



# The Harbor at Hickory Hill

NEWSLETTER | JAN 2026



## A MESSAGE FROM YOUR ADMINISTRATOR

There's a certain feeling that comes over you in a great old cathedral—something that hushes the world outside and draws you into a kind of quiet awe. Sunlight streams through stained glass, scattering blues and reds across smooth wood, intricate railings, and sometimes the gleaming pipes of an ancient organ, each sound echoing up into spaces shaped

perfectly to carry music and prayer. It's hard to put into words, but you can almost feel the place hum inside your chest—a comfort, a stillness, a mysterious sense that something inside you is being soothed.

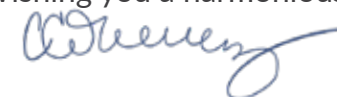
For centuries, we've chalked up the beauty of these buildings to faith and artistry. Yet, as science has peeled back more of the mystery, another truth emerges: their creators may have been working with a level of knowledge that still astounds us today. Many cathedrals were built to magnify certain sounds—low chanting, the deep swell of an organ, even a single clear bell—so that their vibrations linger long after the last note fades. Researchers are now finding that some of these sonic frequencies, by pure design or ancient intention, may even help calm our minds, steady our breath, and encourage a gentle kind of healing that everyone, regardless of background or belief, can sense.

It leaves me wondering—what else did those master builders understand about lifting spirits and fostering togetherness, knowledge that we're only now rediscovering? Perhaps it's not just the architecture or music, but the experience of being in a space built by many hands for the well-being of all. Maybe it's the simple fact that when people gather under a shared roof, supporting each other through silence or song, something in us finds a sense of belonging and peace.

We don't need stained glass or soaring arches to benefit from this ancient wisdom. Every day, in our own spaces—dining halls filled with laughter, patios humming with quiet conversations, even hallways lit by a friendly greeting—we create our own kind of resonance. The kindness, patience, and encouragement we offer ripple out, reaching further than we imagine and carrying a subtle, lasting comfort.

As we step into a new year, let's remember that we're all builders in our way—shaping environments with our choices and the warmth we share. May our community continue to be a place where hearts are lifted, spirits are steadied, and the gentle music of acceptance and care never fades.

Wishing you a harmonious and hopeful year ahead,



## Celebrations & Milestones

### Welcome to our newest residents!

- Jane Smith
- Diane Brown

### Let's celebrate everyone marking a special moment this month!

#### RESIDENT BIRTHDAYS

- Jan. 7: Alice Britt
- Jan. 10: Velma Wimpee
- Jan. 20: Babs Jennings
- Jan. 26: Marilyn Pace
- Jan. 29: Donald Bowes

#### TEAM MEMBER BIRTHDAYS

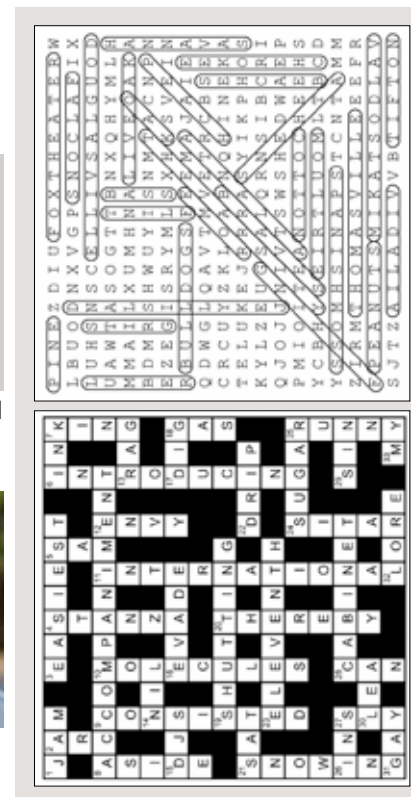
- Jan. 10: Marie Bibb
- Jan. 15: Diamond Hardy
- Jan. 28: Danielle Prieur

#### RESIDENT ANNIVERSARIES

- Velma Wimpee – 4 years
- Elaine Taylor – 3 years
- Babs Jennings – 1 year
- John Sawyer – 1 year
- Thelma Schmidt – 1 year
- James Wilson – 1 year

**FAMILY NIGHT**  
**JANUARY 22**

*See you  
there!*



## YOUR LEADERSHIP TEAM



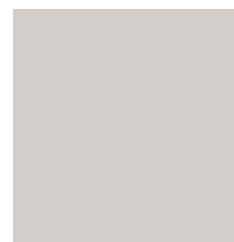
**Chasity Conaway**  
Executive Director



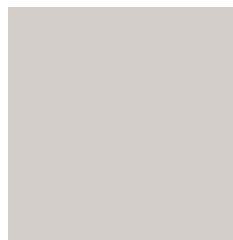
**Corrina Redd, RN**  
Resident Services  
Director



**Michelle Goodin**  
Life Enrichment  
Coordinator



**Angela Warren, LPN**  
Resident Care  
Coordinator



**Rhonda Terrell**  
Dining Services  
Director



**Mark Otwell**  
Maintenance  
Director



**Logan Verdick**  
Business Office  
Manager



**Robert Sandifer**  
Chaplain





Family, Faith, & the Road Ahead: Meet Sybil Lee

If you’ve ever talked to Sybil Lee, you know warmth seems to follow her everywhere she goes. Born and raised in Prattville, Alabama, Sybil graduated from Prattville High School—the same place she later devoted three decades of her working life as the beloved lunchroom manager. For 30 years, she greeted students and staff each day, her kindness flavoring every meal.

In 1957, Sybil married Frank, and together they’ve built a life rooted in faith, family, and dedication. Frank, a devoted minister, and Sybil have shared 68 years of marriage—a true love

story that has grown to include five daughters, twelve grandchildren, and a joyful collection of great-grandchildren.

After raising their girls, Sybil and Frank took to the road, exploring new places side by side. Their adventures carried them as far west as California and as far north as New York—making memories, meeting new people, and savoring life together.

Ask Sybil about her journey and she’ll likely tell you about the places she’s seen, the family she adores, or a memory from the bustling lunchroom at Prattville High. But more than anything, she is quick to share a smile or a thoughtful word—a reminder of just how much one person’s warmth can mean to a whole community.

CHRISTMAS CARRIAGE RIDE FUN



Dorothy Jones  
JANUARY WINNER



This month’s “Going the Extra Mile” award is proudly presented to Dorothy Jones, whose caring heart and steady kindness capture the spirit of Matthew 5:41—walking the second mile, and then some, for others each and every day.

Dorothy works in the kitchen, but her impact goes far beyond her culinary skills. She’s the one you’ll find making time for a quick visit with residents, always ready with a hug or a fist bump. The effect is unmistakable: smiles light up when Dorothy comes by. Her love of people and her joy in helping others shine through—she’s even made it her personal mission to bring laughter wherever she goes.

Dorothy’s willingness to serve doesn’t stop at her own shift. When the team is short-handed, she’s there—often giving up her off days to make sure residents are cared for and meals keep coming. Whether she’s baking something special or just sharing a moment of connection, Dorothy’s extra-mile spirit sets an inspiring example for all.

We’re grateful for Dorothy’s dedication and the warmth she brings to The Harbor. Congratulations, Dorothy—and thank you for all you do!

*“If anyone forces you to go one mile, go with them two miles.” Matt 5:41*

Happy New Year

ALZHEIMER'S SUPPORT SERVICES  
LEGACYSL.NET/ALZHEIMERS-SUPPORT



Chaplain's Corner

Christmas full of celebrations and fanfare has come and gone. I hope your Christmas was as prosperous as mine was. We celebrated with decorations, worship, song, fellowship, feasting, and family. As joyous as the celebrations were, every day is not a celebration of the same order, but every day should be a celebration, a celebration of life.

A new year has slipped up on us as life goes on. What the year 2026 will hold for each of us I cannot say with certainty, “Why you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.” James 4:14

We are encouraged to put God first in all things and allow him to guide our steps and our thoughts. And, according to Proverbs 4:23 “Above all else, guard your hearts for it is the wellspring of life.”

Focus on what you can control and let go of all others. Things happen, people will be people and you can only control your thoughts and actions regarding either.

Paul wrote in the Philippian letter, “Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” A worthy challenge as we turn lose our anxiety and “by prayer and supplication with thanksgiving, present your request to God” thus receiving his peace in all things.

Happy New Year!!!  
—Chaplain Bob Sandifer

IF YOU LOVE WHAT WE DO,  
PLEASE LEAVE A REVIEW!

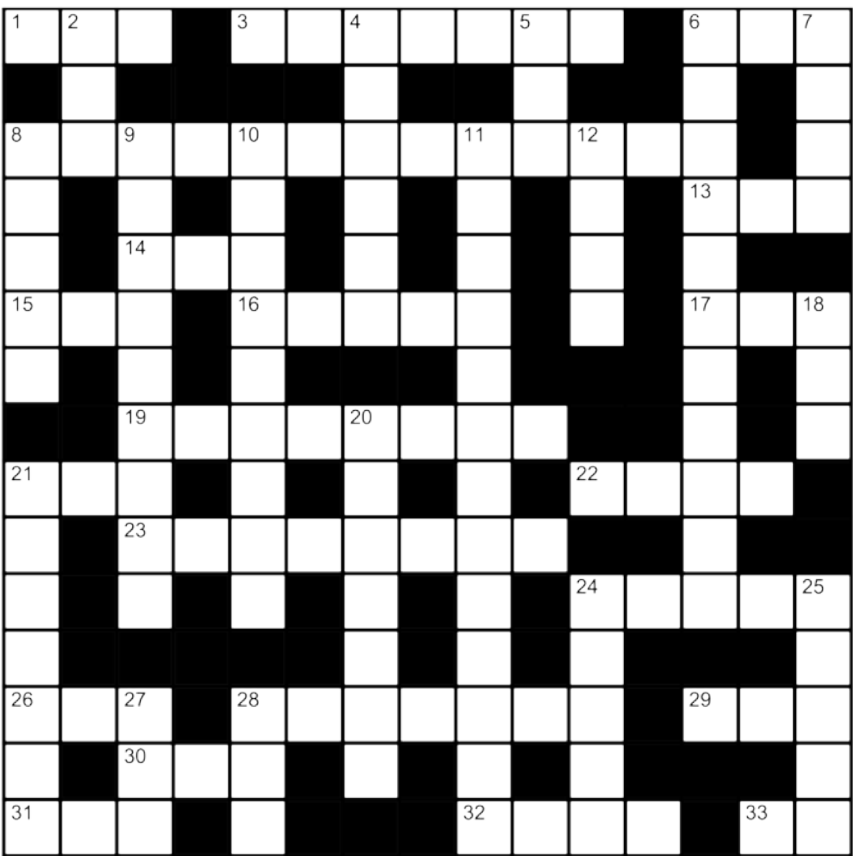


WE APPRECIATE YOUR FEEDBACK.



- ACROSS**
- 1. Preserves
  - 3. Least difficult
  - 6. Squid's defense
  - 8. Music to support a solo instrument
  - 13. Dust remover
  - 14. None; zero
  - 15. Disc jockeys, abbrev.
  - 16. Give the slip
  - 17. Archaeological site
  - 19. Closing something
  - 21. Warmed the bench
  - 22. Slo-o-ow leak
  - 23. At the \_\_\_\_\_ hour (in the nick of time)
  - 24. Sucrose, for one
  - 26. \_\_\_ and outs
  - 28. Place to store china
  - 29. Break a commandment
  - 30. Meadow
  - 31. In high spirits
  - 32. Folk follower
  - 33. "You Are \_\_ Sunshine"

- DOWN**
- 2. Circle segment
  - 4. Poem subsection
  - 5. A character from *Casablanca*
  - 6. Presenting
  - 7. Double-decker checker
  - 8. "All kidding \_\_\_\_"
  - 9. Was made of
  - 10. Groups of atoms
  - 11. Global; multiple countries
  - 12. "Green with \_\_\_\_"
  - 18. Neon or helium, for example
  - 20. As a result
  - 21. Coming down in flakes
  - 24. Stringed Indian instrument
  - 25. Like the yolk of a poached egg
  - 27. Cunning
  - 28. Soup container in store



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

Georgia

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

- |               |              |
|---------------|--------------|
| ATHENS        | LIVE OAK     |
| BASS          | LUMBER       |
| BEACHES       | MOULTRIE     |
| BULLDOGS      | OAK          |
| CHEROKEE      | PEACH        |
| COTTON        | PEANUTS      |
| DOUGLASVILLE  | PINE         |
| THE VARSITY   | ROME         |
| FALCONS       | SAVANNAH     |
| FISHING       | SPANISH MOSS |
| FLINT         | THOMASVILLE  |
| FOX THEATER   | TIFTON       |
| GRITS         | VALDOSTA     |
| JEKYLL ISLAND | KIM VIDALIA  |

