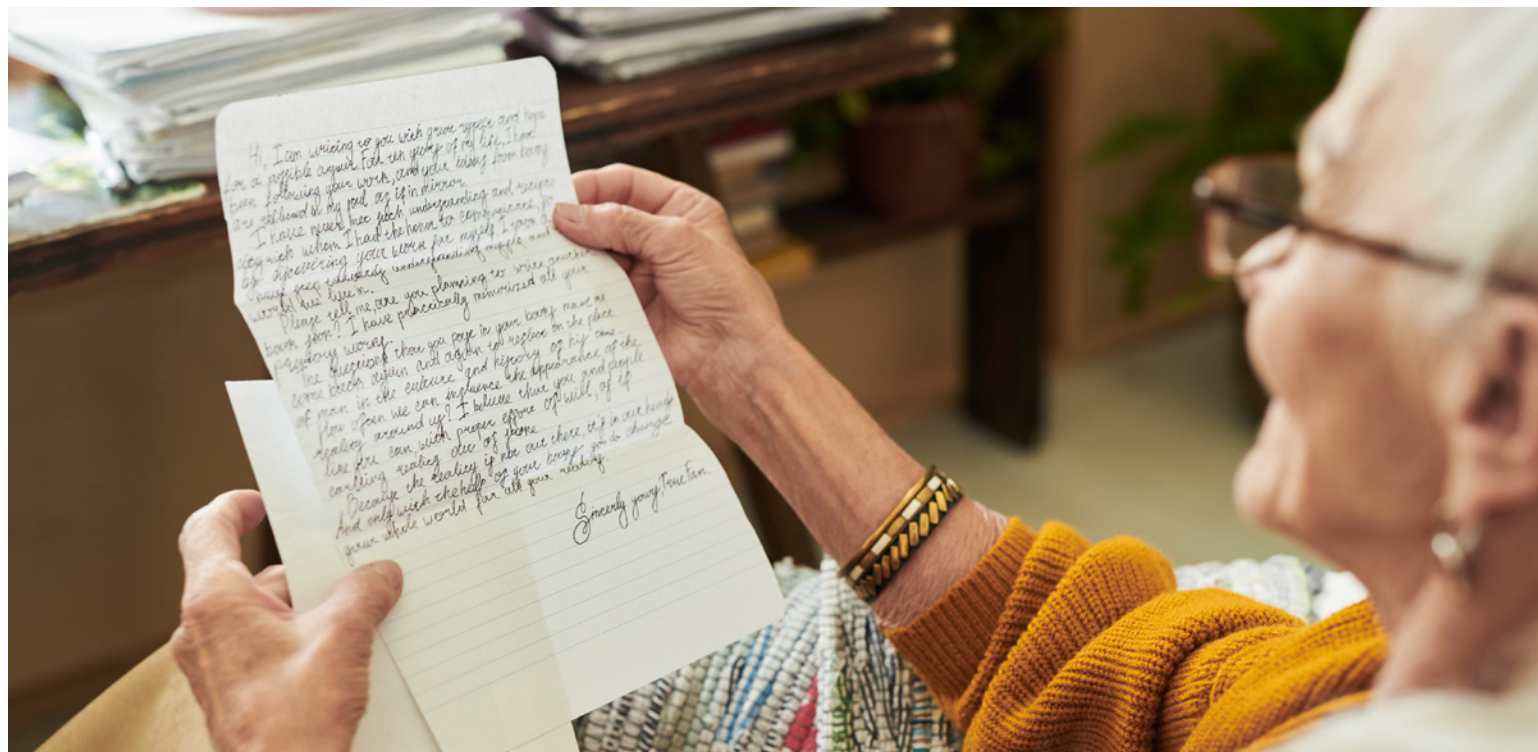


PARK MANOR OF CONROE



Making Everyday Moments Awesome

March 10 is National Day of Awesomeness, a day to notice the little things that make life enjoyable and to share them with others. It's the perfect excuse to celebrate simple joys and connect with the people around you, no matter your age.

Notice the little things

Take a few minutes today to spot moments that make you smile. Maybe it's a favorite song, a sunny spot by the window, or the smell of fresh coffee. Keep a small notepad handy and jot down

anything that sparks a happy memory or makes you chuckle.

Reach out to someone special

Call a friend, share a funny story with a grandchild, or send a note to someone you haven't seen in a while. Even a quick chat or a shared laugh can brighten both your days. Try sending one message or making one call today to lift someone's spirits.

Share the fun

Do something enjoyable with someone else. Read a favorite story together, play a simple game, or swap memories from the past. Ask a child or grandchild to share their favorite silly joke or story with you.

Treat yourself

Take a moment to enjoy something that feels special to you. Indulge in a favorite treat, savor a comforting drink, listen to a song you love, or spend a few quiet minutes relaxing. Choosing a small pleasure just for yourself can lift your mood and make the day feel a little more awesome.

This National Day of Awesomeness, celebrate the everyday joys and connections that make life brighter for you and everyone around you. Small actions, shared laughs, and simple moments of fun can turn an ordinary day into something truly awesome.





