

HEWITT

**NATIONAL PLAY DAY:
YOU ARE
NEVER TOO
OLD TO PLAY!**



July 19 is National Play Day, a reminder that play does not have an age limit. Whether you are 9 or 90, play has a way of lifting the spirit, sparking laughter, and bringing people together. It is one of the simplest ways to feel young at heart. In a month that also celebrates staying social and connected, play is a natural fit, especially when shared across generations.

There are so many ways to join in the fun:

- **Bean bag toss or cornhole in the yard**
- **Balloon volleyball or indoor bowling**
- **Games like left-right-center, checkers, chess, or cribbage**
- **Card games such as Uno, euchre, bridge, or rummy**
- **Classics like Battleship, Scrabble, or Connect Four**
- **Music, dancing, or playing piano, guitar, or another instrument**
- **Handheld video games or phone apps**

Play also brings back memories of simpler days, like neighborhood baseball games, riding bikes until dinner, or afternoons at the swimming pool with friends. Those spontaneous “play dates” were really just time spent enjoying life outdoors.

On National Play Day, try something familiar or something new. Gather with friends or family of all ages, have fun, stay connected, and simply play!



REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

RESIDENTS

Karen C.	7/5
Charles B.	7/15
Edward C.	7/20
Joan D.	7/20

Outdoor Summer Fun!!

Residents have been enjoying more outdoor activities and outings, soaking up the sun, exercising, and playing games. Join us for more morning outdoor activities in July before the summer heat steers us indoors.



WELCOME NEW RESIDENT

Danny K.

James G.



UPCOMING EVENT

We will celebrate Discovery's annual **SHARK WEEK** with several shark themed activities July 26th-August 1st. Join us for some fun that bites!



250 Years of Red, White & Blue

This Fourth of July marks 250 years since the signing of the Declaration of Independence, a milestone that brings a little extra meaning to a familiar summer tradition.

For generations, July 4 has been filled with backyard barbecues, hometown parades, fireworks, and simple moments shared with the people around us. While traditions evolve, the feeling stays the same: gathering together and celebrating the red, white, and blue.

A 250th celebration is a chance to slow down and enjoy those traditions in a simple, meaningful way.

So whether it is a big gathering or a quiet evening outside, enjoy the day, the people, and the celebration of 250 years of red, white, and blue.



Community Engagement

Last month, members of the management team at our local H-E-B surprised residents with pots of flowers and activity books to spread smiles and brighten their rooms. We are so grateful to be part of a community in Hewitt that enjoys spreading joy and love to others of all ages.




Activity Photo Highlights





Bust Summer Boredom Together!


The summer heat might keep us indoors sometimes, but July's Anti-Boredom Month is the perfect excuse to turn those quiet moments into joyful, creative fun — solo or with family and friends of all ages.


Here are some intergenerational friendly ideas:


 **Art Hour:** Draw, paint, or color simple nature scenes, animals, or imaginative creatures like dinosaurs, dragons, or unicorns. Let your creativity take the lead!


 **Family Ice Cream Social:** Host a DIY ice cream sundae party with toppings everyone picks—great for sharing stories and laughter.


 **Storytelling Swap:** Write short stories or funny poems and share them aloud or over video chat with younger family members.

 **Learn Together:** Pick a new language or dance routine—practice with friends, family, or a community group.

 **Puzzle Power:** Tackle a 1,000- or 3,000-piece puzzle as a team, sharing memories or trivia while working on it.

 **Craft Remix:** Upcycle old clothes or household items into creative crafts—tie-blankets, no-sew pillows, or homemade greeting cards.

 **Digital Fun:** Try simple games or apps that everyone can join from different locations.

 **Bonus: Mix It Up!** Combine activities like an art session followed by an ice cream treat or storytelling after a puzzle challenge. The key is variety and connection—boredom doesn't stand a chance!



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Short-Term Therapy Success

Dr. M. is a 58-year-old who had a hospital stay following a severe stroke that affected the right side of his body as well as his swallowing and cognitive abilities. Dr. M. participated in physical, occupational and speech therapy with great determination and wonderful family support. Our interdisciplinary team got to work with speech therapy taking the lead.



Upon admission he required an altered diet with thickened liquids due to high aspiration risk. Our speech therapist provided a comprehensive dysphagia management plan, with skilled interventions, including vital stim therapy. After making steady progress with his swallowing trials, a (MBSS) modified barium swallow study was then completed to further assess his swallowing function.

After consistent monitoring, constant communication with the patient/family and patient-centered care, the swallow study showed great improvement. The patient was able meet his goal and upgrade to a regular diet and thin liquids!



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!

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

WORD LIST

- AMERICA
- BLUE
- BOREDOM
- FAMILY
- FRIENDS
- GAME
- HISTORY
- HOT DOG
- OUTDOORS
- PATRIOTIC
- PLAY
- RED
- SUMMER
- TOGETHER
- WHITE