

PARK MANOR CY-FAIR



FEBRUARY IS HEART MONTH: REDUCE YOUR RISK FOR HEART DISEASE

Several health conditions, your lifestyle, your age and family history can increase your risk for heart disease. These are called risk factors.

About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking. Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control.



To lower your chances of getting heart disease, it's important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can lead to heart disease. High blood pressure has no symptoms, so it's important to have your blood pressure checked regularly.
- **Talk to your doctor or health care team** about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease.
- **Quit smoking.** If you don't smoke, don't start. If you do smoke or vape, research ways to quit.
- **Discuss checking your blood cholesterol and triglycerides** with your doctor.
- **Make healthy food choices.** Obesity or being overweight raises your risk of heart disease.
- **Avoid or limit alcohol** to one drink a day.
- **Manage stress levels** by finding healthy ways to cope with stress, such as meditation, exercise, or reading.

Source: [cdc.gov](https://www.cdc.gov)

Have the Happiest Valentine's Day Ever!

Send a heartfelt Valentine Card to someone who has inspired you and tell them how much they mean to you.

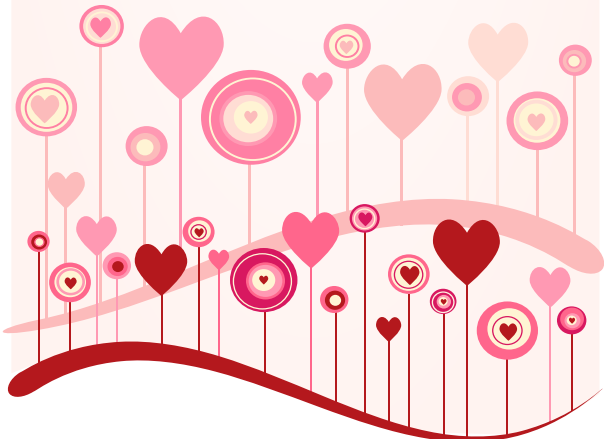
Send flowers or candy to someone without a significant other and sign it anonymously.

Send a care package to a family that has gone through a difficult time and sign it anonymously.

Make a no-sew blanket and donate it to a local shelter.

Treat for ice cream. Enjoy a sweet afternoon with your best friend, grandchildren or family.

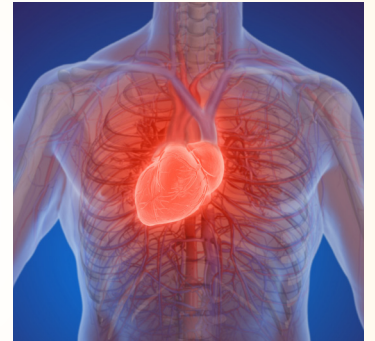
Giving doesn't have to be expensive, a compliment, handmade card, or flower will do. Anything heartfelt and thoughtful will surely be appreciated. Giving is two gifts in one– not just the recipient benefits, but so do you!



National Cardiac Rehabilitation Week: February 9-15, 2025

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery. **Benefits of Cardiac Rehab:**

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.



Source: [cdc.gov](https://www.cdc.gov)

Tell A Fairy Tale Day

Over the years, oral histories, myths, and legends have evolved to become known the world over as "fairy tales." The origins of most fairy tales are rough around the edges, and would not be considered appropriate for children by today's standards. **If you enjoyed fairy tales as a child, then exploring the source material as an adult can make for a fun and interesting afternoon.**

Alternatively, there are lots of new fantasy stories for



adults that feature beautiful characters and magic. Make a cup of your favorite drink, settle into a cozy chair with a book, TV show, or movie and immerse yourself in the world of romantic royalty, tricky fairies, hard lessons and fierce dragons.

Looking for a different way to celebrate Tell a Fairy Tale Day on February 26? Share your own original fairy tale from your imagination!

ACTIVITY HIGHLIGHTS!



HAPPY BIRTHDAY

Mary B.	1/02
Janet M.	1/03
Karen W.	1/13
Anthony P.	1/16
Nina M.	1/21
Sidney J.	1/31

WELCOME NEW RESIDENTS

We welcome all our Residents!

Welcome February!

The month is here that gives us a time to spread love all around. So, make it lovely and enjoy your loved ones. May your days be filled with love, laughter, and endless possibilities. May you all see love around you this February.

This February we will have a lot of love to spread here at Park Manor Cy-Fair.

We will be having our second year Blast Of Love Party 2025 for our residents.

We will be celebrating our black history month

The month of February will be lots of love, laughter, and fun with national holidays events. Please join us to support your love ones with one activity this month.



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MANAGEMENT TEAM

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LaNetia Taylor-Deason

DIRECTOR OF NURSING

Adriane Ruffin

BUSINESS OFFICE DIRECTOR

Jazmine Williams

HR/PAYROLL COORDINATOR

Lynsey Williams

BUSINESS DEVELOPMENT

Jaime Taylor

CENTRAL SUPPLY

Brittney Garrett

MDS

Jorlanda Tripp

ADMISSION DIRECTOR

Kaylee Cook

PPS

Chiquita Evans

WOUND CARE/LVN

Arealia Randle

SOCIAL WORKER

Cheyenne Norr

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STAFFING COORDINATOR

Tabitha Steptoe

DIRECTOR OF TALENT

Ryan Walter

OFFICE VISIT HOURS

8AM-5PM MONDAY – FRIDAY



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

WORD LIST

- CARDIAC
- CARE
- CHERRY
- EXERCISE
- FANTASY
- FLOWERS
- HEALTHY
- HEART
- HISTORY
- LIFESTYLE
- LOVE
- RED
- RISK
- SNACK
- VALENTINE