

# PARK MANOR WESTCHASE



## Superpowers, Strength, and Everyday Heroes

Every year on April 28, we celebrate National Superhero Day, a time to honor both the fictional heroes who inspire us and the real-life heroes who make a difference in our world. **First recognized in 1955, this day serves as a powerful reminder that courage, strength, and selflessness are qualities we all admire**, whether they exist in comic books or in everyday life.

Superheroes first soared into popularity in the 1930s and 40s, with iconic characters like Superman, Batman, Wonder Woman, and Captain America making their debut. With extraordinary abilities—flying, super strength,

invisibility, and mind-reading—these heroes became symbols of hope and justice.

While we celebrate these fictional icons, **let's also take a moment to honor the everyday heroes among us, including nurses, EMS, firefighters, police officers, and first responders.** They may not wear capes, but their superhuman strength and resilience are on display every day. Whether they're saving lives, protecting our communities, or providing care in moments of crisis, they embody the same values of courage, sacrifice, and selflessness that we admire in our favorite superheroes.

**If you could have any superpower, what would it be?**

The ability to heal? To fly? To be invisible? Or perhaps the strength to lift entire buildings with ease? While most of us won't develop superhuman abilities, we all possess unique strengths that have the power to create change.

There is a bit of a superhero in all of us. We may not wear capes or leap tall buildings, but through acts of kindness, resilience, and perseverance, we can make a lasting impact.

**This National Superhero Day, take a moment to celebrate the heroes—both fictional and real—who inspire us to be braver, kinder, and stronger. And remember, the world could always use another hero.**

**Maybe that hero is YOU!**



# OCCUPATIONAL THERAPY MONTH

Disabilities, illnesses, and injuries can often cause difficulties in daily living. Activities such as bathing, getting dressed, cooking, or driving may be challenging. Occupational therapy is a beneficial resource for addressing these challenges and improving capabilities.

Occupational therapy practitioners help their patients accomplish their goals through a variety of methods, including:

- Demonstrating exercises that will help increase mobility
- Developing techniques to aid concentration, memory, and executive function
- Recommending appropriate adaptive equipment such as eating aids, shower chairs, or walkers, and teaching the patient how to use the equipment
- Recovering and improving the patient's skills through the therapeutic use of daily activities
- Intervening with preventative measures or exercises to reduce the risk of future illness or injury



April is Occupational Therapy Month and is a great time to show appreciation for the occupational therapy practitioners who help people live their lives to the fullest.

## ACTIVITY PHOTO HIGHLIGHTS



## PHOTOS...CONTINUED



## The Joy of Volunteering: Finding Purpose Through Giving Back

Studies show that volunteering can help us age better through dedicated socialization and fulfillment, increasing both happiness and self-esteem. Seniors who volunteer also experience other benefits such as better health, making friends, learning new skills, and keeping their minds sharp with new experiences.



## HAPPY BIRTHDAY

Thanh T.	April 03
Ronald C.	April 03
Tessie B.	April 06
Maria B.	April 09
Keung C.	April 11
Petra P.	April 28

## WELCOME NEW RESIDENTS

We hope your stay here is the best.

## World Art Day is April 15

Art has the power to inspire, connect, and bring joy. Art is a wonderful way for families to bond and create lasting memories. Try these fun projects with loved ones:

-  Collaborative Canvas – Take turns adding colors and designs to a shared canvas, creating a family masterpiece.
-  Storytelling Through Art – Illustrate a favorite childhood memory through drawings, comics, or watercolor paintings.
-  Photo Collage or Scrapbooking – Preserve memories by combining photos, drawings, and handwritten notes.
-  Upcycled Art – Transform recycled materials into mosaics, sculptures, or mixed-media collages.



11910 RICHMOND AVENUE  
HOUSTON, TX 77082

Admissions: 281.497.2838  
info@parkmanor-westchase.com  
parkmanor-westchase.com

### ADMINISTRATIVE STAFF

ADMINISTRATOR  
Carrie Hill

DIRECTOR OF NURSING  
Mayra Polio, RN

ASSIT. DIRECTOR OF NURSING  
Jonathan Ventura

UNIT MANAGER  
Linda Brannon

UNIT MANAGER  
Joshua Manguiano

PPS COORDINATOR  
Mercy Iwuchukwu

MDS COORDINATOR  
TBA

WOUND CARE NURSE  
Kaitlyn Greenfield

WEEKEND SUPERVISOR  
Liya Wang

BUSINESS OFFICE MANAGER  
Denise Martinez

PAYROLL  
Ashley Heath

DIR. OF BUSINESS DEVELOPMENT  
Anthony Francois

ADMISSIONS DIRECTOR  
Kayte Reaves

SOCIAL SERVICES DIRECTOR  
Nkeiru Okwegba

DIRECTOR OF THERAPY  
Eddie Espinosa

MEDICAL RECORDS  
Gina Apodaca

ACTIVITY DIRECTOR  
Abigail Martinez

CENTRAL SUPPLY  
Audrey Scipio

MAINTENANCE DIRECTOR  
Faustino Orduno

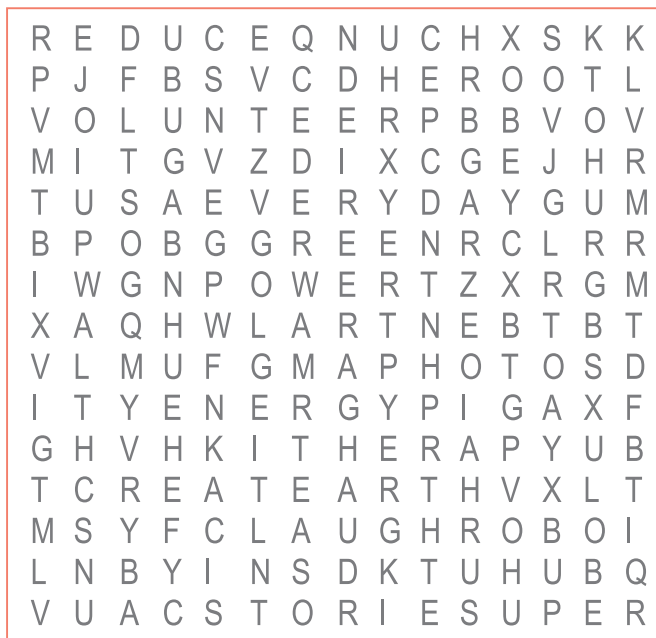
HOUSEKEEPING SUPERVISOR  
Doris Emerson

DIETARY MANAGER  
May Brown

STAFFING COORDINATOR  
Tanjila Lewis



**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
- CREATE
- EARTH
- ENERGY
- EVERYDAY
- GREEN
- HERO
- LAUGH
- PHOTO
- POWER
- REDUCE
- STORIES
- SUPER
- THERAPY
- VOLUNTEER