

# PARK MANOR CY-FAIR



## TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

**sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.**

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!





## HAPPY BIRTHDAY

|               |       |
|---------------|-------|
| Julia G.      | 10/1  |
| Kathy A.      | 10/4  |
| Rudolph N.    | 10/7  |
| Maria P.      | 10/8  |
| Susan C.      | 10/10 |
| Frank S.      | 10/13 |
| Patricia M.   | 10/16 |
| Rodolfo M.    | 10/27 |
| Bartholome N. | 10/27 |

## National Healthcare Food Service Week

During Healthcare Food Service Workers Week, Oct. 4-10, we'd like to express our heartfelt appreciation to all our food service workers who make a nutritional difference every day in the lives of our residents, families and staff. Thank you for all your hard work and dedication in helping us stay well-nourished and healthy through the delicious meals you prepare with care.



## Celebrate the Colors of Fall

**Did you know there's a day just for celebrating color?** National Color Day

is October 22, and is all about appreciating the shades and hues that brighten our day, our world and even our moods! This holiday encourages creativity and mindfulness—it's a perfect excuse to look around and notice all the colors that make life more fun.

October is especially colorful with pumpkins, changing leaves, and cozy autumn décor. Let's have some fun with color:

- **Favorite color?** Do you wear it often or use it to decorate your home?
- **Mood check?** Which colors make you happy or energized?

Colors can inspire creativity, calm your mind, and even spark conversation with family and friends. Even adding a little color in your day, like a bright scarf, a cheerful piece of jewelry, or fun socks, can go a long way to lifting your spirits. Noticing the colors around us is a good reminder that life can be brighter when we add a little color to our day.

### What color are your pumpkins?

Grab your crayons or markers and bring these pumpkins to life! Go classic with orange, try pink or blue for a twist, or mix up a whole rainbow. There's no right or wrong—just have fun!





## THINK PINK THIS OCTOBER: BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a time dedicated to education, early detection, and support. Breast cancer affects hundreds of thousands of women and men each year, but when detected early, it can often be treated.

**Know the Signs –** Not every breast is the same, and changes are normal throughout life. Still, it's important to be aware of symptoms that may need a closer look, including:

- A new lump in the breast or underarm
- Thickening, swelling, or dimpling of breast skin
- Redness or flaky skin around the nipple
- Nipple turning inward or unusual discharge
- Any change in breast size, shape, or persistent pain

While many breast changes are not cancer, it's always best to check with a physician if you notice something new.

### Early Detection Matters

- **Breast self-exams:** Starting in your 20s, regular self-checks can help you become familiar with what's normal for you.

- **Check-ups and mammograms:** Women ages 40–49 should talk with their physician about when to begin mammograms. For women 50–74 at average risk, a mammogram every two years is recommended.
- **Mammogram Day:** The third Friday in October serves as an annual reminder to schedule your screening.

**Prevention and Wellness –** Some risk factors like age or family history can't be changed, but healthy habits may help lower your risk:

- Maintain a healthy weight
- Stay active
- Limit alcohol
- Don't smoke
- Keep up with routine check-ups

Many people choose to wear pink throughout October as a visible sign of support. This year, **Wear Pink Day is October 25**, and many communities also encourage **"Wear Pink Wednesdays."** It's a simple way to honor survivors, remember those lost, and stand together in the fight against breast cancer.

Source: [cdc.gov](https://www.cdc.gov)

## Halloween Fun All Month Long!

Welcome, October 2026! Let this month be the turning page with courage, forgiveness, and the things that set your hearts on fire. Finish the year with strength and a better you. We are ready for scarves, hoodies, jackets, brisk breezes, cool evenings & nights, a warm cup of coffee, apple picking, hayrides, harvest, haunted houses, ghosts, goblins, different costumes, black cats, and witches. The month when the leaves turn beautiful colors and hit the ground, to hear the crunching sounds of fall. A month filled with joy, peace, cool weather, and spooky fun! Join Us For A Spooky Month Of Fun!

10/15 Family Bingo Game Night  
5 pm-7 pm

### HALLOWEEN SPIRIT WEEK:

10/26 Zombie Monday  
Dress as a Zombie

10/27 Tue-Boo-Day- Dress as a Ghost

10/28 Twitchy Witch Wednesday  
Dress as a Witch

10/29 Tricky Thursday Clown Day  
Dress as a Clown

10/30 Freaky Friday Costumes  
Dress in your Costume

**There will be a contest with Pumpkins & Door Decorations.**

|                          |       |
|--------------------------|-------|
| Pumpkin Deadline         | 10/23 |
| Door Decoration Deadline | 10/23 |
| Pumpkin Judging          | 10/26 |
| Door Decoration Judging  | 10/28 |

**Let's Make This Month Full of Spooky Fun With Our Residents!**



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## MANAGEMENT TEAM

ADMINISTRATOR  
Stanley Lira

DIRECTOR OF NURSING  
Adriane Ruffin

DIRECTOR OF ADMISSIONS  
TBD

HR/PAYROLL COORDINATOR  
Lynsey Williams

BUSINESS DEVELOPMENT  
Tray Daniels

ADMISSION ASSISTANCE  
TBD

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  
TBD

DIRECTOR OF TALENT  
Ryan Walter

STAFFING COORDINATOR/  
CENTRAL SUPPLY  
Tabitha Steptoe

MAINTENANCE DIRECTOR  
Frank

TRANSPORTATION COORDINATOR  
Erica Williams

OFFICE VISIT HOURS  
8AM-5PM MONDAY – FRIDAY

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**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!

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

## WORD LIST

APPLE  
AUTUMN  
AWARENESS  
BONES  
BREAST  
CARAMEL  
CARDS  
COLORS  
GOURD  
HEALTH  
LEAVES  
PUMPKIN  
SCAM  
SECURITY  
WELLNESS