

# HARBOR LAKES



## NEW YEAR'S RESOLUTIONS IDEAS FOR SENIORS

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin? Here are six resolutions to get you started:

**Stay Connected:** Resolve to participate in more social activities such as games, crafts, or movies. Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

**Daily Physical Activity:**

Incorporate light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

**Learn Something New:**

Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

**Healthy Eating Habits:**

Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

**Read More:**

Cultivate a reading habit by setting aside time each day to enjoy

a good book or explore new topics of interest.

**Maintain a Positive Outlook:**

Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

*Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.*





## HAPPY BIRTHDAY

### RESIDENTS

Betty M.	1/04
Daniel G.	1/21
Joann M.	1/22
Martha L.	1/28
Darlene B.	1/31

### STAFF

Macie G.	1/08
Alexandra C.	1/10
Neda D.	1/19
Hannah L.	1/20
Zaylea H.	1/27
Vanessa C.	1/29

## IT WAS LOUD!

Resident Helping Our Maintenance Manager with The Fire Alarm Check!!



## A Letter from the Administrator

Happy New Year!!!

This is the time to be thankful for all the blessings that came our way in 2024. It is also a time of excitement and expectation on all the blessings that will come our way in 2025.

January is when the winter cold weather comes to visit. One of my favorite activities in January is to sit outside bundled up with a cup of hot chocolate. I see we have National Hot Chocolate Day on January 31st. We need to convince our lovely Activity Director to arrange for us to have our hot chocolate outside. Hot Chocolate Day is just one of many fun days scheduled in the month of January. Including National Milk Day, Winnie the Pooh Day, and I scream you scream we all scream for National Strawberry Ice Cream Day!

I pray everyone had a great 2024 and I look forward to a great 2025 with the wonderful residents and team members here at Harbor Lakes.

Love you guys and have a great year!

– Calvin Crosby, Administrator

## SPECIAL EVENTS!

This month we will be taking a rest from all the holiday events!!!

We will be having Spa Day facials for our residents, everyone is looking forward to this!!

Some delicious national days are in January: National Strawberry Ice Cream Day, National Pie Day and National Hot Chocolate Day! Yummy

Don't forget National Rubber Ducky Day!!

## CRAFT PHOTO HIGHLIGHTS



# WELCOME NEW RESIDENTS

Mary B.  
Donald S.  
Vickie M.  
Peggy M.  
Mary A.  
Ronald H.  
Ira M.  
Richard H.

James E.  
Jo C.  
Billy T.  
Elsie T.  
Barbara H.  
Harlene A.  
Geneva W.  
Nathan P.

Barbara B.  
Marilyn H.  
Rick J.  
Rose K.  
Bill J.  
Elma B.  
Linda M.  
Connie A.

Stanley S.  
Brunhild N.  
Henery N.  
Lynwood J.  
Emajean M.  
Delores W.  
Beth J.

## JIGSAW PUZZLES: THE PERFECT PIECE FOR WINTER

Jigsaw puzzles have been a favorite pastime for over two centuries! The very first puzzle, crafted by a cartographer, was a wooden map of Europe cut into pieces, sparking a tradition that continues to bring joy today.

**Puzzles appeal to all ages, offering challenges that range from a few pieces to thousands.** They're perfect for keeping the mind engaged, passing time on cold winter days, or simply enjoying the satisfaction of completing a beautiful image. Popular themes include scenic

landscapes with fluffy clouds, vibrant sunsets, and serene meadows—ideal for a calming and rewarding activity.

For those recovering from illness or surgery, puzzles can provide a relaxing way to spend time. **They also make thoughtful gifts and are a great way to connect with family across generations.**

**This National Puzzle Day, January 29, find a puzzle that speaks to you—whether in-store or online—and enjoy the timeless pleasure of fitting the pieces together!**

## Short-Term Therapy Success

### OUTCOMES MATTER

**James L. "Bo"** 95 years he was admitted 11/16/24 due to an unspecified nondisplaced fracture of second cervical vertebra with subsequent routine healing. Bo was instructed had to always wear his C-collar. Bo worked very hard in therapy services to be able to transition back home with his wife.

- Ambulate 300ft SBA/SPV
- He can do ADLS SBA/SPV
- All goals were met.
- Bo received PT/OT/ST services.



## Happy Activity Professionals Week: January 19-25, 2025

A big thank you to our activities team for keeping our residents and families engaged, active, and safely involved in so many creative ways! From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up with some great activities. Luckily, January 19-25 is designated to recognize them for their hard work during National Activity Professionals Week!

Be sure to dedicate some time this

week to your activities team who continuously share their talents, creativity, spirit, enthusiasm, energy, generosity and compassion. One of the easiest ways to show your appreciation and gratitude is to say "thank you!" Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.





# HARBOR LAKES

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## Martin Luther King Jr. Day

Each year, on the third Monday of January, we celebrate civil rights leader Martin Luther King Jr. This January 20, we honor his legacy and acknowledge his courage to stand up for equality and commitment to ending racial segregation in the United States. The concept of Martin Luther King Jr. Day as a holiday was originally promoted by labor unions. After King's death, U.S. Representative John Conyers and U.S. Senator Edward Brooke introduced a bill in Congress to make King's birthday a national holiday. The holiday was observed for the first time, 39 years ago on January 20, 1986! Dr. King's legacy and impact on our world will never be forgotten.



**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!



### WORD LIST

- ACTIVITIES
- CHOCOLATE
- COCOA
- CONNECTED
- DONOR
- DREAM
- EQUALITY
- EYES
- GOAL
- HOBBY
- NEW YEAR
- POSITIVE
- PUZZLE
- RESOLUTION
- SIGHT