

# PARK MANOR SOUTH BELT



## NEW YEAR'S RESOLUTIONS IDEAS FOR SENIORS

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin? Here are six resolutions to get you started:

**Stay Connected:** Resolve to participate in more social activities such as games, crafts, or movies. Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

**Daily Physical Activity:**

Incorporate light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

**Learn Something New:**

Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

**Healthy Eating Habits:**

Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

**Read More:** Cultivate a reading habit by setting aside time each day to enjoy

a good book or explore new topics of interest.

**Maintain a Positive Outlook:**

Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

*Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.*



# THANKSGIVING PARTY

Our Thanksgiving party was a huge success we want to thank all the family and friends that came to have a meal with their family.



## THANK YOU FLOWERS!

We want to thank the ATT Pioneers that donated the flower pots for all of our residents.

## THANK YOU TO OUR KITCHEN STAFF!





# Rehab Success Story

Mrs. Lee is a 78-year-old female that was admitted to Park Manor of South Belt for skilled therapy. She was hospitalized for a fall that caused a right femur fracture. The therapy team at Park Manor of South Belt evaluated Mrs. Lee. She was not able to walk during the initial assessment. She required

maximal assistance for bed mobility and total dependence for transfers. She required total dependence for upper body dressing, lower body dressing, and toileting. Her goal was to improve her quality of life, to be able to walk again, and become independent with her regular activities of daily living to get back home to her husband. Following a 23 day stay at Park Manor with skilled nursing and therapy services, Mrs. Lee made significant gains with physical and occupational therapy achieving her goal of 200 ft with a rolling walker with stand by assistance. Additionally, she was able to gain stand-by assistance for bed mobility as well as for transfers. Mrs. Lee now completes dressing and toileting with modified independence.

Mrs. Lee was extremely motivated and always looking forward to therapy during her stay at Park Manor of South Belt. She was beyond excited to return home to her husband.



## HAPPY BIRTHDAY

### RESIDENTS

Thanh N.	Jan 1st
Can T.	Jan 1st
Thien N.	Jan 1st
Joe K.	Jan 4th
Joe A.	Jan 6th
Reta L.	Jan 14th
Gary W.	Jan 17th
Sylvestre M.	Jan 24th
Diane M	Jan 26th

### STAFF

Lisa Mack-Evans	Jan 2nd
Delene Bourdeau	Jan 3rd
Dawn Bennett	Jan 8th
Franchelle Workmon	Jan 13th

# Happy Activity Professionals Week: January 19-25, 2025

A big thank you to our activities team for keeping our residents and families engaged, active, and safely involved in so many creative ways! From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up with some great activities. Luckily, January 19-25 is designated to recognize them for their hard work during National Activity Professionals Week!

Be sure to dedicate some time this

week to your activities team who continuously share their talents, creativity, spirit, enthusiasm, energy, generosity and compassion. One of the easiest ways to show your appreciation and gratitude is to say "thank you!" Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.





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### ADMINISTRATION

David Holt  
ADMINISTRATOR

Tina Cook  
DIRECTOR OF NURSING

Swana Williams Smith  
ASSISTANT DIRECTOR OF NURSING

Amber Robertson  
BUSINESS OFFICE MANAGER

Jennifer Valdez  
DIRECTOR OF BUSINESS DEVELOPMENT

Pamela Martin  
AP/PAYROLL/RECEPTIONIST

Kim Beckham  
PPS COORDINATOR

Jamie Guillory  
MDS COORDINATOR

Randy Hurley  
ADMISSION COORDINATOR

Deborah Lockwood  
UNIT MANAGER

Margaret Toliver  
STAFFING COORDINATOR

Delene Bourdeau  
SOCIAL SERVICES

Christine Nguyen  
REHAB CLINICAL COORDINATOR

Latasha King  
MEDICAL RECORDS

Amber Jones  
ACTIVITY DIRECTOR

Casto Vasquez  
CENTRAL SUPPLY CLERK

Delisa Mack- Evans  
DIETARY MANAGER

Gerry Vazquez  
MAINTENANCE DIRECTOR

LaNard Morrison  
HOUSEKEEPING MANAGER

Kevin White  
TRANSPORTATION

### Notes:

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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!

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

### WORD LIST

- ACTIVITIES
- CHOCOLATE
- COCOA
- CONNECTED
- DONOR
- DREAM
- EQUALITY
- EYES
- GOAL
- HOBBY
- NEW YEAR
- POSITIVE
- PUZZLE
- RESOLUTION
- SIGHT