

PARK MANOR HUMBLE



The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

Simple Steps for Success

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."

- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

Need Extra Motivation?

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.

- **Motivation and Inspiration Day (January 2):**

Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

Every step, no matter how small, brings you closer to your goals. With focus, determination, and support, this year can be your best yet!



ACTIVITY PHOTO HIGHLIGHTS



HAPPY BIRTHDAY

STAFF

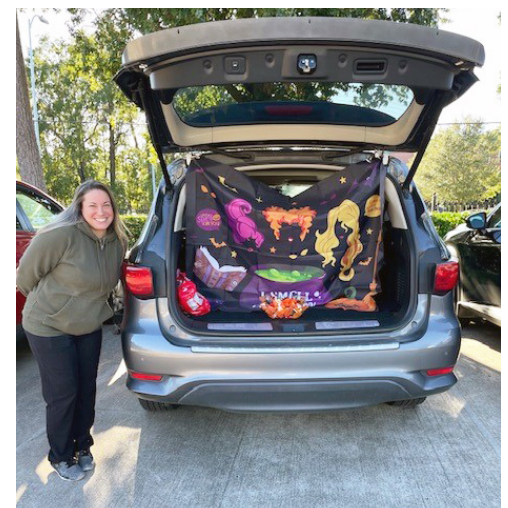
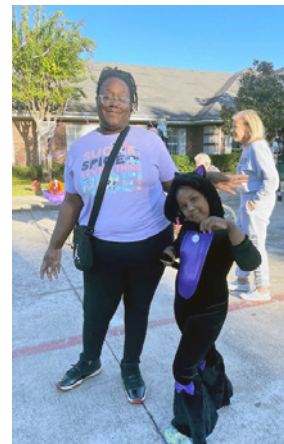
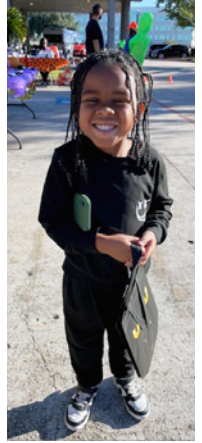
Gloria Bizimana	1/1
Humaine Vaval	1/5
Tyeisha Morrison	1/8
Thecia Musima	1/13
Cynthia Lopz	1/16
Sandra Castellon	1/19
Latoya McNeal	1/23
Mitali Vashi	1/28

RESIDENTS

T. S.	1/2
B. W.	1/11
D. D.	1/24
P. M.	1/21

STAFF ANNIVERSARIES

Kadejah Burton	1/31/2022
Kiki Myles	1/23/2024
Jeffica Brown	1/26/2024
Harvir Kaur Sooch	1/15/2025
Chinelo Umeh	1/15/2025
Melissa Williams	1/15/2025
Beutyfal Unye Thedford	1/31/2025



HIGHLIGHTS...CONTINUED



SPECIAL EVENTS!

1/12 Field Trip:
District 7 Pizza and
Holocaust Museum



1/19 Field Trip:
Olive Garden
and Target



SPECIAL DAYS

1/1 New Year's Day



1/1 National Bagel Day



1/19 Martin Luther
King Jr. Day



1/20 National Cheese
Lover Day



1/30 National Croissant Day



HAIR SALON



Salon dates for January are:
Tuesday 1/13 and Tuesday 1/27
at 9:00 AM with Hairstylist Shelia
Samuels. Payments can be cash,
check and Zelle. Any questions please
see Amy D., Activities Director.

Resident of the Month

Jean M. L.:

Mr. L. was born
on March 8. He's
from Ireland and
a former broker.
Mr. L. loves coffee
every morning
and his favorite
snacks is ice cream. Mr. L. enjoys classical
and jazz music, pet therapy and watching
movies. We salute Mr. L. as our resident
of the month.





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Ardila Myles

ACTIVITY DIRECTOR
Amy Dalcour

MARKETING DIRECTOR
Ashlie Agee

HUMAN RESOURCES
Randa Carr

DIRECTOR OF TALENT/LEARNING
Debra Verrett

SOCIAL WORKER
Debbie Whipple

BUSINESS OFFICE MANAGER
Denise Rogers

ADMISSIONS
Elizabeth Johnson

ADMISSIONS ASSISTANT
Kristy Tamayo

STAFFING/CENTRAL SUPPLY
Tara Butler

UNIT MANAGER
Kadejah Burton

MEDICAL RECORDS
Kandise Loving

DIETARY MANAGER
Wykesha Carroll

ASST. DIRECTOR OF NURSING
Krisma James

DIRECTOR OF REHAB
Nathan Bolo

UNIT MANAGER
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!

R	Y	I	F	A	C	T	I	V	I	T	I	E	S	V
G	J	E	H	S	U	N	W	O	R	D	S	P	F	Y
J	E	R	H	U	C	M	U	N	I	T	Y	O	F	T
A	G	Q	E	E	M	O	K	E	D	E	A	P	S	Q
Y	O	H	U	S	N	B	N	S	P	R	Z	C	K	D
U	J	P	V	A	O	W	M	N	K	F	T	O	E	M
A	G	A	Z	H	L	L	O	E	N	N	R	W	D	
L	A	K	N	Q	G	I	U	M	S	C	N	N	K	O
O	M	E	H	U	O	N	T	T	G	D	T	P	G	N
M	E	R	G	A	A	R	M	Y	I	X	G	N	Q	O
F	S	N	Z	R	L	R	N	E	H	O	I	O	J	R
J	R	E	S	Q	S	O	Y	G	P	O	N	B	C	C
W	E	L	L	N	E	S	S	Q	Q	Z	B	H	Z	Z
A	N	M	F	V	Z	S	K	P	K	K	Z	B	S	R
G	L	A	U	C	O	M	A	T	B	Q	K	N	Y	R

WORD LIST

ACTIVITIES
CONNECT
DONOR
EQUALITY
GAMES
GLAUCOMA
GOALS
HOBBY
JANUARY
KERNEL
POPCORN
RESOLUTION
UNITY
WELLNESS
WORDS