

# PARK MANOR SOUTH BELT



## FEBRUARY IS HEART MONTH: REDUCE YOUR RISK FOR HEART DISEASE

Several health conditions, your lifestyle, your age and family history can increase your risk for heart disease. These are called risk factors.

**About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.** Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control.

To lower your chances of getting heart disease, it's important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can lead to heart disease. High blood pressure has no symptoms, so it's important to have your blood pressure checked regularly.
- **Talk to your doctor or health care team** about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease.
- **Quit smoking.** If you don't smoke, don't start. If you do smoke or vape, research ways to quit.
- **Discuss checking your blood cholesterol and triglycerides** with your doctor.
- **Make healthy food choices.** Obesity or being overweight raises your risk of heart disease.
- **Avoid or limit alcohol** to one drink a day.
- **Manage stress levels** by finding healthy ways to cope with stress, such as meditation, exercise, or reading.

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



# Have the Happiest Valentine's Day Ever!

**Send a heartfelt Valentine Card** to someone who has inspired you and tell them how much they mean to you.

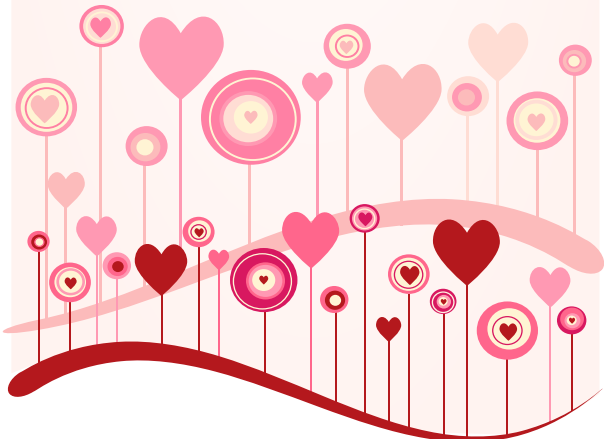
**Send flowers or candy** to someone without a significant other and sign it anonymously.

**Send a care package** to a family that has gone through a difficult time and sign it anonymously.

**Make a no-sew blanket** and donate it to a local shelter.

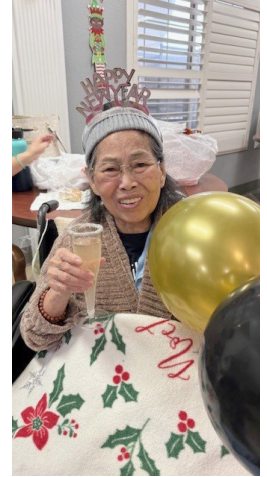
**Treat for ice cream.** Enjoy a sweet afternoon with your best friend, grandchildren or family.

**Giving doesn't have to be expensive, a compliment, handmade card, or flower will do.** Anything heartfelt and thoughtful will surely be appreciated. Giving is two gifts in one– not just the recipient benefits, but so do you!



## ACTIVITY HIGHLIGHTS

We had so much fun with all of our holidays bringing in the new year! We started out having Santa and the Grinch help our elves pass presents and visit every resident! We celebrated the New Year with a "champagne toast" and balloon drop for our residents to ring in 2025! We can't wait to see what fun things 2025 has in store for us!



**Black History Month** was established in 1926 to recognize and celebrate the significant contributions of Black Americans throughout history. This month serves as an important reminder of the struggles and achievements of the Black community, highlighting resilience, cultural richness, and pivotal role in shaping American culture and society. Through education and reflection, Black History Month strives to promote unity, diversity, equality, and social justice.



## Rehab Success Story

Mr. Gray is a 80-year-old male that was admitted to Park Manor of South Belt for skilled therapy. He was referred to therapy for weakness, decreased mobility, and unsteady balance. During the evaluation he required

moderate assistance with a 2-wheeled walker to walk 50 feet. He required minimal assistance for bed mobility and transfers. He required minimal assistance for upper body dressing and maximal assistance for lower body dressing and toileting. Mr. Gray's goal was to be able to walk again and improve his quality of life. Following a 17 day stay at Park Manor with skilled nursing and therapy services, Mr. Gray made incredible gains with physical and occupational therapy achieving his goal of 300 ft with a rolling walker having contact guard assistance. Additionally, he was able to gain modified independence for bed mobility and transfers. Mr. Gray now completes upper body dressing with stand by assistance and lower body dressing with minimal assistance and toileting with modified independence.

Mr. Gray was extremely motivated and always looking forward to therapy during his stay at Park Manor. He was so happy to return home with his daughter for the holidays.



## HAPPY BIRTHDAY

### RESIDENTS

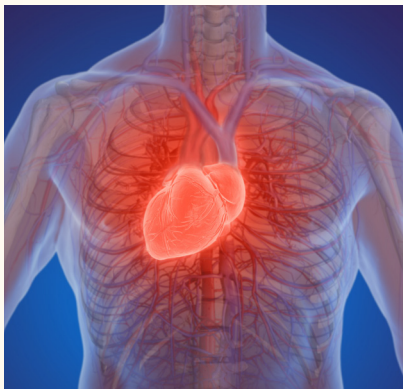
Ronald L.	Feb 1st
Dao Thi T.	Feb 4th
Delores B.	Feb 9th
Kent M.	Feb 14th
Jose L.	Feb 18th
Georgia M.	Feb 22nd

### STAFF

Lakedra Anigilaje	Feb 2nd
Peace Ijezie	Feb 4th
Cheryl Moody	Feb 7th
Beatriz Ramirez	Feb 8th
Felicia Williams	Feb 15th
Nobel Nwosa	Feb 25th
Mandy Rodriguez	Feb 27th

## National Cardiac Rehabilitation Week: February 9-15, 2025

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery.



### Benefits of Cardiac Rehab:

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.

Source: cdc.gov



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**ADMINISTRATION**

- David Holt  
ADMINISTRATOR
- Tina Cook  
DIRECTOR OF NURSING
- Swana Williams Smith  
ASSISTANT DIRECTOR OF NURSING
- Amber Robertson  
BUSINESS OFFICE MANAGER
- Jennifer Valdez  
DIRECTOR OF BUSINESS DEVELOPMENT
- Pamela Martin  
AP/PAYROLL/RECEPTIONIST
- Kim Beckham  
PPS COORDINATOR
- Jamie Guillory  
MDS COORDINATOR
- Randy Hurley  
ADMISSION COORDINATOR
- Deborah Lockwood  
UNIT MANAGER
- Margaret Toliver  
STAFFING COORDINATOR
- Delene Bourdeau  
SOCIAL SERVICES
- Christine Nguyen  
REHAB CLINICAL COORDINATOR
- Latasha King  
MEDICAL RECORDS
- Amber Jones  
ACTIVITY DIRECTOR
- Casto Vasquez  
CENTRAL SUPPLY CLERK
- Delisa Mack- Evans  
DIETARY MANAGER
- Gerry Vazquez  
MAINTENANCE DIRECTOR
- LaNard Morrison  
HOUSEKEEPING MANAGER
- Kevin White  
TRANSPORTATION

**Notes:**

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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!

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

**WORD LIST**

- CARDIAC
- CARE
- CHERRY
- EXERCISE
- FANTASY
- FLOWERS
- HEALTHY
- HEART
- HISTORY
- LIFESTYLE
- LOVE
- RED
- RISK
- SNACK
- VALENTINE