

PARK MANOR OF CONROE



LONG-TERM CARE PLANNING MONTH

October is recognized as **National Long-Term Care Planning Month**, a time dedicated to highlighting the importance of preparing for future healthcare needs. While it may not always be easy to think about, taking steps today can make a world of difference tomorrow.

Seniors and their families are encouraged to start conversations early and make thoughtful, informed decisions about long-term healthcare options. Planning ahead not only reduces stress during unexpected situations but also ensures that personal preferences

are respected and financial security is better maintained. Whether it is discussing care options, setting up advanced directives, or exploring financial planning resources, this month is a reminder that preparation brings peace of mind. By addressing these important decisions now, seniors and their loved ones can look forward to a more comfortable and secure future.

National Long-Term Care Planning Month serves as a gentle reminder that thoughtful planning today can help ensure comfort, confidence, and peace of mind for tomorrow.



NATIONAL HEALTHCARE FOOD SERVICE WEEK

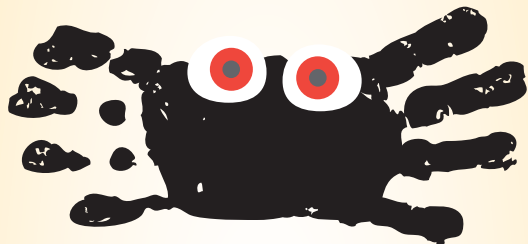
During Oct. 5-11, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Celebrate your food service workers and recognize the integral role they play in helping us stay well-nourished and healthy.



Spooktacular Arts & Crafts

HANDPRINT SPIDERS:

Apply black paint to your palm and four fingers leaving out the thumb. Place palm onto a piece of paper. Turn the paper 180° and print again making sure the palm overlaps. Add some googly eyes using either paint or stickers.



PAINT A PUMPKIN:

Pumpkin carving can be messy, difficult, and sometimes dangerous. Instead, use some permanent markers or acrylic paint to make your pumpkin look like a monster, clown, or other Halloween character. The smaller “pie pumpkins” or even the mini-pumpkins will work perfectly for this craft.

Don't have any pumpkins?

Grab some paper plates to use as your pumpkin and paint them orange, yellow, or green. Once the plates are dry, cut out shapes from additional plates or colored paper and glue them on for the eyes, nose, and mouth to create scary, happy, or wacky faces. Don't forget to add a green stem to complete your pumpkin!



EMOTIONAL WELLNESS MONTH: Simple Self-Care Tips

October is Emotional Wellness Month, a time to focus on caring for your mental and emotional health. It is also worth noting that **October 10 is World Mental Health Day**, a reminder that mental well-being is essential at every stage of life.

Mental health is just as important as physical health. It shapes how we think, feel, and act each day. It also influences how we manage stress, connect with others, and make decisions in challenging moments. Here are three simple ways to support your mental well-being:

1. Make Time for Self-Care: Little moments of joy can make a big difference. Read a good book, take a walk, listen to music, practice mindfulness, or enjoy a favorite hobby. Activities that bring relaxation and fulfillment can boost your mood and restore balance.

2. Stay Connected: Strong social connections are essential for emotional health. Spend time with family and friends, share meaningful conversations, and seek out community. Feeling connected helps ease loneliness and provides encouragement during difficult times.

3. Support Your Body to Support Your Mind: Your physical and mental health go hand in hand. Aim for regular exercise, a balanced diet, and plenty of rest. Moving your body releases feel-good endorphins, healthy foods fuel your brain, and good sleep keeps emotions steady.

Remember that mental health improvement is an ongoing process. **This October, take time to nurture your emotional wellness and encourage loved ones to do the same.** If challenges ever feel overwhelming, reach out to a trusted professional for guidance and support.



Special Events

Friday, October 3rd from 2-3:30 pm

Friday Social with Ice Cream Social and our own music.

Friday, October 10th from 2:30-3:30 pm

Friday Social with Special Musical Entertainment by Marcy Rae with refreshments.

Wednesday, October 15th from 2-3:30 pm

Praise & Worship Service with The Ark Family Church (Resident Rights Bingo Session to follow at 2:30 pm.)

Friday, October 17th from 2:30-3:30 pm

Friday Social with Special Musical Entertainment & Light Show by Rob Mason.

Friday/October 24th from 8:00 am to 5:00 pm

NASKILA CASINO TRIP. If you wish to participate in this outing, please let Nita or Anna in the Activity Department know by October 15th. Seating on the facility van is very limited.

Friday, October 24th from 2:30-3:30 pm

Friday Social with Special Musical Entertainment by Mike Casey and Coke Floats.

Wednesday, October 29th from 2-3:30 pm

SPECIAL ARTS & CRAFTS CLASS. Fall Wreath Making. There will also be a contest with our Fall Wreaths on Halloween with 1st, 2nd & 3rd places to be awarded.

Friday, October 31st

10 -11 am Halloween Carnival games with Therapy in the Main Dining Room with popcorn & sno-cones.

11:30 -11:45 pm Judging our Residents Fall Wreaths – 1st, 2nd & 3rd places.

1-1:30 pm STAFF CAKE WALK IN THE MAIN DINING ROOM!!!

1:30 -1:45 pm COSTUME CONTEST FOR STAFF & RESIDENTS. Everyone is invited to participate. 1st, 2nd, 3rd and Honorable Mention to be awarded.

2:30 -3:30 PM Special Halloween Musical Entertainment by Mike Faltin – The Piano Man!!! Come and dance with us!!!



THINK PINK THIS OCTOBER



October is Breast Cancer Awareness Month, a time to focus

on education, early detection, and support.

When found early, breast cancer can often be treated successfully.

Be mindful of changes such as new lumps, swelling, dimpling, redness, nipple discharge, or pain. While changes may not indicate cancer, it is strongly recommended that you check with your physician.

Regular self-exams, clinical exams, and mammograms are important:

- Women 40–49 should talk with their physician about when to begin screening.
- Women 50–74 at average risk should have a mammogram every two years.
- Mammogram Day, the third Friday in October, is a reminder to schedule your screening.

Prevention steps include staying active, keeping a healthy weight, limiting alcohol, not smoking, and keeping up with routine check-ups.

Show your support this month by wearing pink. **Wear Pink Day is October 25** this year and many people take part in **"Wear Pink Wednesdays."** It is a simple way to honor survivors, remember loved ones, and spread awareness.

Source: cdc.gov





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DIRECTOR OF TALENT & LEARNING

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CONCIERGE

Kevin Vazquez, LVN
UNIT MANAGER



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

WORD LIST

AUTUMN
AWARENESS
CONNECTION
DECISIONS
EMOTIONAL
FOOD
PHYSICAL
PINK
PLANNING
PUMPKIN
SELFCARE
SPOOKY
SUPPORT
THERAPY
WELLNESS