

PARK MANOR OF CONROE



TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!





HAPPY BIRTHDAY

Marcus W.	10/4
Carol S.	10/8
Douglas D.	10/8
Vinell, D.	10/17
Verland W.	10/18
David W.	10/19
Betty D.	10/20
Dwayne D.	10/20
Tamra K.	10/28
Claudette M.	10/29

National Healthcare Food Service Week

During Healthcare Food Service Workers Week, Oct. 4-10, we'd like to express our heartfelt appreciation to all our food service workers who make a nutritional difference every day in the lives of our residents, families and staff. Thank you for all your hard work and dedication in helping us stay well-nourished and healthy through the delicious meals you prepare with care.



Celebrate the Colors of Fall



Did you know there's a day just for celebrating color? National Color Day is October 22, and is all about appreciating the shades and hues that brighten our day, our world and even our moods! This holiday encourages creativity and mindfulness—it's a perfect excuse to look around and notice all the colors that make life more fun. October is especially colorful with pumpkins, changing leaves, and cozy autumn décor. Let's have some fun with color:

- **Favorite color?** Do you wear it often or use it to decorate your home?
- **Mood check?** Which colors make you happy or energized?

Colors can inspire creativity, calm your mind, and even spark conversation with family and friends. Even adding a little color in your day, like a bright scarf, a cheerful piece of jewelry, or fun socks, can go a long way to lifting your spirits. Noticing the colors around us is a good reminder that life can be brighter when we add a little color to our day.

What color are your pumpkins?

Grab your crayons or markers and bring these pumpkins to life! Go classic with orange, try pink or blue for a twist, or mix up a whole rainbow. There's no right or wrong—just have fun!



Special Events



Friday/October 2nd – 2-4 pm – Scary Movie Matinee in the TV room with the big screen TV and popcorn.



Wednesday/October 7th – 10-11 am

Special Gospel Musical Entertainment by THE BY THE BOOK QUARTET.



Friday/October 9th – 2:30-3:30 pm – Friday Social with Special Musical Entertainment by MIKE CASEY & ice cream sundaes.



Saturday/October 10th – 2-3:30 pm

Arts & Crafts with Anna – Painting with a Scary twist.



Wednesday/October 14th – 2-3:30 pm

Creative Cooking Class – Chocolate Dirt Cake with gummy worms.



Friday/October 16th – 2:30-3:30 pm

Friday Social with Special Musical Entertainment by MARCY RAE with fresh baked cookies & lemonade.



Saturday/October 17th – 2-3:30 pm

Ice Cream Social with our own music.



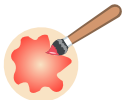
Wednesday/October 21st – 2-3:30 pm

Church Service by THE ARK FAMILY CHURCH.



Friday/October 23rd – 2:30-3:30 pm

Friday Social & Happy Hour with Musical Entertainment & Light Show by ROB MASON. Margaritas, beer, chips & salsa to be served.



Saturday/October 24th – 2-3:30 pm

Decorate your own Halloween cookie with Anna.



Wednesday/October 28th – 2-3:30 pm

Special Halloween Arts & Crafts Class with light-up scarecrow bottles to be judged on Friday/October 30th at 11:30 am. 1st, 2nd & 3rd places will receive prizes.



Friday/October 30th – 10-11 am - Trunk or Treat out in front of the facility with Therapy. (Weather permitting) With sno-cones & popcorn.



Friday/October 30th – 11:30 am – Judging of the Halloween Arts & Crafts at the Nurses Station.



Friday/October 30th – 1:00-1:30 pm

Annual Staff Cake Walk.



Friday/October 30th – 2:30-3:30 pm

Halloween music & fun with MIKE FALTIN THE PIANO MAN. Cupcakes & punch to be served.



Saturday/31st – HAPPY HALLOWEEN!!! – 2:30 pm – THE CONROE CRUISERS CLASSIC CAR CLUB WILL BE HAVING A CAR SHOW IN OUR PARKING LOT!!!

Strong Bones, Steady Steps: Bone & Joint Health Week

Bone and Joint Health Week, observed October 11–18, shines a light on how we can stay active, steady, and strong as we age.

Over time, our bones naturally lose density and cartilage thins, which can lead to arthritis, back pain, or osteoporosis. These changes may cause discomfort, but there are ways to ease pain and protect mobility. Nearly 15 million adults in the U.S. live with severe joint pain, often alongside other conditions like diabetes or heart disease.

The good news is that healthy habits can make a big difference. **Activities like walking, tai chi, yoga, golf, or gentle chair exercises can improve strength, balance, and flexibility.**

Don't overlook the value of assistive devices such as canes, walkers, or supportive braces. They can reduce strain, prevent falls, and help you stay confident and independent while moving through your day.

Small steps add up, but always check with your physician or physical therapist before starting something new. Ask about a bone density test, too. Early detection can help you stay active, independent, and living life to the fullest. *Source: cdc.gov*





1600 GRAND LAKE DRIVE
CONROE, TX 77304

Admissions: 936.441.8266

info@parkmanor-conroe.com

parkmanor-conroe.com



ADMINISTRATIVE STAFF

Crystal Quintero

ADMINISTRATOR

Roy Kombo

ASSISTANT ADMINISTRATOR

Ashley Colbert, RN

DIRECTOR OF NURSING

Beth Mayhew, RN

ASSISTANT DIRECTOR OF NURSING

Kenlee Garcelon

BUSINESS OFFICE MANAGER

Payg Davis

ASSISTANT BUSINESS OFFICE MANAGER

Melanie Williams

BUSINESS DEVELOPMENT DIRECTOR

Brandie Gilchrist

ADMISSIONS DIRECTOR

TBD

SOCIAL SERVICES DIRECTOR

Ashton Comeaux

SOCIAL SERVICES ASST.

Meg Thomas, LVN/PPS

PPS DIRECTOR

Melba Heath, LVN

MDS DIRECTOR

Toni Stephens

MEDICAL RECORDS/CENTRAL SUPPLY DIRECTOR

Jay Dobie, LVN

UNIT MANAGER/WEEKEND SUPERVISOR

Felix Jones

MAINTENANCE DIRECTOR

Nita Olson

ACTIVITY DIRECTOR

Kayla McQueen-Grady, LVN

UNIT MANAGER

Derk Grant, LVN

WOUNDS CARE/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

Dawn Secrist

RESPIRATORY THERAPIST

& Dee Johnson, RN

WEEKEND TREATMENT NURSE

Jack Ojuok, LVN

EVENING MANAGER

Anna Chavez

ACTIVITY ASSISTANT



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!

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

WORD LIST

APPLE
AUTUMN
AWARENESS
BONES
BREAST
CARAMEL
CARDS
COLORS
GOURD
HEALTH
LEAVES
PUMPKIN
SCAM
SECURITY
WELLNESS