

# HARBOR LAKES



## American Heart Month: Know the ABCS of Heart Health

### BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

#### Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.

Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



**A:** Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



**B:** Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



**C:** Manage your cholesterol. Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



**S:** Don't smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW today.

Source: [millionhearts.hhs.gov](http://millionhearts.hhs.gov)



**HARBOR LAKES**

NURSING AND REHABILITATION CENTER



## HAPPY BIRTHDAY

### RESIDENTS

|             |      |
|-------------|------|
| Terry M.    | 2/04 |
| Dora H.     | 2/06 |
| Linda R.    | 2/09 |
| Elma B.     | 2/18 |
| Kenneth W.  | 2/20 |
| Wendy F.    | 2/26 |
| George B.   | 2/26 |
| Johnette W. | 2/28 |

### STAFF

|            |      |
|------------|------|
| Yisel R.   | 2/03 |
| Shannon O. | 2/09 |
| Britta H.  | 2/17 |

## Letter from Director of Talent & Learning

February is a favorite month of mine — the month of love! It's filled with cozy cold weather, sweet treats, and special moments like date nights. Pam, our beloved Activity Director, has some exciting events and activities planned throughout the month. We're kicking things off with National Carrot Cake Day, celebrating with a Mardi Gras Parade, and wrapping up with our annual Valentine's Day Party, where we'll crown our King and Queen! Be sure

to check out Pam's activity calendar to stay up to date on all the daily fun planned for February.

As we enjoy all the fun this month, let's also remember that cold and flu season is here. Please take extra care to stay warm, wash your hands, and look out for one another so we can all stay healthy and safe during this time.

**Marissa Anzures**  
Director of Talent and Learning

## Elvis was in the House!!!!



## Activity Highlights

February at Harbor Lakes is packed with fun, food, and festivities!

**February 3:** National Carrot Day 

**February 4:** Wear Red Day to promote Women's Heart Health & Senior Hope Choir

**February 5:** Granbury Baptist Singers (and every Thursday thereafter)

**February 6:** National Frozen Yogurt Day. Enjoy a sweet frozen yogurt treat! 

**February 11:** National Peppermint Patty Day 

**February 13:** Valentine's Party 

**February 17** – Mardi Gras Wheelchair Decorating & Parade 

**February 20:** National Muffin Day & Caregiver Appreciation Day 

**February 26:** Senior Culinary Class. We'll be making delicious fruit pies! 

**February 27:** National Strawberry Day 

We look forward to celebrating all month long with our Harbor Lakes family!



# We had a Blast Celebrating Christmas!!



## Short-Term Therapy Success

### ADMISSION & TREATMENT:

Donald, but likes to go by Don is an 80-year-old male that came to us at Harbor Lakes due to metabolic encephalopathy.



Don worked with PT on bed mobility, transfers, and balance as well as lower body strengthening. Don was able to walk with a rollator 100ft-200ft supervision as well as independently.

Don was able to do Upper and Lower body dressing independently as well as toileting. Don also worked on safety awareness.

Don was eager to do what is needed to get home to his wife.



### AT DISCHARGE:

Donald, but likes to go by Don is an 80-year-old male that came to us at Harbor Lakes due to metabolic encephalopathy.

Don worked with PT on bed mobility, transfers, and balance as well as lower body strengthening. Don was able to walk with a rollator 100ft-200ft supervision as well as independently.

Don was able to do Upper and Lower body dressing independently as well as toileting. Don also worked on safety awareness.

Don was eager to do what is needed to get home to his wife.

## WELCOME NEW RESIDENTS

Lillie H.  
Pamela B.  
Melvin S.  
Phyllis S.  
Catherine T.  
William A.  
Janice P.

Loren S.  
Lavena S.  
Garvis R.  
Sharon F.  
Sue P.  
Donald D.  
Jackie M.  
Mary R.

Florence R.  
Genevieve H.  
Darlene R.  
George B.  
Richard P.  
Terry T.  
Katherine S.  
Dora H.

Robert W.  
Cindy P.  
Evelyn J.  
Karla M.  
Johnette W.  
Elise E.



**1300 SECOND STREET  
GRANBURY, TX 76048**

Admissions: 817.437.6921  
eFax: 682.285.3062

info@harborlakesnursingandrehabilitation.com  
**harborlakesnursingandrehabilitation.com**

## **ADMINISTRATIVE STAFF**

Calvin Crosby  
**ADMINISTRATOR**

Brittney Dyer  
**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**



**Stay connected.**

 **HMGHealthcare**

**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!

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

### **WORD LIST**

**COPLES**  
**EMBROIDERY**  
**EXERCISE**  
**HEALTH**  
**HEART**  
**HISTORY**  
**KINDNESS**  
**LIFESTYLE**  
**LOVE**  
**MATCH**  
**NEEDLEWORK**  
**PINK**  
**RED**  
**RISK**  
**VALENTINE**