

PARK MANOR OF CONROE



NEW YEAR'S RESOLUTIONS IDEAS FOR SENIORS

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin? Here are six resolutions to get you started:

Stay Connected: Resolve to participate in more social activities such as games, crafts, or movies. Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

Daily Physical Activity:

Incorporate light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

Learn Something New:

Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

Healthy Eating Habits:

Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

Read More: Cultivate a reading habit by setting aside time each day to enjoy

a good book or explore new topics of interest.

Maintain a Positive Outlook:

Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.



January is National Blood Donor Month

Make a Life-Saving Difference

This January, the American Red Cross celebrates National Blood Donor Month by honoring the vital contributions of blood, platelet, and plasma donors.

Donating blood is a simple yet powerful way to save lives. Every two seconds, someone in the U.S. needs blood—whether for surgeries, cancer treatments, chronic illnesses, or emergency care. **A single donation can help multiple patients and provide hope during critical times.**

Why not make it a 2025 goal to donate blood at least once if you're able? It's a meaningful way to give back and make a difference in your community. When scheduling your appointment, be sure to ask what you can do to prepare so you have the best experience possible.

All blood types are urgently needed. Find out how you can help and make a life-saving difference today! Schedule an appointment through the American Red Cross Blood Donor app or by visiting [redcrossblood.org](https://www.redcrossblood.org).

Source: [cdc.gov](https://www.cdc.gov) | [redcrossblood.org](https://www.redcrossblood.org)



WARM UP WITH A CUP OF HOT CHOCOLATE!



Few things can brighten a cold, rainy day like a warm, creamy cup of hot chocolate. This delightful drink has roots in the Mayan and Aztec civilizations, where roasted cocoa seeds were blended with spices like chili and annatto to create a rich, flavorful beverage. In ancient times, chocolate was considered a source of health and power, often reserved for royalty and the upper class.

Today, anyone can enjoy this comforting treat, whether made from scratch or a simple packet. Celebrate Hot Chocolate Day on January 31 by trying a new twist on your cocoa:

Sweet-tooth twist: Swap regular milk for a splash of coconut milk for a rich, tropical flavor.

Spicy kick: Add a pinch of cayenne and cinnamon powder for a bold, warming kick.

Minty delight: Stir with a candy cane, melt a peppermint patty or add a tiny splash of peppermint extract for a refreshing twist.

Warm up and indulge in the timeless joy of hot chocolate!



Glaucoma Awareness Month

Glaucoma is an eye condition that can lead to vision loss and blindness if not detected and treated early. It often develops without noticeable symptoms in its early stages, making regular eye check-ups crucial for early diagnosis. Increasing awareness about glaucoma and its risk factors, such as age and family history, is vital for prevention.

JANUARY ACTIVITIES AND SPECIAL EVENTS

Friday/January 3rd from 2:30-3:30 pm
Friday Social With Special Musical Entertainment by Mike Faltin – The Piano Man. Refreshments to be served.

Friday/January 10th From 2-4 pm
Movie Matinee On Your In-Room Tvs – Channel 55 and The Big Screen TV in the TV Room.
Fresh Popcorn and Sodas to be served.

Tuesday/January 14th From 2-4 pm
Special Musical Entertainment by The Country Pickers.

Friday/January 17th From 2:30-3:30 pm
Friday Social with Special Musical Entertainment by Rob Mason and His Amazing Light Show.
Refreshments to be served.

Tuesday/January 21st From 2-3:30 pm
RESIDENT COUNCIL MEETING
Everyone Is Encouraged To Participate.

Friday/January 24th From 2-3:30 pm
Happy Hour with Margaritas, Beer, Chips and Salsa.

Tuesday/January 28th From 2-4 pm
Special Musical Entertainment by The Country Pickers.

Friday/January 31st From 2:30-3:30 pm
Friday Social with Special Musical Entertainment by Mike Casey. Refreshments to be served.



