

PARK MANOR CY-FAIR



SIMPLE WAYS GRATITUDE CAN LIGHTEN HOLIDAY STRESS

November is a month full of meaning. It is **Gratitude Month**, and it also includes **Stress Awareness Day** on November 5. Both remind us that while stress is a natural part of life, gratitude can help us feel calmer, healthier, and more connected.

Gratitude does not need to be complicated. Sometimes it is the little things that matter most. A warm meal shared with family, a kind word from a friend, or a neighbor lending a helping hand can ease stress and brighten your day.

Here are a few uplifting ways to practice gratitude this season:

Unplug and Notice: Step away from the news or your devices for a while. Enjoy the crisp air and colors of fall with a walk outside, or spend a cozy afternoon with family or friends over a cup of coffee or tea.

Share Your Thanks: Let family, friends, or neighbors know you appreciate them. A smile, a short note, or a thoughtful word can mean more than you realize.

Create Moments Together: Gratitude grows in connection. Enjoy a meal around the table, play a game with grandchildren, or simply sit and talk with someone you love.

Simply Pause: Take a few deep breaths and think of one thing you are grateful for today. It could be the

comfort of your surroundings, the laughter of friends, or the support of family.

Celebrate the Everyday: Holidays are special, but gratitude also lives in daily joys. Cherish the simple moments that brighten life, like the vibrancy of fall leaves, a phone call from a neighbor, or a hug from a loved one.

As families, friends, and communities gather this November, remember that gratitude is more than a holiday tradition. It is a way to ease stress, strengthen our connections, and celebrate the joy of reaching out and appreciating one another. Wishing you a season filled with thankfulness, togetherness, and a very **Happy Thanksgiving.**



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. Tran 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. Tran was successfully discharged home with home health.

ACTIVITY HIGHLIGHTS



Short-Term Therapy Success

ADMISSION & TREATMENT:

Mrs. A. is a 68 -year-old female who admitted to Houston Methodist Cypress following a fall. She was diagnosed with a left femur fracture. Following her surgery, she admitted to Park Manor CyFair on June 9th, 2025.

The Therapy team at Park Manor CyFair performed initial evaluations following admission.

Following initial assessments, Mrs. A. required moderate assistance for bathing, dressing, toileting, and transfers. She can ambulate 5ft with a RW with moderate assistance.



AT DISCHARGE: Following a 11-day stay of skilled nursing services Mrs. A. made significant gains with therapy by achieving all her goal.

Mrs. A. is now requiring minimal assistance for bathing, modified independent for toileting and upper body dressing and minimal assistance for lower body dressing.

Mrs. A. is modified independent with bed mobility, stand by assistance for transfers and able to ambulate 100 ft with a rolling walker with contact guard assistance.



HAPPY BIRTHDAY

Pearly N.	11/1
Elizabeth N.	11/1
Joye P.	11/2
Betty W.	11/2
Lenore A.	11/4
Nancy Su K.	11/10
Rafael V.	11/12
Gladys A.	11/21
Denny M.	11/21
Andrew B.	11/30

SPECIAL EVENTS

Hello, November 2025!

May this month bring everyone peace, love, happiness, good health, and blessings. In November, fallen leaves will be lying on the grass, and the trees will stand with all their bones & sticks. November is a month to remind us to be thankful for the many positive things happening in our lives. In November, tell one person how proud you are of them & tell one person thank you.

In November, we will be having a lot of November Fun and enjoying the cooler weather. We will be doing a lot of art paintings, celebrating national holidays, and DIY crafts with our residents.

- Sandwich Social 11/3
- Resident Birthday Bash 11/7
- Veterans Day 11/11
- Casino Trip 11/13
- *Family & Friends Thanksgiving Dinner* 11/20

Happy Holidays to All!

Mrs. Hattie G. who turned 103 years old in October.



Mrs. Juila who turned 103 years old in October.





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
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!

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

WORD LIST

APPRECIATE
COLD
DIABETES
FAMILY
FEET
FOOD
GRATITUDE
HONOR
KINDNESS
MEMORY
SERVICE
STRESS
THANKFUL
TOGETHER
VETERANS