

# PARK MANOR THE WOODLANDS



## Superpowers, Strength, and Everyday Heroes

Every year on April 28, we celebrate National Superhero Day, a time to honor both the fictional heroes who inspire us and the real-life heroes who make a difference in our world. **First recognized in 1955, this day serves as a powerful reminder that courage, strength, and selflessness are qualities we all admire**, whether they exist in comic books or in everyday life.

Superheroes first soared into popularity in the 1930s and 40s, with iconic characters like Superman, Batman, Wonder Woman, and Captain America making their debut. With extraordinary abilities—flying, super strength,

invisibility, and mind-reading—these heroes became symbols of hope and justice.

While we celebrate these fictional icons, **let's also take a moment to honor the everyday heroes among us, including nurses, EMS, firefighters, police officers, and first responders.** They may not wear capes, but their superhuman strength and resilience are on display every day. Whether they're saving lives, protecting our communities, or providing care in moments of crisis, they embody the same values of courage, sacrifice, and selflessness that we admire in our favorite superheroes.

**If you could have any superpower, what would it be?**

The ability to heal? To fly? To be invisible? Or perhaps the strength to lift entire buildings with ease? While most of us won't develop superhuman abilities, we all possess unique strengths that have the power to create change.

There is a bit of a superhero in all of us. We may not wear capes or leap tall buildings, but through acts of kindness, resilience, and perseverance, we can make a lasting impact.

**This National Superhero Day, take a moment to celebrate the heroes—both fictional and real—who inspire us to be braver, kinder, and stronger. And remember, the world could always use another hero.**

**Maybe that hero is YOU!**



# Short-Term Therapy Success

**Emerchel P.** was admitted to Park Manor The Woodlands on February 12, 2026, and discharged home on March 6, 2026, for rehabilitation services.

Her initial therapy evaluation indicated she required total assistance with mobility and was unable to walk. She also required total assistance with dressing, bathing, and toileting. Emerchel's goal was to walk again and regain her independence.

Following a 21-day stay, Emerchel made significant improvements in physical therapy by achieving her goal of walking up to 350 ft with supervision. She also made strong progress in occupational therapy and is now able to complete dressing, bathing, and toileting with moderate assistance.

Emerchel was successfully discharged home to continue her progress with home health therapy. Congratulations on your rehabilitation success!



# Activity Photo Highlights



## A Note from the Administrator

Improving the Quality of Life of the patients is our goal and seeing them achieve their objectives is our reward.

# Activity Highlights ...continued



## HAPPY BIRTHDAY

### RESIDENTS

Albina B.	Mary B.
Lawrence C.	Leona H.
Jerry J.	Jolly O.
Johnnie Jr. K.	Laverne R.
Agnes W.	

### STAFF

Jaqueline	Lisa
Rita	Sarai
Chichi	Zipporah
Monique	Martha
Chinwe	Jacktone
Kirneish	Berali

## Social Service Appreciation Month



**RESIDENT OF THE MONTH**  
Mr. Rodney S.

## Special Events

Easter Week  
Celebration



National  
Volunteer Week



Music & Movement  
(outdoor Activities)



Garden Party  
(Tea, Sandwiches  
and Cookies)





**1014 WINDSOR LAKES BLVD.  
THE WOODLANDS, TX 77384**

Admissions: 936.273.9424  
info@parkmanor-thewoodlands.com  
**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

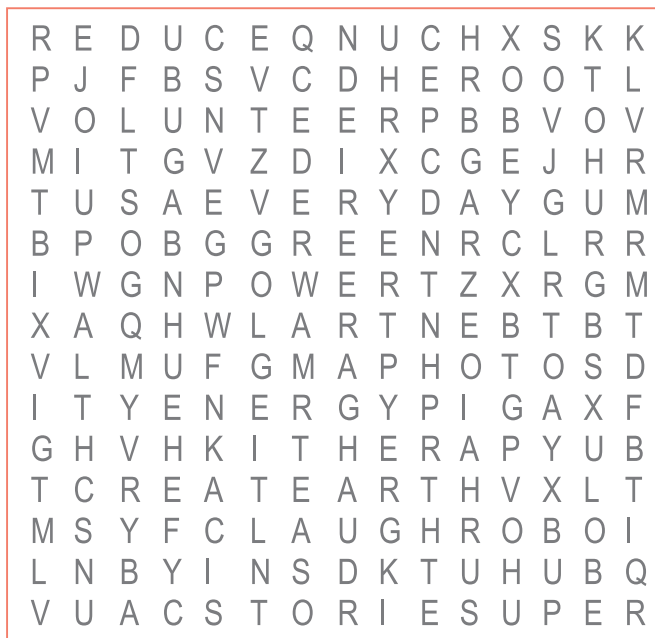
**ACTIVITIES DIRECTOR**  
Yessika Drayton, Adc

**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  
CREATE  
EARTH  
ENERGY  
EVERYDAY  
GREEN  
HERO  
LAUGH  
PHOTO  
POWER  
REDUCE  
STORIES  
SUPER  
THERAPY  
VOLUNTEER