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Life. Love. Legacy.™
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Welcome to July! I hope this month brings you more smiles than mosquito bites and plenty of chances to connect with friends and neighbors.

Did you know July is peak season for fireflies in many parts of the country, and scientists still can't agree on exactly how fireflies synchronize their blinking lights? In some places, entire fields of fireflies will flash in perfect

unison, putting on a light show that even the world's best choreographers couldn't organize. Researchers have studied this mystery for decades, and while they understand the "how" (a mix of biology and environmental cues), the "why" is still up for debate. Some say it's about attracting mates, while others think it might help them avoid predators. Either way, it's a reminder that there's still a bit of magic left in nature—and sometimes, the best moments are the ones science hasn't quite figured out (kind of like why our socks disappear in the laundry).

Of course, July is also the month we celebrate Independence Day—a time to gather, reflect on freedom, and appreciate the spirit of community that brings us all together. Here's a little-known fact: the Continental Congress actually voted for independence on July 2nd, 1776, not the 4th! John Adams, one of our Founding Fathers, was so certain July 2nd would be the day we'd always remember that he refused to celebrate the Fourth for the rest of his life. The Declaration of Independence was adopted on July 4th, but most delegates didn't even sign it until August. Just goes to show, even history likes to keep us on our toes!

Whether you're watching fireworks, enjoying a favorite summer meal, or simply spending time with loved ones, I hope you find moments this month that remind you of the strength and resilience we share.

Our calendar is packed with activities and opportunities to learn, laugh, and make memories. Please take a look inside, keep the calendar handy, and join us whenever you can.

Thank you for another month of letting us be a part of your lives and for trusting us with your care—or the care of your loved ones. We're grateful, every single day.

Here's to a July full of wonder, connection, and maybe a little firefly delight.

Sincerely,







In the early 1900s, it was popular to celebrate July 4th with "bicycle parades"—but the real showstoppers were the pigs. That's right: in some towns, folks would dress up pigs in patriotic ribbons and race them down Main Street. Prizes were given for the fastest (and best-dressed) pig. Nothing says "freedom" quite like a pig in a bowtie running for glory!



Love and Tolerance



It was in the Summer of 1986 that I stood on the banks of New York harbor looking over the water to one of the most iconic symbols of American history, the Statue of Liberty. Lady Liberty was being prepped for her 100year anniversary celebration. I didn't get to travel over to the

island on this day because of the work being done, but I had been to visit the Statue of Liberty several times before, and had climbed the steps to her crown and torch, but on that day, as an adult. I simply stood reflecting on its significance to the United States of America. In one word, her imposing stance shouted... freedom. I doubt that our founding fathers ever envisioned the America we live in today. In the opening line of the Declaration of Independence signed by those 56 delegates on July 4, 1776, is a reference to, the "Laws of Nature and Nature's God". While America is still a wonderful place to live, most of us have witnessed a decline in moral integrity and conviction, and dare I say, patriotism, that set American on the journey to greatness. As I pause

Chaplain David Riggs

this month to celebrate America's Independence, I will still sing our national anthem and continue to pledge allegiance to the flag. I still believe in the principles on which this nation was established.

During the month of June, 1977, I stood gazing at Golgotha, the small hill on which Jesus died, I expected more. I wanted a Statue of Liberty type experience of splendor and majesty. It was rather ordinary in appearance. How foolish and human of me. It wasn't long until the Holy Spirit began to stir inside of me. He spoke as only the Holy Spirit can, "this is the whole world's iconic symbol of freedom." My heart melted, and I stood gazing and weeping quietly. I am so thankful today, that while I am proud to be an American, I am amazed and awed by the reality that I have been given a freedom that was purchased through the blood of Jesus Christ. "It is for freedom that Christ has set us free. Stand firm, then, and so not let yourselves be burdened again by the yoke of slavery." (Galatians 5:1 NIV) So, this month let's celebrate freedom and remember who provided it, both for our nation, and our soul and spirit.

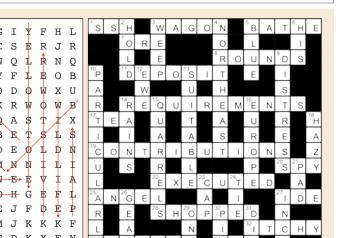
If you love what we do, please leave a review!





Your review helps others!







ARTFUL ARTICULATION

Zugzwang [TSUUG-tsvahng]

noun. a situation in which every possible move or decision is disadvantageous, especially used in chess, but also applies to life's tricky moments

Smiles and Songs: Residents Enjoy a Visit from Westwood Baptist's Celebration Singers













Cherry Limeades on the Patio: A Sip of Childhood

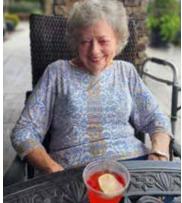
















Celeste McCall: Faith, Family & Friendship



If you ever share a laugh with Celeste, you'll feel right at home. Born and raised in the rolling hills of Asheville, North Carolina, Celeste grew up in a house filled with music, love, and the steady rhythm of roller

skates on the sidewalk. Some of her happiest memories are of gathering with friends on the front porch, spinning records on the family's player and dancing together as the music drifted out into the summer air. With her sister Jeannetta, she learned the art of friendship, and from her mother, Lucretia, she picked up the value of a well-tended home and the joy of cooking together.

Faith was always woven into the fabric of Celeste's life. The Frost family were dedicated members of First Baptist of Asheville, and Celeste sang in the choir throughout her youth. After graduating from Lee H. Edwards High, she set her sights on Mars College, earning her degree in Secretarial Science. That drive for learning took her to Charlotte Memorial Hospital, where she continued her education and became a Medical Record Librarian before serving as a medical secretary for three doctors.

But it was at church where Celeste's true love story began. She and Ron, childhood friends from First Baptist, had grown up together in the same youth group. Later, when a friend from work hosted a picnic, Celeste invited Ron along. That day sparked a new chapter, and a year after they started dating, they were married, beginning a life full of adventure.

They raised three children—Andrew and twin daughters, Alecia and Leianne—and are now blessed with nine grandchildren. Ron's career with the US Forest Service took the family from Asheville to Denver, then Atlanta, and eventually Cleveland, Tennessee, where he played a role in the 1996 Olympics by helping reroute the Ocoee River for the athletes. Through each move, Celeste made every new place feel like home, whether she was designing delivery maps for the telephone company, cheering her kids on at basketball games, or organizing family dinners.

Community has always been at the heart of Celeste's life. In Cleveland, she and Ron became pillars at First Baptist—teaching Sunday school, nurturing children in the nursery, and opening their home to friends for dinners and game nights. Even after Ron's passing, Celeste's warmth and kindness continue to shine through as she hosts her Widow's group, organizes monthly game days, and welcomes new friends with a smile.

When she's not baking, sewing, or curled up with a good book, you'll find Celeste right in the middle of the action—playing bingo, learning new games, and sharing stories. We're truly blessed to have Celeste as part of our Legacy Village of Cleveland family, where her generosity and joy make every day a little brighter.



"If anyone forces you to go one mile, go with them two miles." Matthew 5:41



Courtney W.
June 2025
Winner

Submit your nominations in the lobby!



A Week of Honoring our CNAs and Caregivers WILI

Our caregivers are truly the heart of everything we do. Their compassion and dedication shine through in the countless ways they care for our residents—whether it's offering a listening ear, sharing an encouraging smile, or noticing when someone needs an extra hand or a gentle word. They take time to learn favorite stories, celebrate small victories, and make each person feel seen and valued. We are so grateful for the patience, warmth, and genuine love our caregivers bring to every moment. Simply put, they make Legacy Village home.





























ACROSS

- 1. Often overheard in a library
- 3. Oregon Trail transportation
- 5. Get clean
- 7. Mineral yet to be processed
- 8. Pub orders
- 11. Withdrawal's opposite
- 14. Criteria
- 17. Caffeine source
- 19. Donations
- 20. Mole
- 22. Carried out
- 25. Heavenly host?
- 27. Integrated Drive Electronics, abbrev.
- 28. Made purchases
- 32. Like wool, to some
- 33. Distance gained by a football player
- 34. Small bite

DOWN

2. "I Want to ____ Your Hand," by the Beatles

K A G Y Y M F P W G I Y F H L ERKETKPCBCSERJR

- 3. Crv softly
- 4. In the United States, New England
- 5. Red + ____ = purple
- 6. He's a man of word
- 9. Anguish, hardship
- 10. Especially
- 12. Lamb's mother
- 13. Appropriate
- 14. "When it ____, it pours!"
- 15. Disagreements

- 16. France's continent
- 18. Vague, as a memory 21. Hippie's hangout
- 23. Graduate's headwear
- 24. Windsor, for one 26. Equipment
- 27. Machu Picchu group 29. "The loneliest number"
- 30. Brooch
- 31. Party favorites: chips

RODEO

SNOWY

WILDLIFE

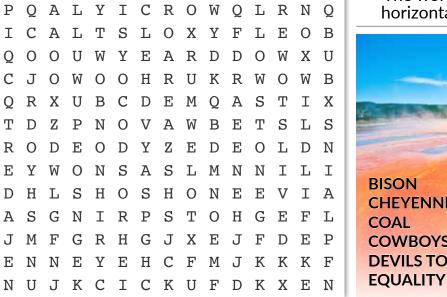
YELLOWSTONE

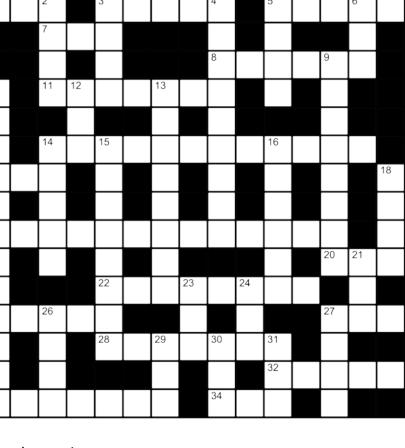
SHOSHONE

and ___

Wyoming

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.











































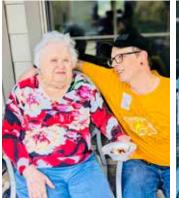
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	10:30 Resident Led Games 1:30 LVC Church Service: David Riggs 2:30 Resident Led Walking	9:00 First Baptist Online 10:30 Reminisce Chats 1:30 Color Cubed 2:30 Uno 3:30 Walking Club 4:00 One on One Visits	3:15 Matt Parks Singing	9:30 Devotion w/ David King 10:00 National Geo Travel 1:30 Farkle 2:30 Freezer Pop Day 3:30 Phase 10 4:00 One on One Visits	3:30 Nails with Catie	9:30 Devotions w/ David Taylor 10:45 Dominoes w/Ginger 1:30 Yahtzee 2:30 Horseshoes & Hydrate	9:00 Westwood Bapt. Online 10:30 Resident Led Games 1:30 Heartland 2:30 Resident Led Walking 3:30 Patio Chats
	1:30 1 ST Baptist Church of Cleveland 2:30 Resident Led Walking	9:30 Devotion w/ Bob Varner 10:30 Reminisce Chats 1:30 Activity with Hannah 2:30 Uno 3:30 Walking Club 4:00 One on One Visits	9:30 Communion w/ David Riggs 10:30 Ladies Group 1:30 Bingo 2:30 Brown Cow Day 3:30 A to Z Trivia	9:00 North Cleveland COG 10:00 National Geo Travel 1:30 Puzzles and Wordsearches 2:30 June Birthday Party 3:30 Phase 10 4:00 One on One Visits	9:30 Devotions w/ AGLOW 10:30 Chair Exercises 1:30 Rummy 2:30 Dr. Cardin Banjo 3:30 Nails with Catie	9:30 Devotions w/ David Taylor 10:45 Dominoes w/Ginger 1:30 Yahtzee 2:30 Horseshoes & Hydrate	9:00 Westwood Bapt. Online 10:30 Resident Led Games 1:30 Heartland 2:30 Resident Led Walking 3:30 Patio Chats
	9:30 Westmore COG 10:30 Resident Led Games 1:30 LVC Church Service: David Taylor 2:30 Resident Led Walking	9:00 First Baptist Online 10:30 Reminisce Chats 1:30 Color Cubed	9:30 Communion w/ David Riggs 10:30 Ladies Group 1:30 Bingo 2:30 Resident Council Meeting		9:30 Devotions w/ Adam Jones 10:30 Chair Exercises 1:30 Rummy 2:30 Finish the Phrase Trivia 3:30 Nails with Catie	9:30 Devotions w/ David Taylor 10:45 Dominoes w/Ginger 1:30 Yahtzee 2:30 Horseshoes & Hydrate	9:00 Westwood Bapt. Online 10:30 Resident Led Games 1:30 Heartland 2:30 Resident Led Walking 3:30 Patio Chats
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SWEET MOMENTS TOGETHER AS WE CELEBRATE FATHERS

Residents of The Harbor enjoyed a special Father's Day treat, sharing smiles and simple pleasures over delicious ice cream. These quiet moments of joy bring comfort and connection, reminding us of the sweetness found in being together. It's these gentle celebrations that brighten the days and nurture the spirit of community we cherish so deeply.

































For more information about this complimentary service or to schedule your appointment, visit legacysl.net/alzheimers-support



THE HARBOR NEWSLETTER

Meet Nan Gilbert: A Life Full of Love, Laughter, and Legacy



Born on April 13, 1934, in the small town of Harperville, Mississippi, Nan Gilbert's life has been a rich tapestry of family, faith, and service. As the sixth of seven children with five older brothers to keep her on her toes and a younger sister by her side— Nan grew up amidst the

laughter, hard work, and simple joys of farm life. Her parents, Benjamin and Lola, raised crops and livestock, and though life on the farm could be demanding, Nan recalls those days with a fond smile—especially the summer afternoons spent swimming and fishing with her siblings, making the most of every moment under the Mississippi sky.

Nan's competitive spirit shone early, both on the basketball court and in a quick game of softball, but her heart was always set on caring for others. After graduating from Harperville High School, she followed her calling to the Gilfoy School of Nursing in Jackson, where she completed her nursing degree and earned her Registered Nurse

license before beginning her career at Baptist Hospital. There, she met J.T., a gentle and kindhearted physical therapist. Their friendship blossomed into love, and soon Nan and J.T. were building a life together.

Family became Nan's greatest joy. She and J.T. raised three daughters—Gail, Mona, and Debbie—who have grown into strong, compassionate women. Nan is never prouder than when talking about her girls. She paused her nursing career to pour her heart into raising them, only returning to nursing as a home health nurse once her daughters were grown, providing care and comfort to others until her retirement.

Today, Nan is the proud matriarch of a large and loving family, with six grandchildren and six great-grandchildren who fill her life with laughter and purpose. Whether she's sharing stories from her farm days, listening with a patient ear, or simply enjoying the company of friends over a game of dominoes, Nan's warmth and wisdom shine through. Her days are now filled with church services, time with friends, and the simple pleasures of a life well lived. We are truly blessed to have Nan as a part of our Legacy family.

Scents That Make Sense

Essential oils are popular for boosting mood and well-being, but not all oils deliver the same benefits. While many oils smell nice, only those with specific qualities stimulate the brain's olfactory system to relax or evoke happy memories.

When choosing essential oils, look for these on the label:

- Plant name included
- No synthetic additives or contaminants
- Grown without pesticides
- Extracted by steam or cold-pressing
- Stored in dark glass bottles to protect quality

Though not regulated like medicines, quality tests exist:

- GC/MS tests check for fillers
- Experts use smell and taste to

verify purity
• Gravity tests mea-

sure oil density

For people with dementia, especial-

ly during sundowning, the Alzheimer's Association suggests these scents:

- Lemon: calming, aids sleep, and soothes digestion
- Lavender: reduces agitation and anger
- Peppermint: energizing but gentle
- Rosemary: helps improve appetite
- Bergamot and ylang ylang: may ease insomnia and lift moods for both patients and caregivers

