

HARBOR LAKES

NATIONAL MEN'S HEALTH WEEK: JUNE 15-21



National Men's Health Week is an important time to focus on men's well-being, raising awareness and encouraging early detection for better health outcomes. Studies show that men are less likely than women to visit the doctor for annual check-ups, which makes it even more important to highlight the value of regular health screenings. This week serves as a reminder to prioritize men's health, seek routine medical advice, and catch

potential issues early. Many common health problems, such as prostate and colon cancers, can be treated effectively when detected early. Prostate cancer is the most common cancer in American men (excluding skin cancers), but it can often be treated successfully with early detection.

In addition to routine exams for prostate and colon screenings, men should also keep up with regular check-ups from other health professionals, including dentists, dermatologists, and eye doctors. Annual

dental visits can help prevent tooth decay and gum disease, while eye exams can catch issues like glaucoma or early signs of vision loss. Regular skin checks with a dermatologist can detect skin cancers early, when they are most treatable.

Taking small steps today, like making an appointment or talking to a healthcare provider, can make a big difference. Use this week as a starting point to take charge of your health and support the men in your life in doing the same.



A Letter from the Social Worker

June at Harbor Lakes Nursing and Rehab ☀️

Summer is finally here, and June is sure to bring plenty of laughter, sunshine, and fun to Harbor Lakes! Our residents will enjoy spending time together, making memories, and participating in activities that keep everyone smiling and engaged throughout the month.

One sweet highlight this month will be celebrating **National Cookie Day!** Residents will enjoy fresh cookies, good conversation, and sharing favorite cookie memories and recipes. Nothing brings people together, quite like a sweet treat and a little afternoon fellowship. 🍪

Another exciting activity coming up this month will be our energetic and entertaining **Human Foosball game!** Residents and staff will have the opportunity to cheer each other on, enjoy friendly competition, and share lots of laughs together. ⚽

Throughout June, residents will also enjoy favorite daily activities including card games, social gatherings, and opportunities to relax, visit, and enjoy each other's company. These simple moments often become some of the most meaningful.

Fun June Trivia 🗨️

- June's birth flower is the rose. 🌹
- The first official day of summer this year will be **June 20th.** 😎
- Did you know watermelon is made up of over 90% water? Perfect for summertime! 🍉

We look forward to another wonderful month together and are grateful for the residents, families, and staff who make Harbor Lakes feel like home every day. Here's to a fun and memory-filled June!

— **Justice Lawson, Social Worker**

Activity Highlights

June is filled with music, great food, and spending time in our new garden area! Here's what's on our calendar for June:

June 4th and every Thursday — Enjoy wonderful worship and music with the Granbury Baptist Singers. 🙏

June 11th — Join us for our Big Bash Residents' Birthday Party featuring karaoke and lots of fun! 🎉

June 12th — Celebrate National Peanut Butter Cookie Day with delicious peanut butter cookies. 🍪

June 16th — Come enjoy live music with Hippies Gone Silver. 🎵

June 19th — We will honor all fathers with our special Father's Day celebration. 👴 👤

June 25th — Celebrate National Strawberry Parfait Day with a yummy strawberry parfait treat! 🍓

And that's not all of it, we have many more fun activities planned throughout the month!



HAPPY BIRTHDAY

RESIDENTS

Sharon E.	6/6
Dolores W.	6/9
Lillie K.	6/17
Alice C.	6/19
Joe B.	6/19
Rowena B.	6/20
Sarilee B.	6/21
Sid B.	6/23
Linda S.	6/25

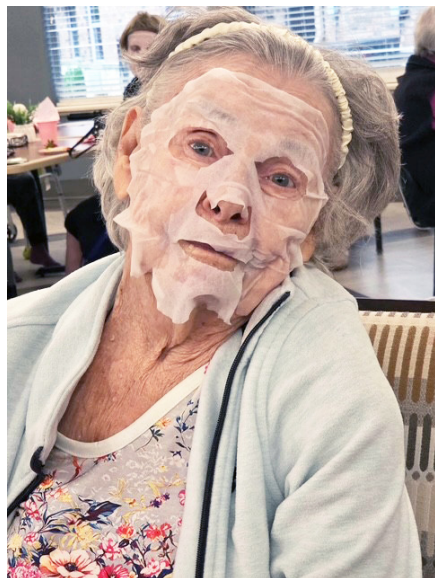
STAFF

Angie T.	6/11
Cole C.	6/20
Kimberly F.	6/27

WELCOME NEW RESIDENTS

Lillie K.	Donald E.	Linda S.
Richard W.	Gerald D.	Bob S.
Brenda J.	Elaine J.	Eddie M.
Ruda B.	Katherine F.	Glanda S.
Joe B.	Caryn D.	Joy S.
Wilson B.	Joan I.	Melvin H.
Edwina N.	Brenda B.	Shirley W.
Sharon E.	Donald B.	Yolanda R.
Joe F.	Don T.	Jams N.
David K.	Rowena B.	Maryellen B.
Jeannie Y.	Victoria A.	Fred S.
	Margaret C.	Melvin H.

MOTHER'S DAY PHOTOS



Short-Term Therapy Success

ADMISSION & TREATMENT:

Melanie R. is a 70-year-old female that came to us at Harbor Lakes due to multiple fractures of ribs on left side with routine healing.

Melanie worked with PT on bed mobility, transfers, and balance as well as lower body strength, Jean, his wife visited her daily, so we got to go over safety and car transfer with her. Melanie was able to walk with 350ft walking stick supervision/independently.

Melanie was able to do Upper and lower body dressing independently, along with toileting. Melanie also worked on stairs with railing and did great.

Melanie worked hard to achieve her goals so she would be able to get back home with her husband Kenneth.

AT DISCHARGE:

Melanie's progress was good she worked hard every day to get where he needed.

Melanie was able to do her grooming hygiene independently, as well as upper body and lower body dressing.

Melanie met her goals. She was happy with the progress that she had made. Her husband was pleased with the progress she had made with us, they both were grateful for what we have done and making sure she was able to walk with her walking stick in back pasture by our building because she uses that when walking on their property. Melanie was such a pleasure to work with and get to know her. Melanie is a retired nurse and was very impressed with our facility, she said the care and the way we all work together she has never seen it before and she has worked in healthcare for a long time. Melanie was able to return home.





HARBOR LAKES

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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!

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

WORD LIST

- ACTIVITY
- AGING
- BONES
- ENGAGE
- EXERCISE
- HAPPY
- HEALTHY
- MAY
- MOTHER
- NURSES
- POSITIVITY
- SALAD
- SKIN
- SPRING
- WELLNESS