

HEWITT



TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!



REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

RESIDENTS

Maria L.	10/2
Glenn M.	10/7
John W.	10/18
Jimmy W.	10/20
Mary G.	10/20
Darryl L.	10/24
William M.	10/24
Brenda R.	10/25

STAFF

Nathalie R.	10/3
Senita F.	10/5
Jessica B.	10/11
Zhari C.	10/11
Kenisha T.	10/12
Jesse C.	10/15
Danielle M.	10/16
Marina J.	10/17
Yelena B.	10/23
Chris G.	10/28
Juliana O.	10/30

Warm Welcome

We're excited to welcome to the HMG family our new Social Worker, Zhari Cooper. Zhari is a Waco native and graduate of Midway High. She attended the University of Mary Hardin-Baylor and recently completed her Masters degree of Social Work at the University of Texas at Arlington. She comes to us after spending several years working with Waco's youth at the Methodist Children's Home. Zhari looks forward to getting to know all our wonderful residents and she brings a warmth and compassion every day, which brings a smile to everyone's face. Welcome to the family Zhari!



HALLOWEEN PARTY

Please join us Friday October 23rd at 3:30 pm for our annual Halloween Party! We will have music, games, and treats. We welcome family and community members to trick-or-treat early with our residents and show off their costumes.



Activity Photo Highlights



BINGO SCHEDULE CHANGE NOTICE

Pay close attention to your activity calendars, because there is a new change to the regularly scheduled BINGO. We strive to accommodate all our residents in their desired engagement in activities, so we have changed Monday BINGO to Tuesday. We have several residents who have regular appointments which conflicted with the previous schedule. We are excited to see new regular faces at our highest demanded activity. We will now have BINGO *Tuesday, Wednesday, and Fridays*. Check your calendar for the new scheduled BINGO times.

Short-Term Therapy Success

Donna C. is a 70-year-old who had a hospital stay following orthopedic surgery involving L3-5 laminectomy and posterior lumbar interbody fusion.

Upon admission, she required max assist for bed mobility and transfers. She had difficulty standing with rollator walker but once standing she could ambulate 20' SBA. She also required max assist for activities of daily living, including toileting and getting dressed.

Donna participated in PT/OT for 19 days to reach her goals. By discharge she was able to complete bed mobility, transfers and ambulate 250' using a RW and performing activities of daily living with independence. She was also able to complete 1 step stair with supervision.

Donna was eager to work in therapy, which enabled her to meet her goal of returning home with rollator walker. She will continue therapy with home health services to safely acclimate back into her home setting.



REHABILITATION AND WELLNESS CENTER

**8836 MARS DRIVE
HEWITT, TX 76643**

Admissions: 832.948.5065
info@hewittrehabilitationandwellness.com
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
Elizabeth Alexopoulos

DIRECTOR OF ADMISSIONS
Jennifer Machac

SOCIAL WORKER
Zhari Cooper

BUSINESS OFFICE MANAGER
Debbie Sather

PAYROLL/RECEPTIONIST
Shaun Burleson

DIRECTOR OF MARKETING
Lanie Huffman

TREATMENT NURSE
Danielle Matula

TALENT AND LEARNING DIRECTOR
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STAFFING COORDINATOR
Rachael Robinson

MDS NURSE
Robyn Campbell

MAINTENANCE SUPERVISOR
Paul Rawlings

MEDICAL RECORDS
Andrea Heyenga

HOUSEKEEPING MANAGER
Mona Brown

National Healthcare Food Service Week

During Healthcare Food Service Workers Week, Oct. 4-10, we'd like to express our heartfelt appreciation to all our food service workers who make a nutritional difference every day in the lives of our residents, families and staff. Thank you for all your hard work and dedication in helping us stay well-nourished and healthy through the delicious meals you prepare with care.



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!

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

WORD LIST

APPLE
AUTUMN
AWARENESS
BONES
BREAST
CARAMEL
CARDS
COLORS
GOURD
HEALTH
LEAVES
PUMPKIN
SCAM
SECURITY
WELLNESS