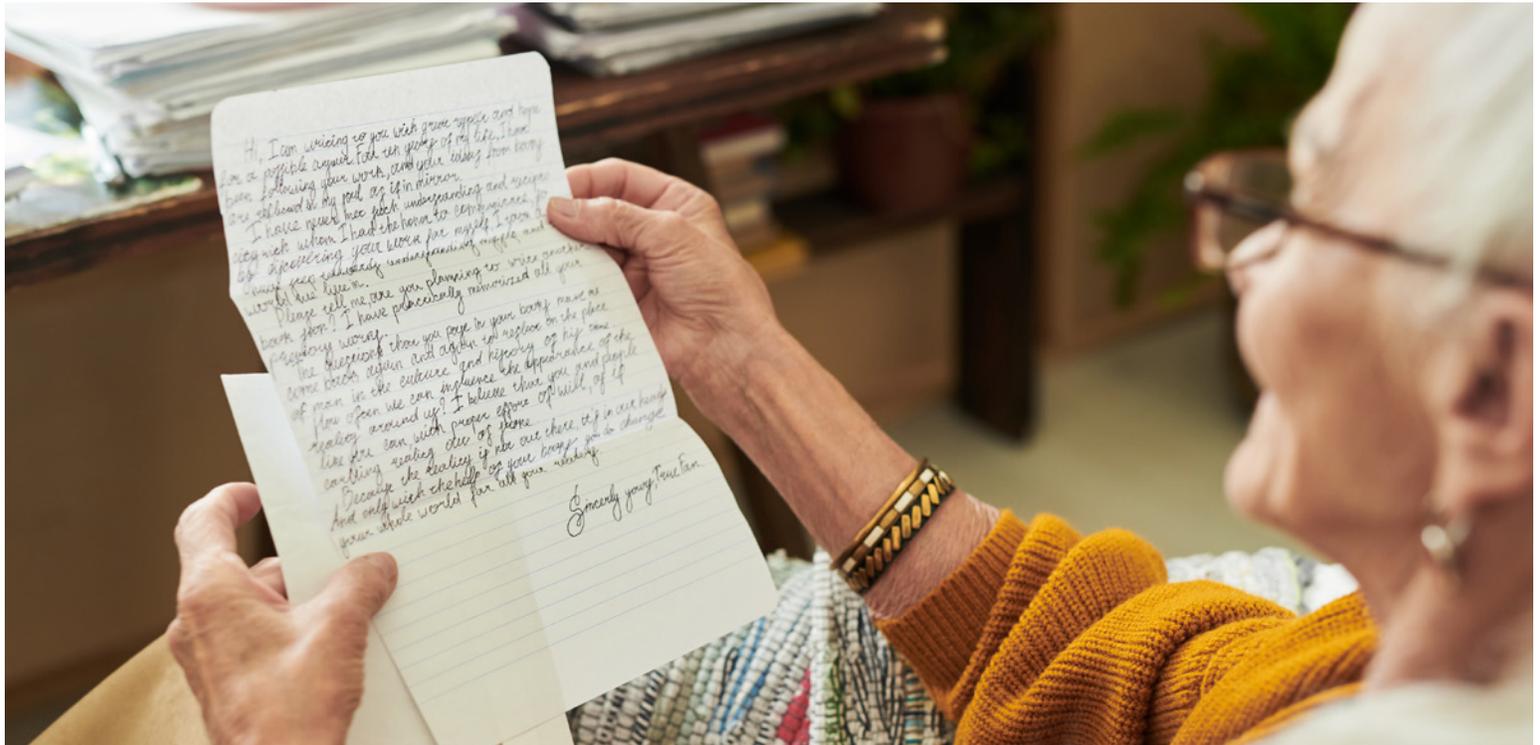


# HARBOR LAKES



## Making Everyday Moments Awesome

**March 10 is National Day of Awesomeness, a day to notice the little things that make life enjoyable and to share them with others.** It's the perfect excuse to celebrate simple joys and connect with the people around you, no matter your age.

**Notice the little things**  
Take a few minutes today to spot moments that make you smile. Maybe it's a favorite song, a sunny spot by the window, or the smell of fresh coffee. Keep a small notepad handy and jot down

anything that sparks a happy memory or makes you chuckle.

**Reach out to someone special**  
Call a friend, share a funny story with a grandchild, or send a note to someone you haven't seen in a while. Even a quick chat or a shared laugh can brighten both your days. Try sending one message or making one call today to lift someone's spirits.

**Share the fun**  
Do something enjoyable with someone else. Read a favorite story together, play a simple game, or swap memories from the past. Ask a child or grandchild to share their favorite silly joke or story with you.

**Treat yourself**  
Take a moment to enjoy something that feels special to you. Indulge in a favorite treat, savor a comforting drink, listen to a song you love, or spend a few quiet minutes relaxing. Choosing a small pleasure just for yourself can lift your mood and make the day feel a little more awesome.

