

HEWITT



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



HEWITT
REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

RESIDENTS

Robert H.	9/7
Ruben V.	9/7
Michael G.	9/9
Mindy T.	9/24
Sally M.	9/26
Geraldine N.	9/27
Edna G.	9/28
Nancy D.	9/28

STAFF

Felicia D.	9/1
Thandy N.	9/3
Gina P.	9/5
Jaquincia A.	9/20
Erica J.	9/23
Karen M.	9/26

Resident Outing

For our resident elected outing last month, they chose Waco's Dr. Pepper Museum. Residents enjoyed learning about the history of Waco's Dr. Pepper plant and the museum displayed an abundance of soda pop memorabilia throughout the decades. They were all treated to a fountain fresh soda from the soda counter and enjoyed their time out in the community.



Gorgeous Grandma Day

We celebrated Gorgeous Grandma Day in style with glamour shots and dress up props. Check out our new resident glamour photos from the event in the tv lounge.



Activity Photo Highlights



Short-Term Therapy Success

ADMISSION & TREATMENT:

Betty L. is an 89 -year-old who had a hospital stay following traumatic arthropathy of left knee, displaced fracture of 2nd cervical vertebra.

Upon admission, she required supervision to modified independence with rollator walker for transfers and modified independence for activities of daily living, including toileting and getting dressed.

AT DISCHARGE:

Her goal was to return home and use a walker on her own. After 19 days of PT & OT she was able to discharge home with her goals met, requiring modified independence for ADLs and bathing set up assistance.

She was eager to work in therapy, meeting her goal of returning home with RW. She will continue therapy with home health services to safely acclimate back into her home setting





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REHABILITATION AND WELLNESS CENTER

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Paul Rawlings

MEDICAL RECORDS

Andrea Heyenga

HOUSEKEEPING MANAGER

Aquanda Smith

Casino Night Event

Please join us for a special casino night on Tuesday, September 29th at 6 pm in the Activity Room. We will be hosting an array of casino games and hot dogs for residents and family members. Life's a gamble, so roll with it!



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!

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

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM