

PARK MANOR HUMBLE



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.



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.



ACTIVITY PHOTO HIGHLIGHTS



HAPPY BIRTHDAY

STAFF

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

RESIDENTS

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





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
- 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 brain-boosting 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.

							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

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



Halloween Party at 3:00 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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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

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UNIT MANAGER
Kadejah Burton

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Passhun Boulwen

TREATMENT NURSE
Re'Gina Newkirk

MDS NURSE
Roshonda Scott

MAINTENANCE MANAGER
Jessie Medellin

LAUNDRY/ HOUSEKEEPING MANAGER
Tejuana (Tia) Senegal



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

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