

PARK MANOR QUAIL VALLEY

WORLD DAY OF MUSIC: JUNE 21



World Day of Music, observed on June 21, celebrates the universal language of music. Originating in France in 1982 as *Fête de la Musique*, this day has grown into a worldwide sensation, embracing the diverse musical traditions of cultures around the globe.

Musicians come together from various backgrounds, generations, and cultures, and showcase their talents with numerous songs and musical genres. World Day of Music also encourages innovation, experimentation, and creativity in music-making. Need ideas on

how to celebrate? Here are a few to spark musical moments:

Live Performances: Attend a live performance from a volunteer musician, or at a local music event near you. Go see an artist you haven't seen or heard of before to broaden your musical horizons.

Music-themed Movies: Enjoy a musical movie every afternoon for a week! Include recent favorites, like *Sing* or *Chicago*, or classics like *Mary Poppins*, *Singing in the Rain*, or *The Wizard of Oz*. It might even turn into a fun sing-along!

Music Trivia Night: Organize a music trivia night featuring

questions about famous bands and musicians throughout history.

Group Playlist: Ask friends and family of all generations to each add one to two of their favorite songs to a playlist on your phone or tablet. Enjoy the variety of tunes and have fun discovering new songs and artists.

Intergenerational Music Activities: Did you play a musical instrument in your youth? Do you know how to read music? Share this talent with your grandchildren or local youth groups. Show them how to play scales, a simple song, or how to read sheet music.



Say Something Nice Day: June 1

A kind word or two can truly go a long way and make a positive impact on others. **Say Something Nice Day** is the perfect opportunity to bring a smile to someone's face. You may even receive a kind word in return! Here are a few suggestions on how to get started spreading joy:



Compliments: If you see something you admire about someone, say something! If a fellow resident is wearing a unique top or their room looks fascinating, don't hesitate to let them know that they have great style and self-expression.



A Little Goes a Long Way: Saying something nice doesn't have to be complicated. It could be as simple as wishing someone a great morning with a warm smile.



Put Yourself Out There: Don't be afraid to say something nice to a fellow resident you haven't spoken to yet. You never know how a kind word might change someone's day.

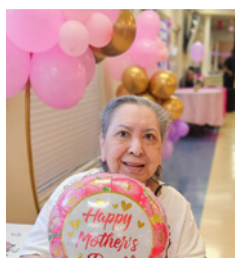


Acknowledge Other's Efforts: Is there a nurse or staff member who always goes above and beyond? Be sure to say something nice to that person as you see fit.



Pleasant Prose: Saying something nice can be expressed in more ways than one. Try writing a handwritten letter to someone with something kind to say, and deliver it to their door. It might brighten their day!

ACTIVITY PHOTO HIGHLIGHTS



HIGHLIGHTS ...CONTINUED



NATIONAL CANCER SURVIVORS DAY

is a global celebration of life held each year on the first Sunday in June. It is a celebration of those who have survived, and hope for those who are still battling. *In America, there are more than 16.9 million cancer survivors, which is approximately 5% of all Americans.* By uniting to recognize cancer survivors and raise awareness of the ongoing challenges cancer survivors face, we're able to acknowledge and celebrate their fortitude and strength.



HAPPY FATHER'S DAY: JUNE 15

Be sure to take a moment on Sunday, June 15 to honor dads, foster fathers, grandfathers, uncles and the other important male role models in your life. Let him know how much he means to you by calling, texting, or visiting. Take him to dinner, nine holes of golf, fishing, or to a movie and spend the day together. Send a card or small gift to show your love and appreciation. It is sure to brighten his day.





2350 FM 1092
MISSOURI CITY, TX 77459-1839

Admissions: 281.499.9333
info@parkmanor-quailvalley.com
parkmanor-quailvalley.com

ADMINISTRATIVE STAFF

ADMINISTRATOR
Rodney P. Lege

DIRECTOR OF NURSING
Susan Joy

ASST. DIRECTOR OF NURSING
Gulshan Momin

DIR. BUSINESS DEVELOPMENT
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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!

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

WORD LIST

DONUT
FATHER
FREEDOM
GRANDPA
HEALTH
HYDRATION
MEN
MUSIC
NICE
NOTES
SELFIE
SONGS
SURVIVOR
WATER
YOGA