

Falls are the leading cause of injury among older adults, and the way we walk can often predict fall risk before an accident occurs. Shuffling steps, a wide stance, or an uneven stride may signal changes in mobility. Identifying these patterns early can help maintain safety, confidence, and independence.



Poet's Corner

A Big Question?

July is here with lots of heat
To stay in will be a special treat
So, what's on TV tonight
And what should i see
A sweet love story? The news?
Quiz program or a mystery?
With so many options
My mind's kind of stuck
So, I'll just turn off the TV
And read a good book.
-Len Hicks

USEFUL PARKWAY
NUMBERS BY BUCKNER.

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Parkway By Buckner Independent Living

JULY 2026

COMMUNITY NEWS

Inspiring Happiness.

AMERICA'S 250TH BIRTHDAY



‘God Bless America.’ A phrase we hear many times. Presidents make the statement following a speech. Some use the phrase to stir up the crowd as a concluding tack on. Some speakers use it without much thought to what they are asking. While others know exactly what they are asking. God, bless our land – amber waves, purple mountains and all. 250 years as a country. A country designed by God and Blessed by God. There has been no other country as blessed by God than our

Republic. Is it enough to have God Bless us? What if we turned the words around? Instead of ‘God Bless America’ we ask, ‘America Bless God.’ He is the One to whom we owe our praise. This land is His gift to us and our response is ‘America Bless God.’ Once we begin to take credit for all the successes America has experienced, we will shout with the others ‘America bless America.’ The focus is on God and us as the recipients of His blessings. Statements that should impact us are: Acknowledge God as the giver of all blessings, Give gratitude to God as the giver of all blessings, and Express to God your desire to follow Him as you humbly accept all His blessings. Henry Ward Beecher states “The unthankful heart discovers no mercies; but the thankful heart will find, in every hour, some heavenly blessings. Look around and then proclaim,” America Bless God.”

HAPPY 250TH BIRTHDAY AMERICA!

By: Chaplain John Bender

UPCOMING EVENTS



JULY 1 | STARS & STATES POOLSIDE PARTY
Celebrate summer poolside with a festive afternoon featuring a hot dog bar, patriotic fruit kabobs, popsicles, lawn games, music, and great company. Join us as we kick off our Independence Day festivities with fun, food, and fellowship.



JULY 3 | 250 YEARS: A STAR-SPANGLED AFFAIR
America turns 250! Join us for an afternoon of patriotic pride featuring live entertainment, a special meal, and festive cake, as we honor this remarkable milestone in our nation's history.



JULY 13 | BROAD RIVER - THERAPY STRATEGIES
Broad River presents an engaging fall prevention and mobility lecture designed to help residents stay strong, steady, and independent. Discover how walking patterns affect balance and complete a quick screening to get your Walk Score.



JULY 23 | SHOPPING SQUADS: JOSEPH'S COAT
Let's go shopping! The Shopping Squad is heading to Joseph's Coat, a unique local resale shop offering a variety of gently used clothing, accessories, and hidden treasures.



JULY 29 | OUT TO LUNCH: KATZ'S
Join us for a lunch outing to Katz's Deli, a local favorite known for classic deli sandwiches and a lively atmosphere. Please sign up in the message center.

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Cabana Cafe 281-677-5909

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Receptionist and Security



CELEBRATING THE POPULAR CIRCULAR PASTRIES ON NATIONAL DONUT DAY

JULY BIRTHDAYS

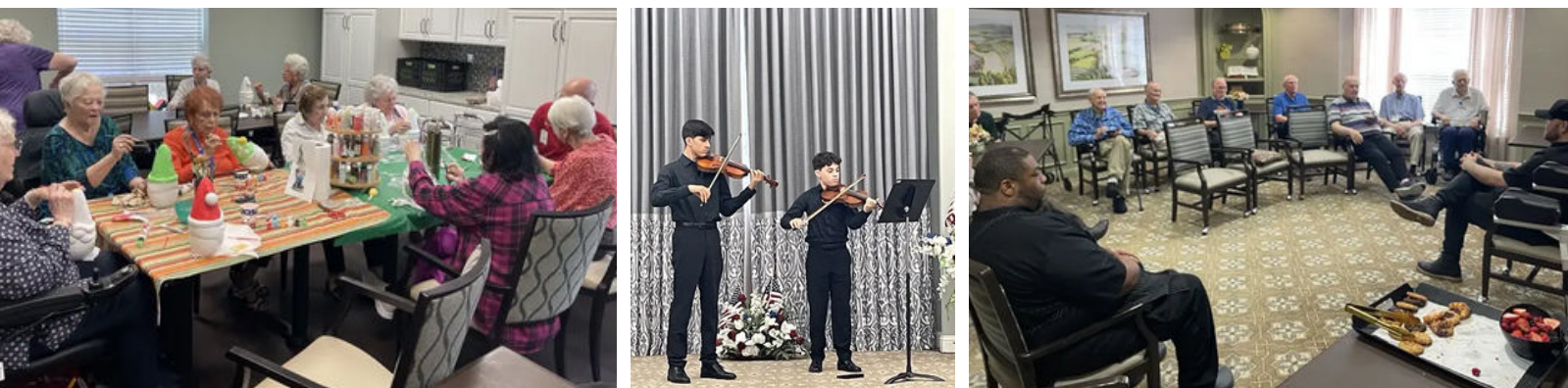
Helen Blair 7/02
Joe Mosley 7/04
Patricia Foltz 7/05
Norma Mosley 7/07
Georgann Raney 7/11



Lou Beth Mulqueen 7/13
Erma Eberlan 7/18
Peggy Frey 7/26
Janice Sutphin 7/28
Lanora Potts 7/31

ASSOCIATE OF THE MONTH - HELLEN NDERITU

We knew Hellen was special when she arrived at Parkway Place for her first day of work as the Assistant Director of Nurses in the middle of Hurricane Beryl in July 2024. Since then, she has not stopped and is a ray of sunshine to all that come into her path. Hellen assists in leading the skilled nursing team with high expectations and always with a smile on her face. We are blessed to have Hellen as one of our leaders in Healthcare!



COMMUNITY, CREATIVITY, AND CONNECTION



I HAVE A HERO, I CALL HIM DAD!



CELEBRATING ALL OUR JUNE BIRTHDAYS WITH THE BEST NEIGHBORS AROUND