

May 2025

Azle Manor News

Azle Manor Nursing & Rehab | 721 Dunaway Lane Azle, TX 76020 | 817.444.2536



Meet Our Team

Brandi Biles
Accounts Payable

Lorie Shannon
Activities

Chris Porter
Administrator

Erin Hinojosa
ADON station 1

Becky Stewart
ADON station 2

Malorie Whitaker
Asst. Administrator

Karen Gayler
DON

Maxine Best
Dietary Supervisor

Valeshia Buchanan
Housekeeping Supervisor

Natalie Gentry
HR Director

Laci Gray
Marketing Director

Peggy Taylor
MDS Coordinator

Jennifer Harris
Medical Records

Jacob Story
Operations Director

Nathan Nichols
Social Services

Donn Webb
Therapy Director

Shawna Burnell
Training Coordinator



May Happenings



May 5th **Cinco De Mayo** Social

May 10th **MUFFINS & MIMOSAS WITH MOM**

May 11th **Happy Mother's Day**

May 12th **Western Day**

May 13th **Flamingo**

May 14th **Sports Day**

May 15th **Casino Party**

May 16th **SAFARI PARTY WITH EXOTIC ANIMALS**

May 23rd **Missing Man Table Ceremony**

May 26th **Memorial Day**



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May is Better Sleep Month

The entire month of May is dedicated to better sleep, to create healthy and restful sleep. Poor sleeping habits effect our physical and mental health, which could lead to safety risk and more health issues.

According to the American Sleep Association, over 50 million people have sleep disorder. The most reported sleep issues are:

Trouble falling and staying asleep. Not feeling rested when waking up, daytime fatigue, headaches, mood swings, itching skin when trying to fall asleep.

According to Fredrick Health, healthy sleep can improve quality of life. Implementing these tips can help develop good sleep hygiene:

Do not eat or drink to much before bed, especially sugary snacks, and caffeine.

Set a routine to go to bed at the same time every night.

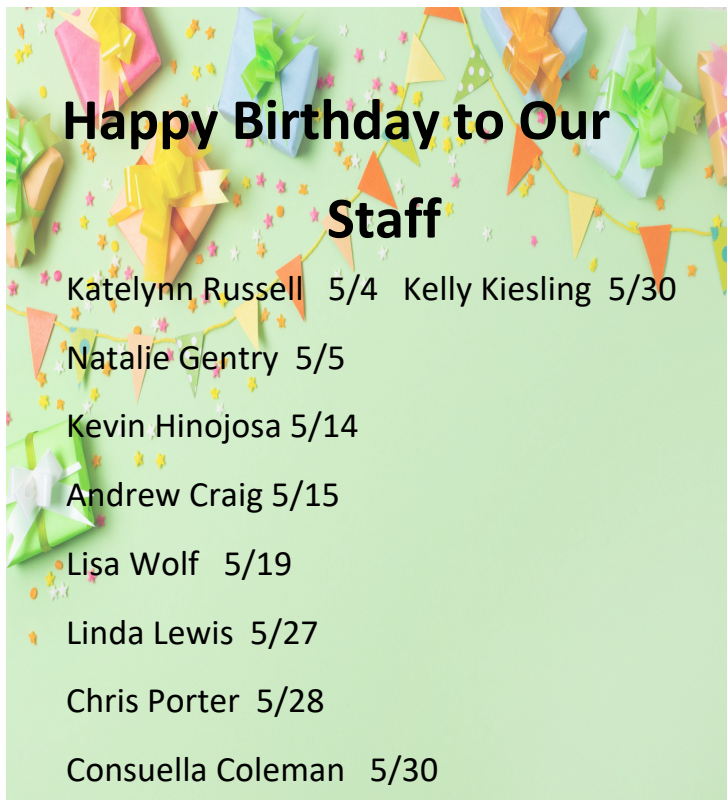
Limit screen time.

Adjust temperature.

Exercise

Comfortable sleep wear

Listening to soft relaxing music



Like and follow us on
Facebook

May is Mental Health Awareness Month



Residents at Azle Manor will be coloring and writing inspirational messages on cards as part of our community project for the month of May. 1 in 5 people deal with mental illness. You are not alone.

Supporting Older Adults' Mental Health

As we age, we may experience life changes that impact our mental health.

- Life changes in older adults can impact mental health, but help is always available.
- Mental health conditions in older adults may present differently, such as through changes in interests or energy levels.
- Open conversations about mental health can encourage older adults to seek support.
- Mental health care can enhance quality of life, independence, and social connections.
- Spending time with older adults fosters meaningful connections and well-being.

Activity Department is seeking donations of small gently used stuff animals. Can be dropped off at front desk. Thank You for your support.



**Please like and follow
us on Facebook**



Azle Manor Nursing & Rehabilitation
721 Dunaway Lane
Azle, Texas 76020

Postage
Information

VOLUNTEERS NEEDED

**Just a few hours a month could
make a huge difference in the life
of others and yours**

Please contact our Activity Director
817.444.2536
Email: lshannon@azle-manor.com

