Park Manor South Belt



Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

This year, take a moment before the meal to share with your family what you're thankful for. Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!

PARK MANOR
SOUTH BELT



Happy Birthday

STAFF

Joseph Chen	11/13
Zachary Cagle	11/14

RESIDENTS

Jerry H.	11/1
Loretta B.	11/6
Doris T.	11/6
Deister M.	11/13
Doodnauth J.	11/13
Chioma May S.	11/15
Nam N.	11/18
Linda H.	11/20

HAPPY THANKSGIVING



SPECIAL EVENTS

11/2	Dia de los Muertos
11/11	Veteran's Day & Remembrance Day
11/14	Spicy Guacamole Day
11/14	National Pickle Day
11/16	Thanksgiving Day

WE HAD OUR MEXICO INDEPENDENCE PARTY!!!

Mexico's Independence Day is celebrated every year on September 16. Mexico began its fight for independence from Spain in 1810, when Miguel Hidalgo gave the famous Grito de Dolores, calling people to fight for freedom. After 11 years of fighting, Mexico became independent in 1821. Today, people celebrate with parades, fireworks, music, dancing, traditional food, and colorful decorations. Many people also shout "¡Viva México!" to celebrate their country and its independence.











MEXICO PARTY CONTINUED!!!







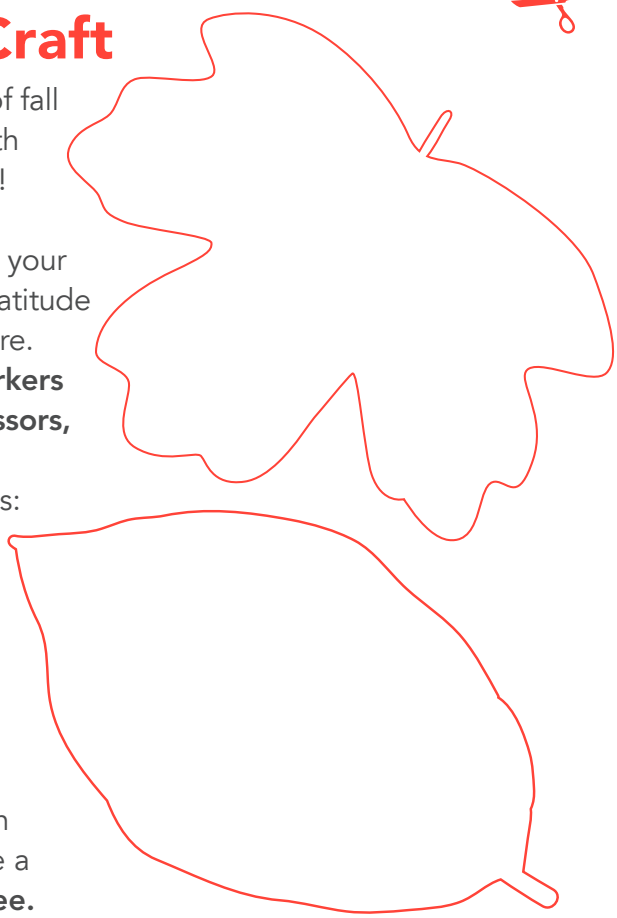
Gratitude Craft

Add a personal touch of fall décor to your space with a simple gratitude craft! Using the leaf shapes provided as a guide (or your own), create colorful gratitude leaves to display or share. **You'll need paper, markers or colored pencils, scissors, and glue.**

Write messages such as:

I'm Grateful for...
Blessed & Thankful
I'm Thankful for...
Be Thankful.
I Appreciate...

Decorate your leaves, then hang them as autumn décor or bunch them together to make a beautiful **Gratitude Tree.**



Short-Term Therapy Success

ADMISSION & TREATMENT:

Mrs. B. is a 69-year-old female that was admitted to Park Manor of South Belt for skilled nursing and therapy services. She was previously hospitalized due to Sepsis. Mrs. B. presented with a significant decline in her strength and overall functional mobility. She was evaluated by the therapy team at Park Manor of South Belt. During her initial assessment, she was unable to walk. Additionally, she required total assistance for bed mobility and transfers. For activities of daily living, Mrs. B. required total assistance with activities such as dressing and toileting.

Prior to her hospitalization, Mrs. B. lived alone at home and was able to move around with modified independence. Her goal was to be able to regain her overall strength and independence so she could return home.

AT DISCHARGE:

Following her stay at Park Manor of South Belt with skilled nursing and therapy services, Mrs. B. made significant improvements with physical and occupational therapy. She was able to achieve her goals and was able to walk approximately 20' with minimal assistance. She did not walk much prior to her stay. She was also able to perform bed mobility, transfers, dressing and toileting with modified independence.

Mrs. B. was highly motivated and always looking forward to therapy. Mrs. B. was eager and determined to try different therapeutic activities and techniques to improve her independence and return home safely.

Mrs. B. was able to return home and live independently after her stay at Park Manor of South Belt. We are so proud of you, Mrs. B.!



PARK MANOR
SOUTH BELT

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parkmanor-southbelt.com

Administration

David Holt
Administrator

Tina Cook
Director of Nursing

Swana Williams Smith
Assistant Director of Nursing (LTC)

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

Bajalang Baldeh
Social Worker

Allena Williams
Medical Records

Beatriz Ramirez
Activity Director

TBD
Central Supply Clerk

Delisa Mack-Evans
Dietary Manager

Matthew Coleman
Maintenance Director

LaNard Morrison
Housekeeping Supervisor

Kevin White
Transportation

Newsletter Production by PorterOneDesign.com

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!

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

WORD LIST

AUTUMN
FAMILY
FOOD
GRATITUDE
HONOR
KINDNESS
LEAVES
MEAL
MEMORY
REMEMBER
SHARE
SUPPORT
THANKS
TURKEY
VETERAN