

PECAN BAYOU



Healthy Ways to Cope with Stress

Feeling nervous, loss of appetite, or having trouble sleeping can be normal reactions to stress. Learning to cope with stress in a healthy way can help make you, the people you care about, and those around you become more resilient. **Here are some healthy ways to deal with stress:**

Take breaks from watching, reading, or listening to the news, including stories on social media. Consider limiting news and disconnecting from your phone, TV, and computer/tablet screens for a while each day.

- Take care of your body.
- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.

Avoid excessive alcohol, tobacco, and substance use. These may seem to help, but they can create additional problems and increase the stress you are already feeling.

Continue with routine preventive measures as recommended by your healthcare provider.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

- Recognize when you need more help. If problems continue, talk to a psychologist, social worker, or professional counselor, physician, or pastor.
- Connect with your community- or faith-based organizations.
- Connect with family and friends who may live far away via phone, text, video chat, or by mail.





HAPPY BIRTHDAY

STAFF

Becky S.	4/9
Alicia	4/15

RESIDENTS

Shirley F.	4/1
Candi W.	4/2
Brenda W.	4/10
Dorothy H.	4/14
Cresencia G.	4/19
Betty C.	4/22
Carole B.	4/28

WELCOME NEW RESIDENTS

Shirley F.	Karen S.
Pamola D.	Jack H.
Alice J.	Wanda R.
Teddy M.	Evelyn R.
Candace W.	Mary B.
Nelda M.	Cresencia G.
Charles H.	Shirley R.

**Our annual Easter
Egg Hunt will be on
Monday, April 18th**



National Siblings Day

Our siblings are our family, and they can be a huge part of our lives – which is why we celebrate them on National Siblings Day every April 10! It's important to acknowledge having a brother and/or sister because, after all, they can be your first best friend. Siblings can encourage us to be the best version of ourselves,. They may embarrass us at times, but they can also be our biggest motivators and competitors. As we get older, we begin to develop new relationships and careers, and often no longer share the same household. It is important to keep that special bond, so below are a few tips on how celebrate this fun holiday:



1. **Send personalized cards and gifts to them.**
2. **Share childhood memories to cherish the relationship.**
3. **Make new memories by taking photos with goofy shirts and/or themes.**
4. **Spend the day playing sibling games.**
5. **Go out to eat.**

Celebrate World Art Day on April 15

World Art Day is an international celebration of the fine arts, which was declared by the International Association of Art (IAA/AIAP) to promote awareness of creative activity worldwide. The first World Art Day was held on April 15, 2012, a date chosen in honor of Leonardo da Vinci's birthday. In the United States, World Art Day was officially held for the first time in the City of Los Angeles on April 15, 2015.

Celebrate World Art Day by creating something in your favorite medium, whether it is painting, drawing, music, crafts, photography, or however you want to be creative!

Source: iaa-usa.org



FEATURED RESIDENT: FAYE K.



Faye K. standing up on her 100th birthday!

She has been living at Pecan Bayou Nursing and Rehabilitation since 2012. Faye enjoys painting, crafting, drawing, and she continually attends bingo. Faye married and had three wonderful children who she frequently keeps in contact with. Her favorite color is red and her only goal for the year 2022 is to stay as healthy as possible. I asked Faye if she could go anywhere in the world right

now where would you go? She simply responded "I've been to several states, including Washington, and I still choose Texas" she goes on to explain "I don't need to fly anywhere, everything I love to do is right here in Texas." In closing, Faye would like to leave everyone with her favorite scripture "This is the day the lord has made. Let us rejoice and be glad in it." - Psalms 118:24.

Staff Member of the Month: Angela N.



Angela attended LVN school at Paris Jr. College and has worked at Pecan Bayou Nursing and Rehabilitation for two years. She comes to work every day "knowing that she can make a difference in somebody's day." Angela's favorite hobbies include reading, learning, and exploring new places. Angela states "The family like atmosphere and teamwork" are among her many reasons of liking her career at Pecan Bayou. When asked what made her choose her career

here it was an easy answer "when my mom was admitted here, I watched and listened to the staff interact with the residents. I was impressed by the genuine caring attitude they exalted even when they thought no one was listening." Lastly, I would like to leave you all with Angela's favorite quote that helps her on rough days "listen with curiosity, speak with honesty and act with integrity. Thank you for all you do Angela!

Short-Term Therapy Success Story: Mrs. B

Prior to admission to Pecan Bayou Nursing and Rehabilitation Mrs. B. was living at home with her husband Dale. She came to Pecan Bayou to receive therapy after a fall she had a couple months prior. Her biggest goals were to learn how to walk with out assistance and to be able to bend her knee all the way. "The most important thing is to get back to my family." She stated. She is mostly looking forward to seeing her two cats, Little Girl Kitty and Percy. Mrs. B.'s favorite hobbies include sewing, decorating, learning and public speaking. "I've had a lot of different journeys in my life. They have all been challenging yet satisfying." She states. She uses Philippians 4:19 in her time of need. "My God shall supply all your need according to his promise in Jesus Christ.



Mrs. B. enjoying her St. Patrick's Day decorations.



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Hark! 'Tis Talk like Shakespeare Day!

National
Talk Like
Shakespeare
Day, April 23,



honors playwright, poet, actor, and writer William Shakespeare. Shakespeare is best known for his plays including Romeo & Juliet, Hamlet, Macbeth and many others.

Shakespeare is credited for contributing hundreds of words and phrases to the English language including: ode, manager, bandit, bedazzled, uncomfortable, in a pickle, rant, and swagger. Talketh like Shakespeare today! How doth thy learn? Here are some helpful hints to tryeth:

Thou, thee, or ye – Should be used instead of “you” or “your”

Hast – Should be used instead of “have” or “has”

'Tis, 'Twas or T'will – Should be used instead of including the word “it”

Doth - Should be used instead of “do” or “does”

Hark - Should be used instead of “listen” or “heed”

Source: buildyourlibrary.com



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!

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

WORD LIST

ART
CONNECT
COPE
EARTH
ENVIRONMENT
HEALTHY
INSPIRE
RECYCLE
SIBLINGS
SLEEP
STRESS
TALENT
THERAPY
VOLUNTEER
WORDS