Harbor Lakes



Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

This year, take a moment before the meal to share with your family what you're thankful for. Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!

HARBOR LAKES
NURSING AND REHABILITATION CENTER

Happy Birthday

RESIDENTS

Barbara T.	11/3
Angela V.	11/12
Ruth E.	11/12
Marian W.	11/16
Laura T.	11/16
Deborah G.	11/17
Carol D.	11/19
Robert H.	11/30

STAFF

Donnie K.	11/01
Gio S.	11/11
Sarah R.	11/11
Connie S.	11/13
Beatrice M.	11/15
Jacquelyn J.	11/18
Shelby R.	11/24
Angela L.	11/26
Samantha E.	11/26
Breanna H.	11/28
Micah W.	11/29

Welcome New Residents

Robert W.
Royce O.
Clifford S.
Betty A.
Diane O.
Monroe W.
Georgia M.
Tom C.
Viki H.
Marian W.
Carol C.
Denise R.
Jerry B.
Minnie N.
Wayne G.

Florida S.
Genevieve G.
Nancy W.
Modena K.
John J.
Carol D.
Eldon L.
Roger P.
Robert W.
Royce O.
Clifford S.
Betty A.
Diane O.
Monroe W.
Georgia M.
Tom C.

Viki H.
Marian W.
Carol C.
Denise R.
Jerry B.
Minnie N.
Wayne G.
Florida S.
Genevieve G.
Nancy W.
Modena K.
John J.
Carol D.
Eldon L.
Roger P.

A Letter from Payroll/Receptionist

Hi everyone! I'm Amanda Petty, your Payroll/Receptionist, and I'm the friendly face you see first when you walk through our front doors! Fall is officially here, and it's time to enjoy the crisp, cool breeze, beautiful changing colors, and the start of holiday baking! We had a wonderful time at our Halloween Bash, and there's still so much fun ahead. Pam has some festive fall arts and crafts planned, along with our Turkey Shoot and baking activities! We're also looking forward to our annual Thanksgiving meal with our residents and their families on November 19th. We'll have a photographer joining us to capture all those special moments and memories together. I can't wait to see everyone there as we celebrate the season with good food, family, and fellowship. Wishing you all a wonderful fall season! **– Amanda Petty**

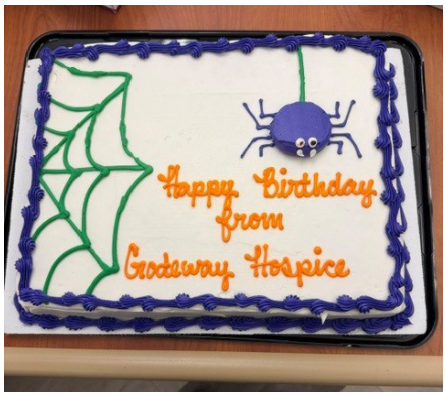
Activity Photo Highlights













Fun at Harbor Lakes!

Cooler weather is upon us here at **Harbor Lakes,** and we have so many fun things planned this month! From arts and crafts to baking delicious, fresh bread, there's something for everyone to enjoy. We look forward to sharing wonderful moments, making memories, and celebrating together!



Wednesday, November 4 – National Candy Day!
Enjoy a sweet celebration with the wonderful Senior Hope Choir!



Thursday, November 5 – National Donut Day!
We'll be enjoying a special visit from the Granbury Baptist Singers!



Tuesday, November 10 – National Vanilla Cupcake Day!
Let's celebrate with a little sweetness!



Wednesday, November 11 – Honoring Our Veterans
Join us as we honor and thank all of our Harbor Lakes veterans for their service and sacrifice.



Tuesday, November 17 – Fresh Bread Baking Day!
Mmm, yummy! We'll be baking fresh bread throughout the day. Get ready for the delicious smells of homemade bread filling Harbor Lakes!



Thursday, November 19 – Annual Thanksgiving Lunch
We are excited to host our annual Thanksgiving lunch for all residents and their family members. We look forward to sharing this special time of gratitude and togetherness!



Wednesday, November 25 – National Parfait Day!
We'll wrap up the month with a delicious and delightful parfait celebration!

A Month Full of Memories!

At Harbor Lakes, we believe the best moments are the ones we share. We can't wait to celebrate the season with our residents, families, friends, and special guests. Here's to a November filled with laughter, love, delicious treats, and wonderful memories!

Happy Fall from all of us at Harbor Lakes!



Short-Term Therapy Success

ADMISSION & TREATMENT:

Barbara P. is an 87-year-old female that came to Harbor Lakes due cerebral infarction due to unspecified occlusion or stenosis of left posterior cerebral artery. Barbara 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 Barbara in the short time she was with us on walking with a rollator 300ft independently. She was also able to work on strengthening upper body. Therapy also went over the home exercise program with her and her family which she lives with.

AT DISCHARGE:



Therapy collaborated with her on stability, balance, and strength as well as endurance and Safety awareness. She progressed well in therapy and the goals that were set.

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

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

Barbara also worked on car transfer as well as stairs with handrails independently.

It was a pleasure working with her, we all enjoyed listening to her with her up north accent. Richard, her son, was happy with all that we had done, and the progress Barbara had made, because he was thinking from her stay in hospital she would have to stay in long-term care, Barbara was determined to get back home.

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

HARBOR LAKES
NURSING AND REHABILITATION CENTER

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Administrator

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Director of Nursing

Marissa Anzures
Director of Talent and Learning

Amanda Petty
Payroll/Receptionist

Carrie Lauderdale
Asst. Director of Nursing

Cindy Baldridge
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

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Dietary Manager

Jennifer Hutson
Housekeeping Manager

Taylor Houghton
Staffing Coordinator/ Transportation

Shelly Tidwell-Thompson
Director of Rehab

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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!

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

AUTUMN
FAMILY
FOOD
GRATITUDE
HONOR
KINDNESS
LEAVES
MEAL
MEMORY
REMEMBER
SHARE
SUPPORT
THANKS
TURKEY
VETERAN