

COMMUNITY NEWS

Inspiring Happiness.



THANK YOU!

It is refreshing to come into a community with a culture as amazing as Parkway Place. My goals are to continue to elevate this community into becoming the best it can be.

TIM LIST

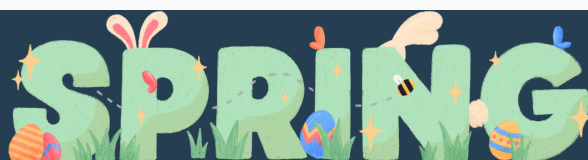
Executive Director

Dear Seniors, Associates, and Family Members,
Thank you all for the warm welcome that you have extended to me during my first few weeks at Parkway Place. It is an honor to lead a community that has such a welcoming spirit and unmatched hospitality. I am looking forward to getting to know each of you further in the coming weeks and months. Together, we will build upon the success that our Community has enjoyed and we will ensure that Parkway Place continues to Inspire Happiness for generations to come.



Seniors with Alzheimer's disease are heavily affected by fluctuations in their regular routines, and they can experience issues when seasons change. This is a common concern during the onset of winter, which can greatly exacerbate sundowning, an increase in restlessness and

confusion caused by decreased sunlight that upsets the body's circadian rhythm. The body's natural clock must also adjust to other seasonal changes, including the onset of spring.



With more sunlight and the warm weather of spring comes the potential for increased activity. Caregivers should embrace this opportunity and encourage seniors to get outside and soak up some sun and engage in physical activity, whether it's a simple stroll or some more intense gardening. As the Alzheimer's Association emphasizes, such activity is an essential part of a memory care plan, as physical activity is linked to a decreased risk of cognitive decline.

RESIDENT SPOTLIGHT

Elaine Heffler, a native Houstonian, returns to Parkway Place as a resident. Elaine has made great friends with her stay at Parkway. Elaine loves games, music and art. Elaine also enjoys playing the piano for residents at Parkway Place as an activity and is looking to join the bridge club group. Elaine came back to Parkway after a brief stay at a local hospital because she needed Physical Therapy to assist with her care. After residing at Parkway during Covid, Elaine decided to return to Parkway a second time because she knew it would be the best place to come back for good care. Elaine is hoping to find an apartment in the Assisted Living community to continue her stay at Parkway. Elaine has three daughters, seven grandchildren, and twelve great grandchildren. Elaine gained the nickname "Nanie Puddin" after telling her grandchildren and great grandchildren, "I'm going to squeeze the puddin' out of you!"



RESIDENT BIRTHDAY CORNER!



3/1 Eula Gage
3/5 Metta Jane Wulf
3/8 Jerry McHenry
3/13 Mavis Travis

3/20 Jo Ann Sommerfield
3/22 Norma Andrus
3/22 Catherine Armagnac

ASSOCIATE OF THE MONTH

This month, we are celebrating Diana Ibarra! Diana has been with Parkway Place for 8 years. She is one of the most reliable and dedicated employees in the housekeeping department. As a Laundry Aide she makes sure that the clothes are clean neatly folded and returned to the correct resident or department. When a issue does arise, she is the one that you can count on to take the lead in making the the issue get resolved. Congratulations Diana!



Residents enjoyed celebrating Valentines day with live music by The Two Man Band! Congratulations to Kent Goodloe and Mary Motley for winning Valentines King and Queen!



Dancing Is Great For Seniors!

Larry Paddock enjoys a wonderful dance workout with a local senior dance group. We encourage physical activities at Parkway Place. Did you know that dancing is good for everyone and not just seniors. Dancing helps keep you fit and healthy. Dancing for the elderly helps maintain their strength and strong bones, improve their posture and muscle strength, increase their balance and co-ordination and will help relieve any stress they may have.

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



Searching For March

AQUAMARINE
ARIES
DAYLIGHT SAVINGS
FISH (Pisces)
JONQUIL

MARCH
PASSOVER
PISCES
RAINBOWS
RAM (Aries)

Daylight savings time begins on March 12th. Don't forget to spring forward. In 2022, the United States Senate passed a bill to make Daylight Saving Time permanent. If enacted, this bill would take effect starting in November 2023. Daylight Saving Time (DST) is the practice of setting the clocks forward one hour from standard time during the summer months, and back again in the fall, in order to make better use of natural daylight.



Details and Focus was given by our Harbor residents, while creating these tie and stuff valentine's pillows.

UPCOMING EVENTS



MARCH 1 | NATIONAL SOCIAL WORK MONTH

This Month is observed throughout March, uplifts the social workers of our country, and celebrates their constant contributions to our society.



MARCH 3 | EMPLOYEE APPRECIATION DAY

On this day, companies, businesses, and organizations across the country organize celebrations to recognize the hard and smart work of their employees.



MARCH 3 | WORLD DAY OF PRAYER

The origin of World Day of Prayer dates back to 1887, when Mary Ellen Fairchild James, a Methodist from Brooklyn, NY called for a day of prayer for home missions.



MARCH 9 | POPCORN LOVER'S MONTH

This day is intended to enjoy popcorn and share it with others. Bring some to work. Or microwave some and put it in a basket on your desk.



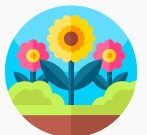
MARCH 12 | DAYLIGHT SAVINGS TIME BEGINS

Daylight Saving Time begins on Sunday, March 12, 2023, at 2:00 A.M. At this time, we "spring forward" one hour!



MARCH 17 | ST. PATRICK'S DAY

Saint Patrick's Day honors the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. Don't forget to wear green!



MARCH 20 | FIRST DAY OF SPRING

This day is also known as the spring equinox, will be on March 20, 2023, in the Northern Hemisphere.

IMPORTANT NUMBERS

Timothy List 281-677-5904
Senior Executive Director

Gina Powell 281-677-5902
Healthcare Administrator

Shima Reddy 281-677-5931
Director of Administrative Services

Andrea Carr 281-677-5928
Director of Assisted Living

Jasmine Kinsey 281-677-6084
Director of Social Services

John Bender 281-677-5917
Chaplain

Jacqueline Pigott 281-677-5926
Life Enrichment Coordinator - Haven

Meshay Agyemang 281-677-5930
Life Enrichment Coordinator - Heights

Olivia Johnson 281-677-5937
Life Enrichment Coordinator - Harbor

Dragoslav Lukic 281-677-5967
Director of Environmental Services

Laura Thevenin 281-677-5961
Director of Housekeeping

Transportation 832-473-5894
832-473-5888



PARKWAY
PLACESM
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Residents celebrated Mardi Gras with a Parade and some dancing!

March 17th

Wear green for St. Patrick's Day as part of your attire. "The Wearing of the Green" is a traditional Irish folk song that dates back to the Irish Rebellion of 1798 when the Irish rose up against the British. At that time, wearing green clothing or shamrocks was considered a rebellious act in and of itself, potentially even punishable by death. The song clearly mocks that policy, and its popularity in its day (and now, even) enforced green and the shamrock as important symbols of Irish pride. "The Wearing of the Green" has been recorded by many different groups and remains a favorite pub sing-along to this day.



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