28, we celebrate National Superhero Day, a time to honor both the fictional heroes who inspire us and the real-life heroes who make a difference in our world. **First recognized in 1955, this day serves as a powerful reminder that courage, strength, and selflessness are qualities we all admire**, whether they exist in comic books or in everyday life.

Superheroes first soared into popularity in the 1930s and 40s, with iconic characters like Superman, Batman, Wonder Woman, and Captain America making their debut. With extraordinary abilities—flying, super strength,

invisibility, and mind-reading—these heroes became symbols of hope and justice.

While we celebrate these fictional icons, **let's also take a moment to honor the everyday heroes among us, including nurses, EMS, firefighters, police officers, and first responders.** They may not wear capes, but their superhuman strength and resilience are on display every day. Whether they're saving lives, protecting our communities, or providing care in moments of crisis, they embody the same values of courage, sacrifice, and selflessness that we admire in our favorite superheroes.

If you could have any superpower, what would it be?

The ability to heal? To fly? To be invisible? Or perhaps the strength to lift entire buildings with ease? While most of us won't develop superhuman abilities, we all possess unique strengths that have the power to create change.

There is a bit of a superhero in all of us. We may not wear capes or leap tall buildings, but through acts of kindness, resilience, and perseverance, we can make a lasting impact.

This National Superhero Day, take a moment to celebrate the heroes—both fictional and real—who inspire us to be braver, kinder, and stronger. And remember, the world could always use another hero.

Maybe that hero is YOU!



REHABILITATION AND WELLNESS CENTER

Photo Highlights



HAPPY BIRTHDAY

Residents

Carole B. 4/18
Pamela R. 4/28

Staff

Amber S. 4/19
Hope D. 4/28

WELCOME NEW RESIDENT

Pamela R.

Carlton S.

EASTER PARTY

Join us for a resident & family egg hunt and Easter party on Friday, April 3rd at 2pm.



Superhero Day



Join our staff in dressing up as your favorite superhero on April 28th or wear superhero colors and get people to guess

what superhero you represent. We will play some superhero themed games throughout the day as well.

A TIME TO CELEBRATE

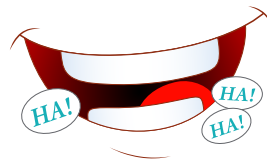
It was a very special day for one of our beloved residents **Patricia M.** rang the bell at her cancer clinic, with her family by her side, and she is officially cancer free!

After months of appointments, treatments, courage, and more strength than she probably even realized she had, she stood tall and proud as that bell rang loud and clear. It wasn't just a sound — it was a celebration of resilience, hope, and determination.

We are so incredibly proud of her bravery and grace through it all. She has reminded us what perseverance truly looks like, even on the hardest days. Please join us in celebrating this amazing milestone! Your strength inspires us all, and we are so honored to be part of your journey.



Laughter: A Simple Remedy for Stress



Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation.

Make it a habit to laugh often, whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach.

Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or lighthearted stickers. Keep a "humor file" filled with comics, memes, and jokes for an instant mood boost; one you can also share with others who might need a lift.

Best of all, laughter requires no prescription and has no side effects. If stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.

NATIONAL LOOK ALIKE DAY

On April 20 we will celebrate National Look Alike Day! Pick your favorite staff member or resident and dress alike for the day. We will challenge each other to find their look-alike and take some fun photos to share.

QUILTING PROJECT

In anticipation of Skilled Nursing Facility Week in May, residents and family members are encouraged to pick their fabric choice and spot on the quilt design for their square to be featured on the final quilt. Please join us during one of our crafting circle activities to see the pattern and swatches, or connect with the activity director at a time of mutual convenience.

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 also encourage family members to get involved in this project. 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



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Rachael Robinson

MDS NURSE

Robyn Campbell

MAINTENANCE

Oscar Romero

Short-Term Therapy Success

Rhonda B. is a 68 year-old who had a hospital stay following a stroke. Upon admission, she required moderate assistance for transfers and moderate assistance for activities of daily living. The stroke also affected Rhonda's strength, balance, problem solving and vision. Her goal was to return home without using an adaptive device.



Rhonda participated in PT and OT for 20 days and quickly met her goals. At discharge she was able to walk 200 ft, supervised, without an adaptive device, perform activities of daily living with total independence and bathe with set up assistance.

Rhonda had a very sweet demeanor and was determined to meet her goals despite visual deficits, showing tremendous progress, quickly. She will continue therapy with home health services to safely acclimate back into her home setting.



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!

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

WORD LIST

ART
CREATE
EARTH
ENERGY
EVERYDAY
GREEN
HERO
LAUGH
PHOTO
POWER
REDUCE
STORIES
SUPER
THERAPY
VOLUNTEER