

PARK MANOR WESTCHASE

NATIONAL MEN'S HEALTH WEEK: JUNE 15-21



National Men's Health Week is an important time to focus on men's well-being, raising awareness and encouraging early detection for better health outcomes. Studies show that men are less likely than women to visit the doctor for annual check-ups, which makes it even more important to highlight the value of regular health screenings. This week serves as a reminder to prioritize men's health, seek routine medical advice, and catch

potential issues early. Many common health problems, such as prostate and colon cancers, can be treated effectively when detected early. Prostate cancer is the most common cancer in American men (excluding skin cancers), but it can often be treated successfully with early detection.

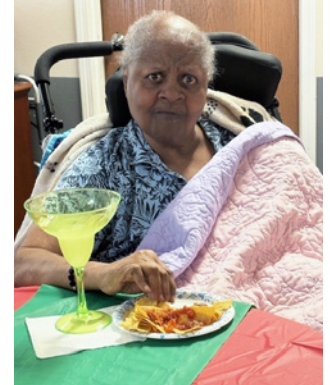
In addition to routine exams for prostate and colon screenings, men should also keep up with regular check-ups from other health professionals, including dentists, dermatologists, and eye doctors. Annual

dental visits can help prevent tooth decay and gum disease, while eye exams can catch issues like glaucoma or early signs of vision loss. Regular skin checks with a dermatologist can detect skin cancers early, when they are most treatable.

Taking small steps today, like making an appointment or talking to a healthcare provider, can make a big difference. Use this week as a starting point to take charge of your health and support the men in your life in doing the same.

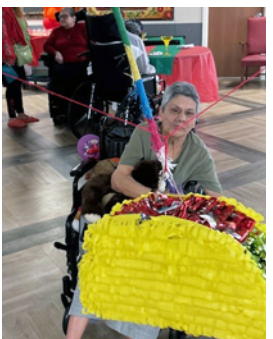
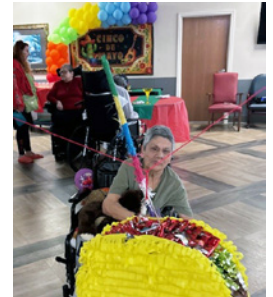


ACTIVITY PHOTO HIGHLIGHTS



Happy Father's Day

Be sure to take a moment on Sunday, June 21 to honor dads, foster fathers, surrogate dads, grandfathers, uncles, brothers and the other important male role models in your life. Let him know how much he means to you by calling, texting, visiting or sharing photos on social media. Take him to dinner, nine holes of golf, fishing, or to the movies and spend the day together. Send a card or small gift to show your love and appreciation. It is sure to brighten his day!



HYDRATION DAY!

On June 23 each year we celebrate National Hydration Day! Proper hydration is vital to living a long healthy life, but it's often overlooked due to the regular hustle and bustle of the day. Carrying a water bottle can make a huge difference in your summer health, and may also help protect from dehydration, heat stroke, and other dangerous issues. It is never too late to start taking better care of your hydration! **Unsure how to go about drinking more water?** Be sure to speak with your physician to know how much is right for you. Then treat yourself to a new refillable water bottle. They come in all different styles and colors with the ounces labeled. There are free apps for your phone or tablet that can keep track and send reminders about your water intake. Find a method that works for you and make a commitment to stay hydrated all year long!



National Great Outdoors Month

Great Outdoors Month is the perfect time to enjoy the outdoors, whether it's a short stroll or a bit of quiet time in the sun. You don't have to travel far to embrace the wonders of nature. Here are some simple ways to get started:

- Relax in the courtyard, porch, or on the patio
- Have a picnic lunch outside, or enjoy a meal in the fresh air
- Take a leisurely walk with a friend or caregiver
- Visit a local park and watch the birds
- Tend to plants, flowers, or a small garden
- Try easy lawn games like ring toss or bean bag toss
- Enjoy the peace of a nearby pond, beach, or waterway

Even small moments spent outdoors can lift your spirits, spark connection, and bring peace. Fresh air, sunshine, and a little nature can go a long way!



HAPPY BIRTHDAY

Helen W.	June 04
Thu L.	June 06
Dorothy B.	June 09
Shirley P.	June 10
Joseph C.	June 17
Terry B.	June 20
Sin C.	June 21
Norman C.	June 24

WELCOME NEW RESIDENTS

We hope your stay here is the best.

JUNETEENTH INDEPENDENCE DAY

Did you know that Juneteenth became a federal US holiday in 2021, even though Texas has recognized it as a state holiday since 1980? On June 19, 1865, Army Major General Gordon Granger rode on horseback into Galveston, Texas and announced the end of the Civil War and the emancipation of over three million slaves.

Celebrate with your friends and family this year by participating in prayer and religious services, speeches, educational events, or family picnics.



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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!

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

WORD LIST

CANDY
CELEBRATE
DAD
FATHER
HEALTH
HYDRATE
JUNE
MEN
MUSEUM
PICNIC
RECOMMIT
SWEET
TEA
WATER
ZOO