Hewitt



Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

This year, take a moment before the meal to share with your family what you're thankful for. Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!

HEWITT
REHABILITATION AND WELLNESS CENTER



Happy Birthday

RESIDENTS

Timothy M.	11/8
Michael M.	11/20
Kimberly L.	11/23
Gale D.	11/30

Welcome New Resident

James B.



Special Events

Family Thanksgiving Dinner

Please join us for our annual Family Thanksgiving Dinner with our residents on Wednesday, November 18th at 5:30pm. We will have all the traditional Thanksgiving dishes and the bonus of enjoying it with family and friends. Kindly limit the number of guests to 2 per resident.

Baby Predictions

While our activity director may be out on maternity leave, residents can take part in the fun of welcoming a new family member. We will have a baby predictions binder in the library for any resident who wishes to make predictions about the new bundle of joy. Upon her return, Jess will bring a gift basket for the resident with the most correct predictions.

Activity Photo Highlights









Photo Highlights ...continued











Short-Term Therapy Success

Barbara K. is a 87-year-old that came to us due to decline in strength & functional mobility with recent hospitalization for stroke-like symptoms, fall, difficulty walking & slurred speech. Her goal was to return to independent living and use a walker on her own.

Upon admission, she required moderate assistance for transfers and gait, as well as moderate to max assist for activities of daily living including toileting and dressing.

She participated in 15 days of Physical, Occupational, and Speech therapy. At discharge she was able to ambulate using a rollator walker 200 feet and performed activities of daily living with modified independence.

Barbara 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.



HEWITT
REHABILITATION AND WELLNESS CENTER

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Debbie Sather

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Danielle Matula

Talent and Learning Director
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Andrea Heyenga

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Vickie Robinson

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Spread More Kindness



Kindness comes to life when we help, uplift, or support others without expecting anything in return. When you show kindness, the smallest gesture may brighten someone's day in an unexpected way.

Here are a few random acts of kindness that could make a difference on World Kindness Day, November 13:

- Smile when you see someone: go the extra mile with a friendly greeting or wave
- Write positive messages on post-it notes and leave them for people to find
- Provide help or offer assistance to another without being asked
- Hold the door open for someone
- Give a compliment, hug, or small unexpected gift
- Tell a nurse, loved one, teacher, mentor or friend how much you appreciate them



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!

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

WORD LIST

AUTUMN
FAMILY
FOOD
GRATITUDE
HONOR
KINDNESS
LEAVES
MEAL
MEMORY
REMEMBER
SHARE
SUPPORT
THANKS
TURKEY
VETERAN