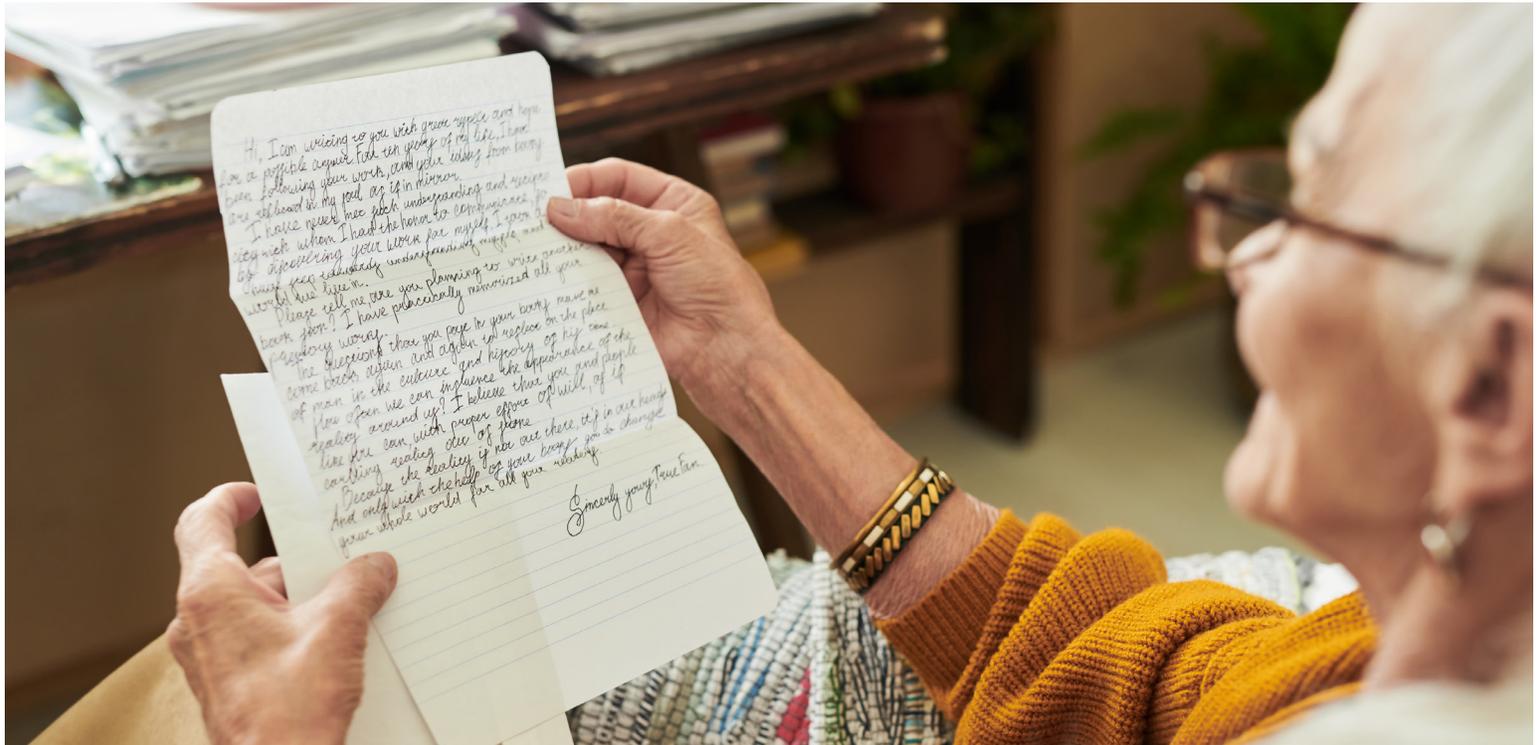


PARK MANOR THE WOODLANDS



Making Everyday Moments Awesome

March 10 is National Day of Awesomeness, a day to notice the little things that make life enjoyable and to share them with others. It's the perfect excuse to celebrate simple joys and connect with the people around you, no matter your age.

Notice the little things

Take a few minutes today to spot moments that make you smile. Maybe it's a favorite song, a sunny spot by the window, or the smell of fresh coffee. Keep a small notepad handy and jot down

anything that sparks a happy memory or makes you chuckle.

Reach out to someone special

Call a friend, share a funny story with a grandchild, or send a note to someone you haven't seen in a while. Even a quick chat or a shared laugh can brighten both your days. Try sending one message or making one call today to lift someone's spirits.

Share the fun

Do something enjoyable with someone else. Read a favorite story together, play a simple game, or swap memories from the past. Ask a child or grandchild to share their favorite silly joke or story with you.

Treat yourself

Take a moment to enjoy something that feels special to you. Indulge in a favorite treat, savor a comforting drink, listen to a song you love, or spend a few quiet minutes relaxing. Choosing a small pleasure just for yourself can lift your mood and make the day feel a little more awesome.

This National Day of Awesomeness, celebrate the everyday joys and connections that make life brighter for you and everyone around you. Small actions, shared laughs, and simple moments of fun can turn an ordinary day into something truly awesome.



Uplift. Defend. Transform: Celebrating our Social Workers!

This year's Social Work Month theme is "Uplift. Defend. Transform." and it reflects the many ways social workers support individuals and families through compassion, advocacy, and meaningful guidance. Their work centers on strengthening well-being, protecting dignity, and helping people navigate life's changes with confidence and care.



Social workers collaborate closely with care teams to address emotional and social challenges, offering reassurance, resources, and steady support when it matters most. Through listening, problem-solving, and advocacy, they help ensure each person feels seen, heard, and valued.

During Social Work Month, we extend our sincere appreciation to the social workers who bring empathy, dedication, and heart to their work each day. Their commitment uplifts others, defends what matters most, and helps create positive, lasting change.

New Pool Table Highlights

Now Park Manor the Woodlands count with the Pool Table in Activity Area, with others new entertainments for our long and short term Residents. We count on many different activities to ensure our patients have fun during their stay with us.



Get Crafty during Craft Month!

Whether you already paint, knit, quilt, woodwork, or crochet, try some of these other creative projects throughout the month. Ask family and friends to join you for arts and crafts.

- Painted Rocks
- Handmade Greeting Cards
- Paper Plate Crafts
- Easy Origami
- Button Magnets
- Decorative Paper Flowers



Activity Photo Highlights



HAPPY BIRTHDAY

RESIDENTS

Shuree		Kathryn
Sharon		Sherall
Fahreen	LaTanya	Jaiden

STAFF

Conley D		Gonzalez S
Greer K		Jelks L
Luker D		Martin A
Smith R		Yawn V.

RESIDENT OF THE MONTH

Mr. Frank D.

Special Events

St. Patrick Day



Beginning of Spring

Social Worker Month





**1014 WINDSOR LAKES BLVD.
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!



WORD LIST

- ART
- AWESOME
- BOOK
- CRAFT
- DIABETES
- GREEN
- HEAR
- LISTEN
- MOMENTS
- READ
- SAINT
- SHAMROCK
- SOCIAL
- UPLIFT
- WORKER