

PARK MANOR THE WOODLANDS



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

Short-Term Therapy Success •

ADMISSION & TREATMENT:

Martha Palmer is a 93-year-old female admitted to Park Manor The Woodlands on 12/24/2025 and discharged back home on 1/13/2026. She was hospitalized due to FRACTURE OF RIGHT FEMUR.

The therapy team at Park Manor The Woodlands evaluated Martha Palmer on Day 1. She required moderate assistance and was only able to walk 5ft. She also required total dependence for dressing, bathing and toileting. Her goal was to get stronger and return home. The rehab team at Park Manor The Woodlands helped make that dream a reality.

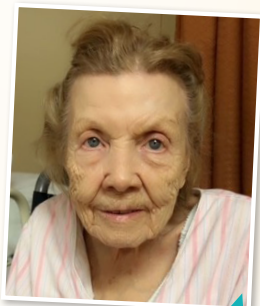
AT DISCHARGE:

Following a 20-day stay of therapy services, Martha Palmer made significant gains with physical therapy by achieving her goal of walking up to 150 feet with stand by assist!

Additionally, she made gains with occupational therapy as well and now completes all her dressing, bathing and toileting tasks with supervision. She met her goal!

Martha Palmer was successfully discharged to home to continue her progress with home health therapy.

It is truly an honor to be trusted with the care of loved ones! With quality care and client centered focused goals, Martha Palmer is a true testimonial story of the positive outcomes produced at Park Manor The Woodlands!



We Celebrated Professional Activities Week

We acknowledged the work that Yessika, Mayra and Lipa's team are doing, improving the quality of life of our patient's day by day, always supported by a great administrator like Mr. AV and the rest of the staff.





RANDOM ACTS OF KINDNESS DAY: FEBRUARY 17

What small act could you do today to brighten someone else's day? While money can be earned and gifts can be bought, time is priceless. Here are a few Random Acts of Kindness that can make a difference:

- **Show appreciation.** Call, text, or meet a friend to let them know how much they mean to you.
- **Donate food or household items.** Contact a local shelter and find out what items they need and make a donation, if you are able to do so.
- **Send flowers or a plant.** Brighten someone's space by sending them a bouquet or potted plant.
- **Donate blankets or pillows.** Help animals in need by donating gently used items.
- **Volunteer at a nursing home.** Share your skills: play music, be a companion, or help with crafts.
- **Share a meal.** Invite a friend for a simple lunch or bring food to share with others.
- **Give compliments freely.** Offer genuine compliments to people around you to make them feel good.
- **Read to someone.** Spend time reading a book or article aloud to someone who might appreciate it.

These small acts can not only make someone's day but also bring joy and fulfillment to you. Take today to make a change in someone's world—and yours. A few seconds of kindness can mean the world to someone. **Be kind!**



HAPPY BIRTHDAY

RESIDENTS

Thomas B
Debra H
Robin R

William D
Tjaden M
Noel S.

STAFF

Monika
Madison
Jen
Julie

Mayra
Elizabeth
Dayebssa
Kameran

Alisha
Aman
Jackelyn

RESIDENT OF THE MONTH Mr. G.

Special Events

Valentine's Celebration.



Creative Romance Activity

Black History Month



National Wear Red Day

Floral Design Day



Congratulations to Our Employee of the Month McKenzie Goble

McKenzie is a LPN and has been an employee here for a year. McKenzie is a wonderful nurse and the residents love her. McKenzie said the best part of her job is taking care of her residents. When not taking care of her residents McKenzie enjoys spending time with her children, family and friends. We are lucky to have McKenzie here at Christian Heights.



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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!

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

WORD LIST

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