

PARK MANOR HUMBLE



American Heart Month: Know the ABCS of Heart Health

BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.



Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



A: Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



C: Manage your cholesterol. Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



S: Don't smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit smokefree.gov or call 1-800-QUIT-NOW today.

Source: millionhearts.hhs.gov

HAPPY BIRTHDAY

STAFF

Jameilah Long	2/6
Samekia Hayes	2/8
Laketha Tolbert	2/11
Cheryl Hull	2/20
Kimberly White	2/21
Harolyn Barker	2/21
Sheretta Terell	2/23
Amy Dalcour	2/26
Alusine Jah	2/28

RESIDENTS

E. B.	2/2
D. H.	2/17
B. B.	2/18
E. B.	2/20
L. G.	2/26
R. H.	2/26
J. L.	2/26

STAFF ANNIVERSARIES

Craig Cannon	2/15/2021
Dominique Sanders	2/10/2023
Humaine Vaval	2/7/2024
Amy Dalcour	2/12/2024
Kimberly Gomez	2/13/2025
Gervan Johnson	2/24/2025
Cynthia Lopez	2/24/2025

ACTIVITY PHOTO HIGHLIGHTS



HAIR SALON



Salon dates for February are:
Tuesday 2/10 and Tuesday 2/24
at 9:00 AM with Hairstylist Shelia
Samuels. Payments can be cash,
check and Zelle. Any questions please
see Amy D., Activities Director.

HIGHLIGHTS...CONTINUED



SPECIAL EVENTS!

2/6 3:00 PM Super Bowl Party

2/9 "Field Trip Day"- Rudy's Country BBQ and

2/13 3:00 PM Valentine's Day Party 

2/16 3:00 PM President's Day Celebration 

2/17 2:00 PM Mardi Gras Parade and 3:00 Mardi Gras Celebration

2/19 12:30 PM Fundraiser Day- Quesadilla and Chips Bar

2/23 "Field Trip Day" 

SPECIAL DAYS

2/1 Black History Month

2/6 Wear Your NFL Super Bowl Day

2/8

2/13 Friday The 13th

2/16 President's Day

2/17 Chinese New Year

2/17 Fat Tuesday

2/19 Fundraiser Day

Resident of the Month

Alnita M.

She's from Tuskegee, Alabama. She has 1 son and 1 daughter. She was married to husband, Jesse. She was a social worker (career).



She's a graduate from Tuskegee University. She loves to play bingo 3 times a week. **We salute Mrs. M. as our Resident of the Month!**



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HUMAN RESOURCES
Randa Carr

DIRECTOR OF TALENT/LEARNING
Debra Verrett

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BUSINESS OFFICE MANAGER
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ADMISSIONS ASSISTANT
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Kadejah Burton

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Kandise Loving

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Passhun Boulwen

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Re'Gina Newkirk

MDS NURSE
Roshonda Scott

MAINTENANCE MANAGER
Jessie Medellin

LAUNDRY/HOUSEKEEPING MANAGER
Minnie Washington



Stay connected.

 HMGHealthcare

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
COUPLES
EMBROIDERY
EXERCISE
HEALTH
HEART
HISTORY
KINDNESS
LIFESTYLE
LOVE
MATCH
NEEDLEWORK
PINK
RED
RISK
VALENTINE

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