

HARBOR LAKES



August 21 is recognized as **National Senior Citizen Day**—a time to honor the older adults in our lives and reflect on all they've given to their families, communities, and the world around them. While today is a great reminder to celebrate, the truth is: **every day is an opportunity to show our appreciation.**

Our seniors are storytellers, role models, and the hearts of many families. They've lived through seasons of change, shared their wisdom, and helped shape the world we live in. Their lives are full of quiet victories and lasting legacies.

Whether you're looking for meaningful ways to celebrate on August 21—or simply want to make an ordinary

day feel extraordinary—here are a few uplifting ideas to enjoy together:

- **Create intergenerational moments:** Plan a fun art project, cook a favorite family recipe, or start a story-sharing tradition that bridges generations and builds bonds.
- **Celebrate their journey:** Look through old photo albums, revisit favorite songs or movies from their youth, or ask them to share a cherished memory.
- **Encourage wellness and joy:** Try a gentle movement class, spend time outdoors, or simply enjoy a cozy afternoon chat. Small moments matter.
- **Volunteer side by side:** Join a local cause together or help them share their knowledge through mentoring, reading to children, or crafting for a good cause.
- **Be present:** Your time, attention, and laughter are often the greatest gifts. Share a meal, play a game, or just sit and talk in whatever way brings joy and connection.

The seniors in our lives deserve to be honored not just on August 21, but in the little moments we create with them all year long. **Every shared smile, story, or simple visit is a chance to show them just how much they mean to us.**





HAPPY BIRTHDAY

RESIDENTS

Lawanna S.	8/6
Trumon Y.	8/14
Geneva T.	8/15
Darla V.	8/19
JC A.	8/23
Tinky V.	8/24
Willie L.	8/25
Michael K.	8/28

STAFF

Janel R.	8/2
Amy A.	8/12
Haylea H.	8/13
Palma N.	8/18
Taya V.	8/18
Bronwyn T.	8/24

A Letter from Business Office Manager

August, the eighth month of the year, is often associated with the winding down of summer. It is a season of vacations, outdoor activities, and community gatherings, which is a perfect time to enjoy sunshine, relaxation, and fun. While there are no federal holidays in August, there are still plenty of reasons to celebrate! And here at Harbor Lakes our energetic residents love to celebrate!

At Harbor Lakes we have plenty of upcoming events and activities during August. On August 1st we will celebrate National Water Balloon Day! Later in the month of August we will celebrate Residents Birthdays by having a party for August birthdays. Families and loved ones are welcome to join in the festivities!

August also marks the transition from summer to autumn. It is the perfect time to enjoy the outdoors before cool weather sets in. We will continue to offer opportunities for our residents to enjoy safe outdoor activities. Lastly, a fun fact about August 11th. This special day marks the end of the "Dog Days of Summer" traditionally the hottest, most sultry days of the season.

We look forward to sharing a joyful and vibrant month with all of you. As always, thank you for your support and for being a part of our community.

– Deon Harrison, Business Office Manager

WELCOME NEW RESIDENTS

Christine A.	Margeehta K.
Ronald H.	James E.
Rowland W.	Robert B.
Susan W.	Carolyn P.
Lenora A.	Belinda P.
Jashuben P.	Max O.
Cindy M.	Nancy B.
Reginia J.	Glenda P.
Ann T.	Blanca D.
Mary S.	James R.
Gregory B.	Michael R.
Denzel T.	Wilma S.
Perry F.	Cheryl W.
Lou B.	Marsha N.
Billie H.	Kenneth C.
Anice T.	Catherine N.
Michael H.	Carolyn L.
Deborah G.	Janis D.
Lorn N.	

ACTIVITY PHOTO HIGHLIGHTS



August Activities

We've packed this month with fun, food, and festivities for everyone to enjoy!

National Water Balloon Day

Get ready for a splash! Join us for classic games like the Water Balloon Toss and Water Balloon Target Toss — sure to bring lots of laughter and cooling fun.



National Chocolate Chip Cookie Day

Treat yourself to warm, gooey goodness as we celebrate this delicious day.



National Root Beer Float Day

Cool down with a sweet and fizzy root beer float — a nostalgic treat for all ages!



Senior Hope Choir – August 6th

Enjoy the uplifting voices of the Senior Hope Choir in a heartwarming performance you won't want to miss.

Play in the Sand Day – August 11th

Revisit the joys of childhood with beach-themed fun. Feel the sand between your toes and let the memories flow.



Learn About the Navajo Code Talkers – August 14th

Discover the remarkable story of the Navajo Code Talkers and their crucial role in World War II.



National Soft Ice Cream Day – August 19th

Celebrate with creamy, dreamy soft serve!



Special Guest: Hippies Gone Silver

Singing group bringing groovy energy & fun for everyone!



National Senior Citizens Day – August 21st

Join us as we honor and celebrate the amazing seniors in our community.

National Cherry Turnover Day – August 28th

Savor the sweet flavors of freshly made cherry turnovers, prepared by our talented Senior Culinary Group.



HIGHLIGHTS ...CONTINUED



Short-Term Therapy Success

ADMISSION & TREATMENT

Terry S. 79-year-old male came to Harbor Lakes

Due to transient cerebral ischemic attack

We welcomed him back, he said that he told his husband that if he had to go to a rehab that he wanted to come back to Harbor Lakes, where he knows us, so he was excited to see us all and get to working with therapy to be able to get back home.

Terry was able to walk with rolling walker 100-150ft supervision/stand by assist he was able to gait on uneven surfaces as well as picking up objects.

Terry was able to do his activities of daily living independently. ST worked with his on cognitive communication deficit.

PT/OT/ST collaborated with him

DISCHARGE

Therapy worked with him on balance and strength as well as endurance.

Terry progressed very well in therapy services. He was happy that we got him to go back home, his husband was happy with his progress he made.

Walking with rolling walker 100-150ft. He also did car transfer well. We also gave him a home exercise program that he can follow.

Terry was very pleasant to work with.

Terry met his goals.

and returned home where he will receive home health services.





HARBOR LAKES

NURSING AND REHABILITATION CENTER

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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!

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

WORD LIST

ACTIVITY
BOOKS
COLOR
ELVIS
HAPPINESS
KING
LEMONADE
MARSHMALLOW
MUSIC
PRESLEY
READ
RELAX
SENIOR
SMORE
WELLNESS