

Best of Senior Living Award & Black History Month

Last month Parkway Place was humbly awarded the Best of Senior Living Award courtesy of A Place for Mom. We are honored to accept such an award and recognize that it would not be possible without the amazing residents and families we serve. This award goes to residents & families most of all. Additionally, Parkway Place also celebrated Black History Month. Black History Month gives tribute to African-American men & women who have made significant contributions to the history, culture, & achievements of the United States. We are honored to recognize the many residents & staff who make PWP such a diverse & beautiful melting pot of different backgrounds & cultures.

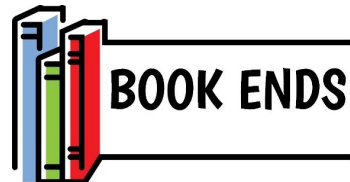


Associate of the Month

Join us in congratulating Felicia Germany for being named Associate of the Month for February 2022! Felicia is one of the front desk receptionists in Independent Living. Being a receptionist usually means that you're the first face that people see when they walk into a building, therefore, this is a very important role. Felicia has that 5-star charming spirit & will make you feel welcome as soon as you walk in. Outside of work, Felicia enjoys spending time with her grandchildren & going shopping. Congratulations, Felicia, and thank you for inspiring happiness daily here at Parkway Place!

Who is your go to author? I think it depends on our mood at the time of our selection. Sometimes I just want to read something besides crime/detective stories (which are my favorite genres).

In another book club a few years ago, one of the selections was, "The Gown," by Jennifer Robson. As she was doing some research for her book, she found and interviewed Betty Foster, a seamstress who worked on Queen Elizabeth's wedding dress nearly six decades before. Ms. Foster was employed by Norman Hartnell for his relationship with the royal family.



There, she worked under the supervision of Miss Halliday, senior seamstress overseeing the wedding dress's construction. Foster's personal contribution to the gown was sewing twenty-two buttonholes onto the dress. It was something she had never done before. After completing the dress, she had the privilege of meeting the royal bride-to-be.

Ms. Foster even allowed each and every woman who worked on the dress to place one small stitch into the gown so that they all could say they had worked on the Princess's finery.

A good read! If you are interested in adding *The Gown* to the community library or to order one for your own personal library, please connect with Kat or Rebekah for purchasing opportunities.

Jerry Ballard, Independent Living Resident and Book Club Member



PARKWAY PLACESM

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MARCH 2022

We LOVE Our Seniors!

February was a month full of LOVE & JOY! On Valentine's Day, our Culinary and Life Enrichment department teamed up to decorate the Brimhurst dining room to the nines! The room was filled with red, pink, and a whole lot of love! Residents got to enjoy delicious confections like heart-shaped sugar cookies courtesy of our Life Enrichment department. Additionally, residents received the sweetest Valentine's Day cards from grade schools all over Houston. Look at those beautiful smiles! We hope you all had a lovely Valentine's Day.



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Abe's Corner



Dear Residents, Families, & Associates, Greetings. After finishing a month filled with love, here we are already in March! Didn't 2022 just start? I am glad that our Seniors showed their big smiles when we told them "Masks are not mandatory anymore". Freedom at all levels is what our Seniors enjoy, and at Parkway Place we strive to provide that to them during the historical pandemic the last couple years. Additionally, you will see a higher culinary standard and services as we are partnering with Thomas Cuisine who specialize in senior living for an incredible dining experience. The list is too long to thank God, but it reminds us to have a heart of gratitude. I want to extend my sincerest welcome to all our new residents and the continued prayers from all of you. I am thankful to the donations, gratitude emails, calls, and personal notes that we received to appreciate our staff. Our resident townhall meetings are during the last Tuesday of each month at 3:30pm in the Chapel. This is a great opportunity for Seniors to hear community updates. Thank you for your love, support, and prayers to our team. Looking for a blessed month of March and inspiring happiness. God bless.

Abraham Mathew
Senior Executive Director

Wellness Wonders

How to follow a healthy eating plan?

According to a blog from the National Institute of Diabetes and Digestive and Kidney Diseases, how much food and drinks you should consume each day depends on your weight, sex, age, metabolism, and how active you are.

How to follow a healthy eating plan?

Control portion sizes. Being aware of food portions, serving sizes, and how often you consume them can help you make healthier food and drink choices.

Many people eat more than they need. Try these tips:

- Restaurants often serve more than one portion. If the portion is bigger than one serving, take home or put away the rest to eat later.
- When eating out or getting takeout, share a meal with a friend or save half of your serving for another meal.
- Avoid watching TV, your smartphone, or other devices while eating. You may not notice how much you are consuming if you're distracted.
- Consume your food and beverages more slowly and enjoy all the flavors and tastes.

