# Park Manor The Woodlands




## Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

**This year, take a moment before the meal to share with your family what you're thankful for.** Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

**Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!**

PARK MANOR
THE WOODLANDS
POST ACUTE CARE




Before you reach for the remote on November 21, National Television Day, pause and think about other ways you could spend your screen time. While there's nothing wrong with settling in for a favorite show, try swapping some TV time for something different and giving yourself a chance to recharge before the holiday season.

🧩 **Start a Puzzle:** Choose a jigsaw puzzle and work on it a little at a time. Invite others to join in and see how much you can complete before Thanksgiving.

🎲 **Play a Game:** Replace an hour of television with a favorite board or card game. Try a classic or learn something new together.

🎨 **Get Creative:** Write a short story, draw, make a craft, or create your own TV show. What would it be about? Who would star in it? What would you call it?

🏃 **Get Moving:** Take a walk, stretch, dance to some favorite music, or find another way to get moving.

With Thanksgiving just around the corner, there will soon be plenty of opportunities to get comfy on the couch for football, parades, movies, holiday specials, and favorite shows. So use National Television Day as a reminder to step away for a while, recharge, and enjoy a few screen-free activities before settling in for your holiday favorites.

# Activity Photo Highlights












# Highlights...continued















## Happy Birthday

**RESIDENTS**

Yvette A.
Linda B.
Carlos G.
Patsy H.
Kathy S.
Wayne T.
Lucy A.
Shirley C.
Donna G.
James P.
Nancy T.

**STAFF**

Seli S.
Rhonda B.
Kevin F.
Janine H.
Connie L.
Latanya N.
Sheila O.
Mkeda B.
Jennene M.
Amanda D.
Takeisha L.
Ashely S.

## A Letter from the Administrator

Welcome to November! With the arrival of Autumn and the cooler weather, we begin a month full of special activities, celebrations and  above all, a renewed focus on the well-being and safety of our community.

## RESIDENT OF THE MONTH

**Mr. Carlos G.**

## Special Events

- High Tea Party
- Micky Mouse Birthday
- Veterans Day
- Thanksgiving

PARK MANOR
THE WOODLANDS


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)
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


*Newsletter Production by PorterOneDesign.com*





## 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!**

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

### WORD LIST

AUTUMN
FAMILY
FOOD
GRATITUDE
HONOR
KINDNESS
LEAVES
MEAL
MEMORY
REMEMBER
SHARE
SUPPORT
THANKS
TURKEY
VETERAN