

# LONE STAR

**NATIONAL PLAY DAY:  
YOU ARE  
NEVER TOO  
OLD TO PLAY!**



**July 19 is National Play Day, a reminder that play does not have an age limit.** Whether you are 9 or 90, play has a way of lifting the spirit, sparking laughter, and bringing people together. It is one of the simplest ways to feel young at heart. In a month that also celebrates staying social and connected, play is a natural fit, especially when shared across generations.

There are so many ways to join in the fun:

- **Bean bag toss or cornhole in the yard**
- **Balloon volleyball or indoor bowling**
- **Games like left-right-center, checkers, chess, or cribbage**
- **Card games such as Uno, euchre, bridge, or rummy**
- **Classics like Battleship, Scrabble, or Connect Four**
- **Music, dancing, or playing piano, guitar, or another instrument**
- **Handheld video games or phone apps**

Play also brings back memories of simpler days, like neighborhood baseball games, riding bikes until dinner, or afternoons at the swimming pool with friends. Those spontaneous “play dates” were really just time spent enjoying life outdoors.

On National Play Day, try something familiar or something new. Gather with friends or family of all ages, have fun, stay connected, and simply play!



REHABILITATION AND WELLNESS CENTER



## HAPPY BIRTHDAY

### RESIDENTS

Marilynn J.	7/12
Lula B.	7/15
Glenda M.	7/16
Linda B.	7/19
Kenneth C.	7/20
Karen H.	7/23
Johhny A.	7/26
David G.	7/31

### STAFF

Amber S.	7/2
Taylor W.	7/3
Sheryl M.	7/10
Caleb I.	7/16
Crystal L.	7/16
Anthony L.	7/18

## NEW RESIDENTS

Welcome to Our Lone Star Family!

A warm July welcome to our newest residents! We are so happy you are here and look forward to getting to know you. May this month bring new friendships, happy memories, and plenty of reasons to smile. From all of us, welcome home!

With Love,  
Lone Star rehabilitation and wellness center

## A Letter from the Administrator

Happy July, everyone! Summer is a wonderful time to enjoy the warmth, sunshine, and the simple joys of community. Here at Lone Star Rehabilitation and Wellness, we are excited to celebrate July with a variety of activities designed to bring smiles and laughter to our residents. From outdoor events and festive summer events, our goal is to make each day meaningful and memorable. I want to take a moment to thank our dedicated staff and the families who support us—your care, compassion, and involvement that make our community truly special. Let's make this July a month of connection, happiness, and continued well-being for everyone here at Lone Star.

– Jana Sanders, Administrator

## UPCOMING EVENT



This Independence Day, we would like to thank our residents, families, staff, and community for being such an important part of our facility family. Your kindness, support, and friendship help make our home a special place each day. We wish everyone a happy and safe 4th of July!



Shark Week is here! Dive into a week of fun facts, ocean adventures, and fantastic activities. Get ready to make a splash and celebrate one of the ocean's most fascinating creatures!

## Celebrate Friendship on July 30

Friendship is a gift at any age. Whether reconnecting with lifelong pals or making new friends through shared hobbies, these connections boost happiness and wellbeing.

### Ways to Celebrate:

- Call or write to an old friend
- Meet for coffee or a walk
- Share a favorite photo on social media
- Chat with someone new about a hobby or interest



Friendship is about kindness, laughter, and support — no matter how long you've known someone. Celebrate those who bring joy to your life!



## 250 YEARS OF RED, WHITE & BLUE

This Fourth of July marks 250 years since the signing of the Declaration of Independence, a milestone that brings a little extra meaning to a familiar summer tradition.

For generations, July 4 has been filled with backyard barbecues, hometown parades, fireworks, and simple moments shared with the people around us. While traditions evolve, the feeling stays the same: gathering together and celebrating the red, white, and blue.

A 250th celebration is a chance to slow down and enjoy those traditions in a simple, meaningful way.

- **Set out red, white, and blue table accents**
- **Enjoy a relaxed barbecue or picnic outdoors**
- **Play cards, board games, or simple lawn games**
- **Make easy patriotic crafts with family**
- **Serve colorful summer desserts or treats**

So whether it is a big gathering or a quiet evening outside, enjoy the day, the people, and the celebration of 250 years of red, white, and blue.

## Short-Term Therapy Success

### ADMISSION & TREATMENT:

Mrs. H. is an 89-year-old lady who admitted to Lonestar on 3/23/2026 and discharged back home on 5/22/2026. Mrs. H. resided here at Lonestar after sustaining a right hip fracture from a fall at home.

The therapy team here at Lonestar evaluated Mrs. H. for occupational and physical therapy services. Mrs. H. required up to Max Assist with all self-care tasks including lower body dressing and transfers and Partial/Mod Assist with toileting and bathing. Mrs. H.'s goal was to get stronger and improve self-care tasks, so she could go home and be independent once again.

**AT DISCHARGE:** Following a 62-day stay of skilled nursing and therapy services, Mrs. H. made tremendous progress with physical therapy and is now able to walk up to 150 feet with Modified Independence. Mrs. H. can perform self-care activities such as toileting, bathing, dressing, and transfers with no assistance.

-Mrs. H. was always upbeat and eager to participate in her therapy sessions. She was motivated to reach her goal of returning home.

- We are so thankful we got to work with Mrs. H. We enjoy getting to help patients reach their highest potential!





REHABILITATION AND WELLNESS CENTER

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## LONESTAR STAFF

### ADMINISTRATOR

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### DIRECTOR OF NURSING

Donna Boucher, RN, DON

### ASSISTANT DIRECTOR OF NURSING

Amber Lewis, LVN, ADON

### ASSISTANT DIRECTOR OF NURSING

Elaine Riffe, RN, ADON

### INFECTION CONTROL NURSE

Amber Stewart, RN

### MDS NURSE

Savannah Cantu, RN

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Kylee English

### DIRECTOR OF SOCIAL SERVICES

Leann Hook, LBSW-IPR

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Briley Sherman

### DIRECTOR OF DIETARY SERVICES

Edgar Rodriguez

### DIRECTOR OF OPERATIONS

Cody Wheeler

### BUSINESS OFFICE MANAGER

Deborah Stewart, BOM

### DIRECTOR OF REHABILITATION

Anna Dobraski, OTR DOR

### DIRECTOR OF HOUSEKEEPING

Elizabeth Broussard

### MEDICAL RECORDS

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!

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

### WORD LIST

AMERICA  
BLUE  
BOREDOM  
FAMILY  
FRIENDS  
GAME  
HISTORY  
HOT DOG  
OUTDOORS  
PATRIOTIC  
PLAY  
RED  
SUMMER  
TOGETHER  
WHITE