

HARBOR LAKES



TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!



HAPPY BIRTHDAY

RESIDENTS

Francine M.	10/2
Joan T.	10/9
Frances B.	10/10
Sherry W.	10/23
Dana G.	10/29
Muriel R.	10/29
Emma T.	10/31

STAFF

Cristi S.	10/1
Taylor G.	10/5
Dequeisha W.	10/13
Taylor H.	10/18
Ezequiel D.	10/18
Misty R.	10/22
Marissa A.	10/23
Jennifer J.	10/28

WELCOME NEW RESIDENTS

James O.	Dorothy C.	Phyllis W.
Cora V.	George R.	Joan O.
Bettie P.	Julie R.	Dennis W.
Kermit B.	Kenneth H.	Linda J.
Zeta M.	Thomas C.	Betty W.
Richard S.	Jay T.	Ruben V.
Anngela B.	Nancy W.	Albert E.
Denise R.	Pam C.	Dorothy C.
Leonard O.	Barbara Y.	Terri D.
Luis C.	Ava W.	Robert R.
Norris B.	John S.	Shawn A.
Elwyn J.	Karen B.	Prisciliano M.
Elsie B.	Jimmie S.	Mary H.
Judith C.	Donna S.	David B.
Bill M.	Evelyn J.	

A Letter from Director of Talent & Learning

Hello October,

As we enter the beautiful month of October, we welcome cooler weather, the approaching holiday season, and all the sweet smells and cozy feelings of fall!

Pam has a month full of fun and festive activities planned for our residents! We're looking forward to some fan favorites, Music with the Granbury Baptist Singers, Bingo and our Birthday Bash! Along with some new events including our Apple Pie Social, Breast Cancer Awareness Pink Out, our Annual Halloween Candy Pass Out & Dress-Up Contest, and so much more!

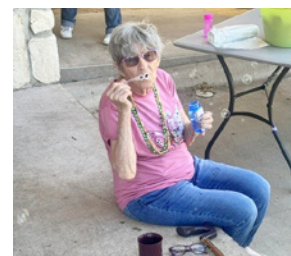
October is also a great time to enjoy the changing season while continuing to take care of ourselves and one another. As we enter flu and sick season, please remember the importance of frequent handwashing, covering coughs and sneezes, and following standard precautions to help keep our residents, families, and staff healthy and safe.

We hope October brings lots of smiles, laughter, sweet treats, and wonderful memories to our Harbor Lakes family!

Wishing everyone a safe, healthy, and happy October!

– Marissa Anzures

Activity Photo Highlights



Fun at Harbor Lakes!

We are ready for cooler weather, fall fun, and plenty of exciting activities here at Harbor Lakes!

October is a special month as we recognize Breast Cancer Awareness Month, Physical Therapy Month, and National Dietary Month. We have a fun-filled calendar planned with music, treats, pampering, celebrations, crafts, and lots of opportunities to enjoy time together!



October 1 – National Homemade Cookie Day

Join us for some delicious homemade cookies while enjoying great music from the Granbury Baptist Choir!



October 6 – Pink Out Day

Wear your pink in honor and support of Breast Cancer Awareness Month!



October 7 – Senior Hope Choir

Come enjoy some wonderful music and fellowship with the Senior Hope Choir!



October 8 – Monthly Birthday Bash

Help us celebrate all of our October birthdays with a fun-filled birthday celebration!



October 14 – National Dessert Day

Yummy! Join us as we celebrate with a delicious selection of sweet treats!



October 16 – Hand Care Clinic

Come be pampered and give your hands a little extra love at our hand care clinic!



October 21 – National Apple Day

Enjoy fresh apples with a variety of delicious dips. That's a tasty way to celebrate fall!



October 28 – National Chocolate Day

Calling all chocolate lovers! Join us for a yummy selection of chocolate treats!



October 30 – Fall Festival

Come join us for our Fall Festival, filled with fun things to do, laughter, and plenty of fall festivities! And throughout the month, we'll have an assortment of fun arts and crafts to keep us busy and creative as we enjoy those cool-weather days.

We can't wait to celebrate October with our wonderful Harbor Lakes community!

Come join the fun!

Short-Term Therapy Success

ADMISSION & TREATMENT:

Kermit B. known as "Santa" but goes by Dan is a 77-year-old male that came to us at Harbor Lakes due to pneumonia.

Dan worked with PT on bed mobility, transfers, and balance as well as lower body strength along with car transfer, and stairs. He was able to walk over 500ft and started off with walker, then transitioned to a cane independently.

Dan was able to do Upper and lower body dressing independently along with toileting.

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



AT DISCHARGE:

Dan's progress went well; He worked hard every day to get where he needed.

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

Dan met his goals. He was so happy with the progress that he had made. Because he plays "Santa" and wanted to be ready, He was a joy to work with.

Dan was 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

LaQuiana 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!

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

WORD LIST

APPLE
AUTUMN
AWARENESS
BONES
BREAST
CARAMEL
CARDS
COLORS
GOURD
HEALTH
LEAVES
PUMPKIN
SCAM
SECURITY
WELLNESS