

# LONE STAR



**HAPPY  
LABOR DAY**






Labor Day, observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution. Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.



REHABILITATION AND WELLNESS CENTER

## GRANDPARENTS DAY

Grandparents hold a special place in the hearts of families, providing a wealth of wisdom, love, and cherished memories. They play a pivotal role in passing down traditions, values, and life experiences to younger generations. Here are some ways grandchildren and grandparents can celebrate Grandparents Day on September 10 together:

- Go to a local park or playground 
- Look through old photos or create a scrapbook 
- Listen to each other's favorite songs/music 
- Draw or make a craft together 
- Make a video of them interviewing each other 



## HAPPY BIRTHDAY

### RESIDENTS

|           |      |
|-----------|------|
| Mary S.   | 9/16 |
| Rose B.   | 9/25 |
| Brenda B. | 9/27 |



## Four Things You Can Do to Prevent Falls

Speak up. Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take.



Exercises that improve balance and make your legs stronger can lower your chances of falling. Walking, dance, yoga, or Tai Chi are all great moderate-to-low impact options.

At least once a year, check with your eye doctor and update your eyeglasses. Have your healthcare provider check your feet once a year.

**Celebrate Healthy Aging Month** this September by trying the tips below, which may help you age slower and improve your quality of life.

**Eat a varied and healthy diet.** Include plenty of fruits, vegetables, and whole grain foods. Drink lots of fluids to maintain healthy skin and flush out waste.

**Exercise every day.** Exercise improves appetite, encourages healthy bones, gives you a better emotional outlook and improves digestion and circulation.

**Manage stress.** Develop ways to help you cope and adjust to situations in your life that may cause you stress.

**Seeking prompt medical care when you're ill or injured.**

Listen to your body and take care of any little problems before they become big problems.

**Use sunscreen to prevent sunburn.** One of the most significant factors contributing to aging is chronic inflammation of the skin.

**Quit smoking, vaping, and avoid secondhand smoke.** Smoking has very damaging effects on your overall health and increases your risk of getting cancer and heart disease.

**Keep strong relationships.** Maintaining close ties to your family and friends are crucial to healthy aging.

## SEPTEMBER 2 IS COCONUT DAY!

Coconuts are the delightful fruits of the coconut palm tree (*Cocos nucifera*). Known for their versatility, delicious taste, and numerous health benefits, coconuts have been a vital part of the diet, culture, and economy of many countries for centuries.

Coconuts are renowned for their nutritional value. The white, fleshy part inside the coconut is a rich source of healthy fats, fiber, vitamins, and minerals. Coconut water, found inside young coconuts, is a natural electrolyte-packed drink.

Coconut Day is dedicated to recognizing the cultural, economic, and environmental significance of coconuts.





# We Took a Bite Out of Shark Week Last Month!

Our resident's and staff enjoyed a Beach Party complete with beachball dodge ball and a very competitive relay race between Nemo (our administrator) and our glamorous shark (our ADON). Of course, there was cake and punch along with sounds of laughter throughout the building.





REHABILITATION AND WELLNESS CENTER

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## ARE YOU A GOOD NEIGHBOR?

Being a good neighbor benefits you, your neighbors, and your community by making your neighborhood a more pleasant place to live. Being considerate and showing that you care about your neighbors' wellbeing will often inspire others to be neighborly in return, which fosters a sense of community that helps the neighborhood thrive!

Good Neighbor Day is September 28, so here are some suggestions to become more neighborly:

Communicate and be direct with your neighbors if an issue occurs.

Do your part to maintain the cleanliness and functionality of common areas.

Be conscientious of the amount of noise you create, whether it's from music, televisions, pets, or talking.

Organize fun activities to do together like an afternoon walk, luncheon, potluck or a game day.



**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!

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

### WORD LIST

- AGING
- BALANCE
- COCONUT
- CONFIDENT
- EXERCISE
- FALLS
- GRANDPARENT
- HARMONY
- HEALTH
- HEART
- LABOR
- MINDFUL
- NEIGHBOR
- PEACE
- PREVENT