

PARK MANOR THE WOODLANDS



SIMPLE WAYS GRATITUDE CAN LIGHTEN HOLIDAY STRESS

November is a month full of meaning. It is **Gratitude Month**, and it also includes **Stress Awareness Day** on November 5. Both remind us that while stress is a natural part of life, gratitude can help us feel calmer, healthier, and more connected.

Gratitude does not need to be complicated. Sometimes it is the little things that matter most. A warm meal shared with family, a kind word from a friend, or a neighbor lending a helping hand can ease stress and brighten your day.

Here are a few uplifting ways to practice gratitude this season:

Unplug and Notice: Step away from the news or your devices for a while. Enjoy the crisp air and colors of fall with a walk outside, or spend a cozy afternoon with family or friends over a cup of coffee or tea.

Share Your Thanks: Let family, friends, or neighbors know you appreciate them. A smile, a short note, or a thoughtful word can mean more than you realize.

Create Moments Together: Gratitude grows in connection. Enjoy a meal around the table, play a game with grandchildren, or simply sit and talk with someone you love.

Simply Pause: Take a few deep breaths and think of one thing you are grateful for today. It could be the

comfort of your surroundings, the laughter of friends, or the support of family.

Celebrate the Everyday: Holidays are special, but gratitude also lives in daily joys. Cherish the simple moments that brighten life, like the vibrancy of fall leaves, a phone call from a neighbor, or a hug from a loved one.

As families, friends, and communities gather this November, remember that gratitude is more than a holiday tradition. It is a way to ease stress, strengthen our connections, and celebrate the joy of reaching out and appreciating one another. Wishing you a season filled with thankfulness, togetherness, and a very **Happy Thanksgiving.**



Short-Term Therapy Success

ADMISSION & TREATMENT:

Janice C. is a 70-year-old female admitted to Park Manor The Woodlands on 9/23/2025

and discharged back home on 10/9/2025. She was hospitalized due to METABOLIC ENCEPHALOPATHY.

The therapy team at Park Manor The Woodlands evaluated Janice C. on Day 1. She required moderate assistance and was only able to take 2 steps. She also required maximal assistance for lower body dressing, bathing and toileting. Her goal was to get stronger and be able to walk safely and be independent again. The rehab team at Park Manor The Woodlands helped make that dream a reality.

AT DISCHARGE:

Following a 14-day stay of skilled nursing and therapy services, Janice C. made significant gains with physical therapy by achieving her goal of walking up to 125 feet with contact guard assist!

Additionally, she made gains with occupational therapy as well and now completes lower body dressing, bathing and toileting tasks with only minimal assistance.

Janice C. was successfully discharged to home to continue her progress with home health therapy.

RESIDENT OF THE MONTH
Mrs. Caroline D.

Activity Photos Highlights





CRAFTING THANKSGIVING FUN TOGETHER

Gathering together for Thanksgiving is a cherished tradition that strengthens family bonds and creates lasting memories. Engaging in seasonal hands-on crafts offers a wonderful opportunity for everyone to connect, share stories, and express their creativity.

Here are some easy Thanksgiving crafts and projects that families can enjoy together over the holidays:

Handprint Turkeys: Have grandchildren place their hands in non-toxic paint and press them onto paper, then add details like googly eyes, legs and feathers using paint, markers or crayons.

Gratitude Jars: Decorate small jars with paint, markers, or stickers. Each person can write down things they are thankful for on slips of paper

and place them in the jar. These can be read together after Thanksgiving dinner.

Thankful Tree: Cut out a tree trunk and branches from brown construction paper and tape it to a wall. Have family members cut out colorful leaves and write what they're thankful for on each leaf. Attach the leaves to the tree with tape.

Fall Leaf Art: Collect colorful autumn leaves and use them to create collages or rubbings. Place a leaf under a piece of paper and rub a crayon over it to create an impression.

Thanksgiving Wreaths: Use paper plates as a base for a wreath. Cut out the center and decorate the outer edge with glued on fall-themed items like leaves, acorns, and dried corn. Or simply cut out leaves and berry shapes from colorful paper and tape or glue them on.

A Letter from the Administrator

Remember that Park Manor the Woodlands is not just a facility; we want to be an extension of your home and your family, you will be treated with love and respect.

– A.V. Meghani, Administrator



HAPPY BIRTHDAY

RESIDENTS

Frank D.	Donna G.
Ruby H.	Lorenzana R.
Teresa M.	Jason P.
Virginia R.	Minnie S.

STAFF

Seli	Sheila	Andrea
Camien	Charlesala	Suzanne
Jennifer	Bryneisha	Niki
Janine	Gisela	Amada
Connie	Latanya	Ashley
Lynell		

Special Events

Resident & Staff Talent show
November 6

Veterans Day
Celebration
November 11



World Kindness day
November 13



Pumpkin Decoration
November 19



Thanksgiving
November 27





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THE WOODLANDS, TX 77384

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parkmanor-thewoodlands.com

ADMINISTRATIVE STAFF

ADMINISTRATOR
A.V. Meghani

DIRECTOR OF NURSING
Julie Sokalski

BUSINESS OFFICE MANAGER
Martha Cote

BUSINESS DEVELOPMENT DIR.
Jenni Rivera

ADMISSIONS DIRECTOR
Daniela Palao

UNIT MANAGER (HALL 1 & 2)
Fanny Stray, RN

UNIT MANAGER (HALL 3 & 4)
Allison Smith, LVN

RESPIRATORY THERAPY
Elizabeth Yarter

THERAPY DIRECTOR
Courtney Preite, COTA

SOCIAL WORKER
Brandi McCrary, LBSW

MEDICAL RECORDS DIRECTOR
Carol Nealis

MAINTENANCE DIRECTOR
Robert Bell

DIETARY MANAGER
Bridgett Brown, DM

HOUSEKEEPING MANAGER
Rodeshia Thibodeaux

ACTIVITIES DIRECTOR
Yessika Drayton, Adc

THE BUSINESS OFFICE IS OPEN
MON – FRIDAY
FROM 8:00AM – 5:00 PM.

VISITING HOURS ARE FROM
8:00AM – 7:00PM



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!

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

WORD LIST

APPRECIATE
COLD
DIABETES
FAMILY
FEET
FOOD
GRATITUDE
HONOR
KINDNESS
MEMORY
SERVICE
STRESS
THANKFUL
TOGETHER
VETERANS