

PARK MANOR SOUTH BELT



FAMILY FUN MONTH: END-OF-SUMMER FUN CHECKLIST

August is Family Fun Month, making it the perfect time to squeeze in a few more summer memories before the season comes to an end. You don't need a big vacation or expensive plans. Sometimes the simplest moments become the ones we remember most.

See how many you can check off before summer says goodbye!



- ☐ Read a new book
- ☐ Try a new ice cream flavor
- ☐ Make S'mores
(National S'mores Day is August 10!)
- ☐ Have a picnic indoors or outside
- ☐ Play your favorite card or board game
- ☐ Mix up a new lemonade flavor
- ☐ Watch a summer sunset
- ☐ Blow bubbles
- ☐ Listen to your favorite songs from years past
- ☐ Share a favorite summer memory
- ☐ Call or visit someone who makes you smile
- ☐ Enjoy a walk or simply relax outside
- ☐ Take a photo to remember the day

Whether you complete one activity or all of them, every little adventure is a chance to make new memories.
Summer isn't over yet!

FATHER'S DAY FUN!

Our Father's had a blast on their day, we love celebrating our fathers on their day.



HAPPY BIRTHDAY

STAFF

Tyrrion Moore	8/16
Nastassja Braxton	8/16
Teresa Chapa	8/16
Jessica Walker	8/26

RESIDENTS

Ann C.	8/8
Jo Ann R.	8/12
Hipolito M.	8/13
Douglas H.	8/27
Arthur A.	8/28

SPECIAL EVENTS

National Wellness Month



Family Fun Month



National Dog Month



Aug 2

National



Ice Cream Sandwich Day

Aug 3

National



Watermelon Day



A SWEET SLICE OF SUMMER FUN

For many of us, **watermelon and other favorite melons** bring back memories of long summer days spent with family and friends. Whether it was cooling off after playing outside, sharing slices at a picnic, or enjoying fruit at a community gathering, melons have been part of countless summer traditions.

Today, people are finding fun new ways to celebrate this favorite fruit. Some carve intricate designs into the rind, while others use a watermelon slice as a playful “smile” for memorable family photos. And yes, there’s still plenty of laughter over an old-fashioned watermelon seed-spitting contest!

Did You Know? The world record for spitting a watermelon seed is an amazing **75 feet, 2 inches!**

Not a watermelon fan? National Melon Day on August 9 is the perfect excuse to enjoy your favorite melon instead, whether it’s sweet cantaloupe, refreshing honeydew, or another summertime favorite.

Make Melon Memories This Summer

- Share your favorite way to eat melon.
- Tell a favorite picnic or family reunion story.
- Try making a simple watermelon basket or centerpiece.
- Snap a silly “watermelon smile” photo with family or friends.
- See who can come up with the funniest melon joke.

Sometimes the sweetest part of summer isn’t the fruit itself. It’s the laughter, memories, and moments we share while enjoying our favorite summertime treats together.

Short-Term Therapy Success

ADMISSION & TREATMENT:

Mr. C. is an 83-year-old male that was admitted to Park Manor of South Belt for skilled therapy.

Mr. C. was referred to Park Manor after being hospitalized for a fracture at the neck of his left femur. Mr. C. was admitted to therapy for his overall strength, balance and functional mobility. The therapy team at Park Manor of South Belt evaluated Mr. C. and during the initial assessment, Mr. C. had some balance but still needed an assistive device while walking. He required Max Assistance with bed mobility, transfers and toileting.

Mr. C. required Dependent and Max Assistance with dressing and toileting.

Mr. C.’s goal was to be able to regain his overall strength and independence so he could return home to his family.

AT DISCHARGE:

Following his stay at Park Manor of South Belt with skilled nursing and therapy services, Mr. C. made incredible progress. He successfully achieved his ambulation goal of walking over 300 feet using a two-wheeled walker with Contact Guard Assist. In addition, he was also Contact Guard Assist with bed mobility, transfers, dressing, and toileting.

Mr. C. was highly motivated throughout his rehab process. He was determined to regain his strength and mobility to achieve an independent lifestyle and return home to his family.

Congratulations, Mr. C. on all your progress and success you’ve made at Park Manor of South Belt!



