

HARBOR LAKES

**NATIONAL PLAY DAY:
YOU ARE
NEVER TOO
OLD TO PLAY!**



July 19 is National Play Day, a reminder that play does not have an age limit. Whether you are 9 or 90, play has a way of lifting the spirit, sparking laughter, and bringing people together. It is one of the simplest ways to feel young at heart. In a month that also celebrates staying social and connected, play is a natural fit, especially when shared across generations.

There are so many ways to join in the fun:

- **Bean bag toss or cornhole in the yard**
- **Balloon volleyball or indoor bowling**
- **Games like left-right-center, checkers, chess, or cribbage**
- **Card games such as Uno, euchre, bridge, or rummy**
- **Classics like Battleship, Scrabble, or Connect Four**
- **Music, dancing, or playing piano, guitar, or another instrument**
- **Handheld video games or phone apps**

Play also brings back memories of simpler days, like neighborhood baseball games, riding bikes until dinner, or afternoons at the swimming pool with friends. Those spontaneous “play dates” were really just time spent enjoying life outdoors.

On National Play Day, try something familiar or something new. Gather with friends or family of all ages, have fun, stay connected, and simply play!





HAPPY BIRTHDAY

STAFF

Michell Grant	7/6
Stacia Johnson	7/8
Era Arrington	7/22
Victoria Rico	7/23
Amanda Petty	7/29

WELCOME NEW RESIDENTS

Robert S.	Rowena B.	Sherry F.
Jeremiah D.	Sharon R.	Virginia W.
Eileen A.	Cora V.	Sharon E.
Edna B.	Tammy F.	Stephanie A.
Kristin L.	Nancy B.	Jean B.
Susan O.	Nellie R.	Bobby E.
Phyliss J.	Sheri S.	Carol K.
Shelly M.	Patricia J.	Raye K.
Elbridge E.	Wendy F.	Cathy W.
Dana M.	Robert C.	Terry D.
J.C.	Macky H.	Bobby E.
Gloria B.	Robert C.	Bill M.
	Linda L.	

Letter From Business Development

Summer is in full swing, and July is shaping up to be an incredible month here at Harbor Lakes! We have so much to look forward to — from lively group activities to moments of simple joy shared between residents and staff. This is what makes our community so special.

One of the highlights we're especially excited about this month is our Cowboy Trivia night! Dust off your boots and saddle up, because we're putting everyone's Western knowledge to the test. Residents and staff will square off in what is sure to be a rootin' tootin' good time — so brush up on your cowboy knowledge and get ready to compete!

We'll also be celebrating National Day of the Cowboy this month, which feels right at home here in Texas. Whether you're a true cowboy at heart or just love the spirit of the West, it's the perfect excuse to tip your hat and embrace everything that makes this region so special.

Of course, July wouldn't be complete without Independence Day — we'll be celebrating the 4th with a fireworks party and ice-cold root beer floats, so come ready to enjoy the festivities with good company and plenty of red, white, and blue pride right here at Harbor Lakes!

Joke of the Month What did one flag say to the other on the Fourth of July? Nothing — it just waved! 🇺🇸

As always, it is a privilege to walk alongside our residents and families each day. July is a reminder that the best moments aren't always the big ones — sometimes it's a good laugh, a little friendly competition, and a whole lot of Texas pride that makes all the difference. Wishing everyone a safe and wonderful month ahead.


— Jesse Ortiz, Director of Business Development


Activity Photo Highlights




Fun at Harbor Lakes!


It's that time of year again for fireworks, outdoor fun, and summer celebrations! This month at Harbor Lakes, we have plenty of treats, entertainment, and special events planned for everyone to enjoy.


 **July 2** – The Granbury Baptist Singers will be here to perform and share their wonderful music.


 **July 4** – Join us as we celebrate Independence Day with fireworks and root beer floats. Come join the fun!

 **July 8** – The Senior Hope Choir will visit to lift our spirits with great music and fellowship.

 **July 9** – Help us celebrate our residents with our monthly Birthday Bash!

 **July 21** – It's Western Dress-Up Day! Put on your favorite cowboy hat and join us for some fun cowboy trivia.

 **July 23** – We're celebrating Gorgeous Grandma Day with a special photo shoot for our gorgeous Grammys.

 **July 30** – We'll end the month on a sweet note by celebrating National Cheesecake Day. Yummy!

We look forward to making wonderful memories together this July. Come join the fun!

National Healthcare Recruiter Recognition Day!!



Harbor Lakes showed some love to Marissa Anzures, our Director of Talent and Learning, as we celebrated National Healthcare Recruiter Recognition Day!

Marissa's dedication, passion, and commitment to attracting and developing exceptional talent help make our team stronger every day. Thank you for all you do to support our

staff, our culture, and our mission. We appreciate you and all the hard work you put in behind the scenes to help our organization thrive!

Happy National Healthcare Recruiter Recognition Day, Marissa! #HealthcareRecruiterRecognitionDay #TeamHarborLakes #EmployeeAppreciation

Short-Term Therapy Success

ADMISSION & TREATMENT:

Gloria B. is a 86-year-old female that came to Harbor Lakes due to nondisplaced transverse fracture of right patella, subsequent encounter for closed fracture with routine healing. Her orthopedic was Dr Hartshorn. Gloria 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 Gloria on walking with a rolling walker 200ft independently. Gloria was able to demonstrate adequate navigation through hallways and rooms as well as around the building. Gloria was toileting independently. Gloria also did her don/doffing of clothes independently/supervision. She was also able to work on upper body strengthening with weights and exercise bands. Therapy also went over the home exercise program. Gloria worked hard to meet her goals, and she was excited that we got her to a point so that she could return home.

AT DISCHARGE:

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

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

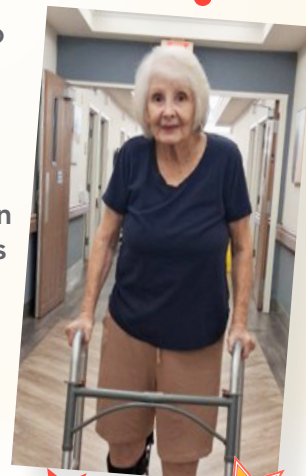
Gloria was able to stand at the sink and do her oral and grooming hygiene independently. Gloria was able to do upper body dressing independently and lower supervision, toileting independently.

Gloria was able to do bed mobility, lying to sitting on side of bed, sit to stand all independently.

Gloria also worked on car transfer as well as stairs with handrails.

It was a pleasure working with her.

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





HARBOR LAKES

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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!

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

WORD LIST

- AMERICA
- BLUE
- BOREDOM
- FAMILY
- FRIENDS
- GAME
- HISTORY
- HOT DOG
- OUTDOORS
- PATRIOTIC
- PLAY
- RED
- SUMMER
- TOGETHER
- WHITE