Meal and Snack Prep Ahead of time:

- Cook ahead and freeze food for days when you don't want to cook.
- Keep low-sodium versions of frozen or canned vegetables and beans on hand for quick and healthy meal add-ons.
- Try to share meals with someone whose company you enjoy.
- Do not skip meals. Doing so may make you feel hungrier later.

Kat J. Alvarado,
Director of Lifestyle & Wellness

Chaplain John Bender

The pastor of our church asked a question in one of his messages: What was the last thing God asked you to do and have you accomplished it yet? This was a soul piercing question to me. I had to do a heart examination and ponder this subject. Have I been reading the Word and not heeding the Word? The Bible speaks to a famine of hearing the Word of God. God speaks and we can echo the words, but have we listened and not heed them? I have had times when I attended church services consistently and heard the Word regularly. Yet, still become hardened to what God says and continue disobeying or ignoring what He says. This is called a famine of the Word. The Word is proclaimed yet I am hearing but not heeding them. A famine can grip our soul and the Word makes no impact at all. Arriving at this realization can become a frightful experience. No longer heeding the Word deep in my heart and no longer being touched by the One who controls all things. If we are not heeding the Word, it is only a matter of time before we no longer hear the Word. This is like adding Christ to our lives without subtracting sin. We changed our belief but kept our behavior. We cannot hear God's Word for the other noises that surround us. Is there a remedy? He waits for us to repent, return, and heed His Words once again. The result is becoming a vessel of honor and useful for the Master.



Resident Reminder

Hello residents! We want to remind you all that the Brimhurst dining room is now open all day! You are welcome to enjoy our dining services Monday through Saturday from 12pm until 6pm. We welcome you to arrive at 11:30am just to be seated. And on Sundays, you can enjoy brunch from 12:00pm until 1:30pm. The Cabana Café is also now open from 8:00am until 6:00pm seven days a week! Please remember that guests are also welcome to enjoy our dining services with you as well. We are so ecstatic for this change to all day dining and encourage you to take advantage of it! Thank you all for your never-ending support and hope you find this change enjoyable and convenient.



What's Going On at Parkway Place

Day Out at the Movies

Who doesn't love a good Agatha Christie classic? The Life Enrichment team had the opportunity to enjoy a fun afternoon with residents at the movies! The group went to Star Cinema Grill where they also got to enjoy a delicious lunch as they laid back in their recliners and stayed hooked on the thriller Death on the Nile based on the famous novel.. The bonus was that the group got lucky & had the theatre all to themselves!



Happy Birthday Station

We recently celebrated birthdays a little bit differently than usual. Residents who have birthdays in January and February enjoyed a more intimate celebration while enjoying cake, music, great conversation, & another year around the sun. We wish all of our residents many more years full of joy and good health!



Upcoming Events

Ash Wednesday Service

Wednesday, March 2nd @ 1:00pm (GR)

Please join us for a lovely Ash Wednesday service during the first Wednesday of March. All are welcome!

County Bus Trip

Monday, March 7th @ 10:30 (ML)

Join us for this month's trip to the interesting Texas Baptist Historical Museum! We will also be enjoying a tasty treat afterwards at the Blue Bell Factory. Please be sure to sign up in the message center & bring your wallets if you plan on joining us.

St. Patrick's Day

Thursday, March 17th @ 11:00

Are you feelin' lucky? If so, pull out your nicest green top and your gorgeous smile for a fun St. Patty's Day photobooth! Afterwards, grab a delicious shamrock shake on the way out.. Yum! Location is TBD so please look out for an update.

Annual Shoe Drive

March 7th until March 20th

Parkway Place will be doing their annual shoe drive starting Monday, March 7 up until Sunday, March 20. Please bring children's shoes to John Bender or anyone in the Life Enrichment department. You may also give a cash or check donation to John Bender or the business office. We humbly thank you for your donations!

Important Numbers

- Abraham Mathew 281-677-5904
Senior Executive Director
- Shima Reddy 281-677-5931
Director of Administrative Services
- Kelly Stephens 281-677-5918
Senior Human Resources Director
- John Bender 281-677-5917
Chaplain
- Kat Alvarado 281-677-5910
Lifestyle and Wellness Director
- Gina Davies 281-677-5908
Lifestyle Enrichment Coordinator
- Derone Martin 281-677-5916
Executive Chef
- Dragoslav Lukic 281-677-5967
Director of Environmental Services
- Laura Thevenin 281-677-5961
Director of Housekeeping
- Michelle Barroso 281-677-5912
Director of IL Marketing
- Transportation 832-473-5894
Life Enrichment Department

Vesper's Service with Dr. Robert Sloan

Parkway Place would like to extend a thank you to prior Baylor University President & current Houston Baptist University President, Dr. Robert Sloan, for being an excellent speaker at a Vesper's service in February. Residents enjoyed visiting & reuniting with Dr. Sloan. We also thank the talented Anna Thielemann for her amazing performance.



Valentine's Day Photo Booth

Last month residents stopped by for a fun Valentine's Day photo shoot.. Look at all that beautiful red! Thank you all for coming out and showing off those gorgeous smiles.



Hope shines here.®

March Birthdays

- 03/03 Ben Sinclair
- 03/07 Soozin White
- 03/08 Jerry McHenry
- 03/11 Betty Boynton
- 03/13 Thomas Burke
- 03/19 Kathryn Bonzelet
- 03/22 Barbara Toney
- 03/23 Joyce Sinclair
- 03/27 Barbara Thigpen



Bandana Musical Chairs

Residents enjoyed a different version of musical chairs with bandanas! Who says Seniors can't figure out creative ways to have fun? What a great idea! The residents had such a great time & we cannot wait for our next game!



Love is in the Air

We had a beautiful Valentine's Day here at Parkway Place! You could definitely feel the love in the air on that day. As you can see, the residents received Valentine's Day cards from the Holiday Project of Houston, a non-profit organization comprised of thousands of volunteers who visit with others during special holidays.



Searching for March

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

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

- | | |
|------------------|-------------------|
| AQUAMARINE | PURIM |
| ARIES | RAINBOWS |
| DAYLIGHT SAVINGS | RAM (ARIES) |
| FISH (PISCES) | SPRING |
| JONQUIL | ST. PATRICK'S DAY |



March Birthdays

- 03/01 Eula Gage
- 03/05 Metta Jane Wulf
- 03/09 Norma Bender
- 03/20 Norma Andrus
- 03/24 Alice Smith

Happy Birthday, Wilda!

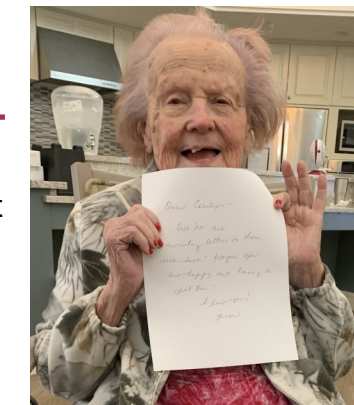
Last month we celebrated a very special birthday.. The beautiful Wilda Wilson who resides in the Skilled Nursing unit of Parkway Place celebrated her 106th birthday! What 106 year old do you know who looks this fantastic?! Mrs. Wilson celebrated with by getting pampered with a spa day & a birthday party. CW39 News even came out to feature the birthday girl. Congratulations, Wilda, on this amazing milestone.. Only 94 more to go!



Penmanship Class

Check out these residents who got to practice their writing skills with a penmanship engagement! What a great workout for your body & your brain.

Great job!



Important Numbers

- | | |
|---|--------------|
| Abraham Mathew
<i>Senior Executive Director</i> | 281-677-5904 |
| Kara Bayer
<i>Healthcare Administrator</i> | 281-677-5902 |
| Toyin Ibrahim
<i>Director of Assisted Living</i> | 281-677-5928 |
| Sheryll Mathew
<i>Admissions Coordinator</i> | 281-677-5933 |
| Kelly Stephens
<i>Senior Director of Human Resources</i> | 281-677-5918 |
| John Bender
<i>Chaplain</i> | 281-677-5917 |
| Derone Martin
<i>Executive Chef</i> | 281-677-5916 |
| Grace Eke
<i>Certified Dietary Manager</i> | 281-677-5925 |
| Ellis Bardin
<i>Social Worker</i> | 281-677-5903 |
| Collins Awosika
<i>Director of Rehabilitation</i> | 281-677-5945 |
| Jacqueline Pigott
<i>Haven Life Enrichment Coordinator</i> | 281-677-5926 |
| Dionne DuBose
<i>Heights Life Enrichment Coordinator</i> | 281-677-5930 |
| Olivia Johnson
<i>Harbor Life Enrichment Coordinator</i> | 281-677-5937 |