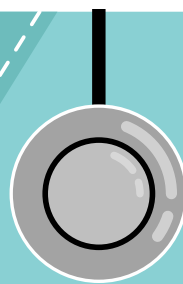
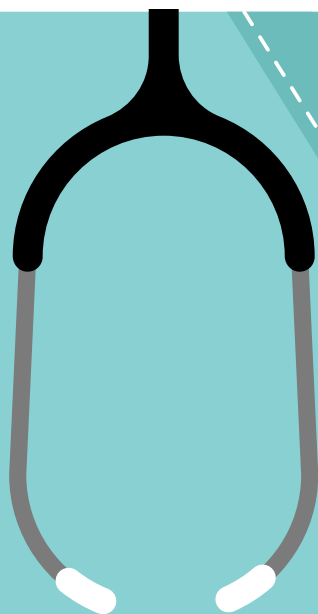


PARK MANOR OF CONROE



**CELEBRATING THE
POWER OF NURSES!**
NATIONAL NURSES WEEK: MAY 6-12

National Nurses Week is a time to celebrate the incredible impact of nurses and honor the “Mother of Nursing,” Florence Nightingale. The week begins on May 6 and concludes on May 12, her birthday.

The 2025 theme, *The Power of Nurses*, highlights their invaluable contributions and the profound difference they make every day. Nurses provide more than care and medical services—they

bring comfort, security, companionship, and joy to residents and their families. Their dedication enhances lives in countless meaningful ways.

In senior living communities, nurses are the heart of compassionate care. Their skill, kindness, and unwavering commitment create an environment where residents feel safe, supported, and valued. The power of nurses is seen in every comforting word, every healing touch,

and every moment they spend ensuring the well-being of those they serve.

This week, take a moment to show appreciation for the nurses who make a difference. A heartfelt thank-you, a small gift, or a thoughtful gesture can mean so much.

From all of us, we honor and celebrate the remarkable nurses who work tirelessly to help, heal, and uplift others. Your dedication is truly inspiring. Thank you!





While Cinco de Mayo initially observed the Battle of Puebla and Mexican heritage, it is now a global secular celebration of Mexican culture. This vibrant holiday is honored with parades, mariachi music, folklore tales, and sombreros. Decorations are often showcased in the colors of the Mexican flag (red, white, and green). Festivities may also include enjoying tasty tacos, margaritas, nachos, and more!

Community events during Cinco de Mayo often feature educational workshops and art exhibitions, teaching Mexican culture and history.

Here are some fun ways to celebrate this year:

Craft Decorations: Craft papel picado (paper banners) to embellish personal or community spaces.

Enjoy Mexican Cuisine: Prepare a taco bar where everyone can customize their own delicious meal.

Cultural Trivia Game: Engage seniors with a trivia game about Mexican culture, history, and traditions.

Music and Dance: Play traditional Mexican music and encourage residents to dance and enjoy the lively tunes together.

Movie Screening:

Watch a film or documentary that highlights Mexican heritage, followed by a discussion to enhance residents' and families' understanding of Cinco de Mayo.



Tapestry of Life

NATIONAL SKILLED NURSING CARE WEEK® | MAY 11 - 17, 2025

The 2025 theme for National Skilled Nursing Care Week (NSNCW), *Tapestry of Life*, celebrates the rich and diverse stories that come together in skilled nursing care.

Each resident, family member, caregiver, and staff member contributes a unique thread, woven into a shared fabric of resilience, connection, and compassion. Skilled nursing centers are more than places of care—they are vibrant communities where experiences intertwine, memories are cherished, and lives become forever woven together to make it a thriving community.

Now through May 11–17, families, residents, and staff are encouraged to celebrate this theme by weaving together traditions, experiences, and shared moments. Create a memory display with short reflections on paper strips or build a chain story where each person adds a personal touch to a fun, evolving tale. Share favorite songs, reminisce about concerts, and enjoy a group listening session. Spread kindness through small gestures like painting rocks, writing heartfelt notes, or crafting word clouds. Design a patchwork of fabric, photos, or decorated paper to visually capture the connections that unite us. Coming together for a shared meal can also be a meaningful way to bond—enjoying favorite dishes, exchanging stories, and celebrating the traditions that shape each person's journey.

Established by the American Health Care Association (AHCA) in 1967, NSNCW, formerly known as National Nursing Home Week recognizes the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.

Happy Mother's Day

Be sure to take a moment on Sunday, May 11 to honor moms, foster moms, surrogate moms, grandmothers, aunts, and the other important women role models in your life. Let her know how much she means to you by calling or video chatting. Take her out to lunch, or enjoy an afternoon together to celebrate and express your gratitude.



