

LONE STAR



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



LONE STAR

REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

RESIDENTS

Sally Z.	9/12
Jane R.	9/13
Kathryn B.	9/14
Myrna C.	9/14
Margaret R.	9/19
Brenda B.	9/ 21
Rose B.	9/ 25

STAFF

Sierra B.	9/1
Laura S.	9/3
Elizabeth B.	9/4
Cally S.	9/5
Ashley S.	9/7
Jenifer H.	9/15
Jessica N.	9/17
Amanda T.	9/17
Rylee A.	9/21
Jasmine G.	9/25
Katie C.	9/28
Deborah S.	9/29
Tracy H.	9/30

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

Lone Star Rehabilitation and Wellness looks forward to a month filled with celebration, remembrance, and time spent together as a community. We will honor Labor Day by recognizing the dedication and hard work of our staff, residents, families, and all those who have contributed to making our community strong. We are excited to celebrate Grandparents Day by recognizing the love, wisdom, and lasting legacies of our residents, who continue to inspire us every day. We will also pause on September 11 to remember those whose lives were affected by the events of that day, reflecting on the courage, resilience, and unity that continue to inspire our nation. Throughout the month, we'll enjoy games, music, crafts, fellowship, and our monthly birthday celebration, where we gather to honor all of our September birthdays with cake, laughter, and good company. Thank you to our residents, families, volunteers, and dedicated team members for making Lone Star Rehabilitation and Wellness a place filled with compassion, friendship, and joy. We look forward to creating many wonderful memories together this September.

– Jana Sanders, Administrator

WELCOME TO ALL OUR NEW RESIDENTS!

We are so happy to have you as part of our family. September brings cooler days, new beginnings, and plenty of opportunities to make wonderful memories together. We hope you feel comfortable, welcomed, and right at home as you get to know our residents and staff.

We look forward to sharing lots of fun activities, laughter, friendship, and special moments with you this month! Remember, you are now part of our family, and we are so glad you're here.

Eight Great Ways to Celebrate Grandparents Day on September 13

Grandparents Day is all about love, connection, and celebrating the wisdom and warmth of older generations. Whether you're near or far, here are eight simple and joyful ways to honor the grandparents in your life:

- 1. Make Something Together**
Craft a handmade card, bake a favorite family recipe, or create art side by side.
- 2. Share a Story**
Ask grandparents to tell a favorite memory or piece of family history. Record it or write it down.
- 3. Play and Laugh**
Bring out the classic games! Connect Four, Uno, dominoes, or even a puzzle.
- 4. Plan a Special Meal**
Share lunch, dinner, or a scoop of ice cream together, if you're able to visit.

5. Fresh Air Fun

Take a nature walk, stroll through a garden, or visit a favorite local spot.

6. Send a Little Love

Mail a card, drawing, or photo to let them know you're thinking of them, even a quick text or voice message can brighten their day.

7. Explore Your History

Look through old family photos or ask about your heritage. You might discover surprising and heartwarming stories.

8. Create a Time Capsule

Gather mementos, notes, or drawings and seal them in a box to open together next year.

No matter how you celebrate, the heart of Grandparents Day is simple: spend time, show love, and make memories together.



Short-Term Therapy Success

ADMISSION & TREATMENT:

Mrs. D. is a 79-year-old lady who was admitted to Lonestar on 7/4/2026 and discharged back home on 7/20/2026. Mrs. D. was admitted to Lonestar after sustaining a fall resulting in a right radius fracture as well as a pelvic fracture.

The therapy team here at Lonestar evaluated Mrs. D. for occupational and physical therapy services. Mrs. D. required min-mod assist with all tasks including dressing, bathing, dressing and toileting as well as bed mobility and transfers. Mrs. D.'s goal was to "get better and go home as soon as possible." Goal was met!

AT DISCHARGE: Following a 17-day stay of skilled nursing and therapy services, Mrs. D. made tremendous progress with physical and occupational therapy and is now able to independently walk over 100 feet. Mrs. D. can perform self-care activities such as toileting and lower body dressing with no assistance. Mrs. D. is ready to be back home to check on her garden.

We are so thankful we got to work with Mrs. D. She had a bright smile and remained positive throughout her stay.

We enjoy getting to help patients reach their highest potential! 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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ASSISTANT DIRECTOR OF NURSING

Amber Steele, RN, ADON

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Elaine Riffe, RN, ADON

INFECTION CONTROL NURSE

Jamie sparks, LVN

MDS NURSE

Savannah Cantu, RN

DIRECTOR OF ADMISSIONS

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DIR. OF BUSINESS DEVELOPMENT

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Edgar Rodriguez

DIRECTOR OF OPERATIONS

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BUSINESS OFFICE MANAGER

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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!

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

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM