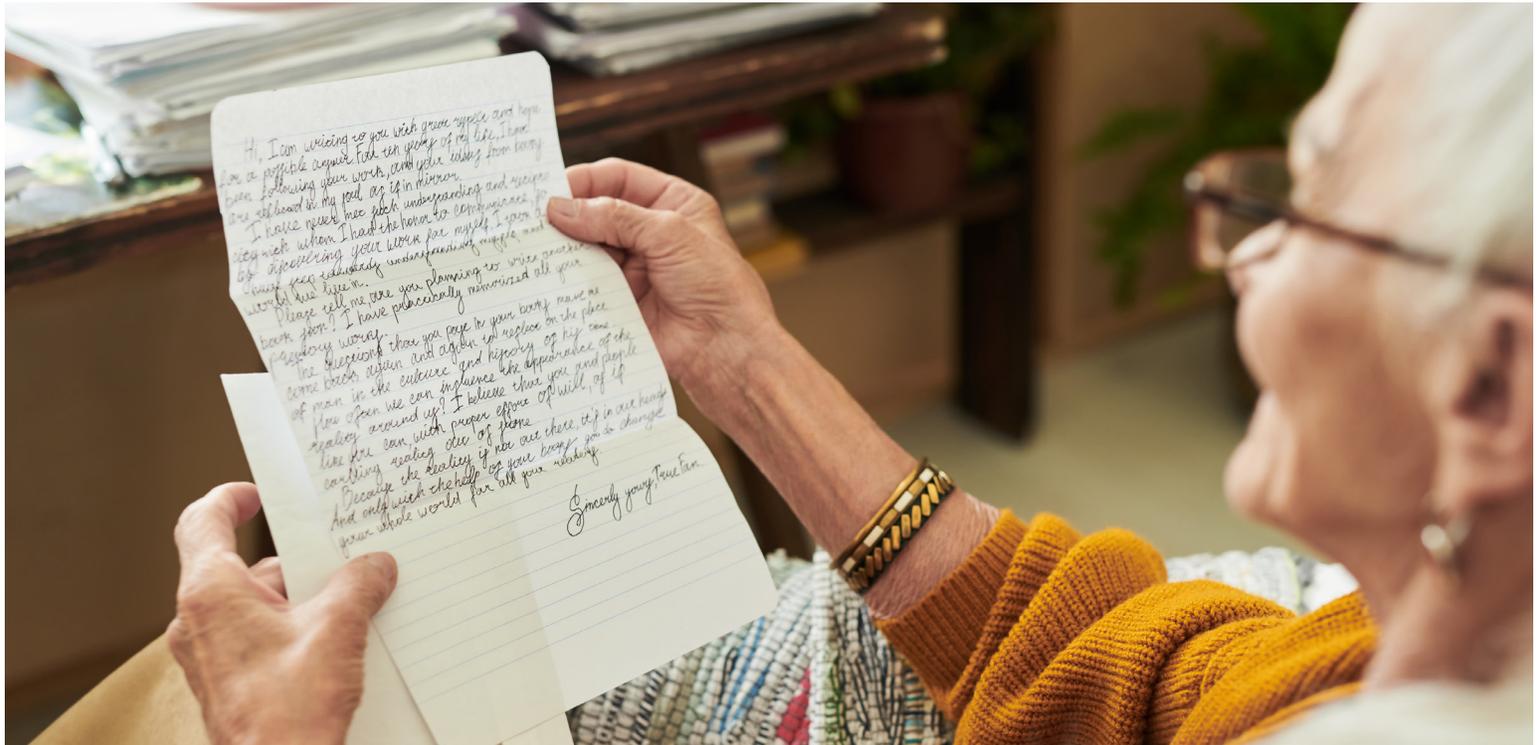


PARK MANOR WESTCHASE



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.



Uplift. Defend. Transform: Celebrating our Social Workers!

This year's Social Work Month theme is "Uplift. Defend. Transform." and it reflects the many ways social workers support individuals and families through compassion, advocacy, and meaningful guidance. Their work centers on strengthening well-being, protecting dignity, and helping people navigate life's changes with confidence and care.



Social workers collaborate closely with care teams to address emotional and social challenges, offering reassurance, resources, and steady support when it matters most. Through listening, problem-solving, and advocacy, they help ensure each person feels seen, heard, and valued.

During Social Work Month, we extend our sincere appreciation to the social workers who bring empathy, dedication, and heart to their work each day. Their commitment uplifts others, defends what matters most, and helps create positive, lasting change.

ACTIVITY PHOTO HIGHLIGHTS

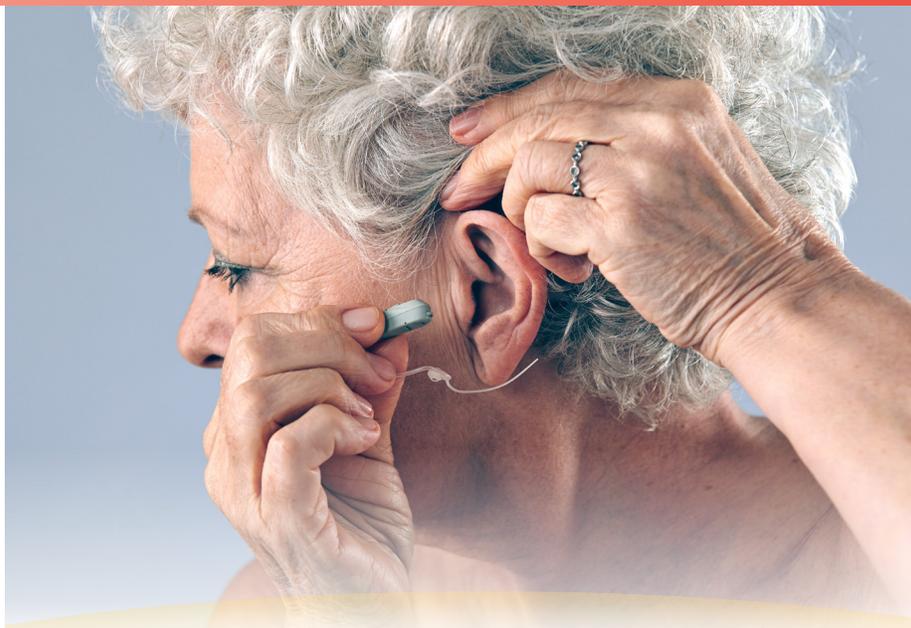


Get Crafty during Craft Month!

Whether you already paint, knit, quilt, woodwork, or crochet, try some of these other creative projects throughout the month. Ask family and friends to join you for arts and crafts.

- Painted Rocks
- Handmade Greeting Cards
- Paper Plate Crafts
- Easy Origami
- Button Magnets
- Decorative Paper Flowers





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



HAPPY BIRTHDAY

Rosenda G.	3/1
Freddie F.	3/3
Joe H.	3/4
George P.	3/18

WELCOME NEW RESIDENTS

We hope your stay here is the best.

Read Across America Day



Read Across America Day is celebrated each year on March 2 in honor of Theodor Seuss Geisel—better known as Dr. Seuss. For generations, his imaginative stories and

playful rhymes have delighted readers of all ages, from *The Cat in the Hat* to *Green Eggs and Ham*.

Created by the National Education Association, Read Across America Day highlights the joy and lifelong benefits of reading.

This March, find a cozy spot, open a book, and let the story take you somewhere special.



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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!



WORD LIST

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