

# PARK MANOR CY-FAIR



## Achieve Your New Year Goals with PURPOSE AND POSITIVITY

The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

### Simple Steps for Success

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."

- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

- **Motivation and Inspiration Day (January 2):** Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

### Need Extra Motivation?

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.

**Every step, no matter how small, brings you closer to your goals. With focus, determination, and support, this year can be your best yet!**



# SPECIAL EVENTS

## Hello January!

January, the first month of the year. It's the perfect time to start all over again, set goals, change energies & desert old moods, new beginnings, & new attitudes. This month brings the snow that makes our fingers and feet glow, with the limbs on the tree glistening with ice.

This month, we will introduce new games, art painting, and exciting social events filled with fun! Bingo will be held once a week this month, and we will have four community outings.

Come join us for the fun!

We will be celebrating National Holidays as well:

- New Year's Day
- National Buffet Day
- National Bird Day
- National Dress Your Pet Day
- National Hat Day
- National Strawberry Ice Cream Day
- National Popcorn Day
- National DJ Day
- National Puzzle Day

## PHOTO HIGHLIGHTS



## HAPPY BIRTHDAY

Latoya S.	1/1
Mary B.	1/2
Janet M.	1/3
Murphy Jr. K.	1/8
Karen W.	1/13
Anthony P.	1/16
Teresa T.	1/16
Lionel M.	1/17
Synda M.	1/28
Doris W.	1/29
Sidney J.	1/31

## RESIDENT OF THE MONTH:



Mrs. Betty enjoys activities. She loves to play bingo, arts/craft, games, movie day, spa day, and outdoor events. She enjoys having conversation with the other

residents and the staff. You can call her Mrs. Betty but she prefers grandma. She always has a smile on her face and stay involved in different events. When she is listening to music, she prefer to listen to oldie music from the 60's and 70's. You can have Mrs. Betty at any table when doing activities and she will get alone with everyone there. She is a beautiful person inside and out.

# PHOTO HIGHLIGHTS ...continued



## Donate Blood and Save Lives!

The need for blood, plasma, and platelet donations never stops. Every day, the Red Cross must collect nearly 13,000 blood donations to support patients in about 2,500 hospitals nationwide. This life-saving effort continues regardless of the season, weather, or holidays. Finding a place to donate is easy! Use the Red Cross Blood Donor app or visit [RedCrossBlood.org](http://RedCrossBlood.org) to schedule your next donation appointment. Your contribution could help save lives!



## DISCOVER A NEW HOBBY THIS JANUARY

Did you resolve to try something new this year? January is National Hobby Month—the perfect time to explore hobbies that bring joy, relaxation, and a sense of purpose. Hobbies not only to fill extra time, especially for seniors, but may also positively affect mood and well-being.

Here are some hobby ideas to inspire you:

 **Creative Crafts:** Try sewing, needlepoint, quilting, or painting. Creating something with your hands brings a sense of accomplishment, and your finished pieces can make heartfelt gifts or donations to those in need.

 **Games & Puzzles:** Enjoy crosswords, cards, or jigsaw puzzles to keep your mind sharp. Prefer tech? Online games on tablets and smart phones are great for mental stimulation, especially during National Puzzle Month!

 **Book Clubs:** Reading is a great leisure activity, and joining a group to discuss books can add a social element and spark meaningful conversations.

 **Social Media Fun:** Stay connected with loved ones by sharing updates, photos, and videos via text, email, or on social media. It's an easy way to stay involved and feel connected.

 **Music Appreciation:** Enjoy listening to your favorite tunes on the radio or join a group sing-along. Music is a wonderful way to relax, lift your spirits, and connect with others.

Hobbies add meaning and joy to life. Which one will you try this month?



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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!

<b>WORD LIST</b>
ACTIVITIES
CONNECT
DONOR
EQUALITY
GAMES
GLAUCOMA
GOALS
HOBBY
JANUARY
KERNEL
POPCORN
RESOLUTION
UNITY
WELLNESS
WORDS

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