



CAPSTONE HEALTHCARE  
PERRYTON  
WELLNESS AND REHABILITATION

SPRING



## HAPPY BIRTHDAY!

Isabel	3/13
Imelda	3/13
Twila	4/06
Sarai	4/07
Linda	4/09
Jorge	4/25
Cecilia	4/26
Amber	5/01
Vanessa	5/13
Gloria	5/20
Violeta	5/26

# THE CAPSTONE CHRONICLE

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## A LETTER FROM THE ADMINISTRATOR

Dear residents, families, and friends,  
Happy Spring! As the season of renewal begins, we are reminded of the beauty of fresh starts, warmer days, and the joy that comes with spending time together. Spring brings new energy into our community, and we are excited for all the wonderful activities, celebrations, and meaningful moments ahead.

At Capstone Healthcare of Perryton, our commitment remains strong: providing compassionate, high-quality care while creating a warm and welcoming home for every resident. Thank you for trusting us and for being part of our extended family.

We look forward to a season filled with laughter, connection, and continued growth.

With gratitude,

Vanessa Sanchez, Administrator



## RESIDENT SPOTLIGHT: GWEN M.

Gwen M. is one of those people who turns every hallway into a welcoming place. A former sheriff with stories to match, Gwen loves sharing memories, enjoying Bingo, creating artwork, and stopping by Chef's Corner. Known for her signature pink manicures and her love for her kitten, Gwen never meets a stranger—and she's always up for a Dr Pepper or a root beer float. Our community is brighter, friendlier, and a lot more fun with Gwen in it.

## EMPLOYEE OF THE MONTH: SALLY L., CNA

Sally Longoria goes above and beyond to make every resident feel seen, supported, and valued. Whether she's on the clock or not, Sally is always thinking about ways to bring comfort and joy to those she serves. Her creativity—especially her love and knowledge of music—creates meaningful moments our residents truly cherish. Because of Sally, our community feels more connected, cared for, and full of heart.



## LOOKBACK ON THE FUN DECEMBER HIGHLIGHTS

This season was made extra special thanks to the kindness and creativity of our community. A big thank you to Mrs. Tanner's students, whose beautiful decorations filled our home with holiday spirit—and earned us compliments all month long. From joyful Christmas carolers of all ages to celebrating the season surrounded by friends, family, and loved ones, our community truly felt the magic of the holidays.



# LOOKBACK ON THE FUN DECEMBER HIGHLIGHTS ...CONTINUED



# UPCOMING EVENTS & ACTIVITIES

## IN MARCH:

- **March 17, 2026** Make sure to wear your green to avoid getting pinched! Join us in the dining room for games, prizes and treats!
- **March 26, 2026** Iglesia Pentecostal Unida will be joining us for a delicious Christian Buffet, join us for supper at 4:30 PM!

## IN APRIL:

- **April 3, 2026** We will be having our annual Capstone Easter Egg Hunt. Keep an eye out for flyers with more information!
- **April 22, 2026** Let's Celebrate Earth Day!

## IN MAY:

- **May 5, 2026** Let's party it up and enjoy some margaritas for "Cinco de Mayo"!
- **May 8, 2026** we will be celebrating our moms, sisters, other motherly figures with "Muffins with Mom"



# LOOKBACK ON THE FUN JANUARY HIGHLIGHTS

We rang in 2026 together by watching the ball drop and welcoming the New Year with delicious treats. We also had the honor to thank our local heroes on Law Enforcement Appreciation Day with homemade s'more cookies as a small thank you for all they do. Moments like these remind us how meaningful it is to celebrate together.

