

PARK MANOR THE WOODLANDS

NATIONAL MEN'S HEALTH WEEK: JUNE 15-21



National Men's Health Week is an important time to focus on men's well-being, raising awareness and encouraging early detection for better health outcomes. Studies show that men are less likely than women to visit the doctor for annual check-ups, which makes it even more important to highlight the value of regular health screenings.

This week serves as a reminder to prioritize men's health, seek routine medical advice, and catch

potential issues early. Many common health problems, such as prostate and colon cancers, can be treated effectively when detected early. Prostate cancer is the most common cancer in American men (excluding skin cancers), but it can often be treated successfully with early detection.

In addition to routine exams for prostate and colon screenings, men should also keep up with regular check-ups from other health professionals, including dentists, dermatologists, and eye doctors. Annual

dental visits can help prevent tooth decay and gum disease, while eye exams can catch issues like glaucoma or early signs of vision loss. Regular skin checks with a dermatologist can detect skin cancers early, when they are most treatable.

Taking small steps today, like making an appointment or talking to a healthcare provider, can make a big difference. Use this week as a starting point to take charge of your health and support the men in your life in doing the same.



Short-Term Therapy Success

ADMISSION & TREATMENT:

Richard M. Jr., a.k.a. Wayne, is a 60-year-old male who admitted to Park Manor The Woodlands on 3/9/2026 and discharged back home on 3/27/2026. He was hospitalized due to a Left Femur Fracture.

When the therapy team at Park Manor The Woodlands evaluated Wayne, he required moderate assistance and was only able to walk 10ft. He also required maximum assistance for lower body dressing, and moderate assistance for bathing and toileting. His goal was to get stronger and return home. The rehab team at Park Manor The Woodlands helped make that dream come true.

AT DISCHARGE:

Following an 18-day stay of therapy services, Wayne made significant gains with physical therapy by achieving his goal of walking up to 300 feet independently and utilize stairs!

Additionally, he made gains with occupational therapy as well and now completes all his dressing, bathing and toileting tasks independently. He met his goal!

Wayne was successfully discharged to home to continue his 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, Wayne is a true testimonial story of the positive outcomes produced at Park Manor The Woodlands!



Activity Photo Highlights

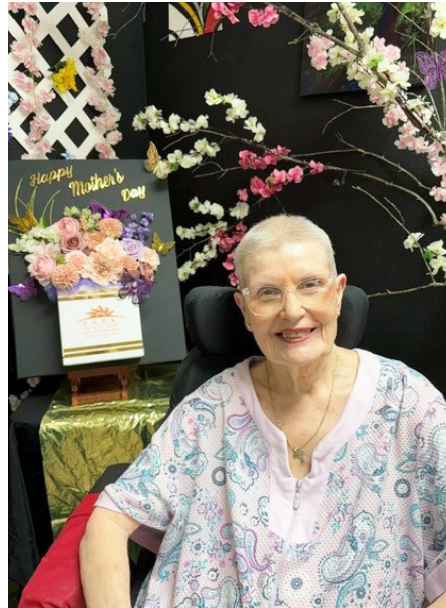


A Letter from the Administrator

At Park Manor the Woodlands, we believe in providing more than just care; we provide a home. Our goal is to honor our residents by promoting their independence and dignity in a comfortable environment. We take pride in our high standard of excellence and our nurturing staff.



Activity Highlights ...continued



HAPPY BIRTHDAY

RESIDENTS

Phyllis B Joy C
Martha L Roger S

Carmen Z.

STAFF

Oge Emeh Stacey Stone
Yolanda B Lipa Serviss
Fanny S Eva Starks
Chibuzo I Haji A

RESIDENT OF THE MONTH

Ms. Emma E.
Short Time Patient

Special Events

June 24th Father's Day
June 19th Carnival for Life



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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)
Ericka Sicre

RESPIRATORY THERAPY
Jan Peña

THERAPY DIRECTOR
Courtney Preite, COTA

SOCIAL WORKER
Brandy McCrary, LMSW

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!

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

WORD LIST

CANDY
CELEBRATE
DAD
FATHER
HEALTH
HYDRATE
JUNE
MEN
MUSEUM
PICNIC
RECOMMIT
SWEET
TEA
WATER
ZOO