

PARK MANOR CY-FAIR



**HAPPY
LABOR DAY**








Labor Day, observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution. Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.



GRANDPARENTS DAY

Grandparents hold a special place in the hearts of families, providing a wealth of wisdom, love, and cherished memories. They play a pivotal role in passing down traditions, values, and life experiences to younger generations. Here are some ways grandchildren and grandparents can celebrate Grandparents Day on September 10 together:

- Go to a local park or playground 
- Look through old photos or create a scrapbook 
- Listen to each other's favorite songs/music 
- Draw or make a craft together 
- Make a video of them interviewing each other 

Don't Skip a Beat

Prepare for Heart Attacks

Recognize the signs. Heart attacks look and feel different in women than they do in men. Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.

Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Feeling weak, light-headed, faint, or a cold sweat.
- Pain or discomfort in the jaw, neck, or back.
- Pain or discomfort in one or both arms or shoulders.
- Shortness of breath.



Be safe, not sorry. Many heart attacks start slowly with relatively mild pain. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they want contacted in case of an emergency.

Being prepared now may just save a life later. Source: cdc.gov

Activity Highlights

WELCOME SEPTEMBER!

Welcome peace & the sound of falling leaves. As the leaves change, so do we. September a month of gratitude for the blessings that surround all of us. Every leaf speaks bliss to me/ fluttering from the autumn tree. Leaves shower like gold, like rainbows, as the winds of change begin to blow hello September 2023.

September is full of different activities for the month.

- We will celebrate Labor Day on 9-1-2023 at 2:30pm -4pm with live Pazazz Band
- We will be doing Scrapbooking with our residents this month. They will have a gift to give to their families for the holidays in remembrance of them.
- We will be celebrating a lot of national holidays.
- This months activity residents will be learning how to be creative in arts/crafts. We will be doing seashell, leaves, rocks, pasta shells and tin cans for our Art with Meaning pictures.
- Please come to our Bistro Area to see what our residents has done in Arts/Craft. ...

SEPTEMBER WILL BE FULL OF ARTS!

Yellow Rose NCL



Yellow Rose- NCL came out to volunteer with our residents in table games & more. We all had a great time.

Our Beach Week went Great!



HAPPY BIRTHDAY

Kenneth B	9/10
Ardath B	9/30
Polly B	9/01
Josefin G	9/07
Donna G	9/12
Jay J	9/08

Happy Birthday To You All!

**WE WELCOME ALL
OUR NEW RESIDENTS!**

NEW RIVER FOUNDATION

The River Flows Foundation is a non-profit charity that has been volunteering with us. Their mission of the program is to be the conduit to effect positive change through intervention-based solutions, comprehensive services, and real-time referrals. We are glad they adopted us to be part of their foundation. They bring spiritual wording to our residents/staff and have sponsored events we have had. Thank You!





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MANAGEMENT TEAM

ADMINISTRATOR
Chrystal Stalder

DIRECTOR OF NURSING
Jessica Fuentes

BUSINESS OFFICE DIRECTOR
Debbie Peck

HR/PAYROLL COORDINATOR
Faith Robinson

BUSINESS DEVELOPMENT
Jaime Taylor

INFECTION CONTROL
Misty James

MDS
Jorlanda Tripp

ADMISSION DIRECTOR
Destiny Boswell

PPS
Chiquita Evans

WOUND CARE/LVN
Karen Obijuru

SOCIAL WORKER
Narrissa Arps

MEDICAL RECORDS
Veronica Thomas

UNIT MANAGER
Kyle Rogers &
Cynthia Alvarado

DIRECTOR OF THERAPY
Nicole Winder-Collins

ACTIVITY DIRECTOR
Twilia Fielder

DIETARY MANAGER
Damien Scott

STAFFING COORDINATOR
Chantel Wildom

DIRECTOR OF TALENT
Ryan Walter

OFFICE VISIT HOURS
8AM-5PM MONDAY – FRIDAY



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!

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

WORD LIST

AGING
BALANCE
COCONUT
CONFIDENT
EXERCISE
FALLS
GRANDPARENT
HARMONY
HEALTH
HEART
LABOR
MINDFUL
NEIGHBOR
PEACE
PREVENT