

PARK MANOR SOUTH BELT



I Scream, You Scream, We All Scream for ICE CREAM MONTH!

Designated by President Reagan in the early 1980s, July is celebrated as Ice Cream Month, which features Creative Ice Cream Flavors Day on July 1 and Ice Cream Day on the third Sunday.

Did you know... the average American **consumes 23.2 quarts of ice cream per year.**

- **The top three flavors are**

vanilla, chocolate, and strawberry, often found in Neapolitan ice cream.

- Other popular flavors include **butter pecan, mint chocolate chip, rocky road, and pistachio.**
- Japan offers unique flavors like **wasabi, sweet potato, and matcha.**

If you could create your own ice cream flavor, what would you include? Would you start with a basic vanilla and add your favorite fruits, candies, or

nuts, or would you start with something unconventional like pineapple-coconut and add bacon bits or hot sauce for a spicy twist?

Looking for something fun to do on a hot afternoon? Host an ice cream social this July for family and friends. Offer a variety of toppings, sprinkles, drizzles, cones, and flavors for everyone to mix and match. Ask each guest to write down their favorite flavor or an imaginary flavor and have fun guessing who belongs to each flavor.



Rehab Success Story



Mr. M. is a 66-year-old male that was admitted to Park Manor of South Belt for

skilled therapy. He was referred to therapy after being hospitalized for a left pelvic fracture. During the evaluation he was only able to walk 5' with a two - wheel -walker with moderate assistance. He was able to perform bed mobility with contact guard assistance and transfers with minimal assistance. He required minimal assistance for upper body dressing, maximal assistance for lower body dressing and moderate assistance for toileting. Mr. M. had a goal to be more independent and return home with his family. Following a 19 day stay at Park Manor of South Belt, Mr. M. made significant gains with physical and occupational therapy achieving his goals. Mr. M. can now walk 300 ft with a 2-wheel walker requiring contact guard assistance for safety. Additionally, he was able to complete bed mobility, transfers, dressing and toileting with modified independence. Mr. M. was motivated throughout his time at Park Manor South Belt and always eager to participate with therapy. He was happy to return home with his family.

MAC & CHEESE DAY: JULY 14

It's no surprise hot dogs are a summertime favorite, but macaroni and cheese is a commonly served summer side at picnics, gatherings, and reunions. Between the sauce, seasonings, cheese selection, and the way it's cooked, there's a chance for you to try something new with each variation. Here are a few tasty options you can try this summer:



Veggie Delight: Vegetables are an excellent way to add nutrients to your mac & cheese, and creates a healthy spin on a classic dish. Veggies also add a splash of color with peas and carrots.

Spice it Up: Add a splash or two of your favorite hot sauce or spicy seasonings like smoked paprika, red paper flakes, or Cajun powder.

Say Cheese: One of the best parts of a mac and cheese meal is the cheese itself! Enjoy adding some out-of-the-box cheeses you might not commonly try with a mac and cheese dish, like feta, colby jack, or gouda.

BBQ: BBQ sauce enriches mac and cheese with a unique flavor pairing of sweet and savory. Grab your favorite BBQ sauce and drizzle it over top of the dish to enjoy a delicious combo!

Oodles of Noodles: Add more variety to your mac and cheese dish by trying out three or four different types of pasta! A few varieties to try are rigatoni, penne, cavatappi, and elbow macaroni. Don't be shy to mix and match the pasta, and experiment with a few different combinations to create your perfect dish.

Special Event Our July 4th celebration will be on July 3rd!

We invite everyone to wear Red, White and Blue that day in celebration for our freedom!

We will be having a July splash day complete with water balloons, snow cones, water guns and all the fun summer activities! Watch the July calendar for the date to come!





TIPS FOR PREVENTING HEAT RELATED ILLNESS

- ✓ **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing, wide-brim hats, and sunglasses. Many brands have offer UPF (Ultraviolet Protection Factor) apparel for added sun protection.
- ✓ **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- ✓ **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of 30 SPF (Sun Protection Factor) or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.
- ✓ **Drink Plenty of Fluids:** Drink more fluids, specifically water, regardless of how active you are. Don't wait until you're thirsty to drink. However, be sure to consult with your physician how much water you should consume daily, especially during summer months. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid and become dehydrated sooner.
- ✓ **Updates and Buddies:** Check your local news for extreme heat or UV alerts and safety tips. When working in the heat, be sure to have someone with you at all times. Monitor each other for signs of heat exhaustion or heat stroke.



HAPPY BIRTHDAY

RESIDENTS

Charlotte W	July 20th
Charles T	July 24th
Charles H	July 25th

STAFF

Esther Villarreal	July 3rd
Jessin George	July 11th
Shaun Umeh	July 13th
Debbie Lockwood	July 16th
David Holt	July 19th
Maria Garcia	July 22nd
Theresa Hosea	July 22nd
Amber Robertson	July 30th

STAR of the Month



A huge congratulations to our June STAR of the month **Sayira Mendoza** in dietary! She is always so nice and helpful and always has a smile on her face!



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ADMINISTRATION

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Tina Cook
DIRECTOR OF NURSING

Swana Williams Smith
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Amber Robertson
BUSINESS OFFICE MANAGER

Jennifer Valdez
DIRECTOR OF BUSINESS DEVELOPMENT

Evelyn Hernandez
ADMISSION COORDINATOR

Pamela Martin
AP/PAYROLL/RECEPTIONIST

Kim Beckham
PPS COORDINATOR

Michelle 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

Matthew Coleman
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!

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

WORD LIST

BOREDOM
CHEESE
EMOJI
FLAVOR
FRIENDSHIP
HEAT
ICE CREAM
JULY
MACARONI
PAINT
REUNION
ROCKS
STARS
STRIPE
SUN