



CAPSTONE HEALTHCARE
 — DAINGERFIELD —
 WELLNESS AND REHABILITATION

SPRING



HAPPY BIRTHDAY!

Nikki W.	3/4
Donna B.	3/5
William W.	3/5
Patricia L.	3/16
Lasandra H.	3/18
Jasmine M.	3/20
Rhonda D.	3/30
Melba R.	4/12
Jackie M.	4/18
Dorsey F.	4/20
Jo B.	4/29
Bobbie S.	5/5
Willie E.	5/6
Vicki H.	5/8
Jack S.	5/25
Marilyn B.	5/28

THE CAPSTONE CHRONICLE

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A LETTER FROM THE ADMINISTRATOR

Whether one is a resident or a staff member at Capstone Healthcare, we all play an important role in creating a supportive and encouraging environment. Each day presents an opportunity to uplift those around us, and it is important that we recognize and embrace the value

of these moments. Encouragement, kindness, and mutual respect strengthen our community, and there is truly no limit to how much any individual can benefit from being supported and affirmed.

Long-term care settings come with unique emotional, physical, and social challenges for residents, their families, and the staff who serve them. For this reason, fostering a culture of encouragement is not simply beneficial—it is essential. At Capstone Healthcare Daingerfield, we strive to create an atmosphere where everyone feels seen, valued, and supported, recognizing that compassion and positivity directly contribute to quality of life and quality of care.

Our residents are provided with daily opportunities to participate in activities designed to promote engagement, social connection, and overall well-being. The resident activity calendar is carefully developed to reflect familiar and well-loved activities while also introducing new and creative options that add variety and inspire curiosity. These experiences encourage interaction among residents and help strengthen the sense of community within our facility.

In addition to daily activities, we celebrate our residents by honoring birthdays each month with a community-wide gathering. These celebrations provide meaningful moments of joy, connection, and shared experience, reminding everyone that life's milestones are worth recognizing at every stage.

No matter the activity or event, our staff approach each day with positivity, enthusiasm, and a commitment to building one another up. By consistently encouraging residents, families, and fellow team members, we reinforce a culture of respect, unity, and compassion. This shared commitment helps ensure that Capstone Healthcare Daingerfield remains a welcoming, supportive environment where everyone has the opportunity to thrive.

Jay Lytle, Administrator

PHOTO HIGHLIGHTS





MARCH RESIDENT SPOTLIGHT: MS. LASANDRA

Cards in hand and a smile ready, whether it's bingo, Uno, or a lively round of laughter with friends. The games bring her joy, but it's the companionship that truly fills her days. Here, surrounded by friends and a little friendly competition, she's found a home where fun and friendship always win.



APRIL RESIDENT SPOTLIGHT: MS. DONNA

Donna has a gift for turning ordinary moments into laughter. She is always ready with a joke or a playful grin. Whenever music starts—no matter where she is—she finds a reason to dance, inviting everyone around her to join in. Her joy is contagious, filling the room with smiles and spontaneous celebration.



MAY RESIDENT SPOTLIGHT: MS. ELAINE

Elaine loves knowing what's going on and being part of it, never missing a chance to join an activity or lending a hand. From morning events to afternoon plans, she stays engaged and connected, soaking in every moment. Her curiosity and enthusiasm help bring Capstone Daingerfield together, one shared experience at a time.



REHAB SUCCESS STORY: SCOTT A.

Upon admission to our nursing facility, Mrs. H faced significant challenges with strength and independence, requiring support with nearly all daily activities. Guided by her determination and the encouragement of our physical, occupational, and speech therapy teams, she committed herself fully to the rehabilitation process. Week by week, her strength, mobility, confidence, and communication steadily improved. Her efforts culminated in a safe return home, once again able to manage her routines independently—a powerful reflection of her resilience and the impact of skilled rehabilitative care.

UPCOMING EVENTS

- **MARCH:**
St. Patrick's Day party,
National craft month
- **APRIL:**
Easter Party,
National Pet Day
- **MAY:**
Mother's Day celebration,
National Chocolate
Chip Day

Birdwell Poem

This morning as the Sun
arose, I walked beneath
God's tree.

The smell of autumn in the
air, dew heavy on the leaves.

The sun beams filter through
the trees, and not a sound
was heard.

And somewhere overhead,
I heard the song of the
mockingbird.

It sang to me so sweetly a
song, soft and low.

As the sun wrapped his arms
around me and the dew
drops kissed on my toes.

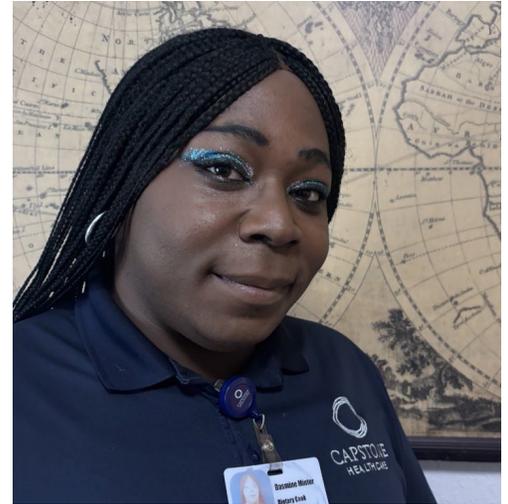
Alone I stood surrounded
with God's love and gave
thanks for all the blessing
that he sent me from above.

Now when my heart is heavy
with burden and sorrow
brings me to my knees.

I'll rise with the morning
sunrise and walk beneath
God's tree.

EMPLOYEE OF THE MONTH – MARCH: DAZMINE MINTER – DIETARY AIDE

Every day, he goes above and beyond to ensure each resident's dietary needs are met with care, patience, and genuine compassion. He takes the time to listen, adjust, and personalize meals so each resident feels seen, respected, and nourished. Through his kindness and dedication, he turns mealtime into a moment of comfort, dignity, and love.



EMPLOYEE OF THE MONTH – APRIL: ALISHA THORNBURGH- HOUSEKEEPER

Day after day, Alisha shows up with quiet determination and a genuine desire to improve. She asks questions, learns from every experience, and consistently proves she can be counted on when it matters most. Through her dedication and growing confidence, she's becoming a stronger caregiver and an invaluable part of the team.



EMPLOYEE OF THE MONTH – MAY: BONNIE FOMBY – CNA

Bonnie is the kind of employee everyone counts on—steady, reliable, and deeply committed to the residents she serves. Her gentle nature and compassionate spirit shine brightly through every thoughtful act of care and kindness. Her dedication and love for her work create a warm, comforting environment where residents always feel valued and safe.

