

HARBOR LAKES



I Scream, You Scream, We All Scream for ICE CREAM MONTH!

Designated by President Reagan in the early 1980s, July is celebrated as Ice Cream Month, which features Creative Ice Cream Flavors Day on July 1 and Ice Cream Day on the third Sunday.

Did you know... the average American **consumes 23.2 quarts of ice cream per year.**

- **The top three flavors are**

vanilla, chocolate, and strawberry, often found in Neapolitan ice cream.

- Other popular flavors include **butter pecan, mint chocolate chip, rocky road, and pistachio.**
- Japan offers unique flavors like **wasabi, sweet potato, and matcha.**

If you could create your own ice cream flavor, what would you include? Would you start with a basic vanilla and add your favorite fruits, candies, or

nuts, or would you start with something unconventional like pineapple-coconut and add bacon bits or hot sauce for a spicy twist?

Looking for something fun to do on a hot afternoon? Host an ice cream social this July for family and friends. Offer a variety of toppings, sprinkles, drizzles, cones, and flavors for everyone to mix and match. Ask each guest to write down their favorite flavor or an imaginary flavor and have fun guessing who belongs to each flavor.

HAPPY BIRTHDAY

RESIDENTS

Karma W. 7/9

STAFF

Michelle G. 7/6

Terrie L. 7/11

Amanda P. 7/29

Marie H. 7/30

WELCOME NEW RESIDENTS

Bobie P.

Frankie D.

Billy R.

Bobbie B.

Steve R.

Evelyn J.

Greg W.

John D.

Janice N.

Edwin S.

Raymond F.

Barbara D.

Dolores G.

Eleanor G.

Georgia M.

Joan K.

Judy S.

Brenda G.

James R.

Karma W.

Terry S.

Larry C.

Dorothy F.

Susan W.

Wanda L.

Kristina M.

Carrie K.

Dora C.

James E.

Sandra H.

Loyd H.

Wanda G.

Albert P.

Billy S.

Harry H.

Truman Y.

Ed S.

Daphne W.

John R.

Darlene W.

Gladys A.

Larry M.

MAC & CHEESE DAY: JULY 14

It's no surprise hot dogs are a summertime favorite, but macaroni and cheese is a commonly served summer side at picnics, gatherings, and reunions. Between the sauce, seasonings, cheese selection, and the way it's cooked, there's a chance for you to try something new with each variation. Here are a few tasty options you can try this summer:

Veggie Delight: Vegetables are an excellent way to add nutrients to your mac & cheese, and creates a healthy spin on a classic dish. Veggies also add a splash of color with peas and carrots.

Spice it Up: Add a splash or two of your favorite hot sauce or spicy seasonings like smoked paprika, red paper flakes, or Cajun powder.

Say Cheese: One of the best parts of a mac and cheese meal is the cheese itself! Enjoy adding some out-of-the-box cheeses you might not commonly try with a mac and cheese dish, like feta, colby jack, or gouda.



BBQ: BBQ sauce enriches mac and cheese with a unique flavor pairing of sweet and savory. Grab your favorite BBQ sauce and drizzle it over top of the dish to enjoy a delicious combo!

Oodles of Noodles: Add more variety to your mac and cheese dish by trying out three or four different types of pasta! A few varieties to try are rigatoni, penne, cavatappi, and elbow macaroni. Don't be shy to mix and match the pasta, and experiment with a few different combinations to create your perfect dish.

ACTIVITY PHOTO HIGHLIGHTS



Some of the ladies at Harbor Lakes are creating some yarn art!!



Residents enjoying some fresh air on a beautiful sunny day!!!



Residents enjoying some balloon games!!!

July Happenings

We're heating things up this month with a full lineup of fun and festive events! Here's what's coming your way:

Senior Hope Choir July 2nd

Enjoy an uplifting performance by the Senior Hope Choir as they bring their joyful harmonies to Harbor Lakes.



July 4th Celebration

Celebrate Independence Day with us! We'll have snow cones, patriotic fun, and a fantastic fireworks display to light up the night.



National Chocolate Wafer Day – July 3rd

Get your sweet tooth ready! We'll be serving delicious chocolate wafer treats to celebrate this tasty day.



Booze & Tattoos Day – July 17th

Yes, you read that right! Join us for a fun afternoon with mocktails (and a few real cocktails!), plus temporary tattoos for those who want to show off a little flair.



National Gorgeous Grandma Day – July 23rd

We're celebrating all our beautiful grandmas with a special photo shoot! Dress to impress and get ready to strike a pose.



Harbor Lakes Taste-Off – July 29th

Travel the world without leaving home! Join us for an international food tasting, featuring flavors from around the globe



Letter from Director of Talent and Learning

We're bringing in the sunny, joyful spirit of July with a month full of fun, festive activities!

We're kicking things off with our annual July 4th Celebration—get ready for fireworks, snowcones, and plenty of patriotic cheer!

Next up, we'll be sipping something sweet for National Piña Colada Day—yum!

To honor the beautiful grandmothers of Harbor Lakes, we're hosting a "Grandma Photo Shoot"—a special glamour session to capture your timeless beauty!

And of course, we can't forget our exciting Facility Taste-Off: "Anything Around the World" — a global flavor adventure you won't want to miss!

Let's make this July one to remember!

-Marissa Anzures, Director of Talent and Learning

Short-Term Therapy Success



ADMISSION & TREATMENT

- Diedra is an 84-year-old female that came to us at Harbor Lakes due to Fracture of both left/right lower leg.
- Diedra was non weight bearing to both lower extremities with cast. Diedra worked with PT on slide board transfers and Lower body strength, till she got new ortho orders that walking boots replaced cast and she was able to start walking. PT was working with her on balance along with directional changes due to walking boots she was able to walk 200ft-400ft SBA with rolling walker.
- Diedra was able to do Upper and Lower body dressing Mod I independent as well as toileting. Diedra also worked on showering/bathing with reaching and bending to make sure she was safe, also worked on picking things up with a Reacher as well as safety awareness.

Deidra had OT/PT services

DISCHARGE

- Diedra's progress was a slow one, but she worked hard every day to get where she needed, Marvin her husband was here every day to cheer her on, therapy was able to go over home exercise program with them both and safety awareness.
- Deidra was motivated to work with us in the areas she needed to get back home. She was pleased with her progress and looked forward to transitioning home.
- She met her goals. The husband and herself were both pleased with her stay and care.



Deidra was able to return home. She will also be receiving home health services



HARBOR LAKES

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Deon Harrison
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Samantha Epps
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Matthew Curtis
DIRECTOR OF BUSINESS
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Justice Lawson
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DIETARY MANAGER

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HOUSEKEEPING MANAGER

Shelly Tidwell-Thompson
DIRECTOR OF REHAB



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!

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

WORD LIST

BOREDOM
CHEESE
EMOJI
FLAVOR
FRIENDSHIP
HEAT
ICE CREAM
JULY
MACARONI
PAINT
REUNION
ROCKS
STARS
STRIPES
SUN