

HARBOR LAKES

WORLD DAY OF MUSIC: JUNE 21



World Day of Music, observed on June 21, celebrates the universal language of music. Originating in France in 1982 as *Fête de la Musique*, this day has grown into a worldwide sensation, embracing the diverse musical traditions of cultures around the globe.

Musicians come together from various backgrounds, generations, and cultures, and showcase their talents with numerous songs and musical genres. World Day of Music also encourages innovation, experimentation, and creativity in music-making. Need ideas on

how to celebrate? Here are a few to spark musical moments:

Live Performances: Attend a live performance from a volunteer musician, or at a local music event near you. Go see an artist you haven't seen or heard of before to broaden your musical horizons.

Music-themed Movies: Enjoy a musical movie every afternoon for a week! Include recent favorites, like *Sing* or *Chicago*, or classics like *Mary Poppins*, *Singing in the Rain*, or *The Wizard of Oz*. It might even turn into a fun sing-along!

Music Trivia Night: Organize a music trivia night featuring

questions about famous bands and musicians throughout history.

Group Playlist: Ask friends and family of all generations to each add one to two of their favorite songs to a playlist on your phone or tablet. Enjoy the variety of tunes and have fun discovering new songs and artists.

Intergenerational Music Activities: Did you play a musical instrument in your youth? Do you know how to read music? Share this talent with your grandchildren or local youth groups. Show them how to play scales, a simple song, or how to read sheet music.



HARBOR LAKES

NURSING AND REHABILITATION CENTER

ACTIVITY PHOTO HIGHLIGHTS



HAPPY BIRTHDAY

RESIDENTS

Ladonna R.	6/05
Patty P.	6/06
Dolores W.	6/09
Mike H.	6/13
Alice C.	6/19
Sid B.	6/23

STAFF

Rachael P.	6/10
Angels T.	6/11
Holly M.	6/12
Sonya V.	6/19
Kimberly F.	6/27



Mother's Day Annual Tea Party photo highlights



We had a visit from the Easter Bunny!!

WELCOME NEW RESIDENTS

Jose A.	Ladonna R.	Joyce L.	Lavena S.
Margaret R.	Janice N.	Carolyn T.	Trumon Y.
Nancy M.	John D.	Donna S.	Barbara P.
Jerry B.	Susan V.	Denzel T.	Richard R.
George T.	Daphne W.	Bobie P.	Frankie D.
Christopher C.	Steve R.	Joann D.	Evelyn J.
Margeehta K.	Bobbie B.	Carl B.	



Residents giving out Nurses Week gifts!

Letter from Director of Nursing

Hello everyone! I think we can all agree that we have had plenty of rain and luckily for us summer is finally here! Hopefully now we can have some warmer weather and enjoy what the spring rain has done for us. We have lots of fun activities planned for this month to kick off the summer the right way! We have Father's Day just around the corner to celebrate all our wonderful fathers we have among us as well as National Gingerbread Day where I know our wonderful activities director will have something delicious planned. Also, we are very excited to announce that we will be introducing Senior Culinary Kitchen! This will be an amazing opportunity for our residents to get together, share recipes, and enjoy wonderful food that they made themselves! It's going to be so exciting to see all the different treats that everyone chooses to make. I wish everyone a blessed month full of love and laughter!!

Btittany Dyer Director of Nurses

June Upcoming Events

We're gearing up for some special moments in the coming weeks, and we can't wait to share them with you! From celebrating Father's Day to fun-filled activities and meaningful performances, there's something for everyone.

Here's a sneak peek at what's ahead:



Father's Day Celebration

Father's Day is a time to honor the incredible fathers, grandfathers, and father figures who have shaped our lives. At Harbor Lakes, we're thrilled to celebrate these amazing men who've made a lasting impact on our community and our hearts. Join us for a memorable day as we pay tribute to the fathers who have touched us all.



National Gingerbread Day

Get ready to sweeten your day because National Gingerbread Day is just around the corner! We're excited to celebrate with gingerbread-themed activities, a fun trivia game, and a playlist filled with all the holiday cheer you could ask for. It's the perfect time to enjoy the warmth and sweetness of the season — and, of course, indulge in a little sugar and spice!



Say Hello to the Senior Culinary Kitchen!

Introducing our brand-new Senior Culinary Kitchen — a welcoming space where residents can get hands-on in the kitchen, share favorite recipes, and create delicious memories together. Whether it's baking cookies, preparing a comforting soup, or simply savoring the aroma of a tasty dish, this kitchen is all about sparking joy and bringing people together. We can't wait to see (and taste!) what culinary creations everyone comes up with.

Music with the Senior Hope Choir



Join us for an uplifting performance by the Senior Hope Choir! Their beautiful harmonies and spirited renditions of classic songs are sure to lift your spirits and get your toes tapping. It's the perfect opportunity to enjoy live music, connect with friends, and soak in the joyful energy. Don't miss out on this heartwarming event!

National Wear Blue Day

On this National Wear Blue Day, we invite all residents, staff, and family members to wear blue in support of heart health awareness. This special day is dedicated to raising awareness about heart disease, one of the leading causes of illness in the U.S. Let's come together to show our support and take action to promote heart health.

We can't wait to celebrate these events with you all and make some unforgettable memories. Stay tuned for more updates!

Short-Term Therapy Success



ADMISSION & TREATMENT

Joan T. is a 87-year-old female that came to us at Harbor Lakes due to Cellulitis of the groin.

◦ Joan was walking with a rolling walker 50ft-200ft stand by assist and at times ambulated without an assisted device independently. PT was working with her on balance along with directional changes. Joan was able to do 3 stairs with handrail SBA As well as car transfer.

◦ Joan was able to do Upper and Lower body dressing Mod I independent as well as toileting. Joan also worked on showering/bathing with reaching and bending to make sure she was safe, also worked on picking things up with a Reacher.

◦ Speech work with her on problem solving and memory strategies and safety awareness.

Joan had OT/PT/ST services

DISCHARGE

- Joans progress went great.
- Joan was able to walk with rolling walker 50ft -200ft stand by assist, as well as without independently.
- We educated her and son on safety.

• Joan was motivated to work with us in the areas she needed to get back home where she lives on the golf course here in Granbury. She was pleased with her progress and looked forward to playing golf.

- She met her goals. Son and herself were both pleased with her stay and care.
- Joan was able to return home. She will also be receiving home health services.





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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!



WORD LIST

DONUT
FATHER
FREEDOM
GRANDPA
HEALTH
HYDRATION
MEN
MUSIC
NICE
NOTES
SELFIE
SONGS
SURVIVOR
WATER
YOGA