

# HARBOR LAKES



The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

## **Simple Steps for Success**

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."

- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

## **Need Extra Motivation?**

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.

- **Motivation and Inspiration Day (January 2):**

Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

**Every step, no matter how small, brings you closer to your goals.**

**With focus, determination, and support, this year can be your best yet!**





## HAPPY BIRTHDAY

### RESIDENTS

Margaret K.	1/12
Stephen C.	1/15
Joanne M.	1/22
Faye R.	1/23
Elmer Y.	1/24
Betty W.	1/27
Martha L.	1/28
Darlene B.	1/31

### STAFF

Kat E.	1/4
Kyndell F.	1/9
KeKe W.	1/15
Neda D.	1/19
Jennifer N.	1/23
Natasha P.	1/27
Vanessa C.	1/29

## A Letter from the Social Director: Welcome to a Bright New Year!

Happy New Year to all our residents, families, and staff! ✨

As we step into 2025, we're excited for a month filled with fresh beginnings, cozy moments, and plenty of fun activities to keep spirits high.

January is a time for renewal, reflection, and connections and we're embracing all three with special events, themed snack days, and group gatherings that everyone can enjoy. Let's make this year our warmest and most joyful yet!

### 🥞 Featured Snack Days

We're celebrating some tasty national "food holidays" this month! Residents are welcome to join in for themed treats and fun facts about each snack.

#### 🥞 January 15 Bagel Day

A warm, toasty morning treat! Enjoy your choice of cream cheese, butter, or flavored spreads.

#### 🍪 January 16 Fig Newton Day

A sweet classic! We'll be sharing delicious fig cookies along with tea and conversation.

#### 🧀 January 20 Cheese Lovers' Day

Calling all cheese fans! We'll have a mini cheese tasting featuring mild, sharp, and creamy varieties.

#### To our residents:

Thank you for trusting us, teaching us, and filling our halls with personality, humor, and heart.

#### To our families:

Thank you for your continued support and for sharing your loved ones with us.

We look forward to a year of comfort, joy, and moments that matter

**Justice Lawson,**  
Social Services Director

## WELCOME NEW RESIDENTS

Constance P.	Janet A.
Maria S.	Verlyn W.
Hazel H.	Nancy B.
Kenneth W.	Judith B.
Casimira M.	John D.
Shirley S.	Tina P.
Ruda B.	Linda R.
Leah R.	Ron H.
Mary S.	Rhonda W.
Rosemarie K.	Edna M.
John M.	Lela N.
Linda G.	Claudette P.

## Activity Highlights 🎉

We're starting the new year with tons of fun here at Harbor Lakes! Here's what we have planned for January:

**January 1:** Enjoy a special performance by the Granbury Baptist Singers. 🎵

**January 6:** Celebrate National Shortbread Day with yummy shortbread treats! 🍪

**January 8:** Join us for our Residents' Birthday Party as we celebrate all January birthdays! 🎂

**January 13:** It's National Rubber Duck Day—get ready for a fun rubber duck hunt! 🦆

**January 15:** Celebrate National Bagel Day with a delicious bagel treat! 🥞

**January 20:** Enjoy a tasty spread for National Cheese Day! 🧀

**January 22:** Have fun cooking with the Senior Culinary Class! 🍳

**January 27:** Treat yourself on National Chocolate Cake Day! 🍰

We can't wait to spend a fun, festive, and flavorful month with all of you! ❤️



# Holiday Look-Back



# Short-Term Therapy Success

Dianne K. was admitted to Harbor Lakes following a displaced trimalleolar fracture of her right lower leg with routine healing. She experienced a functional decline marked by decreased strength, balance, coordination, mobility, and overall activity tolerance. Initially, Dianne was hesitant to participate in therapy due to fear of falling, but after her evaluation, she began to gain confidence and engage more fully in her care.



Because she was non weight bearing on her right lower extremity, therapy focused on safe pivot transfers, stability, balance, strength, endurance, and safety awareness. Dianne's primary goal was to independently transfer between her wheelchair, bed, chair, and toilet so she could return home to her husband, whom she had not been apart from in years. With strong motivation and consistent effort, she worked diligently toward her goals, supported by therapy and caregiver training involving her husband and church family.

Through therapy, Dianne made excellent progress. She was able to complete bed mobility tasks independently, including moving from lying to sitting and sit to stand. She stood at the sink to complete oral care and grooming, performed upper and lower body dressing and toileting independently, and safely propelled her wheelchair distances of up to 200 feet. She was also educated on the use of a reacher to assist with safety during daily tasks.

Dianne was successfully discharged home with plans to continue her recovery through home health services. We were honored to be part of her journey and are proud of the hard work and determination she showed during her stay.





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## ADMINISTRATIVE STAFF

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DIETARY MANAGER

Jennifer Hutson  
HOUSEKEEPING MANAGER

Taylor Houghton  
STAFFING COORDINATOR

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!

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

### WORD LIST

ACTIVITIES  
CONNECT  
DONOR  
EQUALITY  
GAMES  
GLAUCOMA  
GOALS  
HOBBY  
JANUARY  
KERNEL  
POPCORN  
RESOLUTION  
UNITY  
WELLNESS  
WORDS