

HARBOR LAKES



EMBRACING HEALTHY AGING: SIMPLE HABITS FOR A HEALTHIER YOU

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy - Exercise doesn't have to be intense to be effective.

Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain - A colorful plate isn't just pretty—

it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind - Lifelong learning, curiosity, and creativity

keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key - Whether it's phone calls with family, lunch with

neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.



HARBOR LAKES

NURSING AND REHABILITATION CENTER



HAPPY BIRTHDAY

RESIDENTS

Pat S.	8/8
Jim P.	8/9
Bob S.	8/19
Albert B.	8/25
Barbara M.	8/28

STAFF

Bartrecia Butcher	8/8
Justyn Dyer	8/17
Cindy Baldrige	8/21
Brittney Isler	8/27

WELCOME NEW RESIDENTS

Gail W.	Ray H.	Judy D.
Bradley K.	Susan M.	Jim P.
Shirley C.	Carol M.	James A.
Vivian R.	Bette P.	Gloria O.
Gloria D.	Bety S.	Fred M.
Wanda M.	Judy C.	Carroll C.
Jeremiah D.	Donna H.	Billie L.
Sharon M.	Sharon M.	Pat S.
David O.	Aleta F.	Mary O.
Robert R.	Rose D.	Nancy M.
Robert S.	John O.	Thelma W.
Marian W.	Liz P.	Raven W.
Gladys S.	Eldon L.	Linda G.
Laura W.	Frances C.	Rebecca G.

Letter from MDS Coordinators

Happy September yall!!! Amy and Cristi here, proud MDS coordinators of Harbor Lakes!

As we welcome the month of September, we look forward to all the wonderful things this new season brings. September marks the transition into fall, with the hopes of cooler weather, changing seasons, and plenty of opportunities to enjoy time together. It's a great month to slow down, enjoy the crisp air, and look forward to the activities and traditions that make this time of year special.

September also brings the excitement of football season, with games, team spirit, and plenty of fun to enjoy. We also have several national holidays and special observances throughout the month that give us opportunities to celebrate, remember and come together. One we are most excited to celebrate with our residents is National hug and high 5 day! Cristi and I hope September brings everyone plenty of smiles, good memories, and enjoyable moments as we embrace the beginning of fall!

– Amy and Cristi

Fun at Harbor Lakes!

We have so many exciting things happening this September at Harbor Lakes! Get ready for a month filled with music, celebrations, delicious treats, games, arts, and plenty of fun!



Wednesday, September 2nd

We will welcome Senior Hope Choir to Harbor Lakes as they fill our halls with beautiful hymns. What a wonderful way to begin the month!



Thursday, September 3rd & Every Thursday

Come enjoy great music with the Granbury Baptist Singers! We look forward to their wonderful performances each week.



Friday, September 4th

It's National Cheese Pizza Day! Join us as we celebrate with everyone's favorite cheesy treat!



Thursday, September 10th

It's time for our Resident Birthday Bash! Come help us celebrate our wonderful residents with a day full of birthday fun!



Thursday, September 17th

Get ready for a Happy Day Social! Come and get HAPPY with us! We'll enjoy good company, smiles, and plenty of fun.



Thursday, September 24th

Join us for Senior Culinary Cuisine! This month, we'll be making GIANT PRETZELS! Come ready to roll, twist, and enjoy a delicious treat.

All Month Long!

September will be filled with games, arts, activities, music, and fun here at Harbor Lakes.

ACTIVITY PHOTO HIGHLIGHTS!



Short-Term Therapy Success

ADMISSION & TREATMENT:

Raven W. is a 68-year-old male that came to us at Harbor Lakes due to heart and hypotension.

Raven with PT on bed mobility, transfers, and balance as well as lower body strength, OT/PT was able to go over safety and car transfer with him. Raven had a rough start, due to having cognitive issues due to the surgery he underwent. Raven was able to walk 250ft with a rolling walker with standby/ independently.

Raven was able to do upper and lower body dressing independently along with toileting.

AT DISCHARGE:

Raven met his goals to be able to get back home.

Ravens progress went well; He worked hard every day to get where He needed.

Raven was able to do his grooming hygiene independently, for upper body and lower body dressing.

Raven met his goals. He was so happy with the progress that he had made, he knew we would not give up on him, so that helped with building his confidence. Raven was a joy to work with and get to know.

Raven and his family were happy that he was going to be able to return home and will get home health services.





**1300 SECOND STREET
GRANBURY, TX 76048**

Admissions: 817.437.6921

eFax: 682.285.3062

info@harborlakesnursingandrehabilitation.com

harborlakesnursingandrehabilitation.com

ADMINISTRATIVE STAFF

Calvin Crosby
ADMINISTRATOR

Brittney Dyer
DIRECTOR OF NURSING

Marissa Anzures
DIRECTOR OF TALENT AND LEARNING

Amanda Petty
PAYROLL/RECEPTIONIST

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

Jessie Ortiz
DIRECTOR OF BUSINESS DEVELOPMENT

Samantha Epps
ADMISSIONS DIRECTOR

Justice Lawson
SOCIAL WORKER

LaQuianta Evans
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!

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

WORD LIST

AGING
CLEAN
EXERCISE
FAMILY
FUN
GAME
GRANDPARENTS
HEALTH
LESSONS
MOVE
PATRIOT
REMEMBER
TOGETHER
UNITY
WISDOM