Brands like Plant Therapy and Rocky Mountain Oils offer quality oils without breaking the bank.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	July 2025	10:00 Devotion and Hymns 11:00 The Daily Chronical 1:00 Circle Ball 2:00 Snack and Hydration 3:00 Dominoes 4:00 Simple C- Trivia 5:00 Gunsmoke	9:00 Exercise and Hydration 10:00 Devotion and Hymns 11:00 The Daily Chronicle 1:00 Horseshoes 2:00 Freezer Pop Day 3:00 Puzzles 4:00 Simple C-Interactive 5:00 Lassie	9:00 Exercise and Hydration 3 10:00 Devotion and Hymns 11:00 The Daily Chronicle 1:00 Soccer 2:00 Snack and Hydration 3:00 Hands on Games 4:00 Bible Trivia 5:00 Leave it to Beaver 5:30 Dementia Support Group	9:00 Exercise and Hydration 10:00 Devotion and Hymns 11:00 The Daily Chronicle 1:00 Mini Mani's 2:00 4 th of July Social 3:00 LTS-Hawaii 4:00 Simple C-Interactive 5:00 TV Land	9:00 Exercise and Hydration 10:00 Devotion and Hymns 11:00 The Daily Chronicle 1:00 Cinema Saturday 2:00 Snack and Hydration 3:00 Card Bingo 4:00 Simple C-Trivia 5:00 I Love Lucy
9:00 Exercise and Hydration 10:00 Devotion and Hymns 11:00 The Daily Chronicle 1:00 Beachball Toss 2:00 Church Service 2:30 Snack and Hydration 3:00 Trivia Fun 4:00 Simple C-Interactive 5:00 Gaither Gospel Hour		11:00 The Daily Chronical 1:00 Circle Ball 2:00 Snack and Hydration	9:00 Exercise and Hydration 10:00 Devotion and Hymns 11:00 The Daily Chronicle 1:00 Horseshoes 2:00 Snack and Hydration 3:00 Puzzles 4:00 Simple C-Interactive 5:00 Lassie	9:00 Exercise and Hydration 10:00 Devotion and Hymns 11:00 The Daily Chronicle 1:00 Soccer 2:00 Snack and Hydration 3:00 Hands on Games 4:00 Bible Triva 5:00 Leave it to Beaver	9:00 Exercise and Hydration 10:00 Devotion and Hymns 11:00 The Daily Chronicle 1:00 Mini Mani's 2:00 Snack and Hydration	9:00 Exercise and Hydration 12 10:00 Devotion and Hymns 11:00 The Daily Chronicle 1:00 Cinema Saturday 2:00 Snack and Hydration 3:00 Card Bingo 4:00 Simple C-Trivia 5:00 I Love Lucy
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	2025	2:00 Snack and Hydration 3:00 Circle Ball 4:00 Learn About Series	2:00 Snack and Hydration 3:00 Bingo 4:00 Bible Trivia	4:00 Name That Trivia	3:00 Beachball Toss	2:00 Snack and Hydration 3:00 Ring Toss 4:00 Coloring for Clarity
		5:00 Gilligan's Island Canada Day	5:00 The Waltons	5:30 Dementia Support Group	5:00 Lawrence Welk Independence Day (US)	5:00 The Walton's
		9:00 Exercise and Hydration		9	11	12
9:00 Exercise and Hydration		•	9:00 Exercise and Hydration			9:00 Exercise and Hydration
10:00 Devotion and Hymns	10:00 Devotion and Hymns	11:00 Mind Joggers	10:00 Devotion and Hymns			10:00 Devotion and Hymns
11:00 Would you Rather?	11:00 This N That Trivia	1:00 Dominoes	11:00 Simple C-Interactive	· · · · · · · · · · · · · · · · · · ·		11:00 Brain Games
1:00 Balloon Tennis	1:00 American Parks	2:00 Snack and Hydration	1:00 Balloon Tennis			1:00 Saturday Cinema
2:00 Church Service	2:00 National Chocolate Day	3:15 Circle Ball	2:00 Freezer Pop Day	1		2:00 Snack and Hydration
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2:30 Snack and Hydration	3:00 Bean Bag Toss		3:00 Bingo	2:15 Dr. Cardin Banjo		3:00 Ring Toss
3:00 Hands on Games	4:00 Musical Monday	4:00 Learn About Series	4:00 Bible Trivia			4:00 Coloring for Clarity
4:00 Simple C-Trivia	5:00 Shirley Temple	5:00 Gilligan's Island	5:00 The Waltons		5:00 Lawrence Welk	5:00 The Walton's
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2:30 Snack and Hydration	3:00 Bean Bag Toss	3:15 Circle Ball	3:00 Bingo	3:15 Horseshoes		
3:00 Hands on Games	4:00 Musical Monday	4:00 Learn About Series	4:00 Bible Trivia	4:00 Name That Trivia		6383
4:00 Simple C-Trivia	5:00 Shirley Temple	5:00 Gilligan's Island	5:00 The Waltons	5:00 TV Land		The standing of the standing o
5:00 Gaither Gospel Hour	S.55 Similey Temple	o.oo omigan o isiana		0.00 IV Land		
11:15 Daily Walking Clu	b	* ALL AC	TIVITIES ARE SUBECT 1	O CHANGE*		Legacy Village of Cleveland