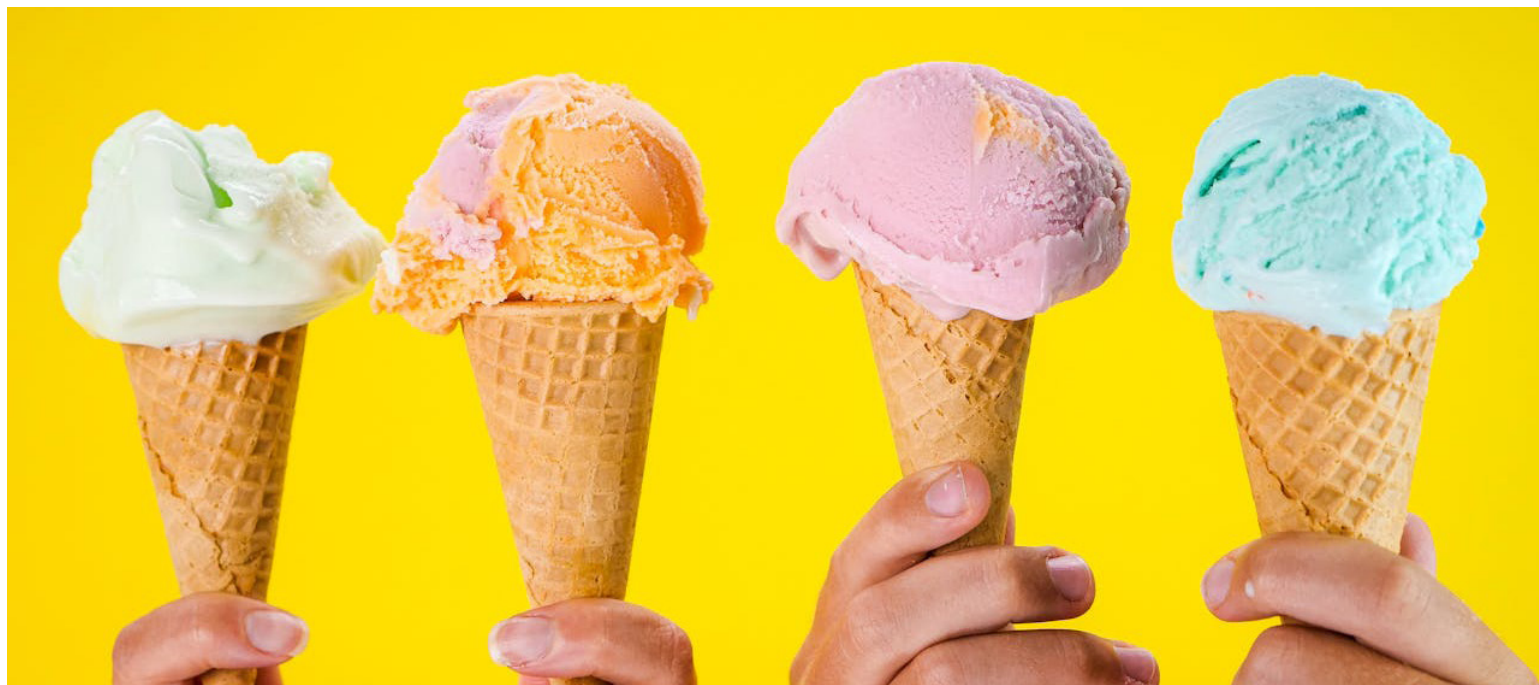


PARK MANOR CY-FAIR



I Scream, You Scream, We All Scream for ICE CREAM MONTH!

Designated by President Reagan in the early 1980s, July is celebrated as Ice Cream Month, which features Creative Ice Cream Flavors Day on July 1 and Ice Cream Day on the third Sunday.

Did you know... the average American consumes 23.2 quarts of ice cream per year.

- The top three flavors are

vanilla, chocolate, and strawberry, often found in Neapolitan ice cream.

- Other popular flavors include **butter pecan, mint chocolate chip, rocky road, and pistachio.**
- Japan offers unique flavors like **wasabi, sweet potato, and matcha.**

If you could create your own ice cream flavor, what would you include? Would you start with a basic vanilla and add your favorite fruits, candies, or

nuts, or would you start with something unconventional like pineapple-coconut and add bacon bits or hot sauce for a spicy twist?

Looking for something fun to do on a hot afternoon? Host an ice cream social this July for family and friends. Offer a variety of toppings, sprinkles, drizzles, cones, and flavors for everyone to mix and match. Ask each guest to write down their favorite flavor or an imaginary flavor and have fun guessing who belongs to each flavor.



Short-Term Therapy Success

ADMISSION & TREATMENT:

- Mr. T. is an 81-year-old man who admitted to University of Texas MD Anderson for low grade urothelial carcinoma of the bladder. Following his stay, he was transferred to Park Manor CyFair on 4/17/25 to begin her skilled stay.
- The Therapy team at Park Manor CyFair performed initial evaluations following admission.
- The initial assessments indicated that Mr. T. required total assistance for bathing, dressing, and toileting. He required maximum assistance for bed mobility and transfers. He was able to ambulate 5ft with a rolling walker with maximum assistance.
- Mr. T.'s goal is to return home with his wife.