HAPPY BIRTHDAY

Janet R.	1/05
Gilbert R.	1/07
Nancie E.	1/07
Anna H.	1/11
Pauline W.	1/18
Betty H.	1/19
Shirley G.	1/19
Susan B.	1/22
Rosanne N.	1/28
Judy S.	1/31

Happy Activity Professionals Week: January 19-25, 2025

A big thank you to our activities team for keeping our residents and families engaged, active, and safely involved in so many creative ways! From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up with some great activities. Luckily, January 19-25 is designated to recognize them for their hard work during National Activity Professionals Week!

Be sure to dedicate some time this

week to your activities team who continuously share their talents, creativity, spirit, enthusiasm, energy, generosity and compassion. One of the easiest ways to show your appreciation and gratitude is to say "thank you!" Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.





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PARK MANOR OF CONROE ADMINISTRATIVE STAFF

Crystal Quintero
ADMINISTRATOR

Charity Reece, RN
DIRECTOR OF NURSING

Beth Mayhew
ASSISTANT DIRECTOR OF NURSING

Kenlee Garcelon
BUSINESS OFFICE MANAGER

Michelle Beier
ASSISTANT BUSINESS OFFICE MANAGER

Melanie Williams
BUSINESS DEVELOPMENT DIRECTOR

Brandie Gilchrist
ADMISSIONS DIRECTOR

Melissa Blane, LBSW
SOCIAL SERVICES DIRECTOR

Andrea Brumley, LVN
PPS DIRECTOR

Melba Heath
MDS DIRECTOR

Toni Stephens
**MEDICAL RECORDS DIRECTOR/
CENTRAL SUPPLY DIRECTOR**

Ashley Colbert, LVN
UNIT MANAGER

Jacktone Ojuok, LVN
UNIT MANAGER/WEEKEND SUPERVISOR

Felix Jones
MAINTENANCE DIRECTOR

Nita Olson
ACTIVITY DIRECTOR

Kayla McQueen-Grady, LVN
UNIT MANAGER

Derk Grant, LVN
**WOUNDS CARE NURSE &
INFECTION PREVENTIONIST**

Kim Morgan
INTERIM NUTRITIONAL SERVICES DIR.

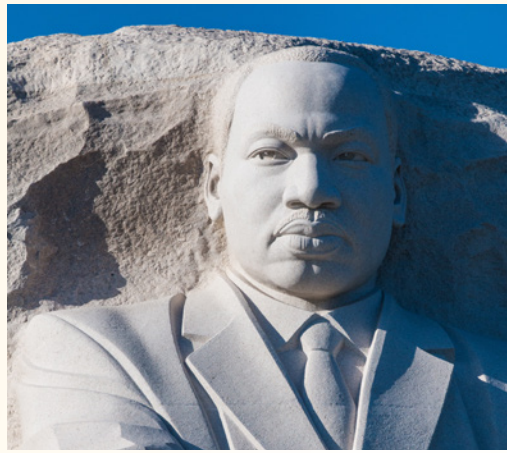
Mike Buhain
STAFFING COORDINATOR

Edgar Figueroa
DIRECTOR OF TRANSPORTATION

LaTrivia Bremby
HOUSEKEEPING & LAUNDRY MANAGER

Nicle Elsevier
DIRECTOR OF TALENT & LEARNING

Alllean Johnson
CONCIERGE



Martin Luther King Jr. Day

Each year, on the third Monday of January, we celebrate civil rights leader Martin Luther King Jr. This January 20, we honor his

legacy and acknowledge his courage to stand up for equality and commitment to ending racial segregation in the United States. The concept of Martin Luther King Jr. Day as a holiday was originally promoted by labor unions. After King's death, U.S. Representative John Conyers and U.S. Senator Edward Brooke introduced a bill in Congress to make King's birthday a national holiday. The holiday was observed for the first time, 39 years ago on January 20, 1986! Dr. King's legacy and impact on our world will never be forgotten.



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!



WORD LIST

**ACTIVITIES
CHOCOLATE
COCOA
CONNECTED
DONOR
DREAM
EQUALITY
EYES
GOAL
HOBBY
NEW YEAR
POSITIVE
PUZZLE
RESOLUTION
SIGHT**