

# PARK MANOR SOUTH BELT

**NATIONAL PLAY DAY:  
YOU ARE  
NEVER TOO  
OLD TO PLAY!**



**July 19 is National Play Day, a reminder that play does not have an age limit.** Whether you are 9 or 90, play has a way of lifting the spirit, sparking laughter, and bringing people together. It is one of the simplest ways to feel young at heart. In a month that also celebrates staying social and connected, play is a natural fit, especially when shared across generations.

There are so many ways to join in the fun:

- **Bean bag toss or cornhole in the yard**
- **Balloon volleyball or indoor bowling**
- **Games like left-right-center, checkers, chess, or cribbage**
- **Card games such as Uno, euchre, bridge, or rummy**
- **Classics like Battleship, Scrabble, or Connect Four**
- **Music, dancing, or playing piano, guitar, or another instrument**
- **Handheld video games or phone apps**

Play also brings back memories of simpler days, like neighborhood baseball games, riding bikes until dinner, or afternoons at the swimming pool with friends. Those spontaneous “play dates” were really just time spent enjoying life outdoors.

On National Play Day, try something familiar or something new. Gather with friends or family of all ages, have fun, stay connected, and simply play!



# OUR ANNUAL CRAWFISH BOIL WAS A BIG SUCCESS!!

Our residents and family members had so much fun.



## HAPPY BIRTHDAY STAFF

Esther Villareal	7/3
Jessin George	7/11
Jordyn Holmes	7/12
Shaun Umeh	7/13
Deborah Lockwood	7/16
Princess Bryant	7/19
David Holt	7/19
Davana Jordan	7/20
Maria Garcia	7/22
Theresa Hosea	7/22
Jakariana Jones	7/24
Kira Logan	7/28
Amber Robertson	7/30

## RESIDENTS

Felipe I.	7/18
Charles H.	7/25

## SPECIAL EVENTS

National Ice Cream Month



7/4 

7/27 Parents Day





## 250 YEARS OF RED, WHITE & BLUE

This Fourth of July marks 250 years since the signing of the Declaration of Independence, a milestone that brings a little extra meaning to a familiar summer tradition.

For generations, July 4 has been filled with backyard barbecues, hometown parades, fireworks, and simple moments shared with the people around us. While traditions evolve, the feeling stays the same: gathering together and celebrating the red, white, and blue.

A 250th celebration is a chance to slow down and enjoy those traditions in a simple, meaningful way.

- **Set out red, white, and blue table accents**
- **Enjoy a relaxed barbecue or picnic outdoors**
- **Play cards, board games, or simple lawn games**
- **Make easy patriotic crafts with family**
- **Serve colorful summer desserts or treats**

So whether it is a big gathering or a quiet evening outside, enjoy the day, the people, and the celebration of 250 years of red, white, and blue.

## Short-Term Therapy Success

### ADMISSION & TREATMENT:

Mrs. P. is a 77-year-old female that was admitted to Park Manor of South Belt for skilled nursing and therapy services. She was previously hospitalized after she fell and fractured her right shoulder. Mrs. P. presented with a decline in strength, functional mobility and balance.

Mrs. P. was evaluated by the therapy team at Park Manor of South Belt. During the initial assessment, she was able to walk 150 feet with a rolling walker requiring moderate assistance. She additionally required moderate assistance for bed mobility and transfers. Mrs. P. required maximal assistance with upper body dressing and toileting and total dependence for lower body dressing

### AT DISCHARGE:

Following her stay at Park Manor of South Belt with skilled nursing and therapy services, Mrs. P. made significant improvements with physical and occupational therapy achieving her goal of walking independently 300 feet without an assistive device. Additionally, she was able to perform bed mobility, transfers, dressing and toileting independently.

Mrs. P. was always determined and looking forward to therapy. Mrs. P. was always eager

to try different activities to improve her independence. She was highly motivated and excited to return home where she lived independently.



