

# PARK MANOR SOUTH BELT

## WORLD DAY OF MUSIC: JUNE 21



World Day of Music, observed on June 21, celebrates the universal language of music. Originating in France in 1982 as *Fête de la Musique*, this day has grown into a worldwide sensation, embracing the diverse musical traditions of cultures around the globe.

**Musicians come together from various backgrounds, generations, and cultures, and showcase their talents with numerous songs and musical genres.** World Day of Music also encourages innovation, experimentation, and creativity in music-making. Need ideas on

how to celebrate? Here are a few to spark musical moments:

**Live Performances:** Attend a live performance from a volunteer musician, or at a local music event near you. Go see an artist you haven't seen or heard of before to broaden your musical horizons.

**Music-themed Movies:** Enjoy a musical movie every afternoon for a week! Include recent favorites, like *Sing* or *Chicago*, or classics like *Mary Poppins*, *Singing in the Rain*, or *The Wizard of Oz*. It might even turn into a fun sing-along!

**Music Trivia Night:** Organize a music trivia night featuring

questions about famous bands and musicians throughout history.

**Group Playlist:** Ask friends and family of all generations to each add one to two of their favorite songs to a playlist on your phone or tablet. Enjoy the variety of tunes and have fun discovering new songs and artists.

**Intergenerational Music Activities:** Did you play a musical instrument in your youth? Do you know how to read music? Share this talent with your grandchildren or local youth groups. Show them how to play scales, a simple song, or how to read sheet music.



# Rehab Success Story



Mr. K. is a 73-year-old male that was admitted to Park Manor of South Belt for skilled therapy. He

was referred to Park Manor of South Belt after hospitalization due to decline in functional mobility. Mr. K's goal was to be able to get stronger, walk, and be more independent. During the evaluation, he was not able to walk. He required maximum assistance during bed mobility as well as for transfers from bed to chair. Mr. K. required moderate assistance for upper body dressing, maximal assistance for lower body dressing and maximal assistance for toileting.,

Following a 13 day stay at Park Manor of South Belt with skilled nursing and therapy services, Mr. K. made significant progress with physical and occupational therapy. Mr. K. was able to walk 60 ft with a 2-wheel walker requiring contact guard assistance for safety. He was able to perform bed mobility and transfers with modified independence. Lastly, Mr. K. completes self-feeding, hygiene and grooming, upper body and lower body dressing and toileting with modified independence.

Mr. K. was extremely motivated to return home. We are so proud of your progress here at Park Manor of South Belt!

## National Men's Health Week June 9 – 15

National Men's Health Week is a great time for men to schedule all those check-ups that have been avoided or pushed back. Now is the time to go to those appointments! **Remember, full-body health includes your cognitive, eating, resting, and activity habits.** Here are some healthy tips for men:

- **Treat yourself to healthy, well-balanced portioned meals**
- **Visit the dermatologist to check your skin**
- **Prioritize setting a sleep schedule**
- **Schedule a check-up and cleaning with your dentist**
- **Visit a chiropractor to have your spine checked**
- **Enjoy leisure activities, such as fishing, bowling, watching sports or movies, reading, or gardening**
- **Quit smoking**
- **Laugh everyday**
- **Be kind to yourself by not comparing yourself to others**
- **Schedule a complete physical with your doctor that includes checking testosterone levels, cancer screenings, a prostate exam, blood and urine tests**
- **Visit an ENT to get your hearing checked**
- **Strive for 30 minutes of exercise daily**







## DID YOU KNOW THERE ARE TWO DOUGHNUT HOLIDAYS EACH YEAR?

**That's right— twice the excuse to indulge!** The first sweet celebration lands on the first Friday in June, and the second is in November. **The June version, known as National Doughnut Day, was started by The Salvation Army as a way to honor the brave "doughnut lassies"—women who fried up doughnuts in service helmets and served them to soldiers during World War I.** Years later, a new generation of morale-boosting women, known as the American Red Cross "Doughnut Dollies," continued the tradition by supporting troops during Vietnam.

Over time, "doughnut" has often been shortened to "donut," thanks to pop culture influences like *The Simpsons* and the ever-popular Dunkin'. And let's be honest—whether you're calling it a doughnut or a donut, we can all agree they're delicious!

These days, doughnuts have gone beyond simple powdered sugar or cinnamon. Hometown bakeries and specialty shops are dreaming up all kinds of mouthwatering combinations, like key lime pie, mocha crème, or even mango-filled delights. Some are topped with everything from cereal and crushed candy to flavored drizzles and cookie crumbles. But no matter how wild the toppings get, many still believe nothing beats the simple joy of a warm, freshly glazed donut.

With so many delicious options to choose from, what better time to enjoy your favorite than National Doughnut Day on June 6? **Whether you stick with the classics or try something new, there's a donut out there for you.**



## HAPPY BIRTHDAY

### RESIDENTS

Dolores D	Jun 10th
Alfonso V	Jun 12th
Truc T	Jun 20th
Debora R	Jun 21st
Phyllis C	Jun 30th

### STAFF

Rosa Berrones	June 6th
Valerie Murphy	June 7th
Parker Kelly	June 8th
Pam Henderson	June 8th
Margaret Oduro	June 22nd
Simone Harrison	June 27th

## STAR of the Month



Congratulations to our most recent STAR of the month **Irma Leyva** in housekeeping! She is always willing to help and always has a smile on her face.



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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

Evelyn Hernandez  
ADMISSION COORDINATOR

Pamela Martin  
AP/PAYROLL/RECEPTIONIST

Kim Beckham  
PPS COORDINATOR

Jamie Guillory  
MDS 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

Jerry Vazquez  
MAINTENANCE DIRECTOR

LaNard Morrison  
HOUSEKEEPING MANAGER

Kevin White  
TRANSPORTATION

## Notes:



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

## WORD LIST

DONUT  
FATHER  
FREEDOM  
GRANDPA  
HEALTH  
HYDRATION  
MEN  
MUSIC  
NICE  
NOTES  
SELFIE  
SONGS  
SURVIVOR  
WATER  
YOGA