

PARK MANOR QUAIL VALLEY



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

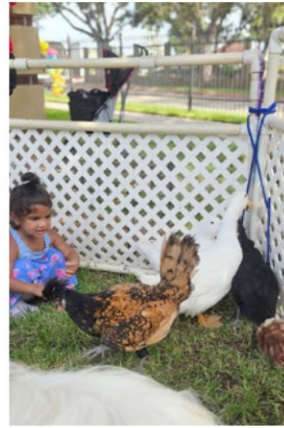
Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



ACTIVITY PHOTO HIGHLIGHTS



ACTIVITY PHOTO HIGHLIGHTS CONTINUED





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

Robin Blunt

DIR. OF ADMISSIONS

Melissa Fielden

ADMISSION CONCIERGE

Roy Kombo

PAYROLL

Audrey Robinson

BUSINESS OFFICE MANAGER

Jazmin Williams

DIRECTOR OF SOCIAL SERVICES

La Vera Davis

DIRECTOR OF REHABILITATION

Varney Karnley

PPS

April Cavazos

MDS

Daysha Domingue

WOUND CARE

Sade Thomas

RESPIRATORY THERAPIST

Pricilla Edwards

UNIT MANAGER

Virginia Cabrera

UNIT MANAGER

Mistie Blue

MEDICAL RECORDS

Kimberly Ferrow

ACTIVITY DIRECTOR

Elina Herrera

DIETARY MANAGER

Anthonique Dugas

DIRECTOR OF MAINTENANCE

Sunny Nguyen

CENTRAL SUPPLY

Phil Fuller

HOUSEKEEPING

Sandra Jackson

TRANSPORTATION

Lakeshia Thompson



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!

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

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM