

# ACCEL AT COLLEGE STATION



## HAPPY LABOR DAY

Labor Day, observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution. Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.



ACCEL AT COLLEGE STATION

*Transitional Care and Rehabilitation*

## GRANDPARENTS DAY

Grandparents hold a special place in the hearts of families, providing a wealth of wisdom, love, and cherished memories. They play a pivotal role in passing down traditions, values, and life experiences to younger generations. Here are some ways grandchildren and grandparents can celebrate Grandparents Day on September 10 together:

- Go to a local park or playground
- Look through old photos or create a scrapbook
- Listen to each other's favorite songs/music
- Draw or make a craft together
- Make a video of them interviewing each other





## HAPPY BIRTHDAY RESIDENTS

John S.	Christopher H.
Robert E.	George A.
Perry S.	Jr Ralph R.
Ida G.	Naoma J.
Charles A.	Eric M.
Zigmund B.	

### STAFF

Rochelle R.	Tiyena P.
Monica A.	Naqurisha H G.
Salem K.	Felicia M.
Ashly O.	Renia S J.
Ashley D K.	Amber C.

## WELCOME NEW RESIDENTS

I would love to take this time  
and welcome all of our new  
and wonderful residents:

Donna B.	John S.
Greta L.	Eric M.
Walter B.	Alton H.
Monte T.	Richard P.
Dora D.	John D.
Joseph N II.	Reina C.
Sylvia B.	Vivian W.
	Peter N.

Thank you all so very much for  
being a part of our Accel at  
College Station.



**Celebrate Healthy Aging Month** this September by trying the tips below, which may help you age slower and improve your quality of life.

#### **Eat a varied and healthy diet.**

Include plenty of fruits, vegetables, and whole grain foods. Drink lots of fluids to maintain healthy skin and flush out waste.

**Exercise every day.** Exercise improves appetite, encourages healthy bones, gives you a better emotional outlook and improves digestion and circulation.

**Manage stress.** Develop ways to help you cope and adjust to situations in your life that may cause you stress.

#### **Seeking prompt medical care when you're ill or injured.**

Listen to your body and take care of any little problems before they become big problems.

#### **Use sunscreen to prevent sunburn.**

One of the most significant factors contributing to aging is chronic inflammation of the skin.

#### **Quit smoking, vaping, and avoid secondhand smoke.**

Smoking has very damaging effects on your overall health and increases your risk of getting cancer and heart disease.

#### **Keep strong relationships.**

Maintaining close ties to your family and friends are crucial to healthy aging.

## SEPTEMBER 2 IS COCONUT DAY!

Coconuts are the delightful fruits of the coconut palm tree (*Cocos nucifera*). Known for their versatility, delicious taste, and numerous health benefits, coconuts have been a vital part of the diet, culture, and economy of many countries for centuries.

Coconuts are renowned for their nutritional value. The white, fleshy part inside the coconut is a rich source of healthy fats, fiber, vitamins, and minerals. Coconut water, found inside young coconuts, is a natural electrolyte-packed drink.

Coconut Day is dedicated to recognizing the cultural, economic, and environmental significance of coconuts.





# SEPTEMBER 21: THE INTERNATIONAL DAY OF PEACE



**The International Day of Peace is dedicated to promoting peace and non-violence.** It serves as a reminder of the crucial need for conflict resolution, understanding, and compassion in today's world. Individuals across the globe are urged to come together to advocate for peaceful coexistence, raise awareness about peace-related issues, and participate in various activities aimed at fostering a more harmonious and inclusive society.

**Here are ten ways to get involved:**

1. **Start and end your day with a moment of silence for peace and reflection**
2. **Join or organize a peace walk or march in your community**
3. **Meditate or practice mindfulness for peace and inner harmony**
4. **Engage in acts of kindness and compassion towards others**
5. **Write or share peaceful messages and quotes on social media using #InternationalDayOfPeace**
6. **Support a local charity or organization working towards peace and conflict resolution**
7. **Read books or watch documentaries about peace and global understanding**
8. **Create and display peace-themed art or crafts at home or in public spaces**
9. **Attend virtual peace conferences or webinars to learn more about peace-building efforts**
10. **Plant a peace garden or flowers representing different cultures and countries**

## Short-Term Therapy Success Story

Mrs. D. is 66-year-old female that was diagnosed in the hospital with COPD exacerbation. She was admitted to Accel at College Station on July 14th, 2023.

Mrs. D. was evaluated by both Physical and Occupational Therapy. The initial physical therapy assessment indicated that Mrs. D. required contact guard assist with bed mobility, maximum assist with transfers, and total assist with ambulation. Occupational

Therapy's initial assessment for upper body dressing and lower body dressing was moderate-maximum assistance. Mrs. D. required total assist for toileting and putting on her shoes. Physical Therapy and Occupational Therapy created plans of care that were individualized specifically for Mrs. D.

After Mrs. D.'s skilled physical and occupational rehabilitation, she demonstrates significant improvements in her functional mobility and ability to perform all activities of daily living. Mrs. D. improved her ability for her bed mobility, transfers, dressing, and toileting to stand by assist to minimal assist.

Mrs. D. was able to be discharged from the facility after 38 day stay at Accel at College Station and return home with the support of caregivers, home health, and family.

## SPECIAL EVENTS

Labor Day

Ice Cream

Cone Social

Chocolate

Milkshake Social

C & J BBQ

Resident Outing

Golden Coral

Country Ride

Romeo Club

Juliet Club



# ACCEL AT COLLEGE STATION

*Transitional Care and Rehabilitation*

**1500 MEDICAL AVENUE  
COLLEGE STATION, TX 77845**

Admissions: 979.324.9374

**accelcollegestation.com**

## STAFF LIST

### ADMINISTRATOR

Yvonne Olivarez

### DIRECTOR OF NURSING

Michael Walker

### DIRECTOR OF TALENT & LEARNING

Sadie Ripkowski, LVN

### ADON

Natasha Turner

### ADON

Monique Benjamin

### SOCIAL WORKER

Cameron Payton

### BUSINESS OFFICE MANGER

Courtney Thomas

### DIR. OF BUSINESS DEVELOPMENT

Heidi Wear

### ADMISSION COORDINATOR

Shyann Bordieri

### MDS COORDINATOR

TBD

### PPS COORDINATOR

Charita Robinson, LVN

### DIRECTOR OF ACTIVITIES

Rolanda Crawford

### CENTRAL SUPPLY/TRANSPORTATION

Crystal Tennell

### MAINTENANCE DIRECTOR

Ike Anderson

### MEDICAL RECORDS

Shelly Ruttiger

### HR/RECEPTIONIST

Anteria Wilson

### STAFFING COORDINATOR

Lakisa Hardman



**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!

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

## WORD LIST

AGING  
BALANCE  
COCONUT  
CONFIDENT  
EXERCISE  
FALLS  
GRANDPARENT  
HARMONY  
HEALTH  
HEART  
LABOR  
MINDFUL  
NEIGHBOR  
PEACE  
PREVENT