

LONE STAR

NATIONAL MEN'S HEALTH WEEK: JUNE 15-21



National Men's Health Week is an important time to focus on men's well-being, raising awareness and encouraging early detection for better health outcomes. Studies show that men are less likely than women to visit the doctor for annual check-ups, which makes it even more important to highlight the value of regular health screenings.

This week serves as a reminder to prioritize men's health, seek routine medical advice, and catch

potential issues early. Many common health problems, such as prostate and colon cancers, can be treated effectively when detected early. Prostate cancer is the most common cancer in American men (excluding skin cancers), but it can often be treated successfully with early detection.

In addition to routine exams for prostate and colon screenings, men should also keep up with regular check-ups from other health professionals, including dentists, dermatologists, and eye doctors. Annual

dental visits can help prevent tooth decay and gum disease, while eye exams can catch issues like glaucoma or early signs of vision loss. Regular skin checks with a dermatologist can detect skin cancers early, when they are most treatable.

Taking small steps today, like making an appointment or talking to a healthcare provider, can make a big difference. Use this week as a starting point to take charge of your health and support the men in your life in doing the same.



REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

Lallybhai P.	6/6
Tinajero M.	6/10
Leona W.	6/22

HYDRATION DAY!

On June 23 each year we celebrate National Hydration Day! Proper hydration is vital to living a long healthy life, but it's often overlooked due to the regular hustle and bustle of the day. Carrying a water bottle can make a huge difference in your summer health, and may also help protect from dehydration, heat stroke, and other dangerous issues. It is never too late to start taking better care of your hydration! **Unsure how to go about drinking more water?** Be sure to speak with your physician to know how much is right for you. Then treat yourself to a new refillable water bottle. They come in all different styles and colors with the ounces labeled. There are free apps for your phone or tablet that can keep track and send reminders about your water intake. Find a method that works for you and make a commitment to stay hydrated all year long!



A Taste of Summer, Indoors or Out: Picnic Day is June 18

Nothing says summer quite like a picnic! Whether it's a sunny day in the courtyard or a shady spot on the patio, a picnic can brighten any afternoon.

Picnic-style meals don't need to be fancy to be fun. A colorful spread of finger foods like fruit, cheese and crackers, veggie sticks, or mini sandwiches can feel just as special as a traditional cookout.

Too hot or rainy outside?

No problem. Bring the picnic indoors with bright paper napkins, music, and a few friendly faces. Make it your own with a cozy blanket, a favorite drink, and a small group of friends or neighbors.

It's the feeling that makes it festive, not the location.



National Great Outdoors Month

Great Outdoors Month is the perfect time to enjoy the outdoors, whether it's a short stroll or a bit of quiet time in the sun. You don't have to travel far to embrace the wonders of nature. Here are some simple ways to get started:

- Relax in the courtyard, porch, or on the patio
- Have a picnic lunch outside, or enjoy a meal in the fresh air
- Take a leisurely walk with a friend or caregiver
- Visit a local park and watch the birds
- Tend to plants, flowers, or a small garden
- Try easy lawn games like ring toss or bean bag toss
- Enjoy the peace of a nearby pond, beach, or waterway

Even small moments spent outdoors can lift your spirits, spark connection, and bring peace. Fresh air, sunshine, and a little nature can go a long way!



A Letter from the Administrator

As we welcome June, we also welcome the beginning of summer, longer days, and many opportunities to enjoy time together as a community. June is a wonderful time to celebrate friendships, family connections, and the activities that bring joy and purpose to our residents each day.

This month, we are especially excited to celebrate Certified Nursing Assistants Week as we recognize the compassion, dedication, and hard work of our CNAs. They are truly the heart of our facility and play such an important role in the daily lives of our residents. From providing hands-on care to offering comfort, encouragement, and friendship, our CNAs make a meaningful difference every single day. We are incredibly grateful for their commitment and invite everyone to join us in thanking them for all they do.

We also look forward to celebrating Father's Day and honoring the fathers, grandfathers, and father figures in our community. Their wisdom, strength, humor, and life experiences have helped shape the families and communities around them. We hope this special day brings joyful visits, cherished memories, and meaningful moments with loved ones.

Our team continues to focus on providing compassionate care, meaningful engagement, and a safe, comfortable environment for everyone who calls our facility home. We are grateful for the trust families place in us and for the dedication of our staff members who work tirelessly to support our residents.

Throughout June, we look forward to outdoor activities, seasonal celebrations, music, games, and special events that encourage socialization and fun. We encourage families to participate whenever possible and to continue creating special memories with their loved ones.

Thank you for being an important part of our nursing home family. We look forward to a wonderful month ahead filled with happiness, appreciation, and summer spirit.

– Jana Sanders, Administrator

WELCOME NEW RESIDENTS

We are so happy to have you here and hope you know how special you already are to our community. We are so excited to be a part of your story and new chapter. May your days be filled with laughter, comfort, and kindness. Please know our doors and hearts are always open to you.



Did you know that Juneteenth became a federal US holiday in 2021, even though Texas has recognized it as a state holiday since 1980? On June 19, 1865, Army Major General Gordon Granger rode on horseback into Galveston, Texas and announced the end of the Civil War and the emancipation of over three million slaves.

Celebrate with your friends and family this year by participating in prayer and religious services, speeches, educational events, or family picnics.



Be sure to take a moment on Sunday, June 21 to honor dads, foster fathers, surrogate dads, grandfathers, uncles, brothers and the other important male role models in your life. Let him know how much he means to you by calling, texting, visiting or sharing photos on social media. Take him to dinner, nine holes of golf, fishing, or to the movies and spend the day together. Send a card or small gift to show your love and appreciation. It is sure to brighten his day!



REHABILITATION AND WELLNESS CENTER

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Misty Griffin



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!

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

WORD LIST

- CANDY
- CELEBRATE
- DAD
- FATHER
- HEALTH
- HYDRATE
- JUNE
- MEN
- MUSEUM
- PICNIC
- RECOMMIT
- SWEET
- TEA
- WATER
- ZOO