# PARK MANOR HUMBLE



# NATIONAL HEALTHCARE FOOD SERVICE WEEK

During Oct. 5-11, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Celebrate your food service workers and recognize the integral role they play in helping us stay well-nourished and healthy.



# LONG-TERM CARE PLANNING MONTH

October is recognized as

National Long-Term Care

Planning Month, a time

dedicated to highlighting
the importance of preparing
for future healthcare needs.

While it may not always be
easy to think about, taking
steps today can make a world
of difference tomorrow.

Seniors and their families are encouraged to start conversations early and make thoughtful, informed decisions about long-term healthcare options. Planning ahead not only reduces stress during unexpected situations but also ensures that personal preferences

are respected and financial security is better maintained.

Whether it is discussing care options, setting up advanced directives, or exploring financial planning resources, this month is a reminder that preparation brings peace of mind. By addressing these important decisions now, seniors and their loved ones can look forward to a more comfortable and secure future.

National Long-Term Care Planning Month serves as a gentle reminder that thoughtful planning today can help ensure comfort, confidence, and peace of mind for tomorrow.



# HAPPY BIRTHDAY

## STAFF

RESIDENTS	
Sariette Bitang	10/26
Stanley Obiakor	10/9
Karen McKenzie	10/9
Krisma James	10/4

J. B.	10/5
M. H.	10/7
R. S.	10/24
B. W.	10/26
A. W.	10/25

### **ANNIVERSARIES**

Ehiaghe Adene	10/30/2024
Amanda Hughes	10/16/2024
Elizabeth Johnson	10/13/2017
Lindsey Keegan	10/18/2022
Unika Riles Young	10/26/2016

# **HAIR SALON**

Salon dates for October are... Tuesday 10/7 and Monday 10/20 at 9:00 AM with Hairstylist Shelia Samuels. Payments can be cash, check and Zelle. Any questions please see Amy D., Activities Director

# **ACTIVITY PHOTO HIGHLIGHTS**





















# TRAIN YOUR BRAIN DAY ON OCTOBER 13

We always hear about the health benefits of adding physical exercise into our daily routine, but what about fitness for our brain? Keep your mind sharp by challenging yourself with brainteasers, trying new activities, and trivia. Here are some suggestions how you can start exercising your brain today!

- Solve word or number puzzles like crosswords or Sudoku
- Practice mindfulness or meditation
- Read books or articles regularly
- Play strategy games like chess, rummy or cribbage

							5	
9	5	2			3	7		
	3		4					
	2						9	6
8		4						
			1	2				
		1	2		6		8	
				7				9
5		3	8	4				1

- Learn a new hobby or skill, such as knitting or painting
- Engage in social interactions and group activities
- Listen to music
- Stay physically active with activities like walking, tai-chi, or stretching
- Volunteer or participate in community service
- Practice journaling or creative writing
- Explore brain-training apps or games
- Prioritize quality and restful sleep
- Maintain a healthy diet rich in brainboosting nutrients\*

\*Be sure to consult with your physician before making any changes to your diet.

#### Start training your brain now!

Complete this sudoku puzzle by filling in the 9x9 grid so that each row, column, and 3x3 subgrid contains the digits 1 through 9 without repeating any numbers within the same row, column, or subgrid.

# **SPECIAL EVENTS!**

**Breast Cancer Month** 

Wear Pink Every Friday for Breast Cancer Month



10/6 Field Trip:

**Cheddars and Maxbowl** 

10/13 Columbus Day

10/16 Fundraiser: Nachos

10/21 Field Trip: Italionos and

Seimisque Museum

10/23 Talk Show Day

10/29 Frankenstein Day

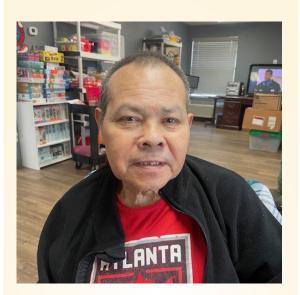
10/30 Candy Corn Day

10/30 Fall Festival from

5:00 - 7:00 PM







## Resident of the Month

Mr. Miguel I. is our October, Resident of the Month. His kind spirit and loving personality, Mr. I., we salute this month. Mr. I. enjoys playing bingo, social parties, church services and men's gathering groups. We recognize you and salute you Mr. I.



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#### ADMINISTRATIVE STAFF

ADMINISTRATOR Craig Cannon

DIRECTOR OF NURSING Ardrila Myles

ACTIVITY DIRECTOR
Amy Dalcour

MARKETING DIRECTOR
Ashlie Agee

HUMAN RESOURCES Randa Carr

DIRECTOR OF TALENT/ LEANING Debra Verrett

> SOCIAL WORKER Debbie Whipple

BUSINESS OFFICE MANAGER
Denise Rogers

ADMISSIONS

Elizabeth Johnson

ADMISSIONS ASSISTANT Kristy Tamayo

STAFFING/ CENTRAL SUPPLY
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UNIT MANAGER
Kadejah Burton

MEDICAL RECORDS Kandise Loving

DIETARY MANAGER
Wykesha Carroll

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> DIRECTOR OF REHAB Nathan Bolo

> > UNIT MANAGER
> > Passhun Boulwen

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> MDS NURSE Roshonda Scott

MAINTENANCE MANAGER

Jessie Medellin

LAUNDRY/ HOUSEKEEPING MANAGER
Tejuana (Tia) Senegal

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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!

S Χ Q T Н U 0 E Е R S 0 0 P G Ζ S В RFV ΗY

### WORD LIST

AUTUMN
AWARENESS
CONNECTION
DECISIONS
EMOTIONAL
FOOD
PHYSICAL
PINK
PLANNING
PUMPKIN
SELFCARE
SPOOKY
SUPPORT
THERAPY
WELLNESS