# Lone Star




## Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

**This year, take a moment before the meal to share with your family what you're thankful for.** Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

**Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!**

LONE STAR
REHABILITATION AND WELLNESS CENTER



# Happy Birthday

**RESIDENTS**

| | |
|---|---|
| Lynda S. | 11/7 |
| Ruth L. | 11/9 |
| James B. | 11/12 |
| Ellen P. | 11/17 |
| Terry K. | 11/23 |
| Bobbie D. | 11/26 |
| Brian B. | 11/27 |
| Audrey W. | 11/29 |

**STAFF**

| | |
|---|---|
| Jennie W. | 11/01 |
| Glenda H. | 11/03 |
| Mary B. | 11/08 |
| Audrey C. | 11/09 |
| Savannah C. | 11/11 |
| Nayeliy T. | 11/11 |
| Candy R. | 11/12 |
| Misty G. | 11/23 |
| Nevaeh I. | 11/27 |

## A WARM WELCOME TO NEW RESIDENTS

**We are so happy to welcome you to our Lonestar family this November!**

**We hope Our facility quickly becomes a place filled with comfort, friendship, laughter, and wonderful memories. We look forward to getting to know you, learning about the things you enjoy, and making sure you feel right at home. Please know that you are always welcome to join us for activities, visit with friends, or simply stop by for a friendly hello.**

**We're so glad you're here!**

# A Letter from the Administrator

Happy October! As we welcome the fall season, we want to remind our residents and families of a few important health and safety items.

Flu shots are now available for our residents. Families who would like their loved one to receive a flu shot may stop by the front desk to complete a consent form or contact the facility and speak with a nurse.

We also appreciate your help in keeping resident rooms safe, clean, and uncluttered. Please keep food in sealed containers and off the floor, as open food can attract unwanted pests and items on the floor can create a tripping hazard. Closets should be kept organized, with all belongings at least 18 inches below the ceiling.

As part of our ongoing Life Safety efforts, please remember that extension cords and electric blankets are not permitted in resident rooms. We will continue monitoring rooms for these items and other potential safety hazards.

Thank you to our residents and families for helping us maintain a safe, comfortable, and welcoming home for everyone. We appreciate your cooperation and support!

**– Jana Sanders, Administrator**





# Celebrating Family, Food, & Flavors:

## November's Delicious Traditions

November is a month for gathering with loved ones, sharing meals, and making memories, especially around the table. **This month is filled with fun food-related observances that are perfect for sparking conversation, trying something new, or celebrating your favorites.** The month kicks off on **November 2 with Deviled Egg Day**, a nod to the creamy, tangy favorite appetizer that often graces holiday spreads alongside mashed potatoes, sweet potatoes, and green bean casserole. **Sandwich Day on November 3** is another chance to get creative with simple favorites or reinvent a classic with your own twist. Mid-month, we can enjoy **Pickle Day on the 14th**, **Homemade Bread Day on the 17th**, and **Apple Cider Day on the 18th**, which are perfect excuses to share a snack, swap recipes, or try something new. As Thanksgiving approaches, **Stuffing Day on the 21st** and **Eat Cranberry Day on the 23rd** remind us of the classic flavors that make the holiday so special. **Of course, there are many more food observances in November, but our dinner table and this page are not big enough to fit them all!** These food celebrations are more than tasty. They are invitations to share stories and laughs. As you gather with loved ones, friends, and family this Thanksgiving, take a moment to reflect and ask each other: ***What is your favorite Thanksgiving dish? Ham, turkey, or both? Will you be bold and try something new this year, or stick with your favorites?*** Is there a certain something you look forward to each Thanksgiving or holiday season? ***What is your silliest Thanksgiving meal memory?*** **From deviled eggs to cranberry sauce and everything in between, November invites us to celebrate favorite foods, try something unexpected, and make every meal a memory with those we love.**

# Short-Term Therapy Success

**ADMISSION & TREATMENT:** Mr. M. is a 75-year-old male who admitted to Lonestar on 9/2/2026 and discharged back home on 9/21/2026. Mr. M. resided here at Lonestar after sustaining an ischemic stroke.

The therapy team here at Lonestar evaluated Mr. M. for occupational and physical therapy services. Mr. M. required up to max assist with all self-care tasks including bathing, dressing and toileting. He required moderate assist with his bed mobility and transfers.

Mr. M.'s goal was to get stronger and improve self-care tasks, so he could go home and be independent once again.

**AT DISCHARGE:** Following a 19-day stay of skilled nursing and therapy services, Mr. M. made tremendous progress with physical therapy and is now able to safely walk up to 150 feet independently. Mr. M. can perform self-care activities such as toileting, bathing, and dressing without any assistance.

Mr. M. was very social with the staff and other patients. He was eager to participate in his therapy sessions first thing in the mornings. He was highly motivated to reach his goal of returning home, which he did in just 19 days.

We loved getting to work with Mr. M. and happy to get him back to his normal self and return home.

-We enjoy helping our patients reach their highest potential!



LONE STAR
REHABILITATION AND WELLNESS CENTER


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## Stephenville, TX 76401

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**lonestarrehabilitationandwellness.com**


## Lonestar Staff

**Administrator**
Jana Sanders

**Director of nursing**
Donna Boucher, RN, DON

**Assistant director of nursing**
Amber Steele, RN, ADON

**Assistant director of nursing**
Elaine Riffe, RN, ADON

**Infection control nurse**
Jamie sparks, LVN

**MDS nurse**
Savannah Cantu, RN

**Director of admissions**
Lori Sierra

**Dir. of business development**
Kylee English

**Director of social services**
Leann Hook, LBSW-IPR

**Director of activities**
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


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## 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!**

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

AUTUMN
FAMILY
FOOD
GRATITUDE
HONOR
KINDNESS
LEAVES
MEAL
MEMORY
REMEMBER
SHARE
SUPPORT
THANKS
TURKEY
VETERAN