

PARK MANOR THE WOODLANDS



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



Welcome New Residents

Brenda H.
Cornelius B.
Maggie O.
Wayne T.
Debra D.
Patsy F.
Martha L.
Geraldine N.

Yvette A.
Gloria H.
Nancy T.
Carrie H.
Ann B.
Shirley C.
Shakeela H

Activity Photo Highlights



Patriot Day: Honoring 25 Years of Remembrance

This year marks the 25th anniversary of September 11, 2001, a day that forever changed our nation. Patriot Day is a time to pause, remember the lives that were lost, honor the courage of first responders, and recognize the strength and resilience shown by communities across the country.

For many, the memories of that day remain vivid. While the years have passed, the spirit of compassion, unity, and service that followed continues to inspire us. Patriot Day reminds us that even in the most difficult moments, people can come together with kindness, courage, and hope.

As we remember this milestone anniversary, may we continue to honor the past while carrying forward the values of service, compassion, and unity that define our nation at its best.



Highlights...continued



HAPPY BIRTHDAY

RESIDENTS

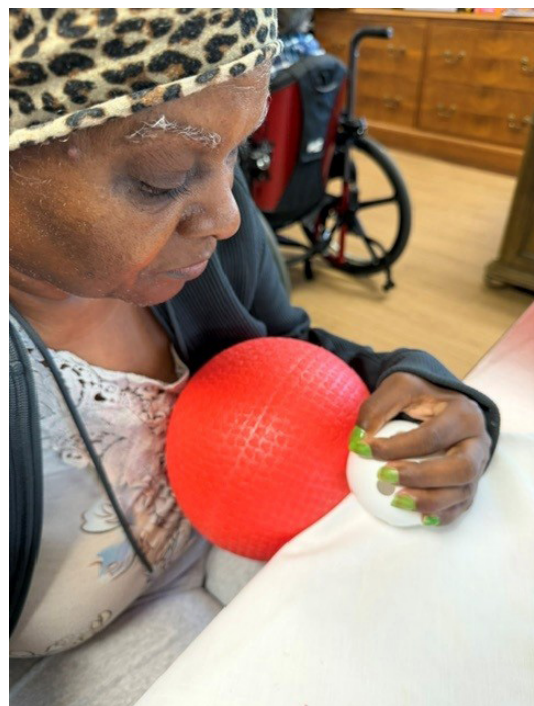
Bola S.	Silvia D.
Erika S.	Sheila
Sylvia	Saira
Brenda P.	Jean R.
Rosalinda A.	Naik D.
Rebecca S.	Crystal C.

STAFF

Ann B.	Marco B.
Bonnie B.	Donna B.
Christopher C.	Randy D.
Carol G.	Claude G.
George H.	Linda K.
Donna L.	Barbara P.

RESIDENT OF THE MONTH

Yvette A.



Special Events



Arrival of Autumn (special events crafts decorations)



Mexican Party celebration Mexico's independence

A Letter from the Administrator

Park Manor the Woodlands is proud to serve this beautiful community, where caring for seniors is our priority and where together, we form a big family.

National Environmental Services & Housekeeping Week: Sept. 13-19

This week, we honor the hardworking team members who keep our healthcare spaces clean, safe, and welcoming.





1014 WINDSOR LAKES BLVD.
THE WOODLANDS, TX 77384

Admissions: 936.273.9424
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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
Lily Quinones - Tirone

MEDICAL RECORDS DIRECTOR
Carol Nealis

MAINTENANCE DIRECTOR
Robert Bell

DIETARY MANAGER
Tammie Anderson

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!

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

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM