

PARK MANOR HUMBLE



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



ACTIVITY PHOTO HIGHLIGHTS



HAPPY BIRTHDAY

STAFF

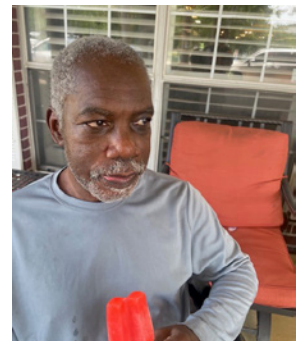
Enola Lemon	9/7
Jeffica Brown	9/9
Shaquana Easter	9/12
Katrina Dillon	9/18
Martha Somarriba	9/25

RESIDENTS

D. G.	9/2
J. L.	9/9
T. S.	9/11
R. R.	9/12
M. P.	9/13
M. B.	9/14
J. C.	9/14
J. L.	9/14
A. V.	9/20
J. M.	9/22
S. C.	9/23
J. N.	9/23
C. P.	9/27
C. G.	9/29
G. P.	9/30

STAFF ANNIVERSARIES

Ashlee Agee	9/23/24
Sandra Castellon	9/4/24
Teresa Criswell	9/25/26
Deontria Foy	9/20/24
Kujuanna Hammon	9/3/24
Kokovi Koutodjor	9/19/23
Kandise Loving	9/3/24
Roshonda Scott Charles	9/3/24
Kimberly White	9/16/25



Remembrance of Gradulupe P.

We will miss our dear resident, Gradulupe P. (She Passed away in July 2026) In your memory is our keepsake, With which we'll never part. God has you in his keeping, We have you in our hearts.



HIGHLIGHTS CONTINUED



Our Favorite Volunteers...

Stephen Rice and Keith Thomas

We thank you gentlemen for all that you continue to do for our residents. Everything from playing bingo, to going out on monthly field trips, to Sponsoring residents for haircuts and giving your time with room visits.

We truly appreciate you guys for all you do and we can't say it enough. Wow! Yall amazing and we thank you both with love from Activities.



SPECIAL DAYS

- 9/7 Labor Day
- 9/15 Hispanic Heritage Month Stars
- 9/16 Mex. Independence Day
- 9/22 Nat. Business Women's Day
- NFL Friday's: Wear your favorite NFL attire every Friday

SPECIAL EVENTS

- 9/7 Labor Day Picnic at 3:00 PM
- 9/15 Celebration of Hispanic Heritage Month at 1:00 PM

HAIR SALON



Salon dates for September are...

Tuesday 9/8 and Tuesday 9/22 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

Mr. J.

He's so kind and always has a smile on his face

He loves soul music like The Temptations. Loves his coffee every morning. He loves the church services every week. He enjoys playing bingo. He has a big heart. **Mr. Kenneth J. we salute you as our Resident of The Month for September.**



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Craig Cannon

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Ardila Myles

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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

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

LAUNDRY/HOUSEKEEPING MANAGER
Minnie Washington



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!

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

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM