

PARK MANOR CY-FAIR



NATIONAL HEALTHCARE FOOD SERVICE WEEK

During Oct. 5-11, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Celebrate your food service workers and recognize the integral role they play in helping us stay well-nourished and healthy.



LONG-TERM CARE PLANNING MONTH

October is recognized as **National Long-Term Care Planning Month**, a time dedicated to highlighting the importance of preparing for future healthcare needs. While it may not always be easy to think about, taking steps today can make a world of difference tomorrow.

Seniors and their families are encouraged to start conversations early and make thoughtful, informed decisions about long-term healthcare options. Planning ahead not only reduces stress during unexpected situations but also ensures that personal preferences

are respected and financial security is better maintained. Whether it is discussing care options, setting up advanced directives, or exploring financial planning resources, this month is a reminder that preparation brings peace of mind. By addressing these important decisions now, seniors and their loved ones can look forward to a more comfortable and secure future.

National Long-Term Care Planning Month serves as a gentle reminder that thoughtful planning today can help ensure comfort, confidence, and peace of mind for tomorrow.

Short-Term Therapy Success

Mr. Robert C. was admitted to CyFair on May 24, 2025, from St. Luke's Medical Center following mechanical loosening of a hip replacement. Upon admission, he required maximum assistance for bathing and bed mobility, moderate assistance for toileting and transfers, total assistance for lower body dressing, and standby assistance for upper body dressing. He was able to ambulate only 15 feet with a rolling walker and moderate assistance.

After a 17-day stay and with the support of our skilled therapy team, Robert made significant progress. By discharge, he was independent with bathing, dressing, and toileting. He improved to standby assistance with bed mobility and transfers, was able to ambulate 100 feet with a rolling walker and contact guard assistance, and could complete three steps with minimal assistance.

Robert was successfully discharged home to continue his recovery with outpatient therapy services. We are proud of his dedication and the progress he made during his stay at CyFair!

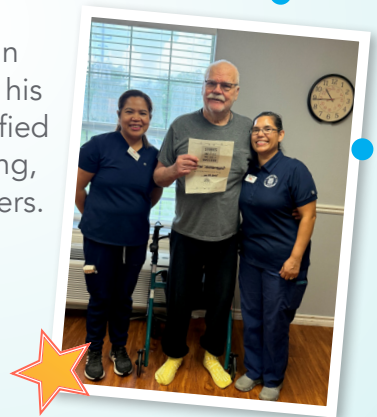


Short-Term Therapy Success

Mr. Svein A. was admitted to Park Manor CyFair on May 20, 2025, from Memorial Hermann Northwest Hospital after being hospitalized with pneumonia and hypoxia. Upon admission, he required moderate assistance for bathing and dressing, minimal assistance with toileting, contact guard assistance with bed mobility, minimal assistance with transfers, and was only able to ambulate 50 feet with minimal assistance.

After a 30-day stay and with the support of our therapy team, Svein made significant progress toward his goals. By discharge, he was modified independent with bathing, dressing, toileting, bed mobility, and transfers. He was also able to ambulate 250 feet with a rolling walker at a modified independent level and complete 15 stairs with contact guard assistance.

Svein was successfully discharged home with home health services. We are proud of his hard work and the great progress he made during his stay at Park Manor CyFair!



SPECIAL EVENTS

Welcome October!

I hope this month fills your heart with peace, joy, and spooky good fun. Let the leaves fall, your steps crunch as you walk, enjoy the cool breeze, and the adventures begin. This month will be full of spooky fun for our residents and the staff.

October we will have our country store, in the front lobby to help raise money for our November 7, 2025 trip for our residents.

October 1- 22 you can decorate a door & pumpkin for Halloween – contest days will be:

- **Door Decoration:** 10/28 at 2pm
- **Pumkin Decoration:** 10/29 at 2pm

10/27 – 10/31 We will have a Spirit Week for Halloween

10/30 We will have our 3rd annual Trunk or Treat in the parking lot

10/30 Residents Halloween Party at 3pm

October 31 will be a Halloween Contest for residents & staff, their will be prizes

We will be celebrating national holidays, art painting, October craft, and lots of outdoor events.

Come join us for the fun!

THANK YOU!

Resident, Marilyn shows the activity department that she appreciates them with a gift.



Short-Term Therapy Success

Mrs. Rayna W. was admitted to Park Manor CyFair on May 10, 2025, following a stay at Houston Methodist for a right total hip arthroplasty. Upon admission, she required maximum assistance for bathing, dressing, and toileting, moderate assistance for bed mobility and transfers, and was only able to ambulate 10 feet with minimal assistance using a rolling walker. Her goal was to return home and regain her independence.

After 14 days of skilled physical rehabilitation, Rayna made excellent progress and achieved all of her goals. By discharge, she was modified independent for bathing, dressing, and toileting. She was also able to ambulate 250 feet with a rolling walker and standby assistance.

Rayna was successfully discharged home with home health services. We are proud of her hard work and determination throughout her stay at Park Manor CyFair!



HAPPY BIRTHDAY

Julia G.	10/1
Kathy A.	10/4
Hattie G.	10/5
Varol N.	10/9
Frank S.	10/13
Patricia M.	10/16
Miche S.	10/21
Rodolfo M.	10/27
Nelda W.	10/30
Raquel Z.	10/31

ACTIVITY HIGHLIGHTS





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MANAGEMENT TEAM

ADMINISTRATOR
Stanley Lira

DIRECTOR OF NURSING
Adriane Ruffin

BUSINESS OFFICE MANAGER
Tray Daniels

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
Alex Levigne

DIRECTOR OF TALENT
Ryan Walter

STAFFING COORDINATOR
Tabitha Steptoe

TRANSPORTATION COORDINATOR
Erica Williams

CLINICAL NURSE CONCIERGE
Jessica Jordan

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!

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

WORD LIST

AUTUMN
AWARENESS
CONNECTION
DECISIONS
EMOTIONAL
FOOD
PHYSICAL
PINK
PLANNING
PUMPKIN
SELFCARE
SPOOKY
SUPPORT
THERAPY
WELLNESS