

PARK MANOR THE WOODLANDS



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!



Short-Term Therapy Success

Ardelia B. was admitted to Park Manor The Woodlands in October 2025 following a hospitalization due to a right foot fracture. Upon evaluation by our therapy team, Ardelia required contact guard assistance and was only able to ambulate 3 feet. She also needed moderate assistance with lower body dressing, bathing, and toileting. Her goal was simple but meaningful: to be able to walk again.

Through participation in skilled nursing and therapy services, Ardelia worked closely with our rehabilitation team to rebuild her strength and mobility. Following a 37 day stay, she made significant progress in physical therapy and achieved her goal of walking up to 250 feet independently. She also made strong gains in occupational therapy and is now able to complete all dressing, toileting, and bathing tasks independently.

Ardelia continues to improve each day, and we are proud of her dedication and the progress she achieved during her stay at Park Manor The Woodlands.



A Letter from the Administrator

Being empathetic and having a clear understanding of our mission will always lead us to success in caring for our patients. – A.V. Meghani, Administrator

Thanksgiving Cards



Short-Term Therapy Success

Frank F. was admitted to Park Manor The Woodlands in October 2025 following a hospitalization and was discharged home in November 2025. Upon evaluation by our therapy team, Frank required maximal assistance and was unable to ambulate. He was also dependent for dressing, bathing, and toileting. His goal was to return home and regain his independence.



Through participation in skilled nursing and therapy services, Frank worked closely with our rehabilitation team to rebuild his strength and mobility. Following a 34 day stay, he made significant progress in physical therapy and achieved his goal of walking up to 225 feet with contact guard assistance. He also made meaningful gains in occupational therapy and is now able to complete dressing tasks with set up assistance, as well as bathing and toileting with minimal assistance.

Frank was successfully discharged home to continue his progress with home health therapy. We are proud of his dedication and the improvements he achieved during his stay at Park Manor The Woodlands.

Activity Photo Highlights



HAPPY BIRTHDAY

RESIDENTS

Joann	Kay	Naomi
Marilyn	Bonnie	Jon
Gary	Sandra	Vivian
Diana		

STAFF

Maria	Daniela	Robert
Emily	Andrew	Jennifer
Janice	Aaron	Loletta
AV	Ira	Brandy
Jenni	Brenda	Selma

RESIDENT OF THE MONTH Mr. G.



Special Events

Happy Hour

Hot Chocolate



Interior Winter Picnic





1014 WINDSOR LAKES BLVD.
THE WOODLANDS, TX 77384

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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!

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