

PARK MANOR WESTCHASE



HAPPY LABOR DAY

Labor Day, observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution. Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.



GRANDPARENTS DAY

Grandparents hold a special place in the hearts of families, providing a wealth of wisdom, love, and cherished memories. They play a pivotal role in passing down traditions, values, and life experiences to younger generations. Here are some ways grandchildren and grandparents can celebrate Grandparents Day on September 10 together:

- Go to a local park or playground
- Look through old photos or create a scrapbook
- Listen to each other's favorite songs/music
- Draw or make a craft together
- Make a video of them interviewing each other



ACTIVITY PHOTO HIGHLIGHTS



SEPTEMBER 21: THE INTERNATIONAL DAY OF PEACE



The International Day of Peace is dedicated to promoting peace and non-violence. It serves as a reminder of the crucial need for conflict resolution, understanding, and compassion in today's world. Individuals across the globe are urged to come together to advocate for peaceful coexistence, raise awareness about peace-related issues, and participate in various activities aimed at fostering a more harmonious and inclusive society.

Here are ten ways to get involved:

1. **Start and end your day with a moment of silence for peace and reflection**
2. **Join or organize a peace walk or march in your community**
3. **Meditate or practice mindfulness for peace and inner harmony**
4. **Engage in acts of kindness and compassion towards others**
5. **Write or share peaceful messages and quotes on social media using #InternationalDayOfPeace**
6. **Support a local charity or organization working towards peace and conflict resolution**
7. **Read books or watch documentaries about peace and global understanding**
8. **Create and display peace-themed art or crafts at home or in public spaces**
9. **Attend virtual peace conferences or webinars to learn more about peace-building efforts**
10. **Plant a peace garden or flowers representing different cultures and countries**



HAPPY BIRTHDAY

| | |
|-----------|---------|
| Doris W. | Sep 04 |
| Jane K. | Sep. 06 |
| Tracy T. | Sep 06 |
| Morris B. | Sep 17 |
| Albert S. | Sep. 18 |
| Evelyn M. | Sep. 29 |

WELCOME NEW RESIDENTS

We hope your stay here is the best.

Don't Skip a Beat Prepare for Heart Attacks

Heart attack symptoms may include:

- **Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.**
- **Feeling weak, light-headed, faint, or a cold sweat.**
- **Pain or discomfort in the jaw, neck, or back.**
- **Pain or discomfort in one or both arms or shoulders.**
- **Shortness of breath.**

Source: cdc.gov



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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!

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

WORD LIST

AGING
BALANCE
COCONUT
CONFIDENT
EXERCISE
FALLS
GRANDPARENT
HARMONY
HEALTH
HEART
LABOR
MINDFUL
NEIGHBOR
PEACE
PREVENT