This National Day of Awesomeness, celebrate the everyday joys and connections that make life brighter for you and everyone around you. Small actions, shared laughs, and simple moments of fun can turn an ordinary day into something truly awesome.





## HAPPY BIRTHDAY

### RESIDENTS

Joy S.	3/1
Janis N.	3/2
Wanda G.	3/4
Wendell B.	3/5
Jeffery P.	3/6
Harry H.	3/7
Walter J.	3/11
Carlene G.	3/18

### STAFF

Kaylee H.	3/11
Ignacio G.	3/14
Kaci W.	3/15

## Letter from Medical Records

What makes you happy? Everyone has one thing that gives them a warm smile when they see it. Some folks like funny cow art. Others like glitter or cactus or sunflowers. Mushrooms! That is what makes me smile! Bright colored and silly shaped mushrooms that are fanciful and whimsical. I have mushroom pictures and salt and pepper shakers. I even have a mushroom butter dish. My name is Michelle

Grant. I am responsible for keeping the medical records safe. In addition, I maintain the medical supplies for the building.

St Patrick's Day is March 17th. If you are lucky, you might find some mushrooms around the building! Bring them to me for a special treat and share what makes you happy!!

**Have a Fabulous Day!!**

**Michelle Grant**

## Granbury Baptist Church



## WELCOME NEW RESIDENTS

Nora D.	Susan H.
Joy S.	Patrice L.
Billie W.	Sharon A.
Joyce H.	Shawn A.
Lauren M.	David T.
Betty T.	Nancy H.
Karla M.	Ronald D.
Delbert E.	Marie S.
Katherine I.	Thomas P.
Joyce B.	Linda B.
Eva W.	Gary H.
Betty M.	Catherine W.
Joan T.	Devard W.
Michael R.	Gailya G.
William H.	



## Get Crafty during Craft Month!

Whether you already paint, knit, quilt, woodwork, or crochet, try some of these other creative projects throughout the month. Ask family and friends to join you for arts and crafts.

- Painted Rocks
- Handmade Greeting Cards
- Paper Plate Crafts
- Easy Origami
- Button Magnets
- Decorative Paper Flowers



## Artisan Photo Highlights



## Short-Term Therapy Success

### ADMISSION & TREATMENT:

Martiza A. is a 66-year-old female that came to Harbor Lakes due to sepsis. Martiza had a functional decline characterized by reduced strength, balance, coordination, and mobility as well as overall activity tolerance as well as safety awareness. Therapy worked with her on transfers and gait with her walking with walker 300ft with Rolling walker at supervision. Martiza was able to do her toileting supervision independently, as well as her don/doffing of clothes. Therapy also went over the home exercise program. Martiza met her goals and she was excited that we got her better so that she could return home.



### AT DISCHARGE:

Therapy worked with her on stability, balance, and strength as well as endurance and Safety awareness.

Martiza progressed very well in therapy services in the goals that were set.

Martiza was able to stand at the sink and do her oral and grooming hygiene. Martiza was able to do upper and lower body dressing supervision/independent as well as toileting.

Martiza was able to do bed mobility, lying to sitting on side of bed, sitting to stand all supervision.

It was a pleasure working with her.

Martiza was able to go home where she will receive home health.

## Activity Highlights

March is here and Harbor Lakes is coming in **STRONG!** Here's what's happening—get ready for a month full of music, laughs, and treats:

**March 4:** Senior Hope Choir joins us and it's National Pound Cake Day yum!

**March 5:** The Granbury Baptist Singers will entertain us with some great music

**March 12:** March Birthday Party celebrating all our March birthdays

**March 17:** An awesome St. Patrick's Day Bash featuring a Leprechaun Shoot

**March 19:** Let's laugh it up for National Laugh Day

**March 24:** National Chocolate Raisin Day

**March 26:** National Wear Purple Day Put on your favorite purple outfit!

**March 27:** National Joe Day

- Start with Find Joe
- Followed by a Joe Mamma Walk
- End with delicious Joe Sliders



# HARBOR LAKES

NURSING AND REHABILITATION CENTER

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GRANBURY, TX 76048

Admissions: 817.437.6921  
eFax: 682.285.3062

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[harborlakesnursingandrehabilitation.com](http://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 Baldrige Asst.  
DIRECTOR OF NURSING

Justyn Dyer  
TREATMENT NURSE

Amy Amador  
MDS NURSE

Cristi Smith  
PPS NURSE

Pamela Gladson  
ACTIVITY DIRECTOR

Michelle Grant  
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

Cortney Gordon  
DIETARY MANAGER

Jennifer Hutson  
HOUSEKEEPING MANAGER

Taylor Houghton  
STAFFING COORDINATOR/  
TRANSPORTATION

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!



### WORD LIST

- ART
- AWESOME
- BOOK
- CRAFT
- DIABETES
- GREEN
- HEAR
- LISTEN
- MOMENTS
- READ
- SAINT
- SHAMROCK
- SOCIAL
- UPLIFT
- WORKER