

# HARBOR LAKES



## FEBRUARY IS HEART MONTH: REDUCE YOUR RISK FOR HEART DISEASE

Several health conditions, your lifestyle, your age and family history can increase your risk for heart disease. These are called risk factors.

**About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.** Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control.

To lower your chances of getting heart disease, it's important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can lead to heart disease. High blood pressure has no symptoms, so it's important to have your blood pressure checked regularly.
- **Talk to your doctor or health care team** about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease.
- **Quit smoking.** If you don't smoke, don't start. If you do smoke or vape, research ways to quit.
- **Discuss checking your blood cholesterol and triglycerides** with your doctor.
- **Make healthy food choices.** Obesity or being overweight raises your risk of heart disease.
- **Avoid or limit alcohol** to one drink a day.
- **Manage stress levels** by finding healthy ways to cope with stress, such as meditation, exercise, or reading.

Source: [cdc.gov](https://www.cdc.gov)





## HAPPY BIRTHDAY

### RESIDENTS

|          |      |
|----------|------|
| Joyce R. | 2/06 |
| Cathy N. | 2/16 |
| Elma B.  | 2/18 |

### STAFF

|            |      |
|------------|------|
| Yisel R.   | 2/03 |
| Annette G. | 2/04 |
| Kaylee C.  | 2/07 |
| Laura C.   | 2/11 |
| Britta H.  | 2/17 |
| Victor G.  | 2/20 |
| Kymerly B. | 2/24 |

## Healthy Snack Options for your Big Game Party

Here are three low-prep, healthy snack ideas for a big game party or to consider choosing between meals:

**Popcorn with Herbs:** Air-popped popcorn is a whole-grain snack that can be made flavorful with the addition of herbs like rosemary, thyme, or a sprinkle of black pepper or garlic powder. It's a crunchy and low-calorie option for those who like to munch.



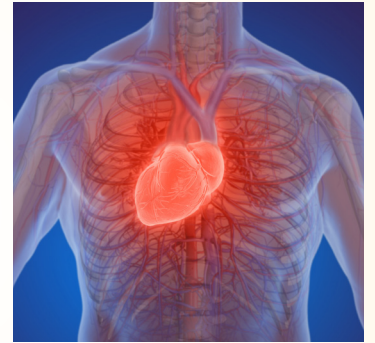
**Fruit Skewers:** Make colorful skewers with a variety of fresh fruits like berries, pineapple, grapes, and melon balls. These sweet treats are not only visually appealing but also provide natural sugars and essential vitamins.



## National Cardiac Rehabilitation Week: February 9-15, 2025

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery. **Benefits of Cardiac Rehab:**

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.



Source: cdc.gov

## Tell A Fairy Tale Day

Over the years, oral histories, myths, and legends have evolved to become known the world over as "fairy tales." The origins of most fairy tales are rough around the edges, and would not be considered appropriate for children by today's standards. **If you enjoyed fairy tales as a child, then exploring the source material as an adult can make for a fun and interesting afternoon.**

Alternatively, there are lots of new fantasy stories for



adults that feature beautiful characters and magic. Make a cup of your favorite drink, settle into a cozy chair with a book, TV show, or movie and immerse yourself in the world of romantic royalty, tricky fairies, hard lessons and fierce dragons.

**Looking for a different way to celebrate Tell a Fairy Tale Day on February 26? Share your own original fairy tale from your imagination!**

# WELCOME NEW RESIDENTS

Erlind W.  
Gayland C.  
Sandra S.  
Jack G.  
Lois S.  
Lewis W.

Laura R.  
Ruth F.  
Carolyn C.  
Deborah E.  
James S.  
Christy T.

Sue F.  
Joyce R.  
Joann D.  
Jerry R.  
Gayland C.  
Carolyn C.

## A Letter from the Administrator

February is here! Traditionally it's the coldest month of the year for the state of Texas. It is also one month closer to spring!

Surprisingly, there is so much to celebrate and look forward to in February. The month starts with Ground Hog's Day on February 2nd. Will the ground hog see his shadow or not? The crazy part, after all these years I still don't know what it means- if he sees his shadow versus not seeing his shadow. That is followed by National Wear Red Day on the 7th. I look forward to seeing everyone in their red!

Then of course we have Valentines Day! A day to show our appreciation and love to those who are important to us. This year Valentines Day corresponds with the Random Act of Kindness Week. So, while we celebrate a day of love we get to show acts of kindness for others. It is a perfect combination! Love and kindness should be a natural part of life. But sometimes we forget to be kind one to another. Let's make kindness part of our lives again starting on February 7th!

I just wanted to point out a few important dates to look forward to. But I know Harbor Lakes team will have many more activities in store for our wonderful residents!

– Calvin Crosby, Administrator

**SPECIAL EVENTS!** This month is full of delicious National Days! Frozen Yogurt Day, Pancake Day and Muffin Day. We will also be showing appreciation to our caregivers on National Caregiver Day. Valentines Day will be celebrated by voting in a new King and Queen !

## MEN'S CLUB ENJOYING WOOD CRAFTS WITH OUR BUSINESS OFFICE MANAGER



## Short-Term Therapy Success

### ADMISSION & TREATMENT

Elsie T. 80 years old came to Harbor Lakes from hospital for Enterocolitis due to clostridium difficile recurrent.

Elsie collaborated well with us in physical therapy services walking 200ft with a two-wheel walker at CGA/SBA.

Elsie was able to do her ADLs Independently, which gave her the confidence in knowing she could do it at home.

### AT DISCHARGE

We worked with Elsie on getting her to walk without loss of balance. OT collaborated with her on ADLs to be able to do it herself.

- Elsie's progress was particularly good.
- Walking 200ft
- Two-wheel walker
- Elsie was a very pleasant and determined lady.
- She met her goals.
- Elsie was able to discharge home with home health





# HARBOR LAKES

NURSING AND REHABILITATION CENTER

1300 SECOND STREET  
GRANBURY, TX 76048

Admissions: 817.437.6921

eFax: 682.285.3062

info@harborlakesnursingandrehabilitation.com

[harborlakesnursingandrehabilitation.com](http://harborlakesnursingandrehabilitation.com)

## Healthy Snack Options for your Big Game Party

Here are three low-prep, healthy snack ideas for a big game party or to consider choosing between meals:

### Vegetable Platter with Hummus:

Prepare a colorful assortment of fresh vegetables like carrot sticks, cucumber slices, and bell pepper strips. Pair them with a tasty and protein-packed hummus for a satisfying and nutritious snack.



### Popcorn with Herbs:

Air-popped popcorn is a whole-grain snack that can be made flavorful with the addition of herbs like rosemary, thyme, or a sprinkle of black pepper or garlic powder. It's a crunchy and low-calorie option for those who like to munch.



**Fruit Skewers:** Make colorful skewers with a variety of fresh fruits like berries, pineapple, grapes, and melon balls. These sweet treats are not only visually appealing but also provide natural sugars and essential vitamins.



**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!

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

### WORD LIST

- CARDIAC
- CARE
- CHERRY
- EXERCISE
- FANTASY
- FLOWERS
- HEALTHY
- HEART
- HISTORY
- LIFESTYLE
- LOVE
- RED
- RISK
- SNACK
- VALENTINE