

# PARK MANOR HUMBLE



## FEBRUARY IS HEART MONTH: REDUCE YOUR RISK FOR HEART DISEASE

Several health conditions, your lifestyle, your age and family history can increase your risk for heart disease. These are called risk factors.

**About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.** Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control.

To lower your chances of getting heart disease, it's important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can lead to heart disease. High blood pressure has no symptoms, so it's important to have your blood pressure checked regularly.
- **Talk to your doctor or health care team** about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease.
- **Quit smoking.** If you don't smoke, don't start. If you do smoke or vape, research ways to quit.
- **Discuss checking your blood cholesterol and triglycerides** with your doctor.
- **Make healthy food choices.** Obesity or being overweight raises your risk of heart disease.
- **Avoid or limit alcohol** to one drink a day.
- **Manage stress levels** by finding healthy ways to cope with stress, such as meditation, exercise, or reading.

Source: [cdc.gov](https://www.cdc.gov)





## HAPPY BIRTHDAY

### STAFF

Cassandra Green (Nurse) 2/07

Amy Dalcour (Activity Dir.) 2/26

### RESIDENTS

Thelma L. 2/01

Evelyn B. 2/02

Richard S. 2/03

Donald H. 2/07

Jim R. 2/16

Bruce P. 2/27

### STAFF ANNIVERSARIES

Bhavana J. Med Aide. 2/07

Humaine V. CNA 2/07

Dominique S. CNA 2/10

Amy D. Activity Director 2/12

Craig C. Administrator 2/15

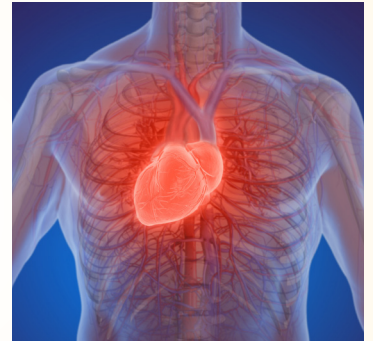
## Black History Month

was established in 1926 to recognize and celebrate the significant contributions of Black Americans throughout history. This month serves as an important reminder of the struggles and achievements of the Black community, highlighting resilience, cultural richness, and pivotal role in shaping American culture and society. Through education and reflection, Black History Month strives to promote unity, diversity, equality, and social justice.

## National Cardiac Rehabilitation Week: February 9-15, 2025

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery. **Benefits of Cardiac Rehab:**

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.



Source: [cdc.gov](https://www.cdc.gov)

## Tell A Fairy Tale Day

Over the years, oral histories, myths, and legends have evolved to become known the world over as "fairy tales." The origins of most fairy tales are rough around the edges, and would not be considered appropriate for children by today's standards. **If you enjoyed fairy tales as a child, then exploring the source material as an adult can make for a fun and interesting afternoon.**

Alternatively, there are lots of new fantasy stories for



adults that feature beautiful characters and magic. Make a cup of your favorite drink, settle into a cozy chair with a book, TV show, or movie and immerse yourself in the world of romantic royalty, tricky fairies, hard lessons and fierce dragons.

**Looking for a different way to celebrate Tell a Fairy Tale Day on February 26? Share your own original fairy tale from your imagination!**

# NEW YEARS EVE HIGHLIGHTS!



## Special Events

- Feb 3 Field Trip
- Feb 7 Happy Hour at 3:00 PM
- Feb 14 Valentine's Party with Texas Duo performs
- Feb 17 President's Day Remembrance
- Feb 21 February's Birthday Celebration

## RESIDENT OF THE MONTH:



**Henrietta P.** prefers activities such as refreshments in the morning time. As well socials events, nail care, bingo and church services.

Mrs. P. enjoys to go on monthly field trips, socializing with others residents, and spending time with her family.

## ACTIVITY PHOTO HIGHLIGHTS





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## ADMINISTRATIVE STAFF

**ADMINISTRATOR**  
Craig Cannon

**MARKETING DIRECTOR**  
Ashlie Agee

**DIRECTOR OF TALENT**  
Britny Vazquez

**HOUSEKEEPING/ LAUNDRY DIRECTOR**  
Cornelia Johnson

**SOCIAL WORKER**  
Debbie Whipple

**BOM**  
Denise Rogers

**ADMISSIONS**  
Elizabeth Johnson

**ADMISSIONS**  
Kristy Tamayo

**RECEPTIONIST/ PAYROLL/ AP**  
Emily Meeks

**MAINTENANCE DIRECTOR**  
James Calloway

**SCHEDULER**  
Jametra Autry

**UNIT MANAGER**  
Kadejah Burton

**MEDICAL RECORDS**  
Kandise Loving

**DIETARY MANAGER**  
Wykesha Carroll

**DON**  
Ardriela Myles

**ADON**  
Krisma James

**DIRECTOR OF REHAB**  
Nathan Bolo

**UNIT MANAGER**  
Passhun Boulwen

**TREATMENT NURSE**  
Re'Gina Newkirk

**MDS NURSE**  
Roshonda Scott

**ACTIVITY DIRECTOR**  
Amy Dalcour



**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!



### WORD LIST

CARDIAC  
CARE  
CHERRY  
EXERCISE  
FANTASY  
FLOWERS  
HEALTHY  
HEART  
HISTORY  
LIFESTYLE  
LOVE  
RED  
RISK  
SNACK  
VALENTINE