Harbor Lakes

Simple Ways Gratitude Can Lighten Holiday Stress

November is a month full of meaning. It is **Gratitude Month**, and it also includes **Stress Awareness Day** on November 5. Both remind us that while stress is a natural part of life, gratitude can help us feel calmer, healthier, and more connected.

Gratitude does not need to be complicated. Sometimes it is the little things that matter most. A warm meal shared with family, a kind word from a friend, or a neighbor lending a helping hand can ease stress and brighten your day.

Here are a few uplifting ways to practice gratitude this season:

Unplug and Notice: Step away from the news or your devices for a while. Enjoy the crisp air and colors of fall with a walk outside, or spend a cozy afternoon with family or friends over a cup of coffee or tea.

Share Your Thanks: Let family, friends, or neighbors know you appreciate them. A smile, a short note, or a thoughtful word can mean more than you realize.

Create Moments Together: Gratitude grows in connection. Enjoy a meal around the table, play a game with grandchildren, or simply sit and talk with someone you love.

Simply Pause: Take a few deep breaths and think of one thing you are grateful for today. It could be the comfort of your surroundings, the laughter of friends, or the support of family.

Celebrate the Everyday: Holidays are special, but gratitude also lives in daily joys. Cherish the simple moments that brighten life, like the vibrancy of fall leaves, a phone call from a neighbor, or a hug from a loved one.

As families, friends, and communities gather this November, remember that gratitude is more than a holiday tradition. It is a way to ease stress, strengthen our connections, and celebrate the joy of reaching out and appreciating one another. Wishing you a season filled with thankfulness, togetherness, and a very **Happy Thanksgiving.**

HARBOR LAKES
NURSING AND REHABILITATION CENTER

Happy Birthday

RESIDENTS

Tammy H.	11/01
Barbara T.	11/03
Virgina M.	11/05
Ruth E.	11/12
Angela V.	11/12
Bobbie W.	11/15
Debbie G.	11/17
Tink H.	11/19
Robert H.	11/30

STAFF

Donella K.	11/1
Rita I.	11/4
Sarah R.	11/11
Giovanni S.	11/11
Connie S.	11/13
Jacqelyn J.	11/18
Shelby R.	11/24
Samantha E.	11/26
Angela L.	11/26
Courtney W.	11/29
Micah W.	11/29

A Letter from our Assistant Directors of Nursing

As the crisp air and colorful leaves remind us that fall is in full swing, this November the nursing staff is focusing on gratitude, wellness, and community. Stay healthy during the colder months, from boosting your immune system, to keeping active indoors, to getting a little sunshine when you can. Now is the time to get your flu shot if recommended by your Dr.

Remember to:

Stay hydrated-cooler weather can make us forget to drink enough water.

Keep moving- gentle indoor exercises, stretching or hallway walks help maintain strength and balance.

Wash your hands often- Flu season is here; frequent handwashing is one of the best ways to prevent illness.

Balance your life with family, friends and things that have meaning in your life. Maybe grab a donut on November 5th for National Donut Day!

We also highlight the importance of thankfulness- not just for our residents, but for the dedicated staff and families who make our facility feel like home. As we approach Thanksgiving, let's take time to appreciate the small moments of care and connection that brighten each day. **Hope to see you all at the Family Thanksgiving Lunch on November 20th.**

Feel free to stop by the ADON office if you have any questions, concerns, or compliments. We are here to serve and help whenever possible.

– Cindy Baldridge, LVN ADON
– Carrie Lauderdale, RN ADON

Resident Spotlight: Stephen C. A Fisherman Turned Author

This month, we're proud to shine the spotlight on Stephen C., who joined the Harbor Lakes family this past June.

After being diagnosed with Guillain-Barré Syndrome, Stephen made a courageous decision — to channel his memories and lifelong adventures as a fisherman into something lasting for his family. And just like that, an author was born.

Stephen recently published his first book titled *Defining My Soul: My Passion for Fishing*, a heartfelt collection of stories chronicling his fishing adventures across the years. The book is rich with vivid details, personal reflections, and captivating photographs that bring his love for fishing and travel to life on every page.

Stephen's story is a powerful reminder that you can do anything if you set your mind to it. As he says, "When a door closes, a window opens."

We're inspired by your resilience and creativity, Stephen — thank you for sharing your journey with us!

November is Full of Fun, Food & Festivities!

A month packed with tasty treats, great music, and special celebrations!

November 4

- National Candy Day – Sweeten your day with some yummy treats!
- Senior Hope Choir Performance - Enjoy uplifting music from our talented seniors

November 5th

National Donut Day - Grab a delicious donut and celebrate.

November 11 Veterans Day - Join us as we honor and celebrate our beloved veterans for their service and sacrifice.

November 13 Resident Birthday Party

Let's celebrate all November birthdays with cake, music, and cheer!

November 14 National Pickle Day - We're serving up a variety of pickle-themed foods come taste the tangy fun!

November 20 Annual Family Thanksgiving Lunch - A special time to gather with loved ones and enjoy a traditional Thanksgiving meal

November 24 "Hippies Gone Silver" Performance - Get groovy with this fun musical group that always brings the good vibes!

November 25 Music Therapy with Cary - Relax, sing along, or just enjoy the soothing power of music with Cary.

Welcome New Residents

Martin S.	Linda R.	Rhonda W.	Thomas G.
Carolyn D.	Jose O.	Prudence G.	Claude B.
Chester D.	Nell B.	Barbara P.	Margeehta K.
Mildred L.	Marsha S.	CherylS B.	Misty B.
Ricky M.	Denzel T.	Bernice W.	Linda E.
Ray T.	Bille H.	Glenda Y.	Linda P.
Bobbie W.	Linda L.	Tammy H.	Ed H.
Juanita M.	Leanne G.	Mary W.	
	Naomi G.	Deborah T.	

ACTIVITY HIGHLIGHTS!

Short-Term Therapy Success

ADMISSION & TREATMENT

Danzel T. is an 84-year-old male that came to Harbor Lakes

Due to Orthostatic hypotension, wears TSLO back brace when out of bed due to past back surgery.

Mr. T. was very ready to work with us so he could get back home to his wife Donna , who we all know her by momma as he calls her, this makes the 4th time Danzel has been with us in a year, He said that he knows where to come to get better and go home, he told me he wouldn't and won't go anywhere else besides us, he said we are like family to him.

Danzel was able to walk with rollator 100-250ft independently at times but most of the time at supervision, he was able to gait on uneven surfaces.

Danzel was able to do her upper body dressing set up. He was also able to do toileting supervision.

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

DISCHARGE

Therapy worked with his stability, balance, and strength as well as endurance and Safety awareness, and learning to stand and give himself time before taking off walking.

Denzel progressed very well in therapy services. He and his wife were grateful that we got him to where he would be able to go home.

Denzel worked on stairs as well as doing car transfers. We also went over his home exercise program that he can follow.

Denzel is such a pleasure to work with. Denzel was happy with his progress.

Denzel met his goals.

HARBOR LAKES
NURSING AND REHABILITATION CENTER

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Director of Nursing

Marissa Anzures
Director of Talent and Learning

Carrie Lauderdale
Asst. Director of Nursing

Cindy Baldridge
Asst. Director of Nursing

Justyn Dyer
Treatment Nurse

Amy Amador
MDS Nurse

Cristi Smith
PPS Nurse

Pamela Gladson
Activity Director

Leeann Smelley
Medical Records/Central Supply

Micah Williams
Maintenance Director

Deon Harrison
Business Office Manager

Audrey DePriest
Director of Business Development

Samantha Epps
Admissions Director

Justice Lawson
Social Worker

Edgar Rodriguez
Dietary Manager

Jennifer Hutson
Housekeeping Manager

Taylor Houghton
Staffing Coordinator

Shelly Tidwell-Thompson
Director of Rehab

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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!

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WORD LIST

APPRECIATE
COLD
DIABETES
FAMILY
FEET
FOOD
GRATITUDE
HONOR
KINDNESS
MEMORY
SERVICE
STRESS
THANKFUL
TOGETHER
VETERANS