

HARBOR LAKES



Superpowers, Strength, and Everyday Heroes

Every year on April 28, we celebrate National Superhero Day, a time to honor both the fictional heroes who inspire us and the real-life heroes who make a difference in our world. **First recognized in 1955, this day serves as a powerful reminder that courage, strength, and selflessness are qualities we all admire**, whether they exist in comic books or in everyday life.

Superheroes first soared into popularity in the 1930s and 40s, with iconic characters like Superman, Batman, Wonder Woman, and Captain America making their debut. With extraordinary abilities—flying, super strength,

invisibility, and mind-reading—these heroes became symbols of hope and justice.

While we celebrate these fictional icons, **let's also take a moment to honor the everyday heroes among us, including nurses, EMS, firefighters, police officers, and first responders.** They may not wear capes, but their superhuman strength and resilience are on display every day. Whether they're saving lives, protecting our communities, or providing care in moments of crisis, they embody the same values of courage, sacrifice, and selflessness that we admire in our favorite superheroes.

If you could have any superpower, what would it be?

The ability to heal? To fly? To be invisible? Or perhaps the strength to lift entire buildings with ease? While most of us won't develop superhuman abilities, we all possess unique strengths that have the power to create change.

There is a bit of a superhero in all of us. We may not wear capes or leap tall buildings, but through acts of kindness, resilience, and perseverance, we can make a lasting impact.

This National Superhero Day, take a moment to celebrate the heroes—both fictional and real—who inspire us to be braver, kinder, and stronger. And remember, the world could always use another hero.

Maybe that hero is YOU!





HAPPY BIRTHDAY

RESIDENTS

Barbara B.	4/1
Morris D.	4/3
Nancy A.	4/20
Dolores G.	4/25
Patsy S.	4/29

STAFF

Danielle C.	4/4
Crystal U.	4/4
Heather C.	4/11
Diamond H.	4/11
Julie B.	4/25
Colleen S.	4/26

WELCOME NEW RESIDENTS

Nancy G.	Joan T.	Shirley H.
Phylis W.	Jim C.	Shawn H.
Ricky G.	Daphne W.	Melba A.
Wayne G.	Carroll K.	Beeb R.
Norma H.	Alva S.	Patricia J.
Robert K.	Robert K.	Ken S.
Joy O.	Harvey S.	John B.
John B.	Nancy A.	Jane M.
Jo S.	Charles S.	William H.
Jimmy H.	Don D.	Betsy P.
Tommy F.	Eldon L.	Mary K.
Joan K.	Margie D.	

A Letter from Dietary Manager

What makes a meal memorable to you? Is it the aroma coming out of the kitchen? The seasoning that reminds you of home? The comfort of a warm plate of food made just right? Or maybe it's that first bite that takes you back to a family table or a favorite memory.

For me, food has always been about more than just cooking—it's about creating moments, comfort, and connection.

My passion for food started many years ago in the kitchen with family, where I learned that meals have the power to bring people together and make people feel cared for.

I've spent many years working in culinary leadership and healthcare food service, and over time I discovered that serving in long-term care facilities holds a very special place in my heart. In this environment, food means so much more. It's not just nutrition—it's dignity, memories, culture, and sometimes the highlight of someone's day.

My goal in every kitchen I step into is to create meals that residents truly look forward to, while also making sure we meet all dietary needs, safety standards, and healthcare regulations. I believe strongly in teamwork, consistency, and pride in what we serve, because every tray that leaves the kitchen represents our department. I come from strong culinary roots and carry a deep respect

for traditional cooking, hospitality, and service. I bring that same passion into healthcare by making sure our residents receive meals that are not only nutritious, but also flavorful, comforting, and prepared with care.

You'll often find me working alongside the team, supporting staff, improving systems, and making sure our kitchen runs in a way that we can all be proud of. I believe leadership starts by being present and leading by example.

Most importantly, I want every resident here to feel valued and cared for through the food we prepare. If we can bring a smile to someone's face through a meal, then we've done something truly meaningful.

I'm excited to be here and look forward to working with all of you.

— Chef Q



Spring Activity Highlights

This month at Harbor Lakes, we're gearing up for spring with lots of fun activities to keep our residents engaged and busy! Here's what we have planned for April:

-  **April 1:** Celebrate April Fools' Day and National Sourdough Bread Day
-  **April 2** (and every Thursday): Enjoy wonderful music as the Granbury Baptist Singers fill our halls with uplifting songs
-  **April 3:** Join us for a Super Easter Egg Hunt
-  **April 6:** Celebrate Caramel Popcorn Day with some delicious treats
-  **April 15:** Enjoy Bananas and Dip for National Banana Day
-  **April 16:** Let's all get comfy for National Wear Your Pajamas to Work Day
-  **April 21:** Live music and fun with Hippies Gone Silver
-  **April 22:** Celebrate Earth Day by planting some of our favorite plants
-  **April 28:** Dress up and celebrate National Superhero Day
-  **April 30:** It's National Bugs Bunny Day — everyone's favorite!

We're looking forward to a wonderful month filled with laughter, music, and great memories with our amazing residents. 🌸

Activity Photo Highlights



Short-Term Therapy Success

ADMISSION & TREATMENT:

Robert K. is a 75-year-old male that came to us at Harbor Lakes due to cellulitis of right lower limb.

Robert worked with PT on bed mobility, transfers, and balance as well as lower body strengthening.

Robert was able to walk with a rolling walker 100ft-300ft supervision as well as independently.

Robert was able to do Upper and body dressing independently, lower body at mod assistance. Independent with toileting. Robert also worked on safety awareness.

Robert was ready to do what he needed to get home.

AT DISCHARGE:

Robert's progress was good as he worked hard every day to get to where he needed.

Robert was able to do his grooming hygiene independently, as well as upper and lower body dressing. Robert met his goals. He was happy with the progress that he had made. This was his second time coming to us.

Robert was able to return home with home health services.





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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!

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

WORD LIST

- ART
- CREATE
- EARTH
- ENERGY
- EVERYDAY
- GREEN
- HERO
- LAUGH
- PHOTO
- POWER
- REDUCE
- STORIES
- SUPER
- THERAPY
- VOLUNTEER