

LONE STAR



FAMILY FUN MONTH: END-OF-SUMMER FUN CHECKLIST

August is Family Fun Month, making it the perfect time to squeeze in a few more summer memories before the season comes to an end. You don't need a big vacation or expensive plans. Sometimes the simplest moments become the ones we remember most.

See how many you can check off before summer says goodbye!

- ☐ Read a new book
- ☐ Try a new ice cream flavor
- ☐ Make S'mores
(National S'mores Day is August 10!)
- ☐ Have a picnic indoors or outside
- ☐ Play your favorite card or board game
- ☐ Mix up a new lemonade flavor
- ☐ Watch a summer sunset
- ☐ Blow bubbles
- ☐ Listen to your favorite songs from years past
- ☐ Share a favorite summer memory
- ☐ Call or visit someone who makes you smile
- ☐ Enjoy a walk or simply relax outside
- ☐ Take a photo to remember the day

Whether you complete one activity or all of them, every little adventure is a chance to make new memories.
Summer isn't over yet!





HAPPY BIRTHDAY

RESIDENTS

Jill V.	8/6
Tammy D.	8/7
Michael L.	8/10
Bruce C.	8/10
Macky H.	8/11
Jimmy S.	8/13
Gregory D.	8/19
Johnnie T.	8/21
Joann M.	8/22
Diane B.	8/22
Lessie W.	8/25
Winona E.	8/28

STAFF

Lakota P.	8/5
Ava B.	8/7
Cody W.	8/7
Angel F.	8/8
Victoria B.	8/18
Katelyn W.	8/18
Briley S.	8/29

A WARM WELCOME TO NEW RESIDENTS

We are so happy you are here and look forward to getting to know you. Our goal is to help you feel comfortable, supported, and truly at home. We hope you'll join us for activities, make new friendships, and create wonderful memories together.

Whether you enjoy games, crafts, music, exercise, or simply spend time with others, there's something here for everyone. Our team is always here to help, answer questions, and make your stay as enjoyable as possible.

From all of us, welcome to our Lonestar family! We are excited to share smiles, laughter, and special moments with you throughout August.

With Love,
Lone Star rehabilitation and wellness center

A Letter from the Administrator

Dear Residents, Families, and Friends,

As we welcome the month of August, we also experience some of the hottest days of the year. While summer brings opportunities to enjoy sunshine and time outdoors, it also reminds us of the importance of staying safe in the heat.

High temperatures can increase the risk of dehydration and heat-related illness, especially for older adults. We encourage everyone to drink plenty of fluids throughout the day, even if you don't feel thirsty. Our staff is always available to assist residents with hydration and will continue offering water and other beverages regularly.

When spending time outside, we recommend keeping visits brief during the hottest parts of the day, seeking shaded areas whenever possible, and wearing lightweight clothing and a hat if appropriate. Our team closely monitors weather conditions and will help ensure outdoor activities are scheduled during cooler times whenever possible.

The health, comfort, and well-being of our residents remain our highest priority. We appreciate the partnership of our families and visitors in helping us promote safe summer habits. If you are planning an outdoor visit with your loved one, please be mindful of the temperature and consider shorter visits or indoor gathering spaces during periods of extreme heat.

Thank you for your continued trust and support. We hope you enjoy the remainder of the summer, and we look forward to another month of meaningful activities, special moments, and quality care together.

– Jana Sanders, Administrator

Activity Photo Highlights



Short-Term Therapy Success

ADMISSION & TREATMENT:

Mr. F. is a 88-year-old gentleman who admitted to Lonestar on 4/27/2026 and discharged back home on 6/25/2026. Mr. F. resided here at Lonestar after fracturing his tibia from a metal fence incident.

The therapy team here at Lonestar evaluated Mr. F. for occupational and physical therapy services. Mr. F. required up to Max Assist with all self-care tasks including dressing, and toileting. Then Mod Assist with transfers and bed mobility. Mr. F.'s goal was to improve his safety, so he could return home.

AT DISCHARGE: Following a 63-day stay of skilled nursing and therapy services, Mr. F. made tremendous progress with physical therapy and is now able to walk up to 150 feet with complete Independence. Mr. F. is able to perform self-care activities such as toileting, bathing, dressing, transfers and walking with modified Independence.

Mr. F. was always upbeat and eager to participate in his therapy sessions. He was motivated to reach his goal of returning home, which he did in just 63 days' time.

We are so thankful we got to work with Mr. F. We enjoy getting to help patients reach their highest potential!





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REHABILITATION AND WELLNESS CENTER

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LONESTAR STAFF

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Amber Lewis, LVN, ADON

ASSISTANT DIRECTOR OF NURSING

Elaine Riffe, RN, ADON

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Amber Stewart, RN

MDS NURSE

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

WORD LIST

ADVENTURE
BOOKS
CHARM
CHERISH
ELVIS
FUN
LEGACY
LUCKY
MELON
MEMORIES
MUSIC
PENNY
READ
SENIORS
SUMMER