

PARK MANOR OF CONROE



American Heart Month: Know the ABCS of Heart Health

BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.



Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



A: Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



C: Manage your cholesterol. Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



S: Don't smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit smokefree.gov or call 1-800-QUIT-NOW today.

Source: millionhearts.hhs.gov



HAPPY BIRTHDAY

| | |
|-------------|------|
| Joyce D. | 2/7 |
| Sue G. | 2/9 |
| Rickie T. | 2/9 |
| Mark M. | 2/10 |
| Irene M. | 2/11 |
| Brian S. | 2/17 |
| Quentin C. | 2/20 |
| Anita F. | 2/21 |
| Ruth M. | 2/23 |
| Marshall R. | 2/27 |

Special Events

From Monday/February 2nd till Tuesday/February 11th there will be special Voting Boxes at the front of the Nurses Station to vote for your **VALENTINES DAY KING & QUEEN**. This is only for Residents!!! King & Queen will be crowned and honored at the Valentine's Day Celebration on Friday/February 13th.



Friday/February 6th from 2-4 pm

Afternoon Movie Matinee on the Big Screen in the Dining Room. Refreshments to be served.



Thursday/February 12th from 10-11 am

Special Musical Entertainment by THE SECOND BAPTIST CHURCH UKULELE BAND.



Friday/February 13th from 2:30-3:30 pm

VALENTINE'S DAY CELEBRATION with Special Musical Entertainment by Mike Faltin – The Piano Man and refreshments. King & Queen to be crowned.



Tuesday/February 17th from 2-3:30 pm

Resident Council Meeting.



Wednesday/February 18th from 2-3:30 pm

The Ark Family Church Service with praise & worship, preaching, teaching & prayer.



Friday/February 20th from 2:30-3:30 pm

Friday Social with Special Musical Entertainment by Mike Casey. Refreshments to be served.



Friday/February 27th from 2:30-3:30 pm

Friday Social with Special Musical Entertainment & Light Show by Rob Mason. Refreshments to be served.



Valentine Heart Message Painting

Supplies:

- 2 sheets white cardstock paper (or 1 canvas and 1 sheet of paper)
- Red and pink paint
- Paint brush
- Scissors
- Tape

Directions:

First cut out a heart shape that will fit in the center of your other sheet of paper. Helpful hint: fold

the paper in half, draw half a heart and then cut out the shape.

Use a piece of tape to lightly tape it the center of your other piece of paper.

Use dots of paint to color the area around your heart shape. Put more dots in the center and space them out towards the edges.

When paint is dry, peel your taped heart off. Paint or write

a message in the center:

Love | Be Mine | R U My Valentine? | I ❤ U



EMBROIDERY MONTH

Embroidery is a craft most notably mastered by the early Egyptians, as well as the Chinese in the Zhou Dynasty of China. Studies show that this art may have also existed in primitive cultures in many parts of the world. From generation to generation, the art of stitching has evolved and reached a new height in popularity among hobbyists.

Most of the time, embroideries are made for use in clothing and other household furnishes. In the early days, the type of embroidery and the fabric that was used indicated a certain economic level relative to society. While this craft is now more accessible today than ever, it remains as a productive hobby all the same.



- **Volunteer at a nursing home.** Share your skills: play music, be a companion, or help with crafts.
- **Write letters or make cards.** Brighten someone's day by sending a personal note.
- **Share a meal.** Invite a friend for a simple lunch or bring food to share with others.
- **Offer a helping hand.** Assist a neighbor with carrying groceries or run an errand for them.
- **Give compliments freely.** Offer genuine compliments to people around you to make them feel good.
- **Read to someone.** Spend time reading a book or article aloud to someone who might appreciate it.

These small acts can not only make someone's day but also bring joy and fulfillment to you. Take today to make a change in someone's world—and yours. A few seconds of kindness can mean the world to someone. **Be kind!**



RANDOM ACTS OF KINDNESS DAY: FEBRUARY 17

What small act could you do today to brighten someone else's day? While money can be earned and gifts can be bought, time is priceless. Here are a few Random Acts of Kindness that can make a difference:

- **Share a smile.** It's simple but can brighten anyone's day.
- **Show appreciation.** Call, text, or meet a friend to let them know how much they mean to you.
- **Donate food or household items.** Contact a local shelter and find out what items they need and make a donation, if you are able to do so.
- **Volunteer regularly.** Spend time once a week helping at local shelter or community center.
- **Send flowers or a plant.** Brighten someone's space by sending them a bouquet or potted plant.
- **Donate blankets or pillows.** Help animals in need by donating gently used items.

All types of embroidery started with hand embroidery. From this, many other techniques were invented, such as machine embroidery, weaving, cross-stitching, and many more. Today there are millions of hobbyists that are fond of hand embroidery. To get started, all you need is a thimble, fabric, thread, a pattern, and a variety of needles!



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PARK MANOR OF CONROE ADMINISTRATIVE STAFF

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TBD
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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!

| WORD LIST |
|------------------|
| COUPLES |
| EMBROIDERY |
| EXERCISE |
| HEALTH |
| HEART |
| HISTORY |
| KINDNESS |
| LIFESTYLE |
| LOVE |
| MATCH |
| NEEDLEWORK |
| PINK |
| RED |
| RISK |
| VALENTINE |

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