

PECAN BAYOU



National Healthcare Environmental Services & Housekeeping Week



Held annually during
the second full
week of September,
Environmental
Services Week/
Housekeeping

Week celebrates the
dedication of our diligent custodial
staff. These exceptional individuals
exemplify the teamwork and
expertise essential for maintaining
complex healthcare environments
across the nation.



GRANDPARENTS DAY: SEPTEMBER 7

Grandparents Day
celebrates the important role
grandparents play in families
and society, highlighting
their unique contributions
and strengthening
intergenerational bonds.
Looking for ways to
celebrate? Here are some
ideas to get you started:

Family Gatherings: Enjoy a
meal together, whether it's
dinner or afternoon ice cream.
Share stories, memories, and
quality time with one another.

Activities Together: Spend
the day doing activities

grandparents enjoy, like
listening to music, bowling,
gardening, or playing
cards and board games.

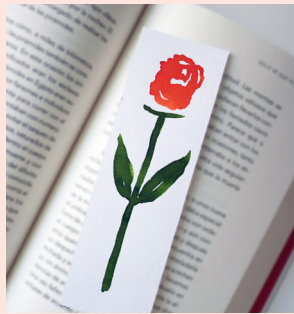
Video Messages: For long-
distance families, arrange
video calls or send video
messages to connect. Text
or email photos if you're not
able to arrange a video call.

**Take the time, Sunday,
September 7 to recognize,
appreciate, and celebrate
the unique impact
grandparents have on our
lives through their wisdom,
support, and love.**

Creativity Has No Age Limit

September 14 is **Live Creative Day**, a perfect excuse to try something new, have fun, and let your imagination shine.

Whether you're working on your own or with others, here are fun, simple ways to celebrate:



Make Mini Art - Try painting a rock, decorating a bookmark, or designing greeting

cards. No pressure—just play!

Tell a Story - Write a short poem, record a memory, or create a story with a grandchild.

Solve Something - Try a jigsaw puzzle, or crossword. Problem-solving is creative, too!

Mix the Generations - Invite younger visitors or family members to color, paint, or build something together. Combine experience with fresh imagination!

Be Silly - Put on a costume hat, try a new dance move, or write a funny limerick. Let go of perfection and just enjoy the process.

This day is all about celebrating the joy of making, imagining, and exploring—no matter your age or skill level. Let's get creative!

FIVE SIMPLE STEPS FOR HEALTHY AGING

Healthy Aging Month is a perfect reminder that wellness isn't about perfection, it's about progress. Even small, everyday changes can make a lasting difference in how we feel and function as we age.



Start with Self-Care - Sleep well, drink plenty of water, and protect your skin with sunscreen and moisturizers. These may seem basic, but they're powerful tools to help you feel refreshed, inside and out.



Stay Curious, Stay Sharp - Healthy aging includes brain health. Read books, learn new games, or try music therapy. Even chatting with others or recalling old stories can help keep the mind active.



Prioritize Preventive Care - Regular checkups, vaccines, eye exams, and hearing screenings are key to catching small concerns before they become bigger ones. Encourage your loved ones to schedule theirs, too.



Build Your Strength - You don't need to lift heavy weights to build strength. Use resistance bands, take the stairs, or try light home exercises with canned goods. Keeping muscles strong can help with balance, confidence, and independence.



Embrace Your Worth - Aging highlights your wisdom, resilience, and experiences. You matter. Take pride in the life you've built, and remember that it's never too late to invest in your well-being.

This month, let's reframe aging as a journey of vitality, discovery, and purpose. **After all, the goal isn't just to live longer—it's to live well.** Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.





DON'T SKIP A BEAT: PREPARE FOR HEART ATTACKS

Recognize the signs. Heart attacks look and feel different in women than they do in men. Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.

Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Pain or discomfort in the jaw, neck, or back.

- Feeling weak, light-headed, faint, or a cold sweat.
- Shortness of breath.
- Pain or discomfort in one or both arms or shoulders.

Be safe, not sorry. Many heart attacks start slowly with relatively mild pain. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they want contacted in case of an emergency. Being prepared now may just save a life later.

Source: cdc.gov

Therapy Success Story

ADMISSION & TREATMENT:

Mrs. M. is 78 years old. Admitted to Pecan Bayou following a fall and surgery for right hip/wrist fractures. She was initially unable to place any weight on her right wrist and was unable to put full weight on her right leg. She presented with significant weakness and was unable to walk during the initial therapy evaluations.

- She received Physical and Occupational therapy during her stay.
- Initially she required significant assistance to perform bed mobility and transfers.
- She also required assistance with dressing and toileting.

AT DISCHARGE:

- Mrs. M. made great progress during her therapy sessions.
- After some time, she was able to begin placing full weight through her right wrist and right leg.
- She started walking more and performing all her ADLs without assistance.
- She began performing car transfers and going on short outings to her house. She was able to walk out of the facility on the day she discharged home.





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SEPTEMBER IS COURTESY MONTH: Small Gestures, Big Impact

In a busy world, simple kindness can go a long way. Courtesy, whether it's a warm hello, a thoughtful thank-you, or holding the door open, has the power to brighten someone's day and create a ripple effect of positivity.

And just in time: **World Gratitude Day is September 21**, a perfect reminder that showing appreciation is one of the kindest acts of all. Whether you're thanking a caregiver, sending a note to a friend, or simply offering a smile, these moments of connection matter.

Kindness doesn't have to be grand. It can be as simple as listening patiently, sharing encouraging words, or reaching out just because.

This month, try a daily act of courtesy or gratitude. You never know how much it might mean to someone or how good it will make you feel too.

RESPECT

THANK YOU

PLEASE

COMPASSION



**You have a
choice in healthcare
Choose Well**

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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!

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

WORD LIST

AGING
BEAR
COMFORT
COMPANION
COURTESY
CREATIVE
EXERCISE
FUN
GRANDPARENT
HEALTHY
HEART
IMAGINE
KINDNESS
TOGETHER
WELLNESS