

PARK MANOR SOUTH BELT



TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!





HAPPY BIRTHDAY

STAFF

Nancy Baldez	10/1
Denise Hare	10/1
Kathy Pekins	10/15
Michelle Guillory	10/18
Tina Cook	10/22
Jaileen Arispe	10/23
Jane Ibekwe	10/25
Anthonia Okoro	10/27
Chidere Anagbogu	10/30
Mary Beckham	10/31

RESIDENTS

Rose L.	10/1
Elaine H.	10/2
Thomas S.	10/15
Hong T.	10/20
Valade M.	10/23
Gwendolyn H.	10/27
Micheline F.	10/30

SPECIAL EVENTS

Breast Cancer Awareness Month

National Pizza Month

Resident Rights Month

Physical Therapy Month

Oct 4 -10 Dietary Week

Oct 25 - 31 Respiratory
Care Week

Oct 12 National
Gumbo Day

Oct 16 Happy Boss's Day

Oct 31 Halloween!!

Celebrate the Colors of Fall

Did you know there's a day just for celebrating color? National Color Day

is October 22, and is all about appreciating the shades and hues that brighten our day, our world and even our moods!

This holiday encourages creativity and mindfulness—it's a perfect excuse to look around and notice all the colors that make life more fun.

October is especially colorful with pumpkins, changing leaves, and cozy autumn décor. Let's have some fun with color:

- **Favorite color?** Do you wear it often or use it to decorate your home?
- **Mood check?** Which colors make you happy or energized?

Colors can inspire creativity, calm your mind, and even spark conversation with family and friends. Even adding a little color in your day, like a bright scarf, a cheerful piece of jewelry, or fun socks, can go a long way to lifting your spirits. Noticing the colors around us is a good reminder that life can be brighter when we add a little color to our day.

What color are your pumpkins?

Grab your crayons or markers and bring these pumpkins to life! Go classic with orange, try pink or blue for a twist, or mix up a whole rainbow. There's no right or wrong—just have fun!



WE HAVE STARTED A NEW FUN ACTIVITY!!

Our residents have been loving our Thursday Travel of the month, we flew to Cancun and Rome. We had delicious chips and dips for our Cancun trip and homemade pizza for our travel to Rome.



Short-Term Therapy Success

ADMISSION & TREATMENT:

Ms. W. 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 for Spinal Stenosis of the thoracic. Ms. W. presented with a decline in strength, functional mobility, and balance.

She was evaluated by the therapy team at Park Manor of South Belt. During her initial assessment, she was able to walk 15 feet with a 2-wheeled walker requiring maximum assistance. Additionally, she required moderate assistance for bed mobility and transfers. For activities of daily living, Ms. W. was totally dependent when it came to activities such as dressing and toileting.

Prior to her hospitalization, she was able to move around independently. Ms. W. goals were to be able to regain her overall strength and independence so she could return home to her family.

AT DISCHARGE:

Following her stay at Park Manor of South Belt with skilled nursing and therapy services, Ms. W. made significant improvements with physical and occupational therapy. She achieved her goal of walking 200 feet with a two-wheeled walker. Also, she was able to perform bed mobility, transfers, dressing and toileting with independence.

Ms. W. was highly determined and always looking forward to therapy. She was eager to try different therapeutic activities to improve her independence and return home to her family.

We at the Rehab Gym are truly happy that Ms. W. successfully completed her therapy and wish her all the best.





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ADMINISTRATION

David Holt
ADMINISTRATOR

Tina Cook
DIRECTOR OF NURSING

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Cristina Williams
DIRECTOR OF BUSINESS DEVELOPMENT

Evelyn Hernandez
ADMISSION COORDINATOR

Pamela Henderson
AP/PAYROLL/RECEPTIONIST

Kim Beckham
PPS COORDINATOR

Michelle Guillory
MDS COORDINATOR

Vicki Simon
DISCHARGE PLANNER

Deborah Lockwood
UNIT MANAGER

Margaret Toliver
STAFFING COORDINATOR

Christine Nguyen
REHAB DIRECTOR

Allena Williams
MEDICAL RECORDS

Beatriz Ramirez
ACTIVITY DIRECTOR

Casto Vasquez
CENTRAL SUPPLY CLERK

Delisa Mack-Evans
DIETARY MANAGER

Matthew Coleman
MAINTENANCE DIRECTOR

LaNard Morrison
HOUSEKEEPING SUPERVISOR

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!

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

WORD LIST

APPLE
AUTUMN
AWARENESS
BONES
BREAST
CARAMEL
CARDS
COLORS
GOURD
HEALTH
LEAVES
PUMPKIN
SCAM
SECURITY
WELLNESS