AT DISCHARGE:

- Following 22 days of skilled physical rehab, she demonstrated significant improvements in his functional mobility and ability to perform activities of daily living.
- Mr. T. is now requiring minimal assistance for bathing, and moderate assistance for toileting and dressing. He is now stand by assistance for bed mobility and contact guard assistance for transfers.
- He is ambulating with a rolling walker 50ft with modified independence.
- Mr. T. was successfully discharged home with home health.



MAC & CHEESE DAY: JULY 14

It's no surprise hot dogs are a summertime favorite, but macaroni and cheese is a commonly served summer side at picnics, gatherings, and reunions. Between the sauce, seasonings, cheese selection, and the way it's cooked, there's a chance for you to try something new with each variation. Here are a few tasty options you can try this summer:



Veggie Delight: Vegetables are an excellent way to add nutrients to your mac & cheese, and creates a healthy spin on a classic dish. Veggies also add a splash of color with peas and carrots.

Spice it Up: Add a splash or two of your favorite hot sauce or spicy seasonings like smoked paprika, red paper flakes, or Cajun powder.

Say Cheese: One of the best parts of a mac and cheese meal is the cheese itself! Enjoy adding some out-of-the-box cheeses you might not commonly try with a mac and cheese dish, like feta, colby jack, or gouda.

BBQ: BBQ sauce enriches mac and cheese with a unique flavor pairing of sweet and savory. Grab your favorite BBQ sauce and drizzle it over top of the dish to enjoy a delicious combo!

Oodles of Noodles: Add more variety to your mac and cheese dish by trying out three or four different types of pasta! A few varieties to try are rigatoni, penne, cavatappi, and elbow macaroni. Don't be shy to mix and match the pasta, and experiment with a few different combinations to create your perfect dish.

National Therapeutic Recreation Week

Join us in celebrating National Therapeutic Recreation this July 6-12, as we honor recreational therapists and the importance of activities that help the recovery and healing of people with various disabilities. Therapeutic recreation programs may include sports, expressive arts, muscle relaxation techniques, gardening, and many other enjoyable activities.



TIPS FOR PREVENTING HEAT RELATED ILLNESS

- ✓ **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing, wide-brim hats, and sunglasses. Many brands have offer UPF (Ultraviolet Protection Factor) apparel for added sun protection.
- ✓ **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- ✓ **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of 30 SPF (Sun Protection Factor) or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.
- ✓ **Drink Plenty of Fluids:** Drink more fluids, specifically water, regardless of how active you are. Don't wait until you're thirsty to drink. However, be sure to consult with your physician how much water you should consume daily, especially during summer months. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid and become dehydrated sooner.
- ✓ **Updates and Buddies:** Check your local news for extreme heat or UV alerts and safety tips. When working in the heat, be sure to have someone with you at all times. Monitor each other for signs of heat exhaustion or heat stroke.



HAPPY BIRTHDAY

| | |
|--------------|------|
| Ivory R. | 6/10 |
| Anner G. | 6/24 |
| Wendy M. | 6/28 |
| Jerline S. | 6/28 |
| Georgiana W. | 6/28 |
| Larry H. | 6/30 |

RESIDENT OF THE MONTH

Polly B. is our Resident of the Month. Mrs. Polly is our secretary for our resident council. She has always thought of ways for us to do different things that may have more residents involved. She enjoys giving staff small gifts that she makes for them to show her appreciation. Mrs. Polly enjoys activities. She is always willing to come up with art/craft ideas for us to do. She enjoys plants, shopping, conversation, animals, socials, and bingo.

Welcome July!
July is the month of
fireworks, outdoor
events, fun in the
water, and lots of
watermelon to eat!



11001 CRESCENT MOON DR.
HOUSTON TX 77064-4024

Admissions: 281.477.8877
info@parkmanor-cyfair.com
parkmanor-cyfair.com

MANAGEMENT TEAM

ADMINISTRATOR
Stanley Lira

DIRECTOR OF NURSING
Adriane Ruffin

BUSINESS OFFICE MANAGER
Trey Daniel

HR/PAYROLL COORDINATOR
Lynsey Williams

BUSINESS DEVELOPMENT
Kaylee Cook

CENTRAL SUPPLY
Brittney Garrett

MDS
Jorlanda Tripp

PPS
Chiquita Evans

SOCIAL WORKER
Cheyenne Norr

MEDICAL RECORDS
Veronica Thomas

UNIT MANAGERS (ADON)
Kyle Rogers &
Montoya Coleman

DIRECTOR OF THERAPY
Nicole Winder-Collins

ACTIVITY DIRECTOR
Twilia Fielder

DIETARY MANAGER
Tenlile Jones

DIRECTOR OF TALENT
Ryan Walter

STAFFING COORDINATOR
Tabitha Steptoe

TRANSPORTATION COORDINATOR
Erica Williams

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!

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

WORD LIST

BOREDOM
CHEESE
EMOJI
FLAVOR
FRIENDSHIP
HEAT
ICE CREAM
JULY
MACARONI
PAINT
REUNION
ROCKS
STARS
STRIPE
SUN