May Special Events



- Fri 2nd** 2-3:30 pm Ice Cream Social with punch and our own music.
- Mon 5th** 2-3:30 pm – Happy Cinco de Mayo Special Musical Entertainment by our own CNAs Rafael & Aaron with margaritas, wine, chips and salsa.
- Tues 6th** 9:45-10:30 am – Special Musical Entertainment by Milam Elementary 4th Graders.
- Frid 9th** 2:30-3:30 pm – Mother's Day Celebration for our Resident Mothers. Special gifts and refreshments to be served.



NATIONAL NURSING HOME WEEK: 5/12 – 5/16

- Mon 12th** 10-11 am – Coffee and Donut Social with music.
- Mon 12th** 2:30-3:30 pm - Special Musical Entertainment by Marcy Rae with refreshments.
- Tues 13th** 10-11 am – Coffee Social with home baked cinnamon rolls by Amy and music.
- Tues 13th** 2-3:30 pm – "50's At the Hop Day" with homemade ice cream sundaes and Karaoke!!!
- Wed 14th** 10:30-11:30 am – Carnival Games with Therapy in the Main Dining Room!!! Prizes, popcorn and snow-cones to be served.
- Wed 14th** 2:30-3:30 pm Special Musical Entertainment by Mike Casey with refreshments to be served.
- Thur 15th** 10-11 am – Special Musical Entertainment by The Second Baptist Church Ukulele Band.
- Wed 15th** 2-3:30 pm – Big Stakes Bingo with Nita & Amy in the main dining room.
- Fri 16th** 10-11 am – Coffee Social with fresh baked cookies.
- Fri 16th** 2:30-3:30 pm – Special Musical Entertainment by Mike Faltn – The Piano Man with refreshments to be served.



- Tues 20th** 2-3:30 pm – Resident Council Meeting All Residents are encouraged to participate. In the main dining room.
- Fri 23rd** 2-4 pm – Indoor Drive-in Movie in the main dining room – "Wild Hogs" with John Travolta, Tim Allen, Martin Lawrence and Bill Macy. Refreshments to be served.
- Mon 26th** MEMORIAL DAY – 2:30-3:30 pm Special Celebration of Veterans with The American Legion Post #411.
- Fri 30th** 2-3:30 pm Bunco with Susie G. in the main dining room.

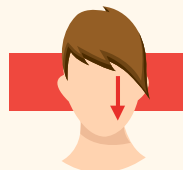


HAPPY BIRTHDAY

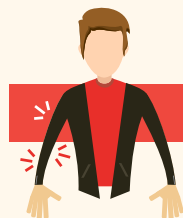
Josephine B. 5/06
Wilbert D. 5/21

Stroke Awareness: Learn to Act F.A.S.T.

Acting F.A.S.T. can help stroke patients get the treatments they need. Treatments that work best are available only if the stroke is recognized and diagnosed within three hours of the first symptoms.



F — Face: Ask the person to smile. Does one side of the face droop?



A — Arms: Ask the person to raise both arms. Does one arm drift downward?



S — Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?



T — Time: If you see any of these signs, call 9-1-1 right away.

Source: cdc.gov

Honoring Military Appreciation Month:

A time to recognize and express gratitude for the sacrifices made by service members and their families.



1600 GRAND LAKE DRIVE
CONROE, TX 77304

Admissions: 936.441.8266

info@parkmanor-conroe.com

parkmanor-conroe.com



PARK MANOR OF CONROE ADMINISTRATIVE STAFF

Crystal Quintero

ADMINISTRATOR

Charity Reece, RN

DIRECTOR OF NURSING

Beth Mayhew

ASSISTANT DIRECTOR OF NURSING

Ashley Colbert, LVN

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

Meg Thomas, LVN/PPS

PPS DIRECTOR

Melba Heath

MDS DIRECTOR

Toni Stephens

MEDICAL RECORDS DIRECTOR/
CENTRAL SUPPLY DIRECTOR

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

Anna Chavez

HOUSEKEEPING & LAUNDRY MANAGER

Nicole Elsevier

DIRECTOR OF TALENT & LEARNING

Allean Johnson

CONCIERGE



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!

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

WORD LIST

CARE
CELEBRATE
CINCO
CONNECT
FLOWERS
HEAT
HONOR
MOTHERS
NURSES
PRESSURE
REMEMBER
STROKE
TAPESTRY
WEAVE
WOMEN