

HARBOR LAKES



LONG-TERM CARE PLANNING MONTH

October is recognized as **National Long-Term Care Planning Month**, a time dedicated to highlighting the importance of preparing for future healthcare needs. While it may not always be easy to think about, taking steps today can make a world of difference tomorrow.

Seniors and their families are encouraged to start conversations early and make thoughtful, informed decisions about long-term healthcare options. Planning ahead not only reduces stress during unexpected situations but also ensures that personal preferences

are respected and financial security is better maintained. Whether it is discussing care options, setting up advanced directives, or exploring financial planning resources, this month is a reminder that preparation brings peace of mind. By addressing these important decisions now, seniors and their loved ones can look forward to a more comfortable and secure future.

National Long-Term Care Planning Month serves as a gentle reminder that thoughtful planning today can help ensure comfort, confidence, and peace of mind for tomorrow.



NATIONAL HEALTHCARE FOOD SERVICE WEEK

During Oct. 5-11, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Celebrate your food service workers and recognize the integral role they play in helping us stay well-nourished and healthy.



HAPPY BIRTHDAY

RESIDENTS

Frances M.	10/2
Gary B.	10/3
Betty S.	10/12
Patrica D.	10/18
Frances B.	10/19
Sherry W.	10/23
Evelyn J.	10/24
Dana G.	10/29
Muriel R.	10/29
Emma W.	10/31

STAFF

Christi S.	10/1
Ezequiel D.	10/18
Joshua H.	10/18
Monica C.	10/22
Marissa A.	10/23
Jennifer J.	10/28

WELCOME NEW RESIDENTS

Leanne S.	Billie H.
Denise R.	Sue P.
Donald G.	Donna S.
Tammie C.	Wilma S.
Nancy G.	Wendy F.
Bon B.	Robert A.
Joy S.	Linda C.
Betty M.	Betty M.
Linda R.	Mary W.
Margarete K.	

Letter from Director of Business Development

Being in Texas, we always welcome the month of October. We anxiously await the milder fall temperatures and the beautiful scenery as the leaves change colors. October is usually a favorite for all the kids as well, as they get to pick out their favorite costumes for Halloween. And who could forget the most important part, the candy! The kids aren't the only ones excited about Halloween; the Harbor Lakes residents are looking forward to a Halloween party of their own. We are also excited to see what the staff at Harbor Lakes cooks up on the 21st for our monthly taste off. Our residents will have the chance to vote for their favorite pumpkin dish this month. Just two days later, our residents will whip up their own dish on our Senior Culinary Creations Day.

In healthcare, we also recognize October as Breast Cancer awareness month. People all over the US will wear the color pink in honor of loved ones who have fought and continue to fight breast cancer. Pink ribbons can be spotted as far as the eye can see to raise awareness about the importance of prevention and routine screening for early detection and treatment of breast cancer.

October often is the start of making plans for the upcoming holiday season. It's easy to be overwhelmed by the to-do list as the busiest time of the year approaches. We encourage you to slow down, enjoy the crisp fall air and create memories with loved ones you hold near.

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn." – Elizabeth Lawrence

– Audrey DePriest Director of Business Development

VOLUNTEER SPOTLIGHT

Judy Terry comes and volunteers on Tuesdays and Thursdays. She came to Harbor Lakes for short term rehab and enjoyed it so much she became a volunteer. Thank you for your time, Judy!!!



THANKS PAM

Pam with Renew Home Health came to have some fun with the residents. We had pie, ice cream and lots of fun!!



Special Events

Breast Cancer Awareness Month

Every Wednesday in October, we honor and support Breast Cancer Awareness by wearing pink. Let's show our love and strength together!

October 1 Senior Hope Choir
Enjoy an uplifting performance to kick off the month!

October 7 National Chocolate Pretzel Day
Sweet and salty treats for everyone!

October 9 October Birthday Celebration
Let's celebrate all our wonderful residents with October birthdays!

October 14 Spa Day
Time to relax and unwind — you deserve it!

October 15 I Love Lucy Day Join us for laughs, fun, and classic episodes of "I Love Lucy"!

October 21 Monthly Taste Off: Pumpkin Edition
Try all things pumpkin — pies, drinks, and more. Cast your vote for the best!

October 30 National Candy Corn Day
Sweet treats and a little Halloween spirit to get us ready for the big day!

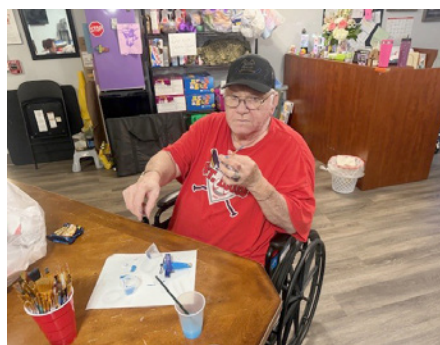
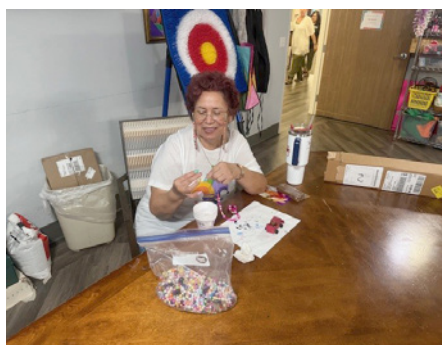
October 31 Halloween Party
Don't miss our awesome Halloween celebration! Costumes, games, music, and spooky fun awaits



ACTIVITY HIGHLIGHTS!



Residents had loads of fun with Cheese Ball Throw!



Short-Term Therapy Success

ADMISSION & TREATMENT

James Womack is a 67-year-old male that came to Harbor Lakes

Due to unspecified fracture of shaft of left femur.

James was very ready to work with us so he could get back home.

James was able to walk with rollator 100-500ft independently with the use of a rolling walker he was able to do gait on uneven surfaces as well as picking objects at standby assist.

James was able to do her upper body dress independently.

He was also able to do toileting independently.

PT/OT worked with him to achieve his goals to go home.

DISCHARGE

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

James progressed very well in therapy services. He was grateful that we got him to where he would be able to go home.

James worked on stairs as well as doing car transfer. We also gave him a home exercise program that she can follow.

James was a pleasure to work with. James was happy with his progress.

James met his goals.

and returned home where he will receive home health services, He also said that if Home Health did satisfy him, he would like to come here to see outpatient therapy.



HARBOR LAKES

NURSING AND REHABILITATION CENTER

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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!

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

WORD LIST

AUTUMN
AWARENESS
CONNECTION
DECISIONS
EMOTIONAL
FOOD
PHYSICAL
PINK
PLANNING
PUMPKIN
SELFCARE
SPOOKY
SUPPORT
THERAPY
WELLNESS