

# ACCEL AT COLLEGE STATION



The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

## **Simple Steps for Success**

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."

- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

## **Need Extra Motivation?**

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.

- **Motivation and Inspiration Day (January 2):**

Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

**Every step, no matter how small, brings you closer to your goals. With focus, determination, and support, this year can be your best yet!**



ACCEL AT COLLEGE STATION

*Transitional Care and Rehabilitation*

## Short-Term Therapy Success •

**Aaron G.** was admitted to Accel with complaints of pain in his right lower extremity, which affected his comfort and daily activities.

Throughout his stay, he was eager to participate in therapy and consistently reported decreased pain following therapy services.

During therapy, Aaron was instructed on proper stretching techniques and self massage to help reduce pain. By the time of discharge, he reported an improved quality of life related to better pain management.

Aaron's goal was to discharge home to his wife and family with reduced pain. He shared that performing the self stretching techniques he learned at Accel helped him continue to experience less pain. We are proud of Aaron's participation and dedication during his time with us.



## Mind-Body Wellness Tips for Healthy Aging

As we celebrate International Mind-Body Wellness Day on January 3, it's a great reminder that taking care of both our mind and body is key to aging well. Here are some simple ways to stay healthy and connected that benefit both:

- **Get Up and Get Moving:** Exercise is essential at any age. A brisk 30-minute walk each day can do wonders for both your body and mind. If walking is a challenge, try seated exercises or gentle stretching. Staying active boosts your mood, keeps your body strong, and sharpens your mind.
- **Prioritize Quality Sleep:** A good night's rest is crucial for both physical health and mental clarity. Make sleep a priority, create a calming bedtime routine, and aim for 7-8 hours of sleep to recharge your body and mind.
- **Stay Connected:** Social interaction is key for mental health. Spend time with family, friends, or join group activities at your community.

Remember, be sure to consult with your physician before changing any part of your daily routine, including diet, exercise, and sleep, to know what is right for you.

## Short-Term Therapy Success

**Booker P.** was a friendly face who had an encouraging word for everyone he encountered.

Booker became very close with his therapists, fondly referring to OT Tracy as "Hawk" because she catches everything. He also referred to PTA Angela as "Hardrock" due to her tough group exercises.

Booker's goal was to be able to walk independently so he could return home to his wife, 11 dogs, and even the cows.







## CELEBRATE WORD NERD DAY ON JANUARY 9!

Are you a word lover, or as some might say, a “logophile”? If you enjoy discovering new words and their meanings, January 9 is the perfect day for you! **Think back, what was the last new word you learned?** Did you immediately know what it meant, or did you have to look it up or ask someone?

Grandchildren, young and old, can be great sources for learning new words or modern slang. Reading is another excellent way to expand your vocabulary and understanding of language.

This Word Nerd Day, challenge yourself to learn at least one new word and practice using it. Here are a few fun ways to celebrate:

- **Word Challenges:** See how many winter activities you can list that start with the letter “S.” Challenge your friends.

- **Games:** Play Scattergories, Scrabble, Bananagrams or another word-based games with friends and family.
- **Apps:** Try a word-based game or language app to discover new terms and expand your vocabulary.
- **Alphabet Adventure:** Using a dictionary, learn one new word for every letter of the alphabet.
- **Reading Aloud:** Read to a grandchild, therapy animal, or even a favorite stuffed animal or baby doll. Reading aloud helps improve articulation and brings joy to listeners (even the furry, plush, or plastic ones).

Let Word Nerd Day be your excuse to explore new words, sharpen your mind, and have fun with language!

## Popcorn Mix-In Ideas for National Popcorn Day: January 19

Popcorn is the ultimate easy snack—quick to make, endlessly customizable, and perfect for sharing! Whether you love it plain or loaded with flavors, National Popcorn Day is the perfect time to get creative with your kernels.

**No-Frills Classic:** Drizzle melted butter over freshly popped popcorn and sprinkle with a touch of salt. Sometimes simple is best!

**Sweet Treats:** Mix in Reese’s Pieces, M&Ms, or mini chocolate chips.

**Fun and Fruity:** Add dried fruits like raisins and apricots.

**Cheesy Goodness:** Sprinkle grated Parmesan or your favorite cheese powder for a savory twist.

**Crunchy Nuts:** Add roasted peanuts, cashews, or walnuts for texture and flavor.

**Spicy Kick:** Try cayenne pepper, garlic powder, black pepper, or wasabi peas for heat.

**Seasoned Snacks:** Enhance with garlic powder, black pepper, Italian herbs, or taco seasoning.

**Sticky Sweet:** Mix in melted marshmallows or a drizzle of honey, or make kettle corn by adding sugar and salt during popping.

**Sweet & Savory:** Combine your favorite chocolate and nuts together.

With so many options, popcorn can be as simple or as bold as you like. Mix, match, and enjoy!





# ACCEL AT COLLEGE STATION

*Transitional Care and Rehabilitation*

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### HOUSEKEEPING

Tyree Workman



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

## WORD LIST

ACTIVITIES  
CONNECT  
DONOR  
EQUALITY  
GAMES  
GLAUCOMA  
GOALS  
HOBBY  
JANUARY  
KERNEL  
POPCORN  
RESOLUTION  
UNITY  
WELLNESS  
WORDS