HAPPY BIRTHDAY

Adolpho L.	3/5
Daniel J.	3/7
Brenda M.	3/10
Dorothy H.	3/13
William C.	3/17
Lester C.	3/20
Aurora T.	3/20
Nathan P.	3/22
Patsy C.	3/28



Special Events

Fri/March 6 from 2:30-3:30 pm – Friday Social with Special Musical Entertainment by MARCY RAE. Refreshments to be served.



Sun/March 8 – DAYLIGHT SAVINGS TIME BEGINS AT MIDNIGHT – SET YOUR CLOCKS AHEAD ONE HOUR!!!!



March 10 2-3:30 pm National Day of Awesomeness/ special activities



Fri/March 13 from 2:30-3:30 pm - Friday Social with Special Musical Entertainment by MIKE CASEY. Refreshments to be served.

Tues/March 17 from 2:30-3:30 pm - **ST. PATRICK'S DAY CELEBRATION** with Special Musical Entertainment by MIKE FALTIN – THE PIANO MAN. Refreshments to be served.



Wed/March 18 from 9-11:30 am – OUTING TO WALMART. Please let Nita or Anna in Activity Department know well in advance if you wish to go as we only have five seats in the facility van.



Wed/March 18 from 10-11 am – Special Gospel Musical Entertainment with THE BY THE BOOK GOSPEL QUARTET.



Wed/March 18 from 2-3:30 pm – Church Service with Praise & Worship, Preaching & Prayer by THE ARK FAMILY CHURCH.



Thur/March 19 from 10-11 am – Special Musical Entertainment by THE SECOND BAPTIST CHURCH UKULELE BAND.



Tue/March 24 from 10-11 am – Special Christian Musical Entertainment by SPRING BAPTIST CHURCH SENIOR CHOIR.



Thur/March 26 from 9:30 am - 2:30 pm – OUTING TO TEJAS BINGO PARLOR. Please let Nita or Anna in the Activity Department know well in advance if you wish to go as we only have 5 seats in the facility van.



Frid/March 27 from 2:30-3:30 pm – Friday Social with Special Musical Entertainment & Light Show by ROB MASON. Refreshments to be served.



March 31 – 2-3 pm 3-3:45 pm Special Music by Remembering When





RECOGNIZING HEARING LOSS

World Hearing Day, observed annually on March 3, promotes ear and hearing care across the world and raises awareness of how to prevent deafness and hearing loss. If you have any of these signs or symptoms, you may have hearing loss caused by noise:

- **Speech and other sounds seem muffled**
- **Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone)**
- **Trouble understanding conversations when you are in a noisy place, such as a restaurant**
- **Trouble understanding speech over the phone**
- **Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)**

- **Asking others to speak more slowly and clearly**
- **Asking someone to speak more loudly or repeat what they said**
- **Turning up the volume of the television or radio**
- **Ringing in the ears**

Untreated hearing loss, especially in older adults, can lead to:

- **social isolation**
- **depression**
- **dementia**
- **falls (leading to injury)**
- **inability to work or travel**
- **reduced physical activity**

Don't wait until you show signs of hearing loss. Have your hearing examined by your doctor during your regular checkup. If you have any signs of hearing loss, get tested by a qualified healthcare provider.

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

DIABETES ALERT DAY: MARCH 25

According to the CDC, over 1 in 3 Americans have prediabetes, increasing the risk of stroke, heart disease, and Type 2 diabetes. Frequent blood sugar testing is crucial when first diagnosed, helping to track how food, activity, stress, and illness affect glucose levels. Although patterns become more predictable over time, yet lesser-known factors can still cause blood sugar spikes.

Here are six surprising things that can spike blood sugar:

Sunburn: The pain causes stress, which can raise blood sugar levels.

Artificial Sweeteners: Though more research is needed, some studies suggest they may increase blood sugar.

Coffee: Caffeine can make some people's blood sugar more sensitive, even without sweeteners.

Lack of Sleep: One night of insufficient sleep can impair insulin usage.

Skiping Breakfast: Missing the morning meal can raise blood sugar later in the day.

Dehydration: Less water can concentrate blood sugar levels.

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





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Beth Mayhew, LVN

ASSISTANT DIRECTOR OF NURSING

Kenlee Garcelon

BUSINESS OFFICE MANAGER

Payg Davis

ASSISTANT BUSINESS OFFICE MANAGER

Melanie Williams

BUSINESS DEVELOPMENT DIRECTOR

Brandie Gilchrist

ADMISSIONS DIRECTOR

Melissa Blane, LBSW

SOCIAL SERVICES DIRECTOR

Ashton Comeaux

SOCIAL SERVICES ASST.

Meg Thomas, LVN/PPS

PPS DIRECTOR

Melba Heath, LVN

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

Mike Buhain

STAFFING COORDINATOR

Edgar Figueroa

DIRECTOR OF TRANSPORTATION

Miles Bell

HOUSEKEEPING & LAUNDRY MANAGER

Nicole Elsevier

DIRECTOR OF TALENT & LEARNING

Allean Johnson

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!

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

WORD LIST

ART
AWESOME
BOOK
CRAFT
DIABETES
GREEN
HEAR
LISTEN
MOMENTS
READ
SAINT
SHAMROCK
SOCIAL
UPLIFT
WORKER