JOY, LAUGHTER, AND LOVED ONES





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2026</h1>				9:30 Devotion 10:00 Exercise 10:30 Snack and Chat 11:00 Shuffleboard 2:00 Hot Cocoa Social 3:00 Watercolor Snowflakes 4:00 One on Ones  New Year's Day	9:30 Devotion 9:45 Select Movements 10:00 Build a Snowman 11:00 Would You Rather 2:00 Bingo 3:00 Corn Hole 4:00 Simple C	9:30 Resident Led Devotion 10:00 Snack and Chat 10:30 Walking Club 11:00 Puzzle Club 2:00 Classic TV 3:00 Therapeutic Coloring
9:30 Coffee & Conversation 10:00 Worship W/ Edward 10:30 Snack and Chat 2:00 Walking Club 3:00 Puzzle Club 4:00 Classic TV	9:15 Devotion W/Bro Bob 10:00 Select Movements 10:30 Snack and Chat 11:00 Drama Club 2:00 Manicures 3:00 Hymns with Will 4:00 Manicures	9:30 Devotion 10:00 Exercise 10:15 Snack and Chat 10:30 Resident Council 11:00 Bowling 2:00 Bingo 3:00 Jeopardy 4:00 Simple C	9:15 Devotion W / Bro Bob 10:00 Exercise 10:30 Snack and Chat 11:00 Porch Rockers 2:00 Make Pet Rocks 3:00 Geology Crossword 4:00 Trivia	9:30 Devotion 10:00 Exercise 10:15 Snack and Chat 10:30 Elvis Bingo 2:00 Make Elvis Glasses 3:00 Name That Tune Elvis Edition 4:00 Elvis Karaoke <b>Happy Birthday Elvis!</b>	9:30 Devotion 9:45 Select Movements 10:00 Snack and Chat 11:00 Word in Word 2:00 Bingo 3:00 Harbor Market 4:00 Parachute Ball	9:30 Devotion 10:00 Exercise 10:30 Cherilee Music Hour 2:00 Bingo /W Adoration 3:00Therapeutic Coloring 4:00 Puzzle Club
9:30 Coffee & Conversation 10:00 Worship W/ Edward 10:30 Snack and Chat 2:00 Bingo 3:00 Bowling 4:00 Simple C	9:15 Devotion W/Bro Bob 10:00 Select Movements 10:30 Snack and Chat 11:00 Shuffleboard 2:00 Manicures 3:00 Hymns with Will 4:00 Manicures	9:30 Devotion 10:00 Exercise 10:15 Snack and Chat 10:30 Bingo 2:00 Winter Tea 3:00 Snowball Toss 4:00 Trivia	9:15 Devotion W / Bro Bob 10:00 Exercise 10:30 Snack and Chat 11:00 Balloon Tennis 2:00 Crochet Club 3:00 Corn Hole 4:00 Bowling	9:30Devotion 10:00 Exercise 10:30 Snack and Chat 11:00 Read MLK Quotes 2:00 Unity Hands 3:00 Kindness Cards 4:00 MLK Trivia <b>Martin Luther King Birthday!</b>	9:30 Devotion 9:45 Select Movements 10:30 Chair Badminton 11:00 Chair Soccer 2:00 Bingo 3:00 Penny Auction 4:00 Trivia	9:30 Resident Led Devotion 10:00 Snack and Chat 10:30 Walking Club 11:00 Classic TV 2:00 Saturday Matinee 3:00 Puzzle Club
9:30 Coffee & Conversation 10:00 Worship W/ Edward 10:30 Snack and Chat 2:00 Walking Club 3:00 Puzzle Club 4:00 Classic TV	9:15 Devotion W/Bro Bob 10:00 Select Movements 10:30 Snack and Chat 11:00 Porch Rockers 2:00 Manicures 3:00 Hymns with Will 4:00 Manicures  Martin Luther King Jr. Day	9:30 Devotion 10:00 Exercise 10:30 New Resident Brunch 2:00 Bingo 3:00 Craft Stick Penguins 4:00 Draw A Penguin	9:15 Devotion W / Bro Bob 10:00 Exercise 10:30 Snack and Chat 11:00 Corn Hole 2:00 Balloon Tennis 3:00 Laundry Basket Ball 4:00 Simple C	9:30 Devotion 10:00 Exercise 10:30 Snack and Chat 11:00 Balloon Volleyball 2:00 Victorian Fan Craft 3:00 Queen Victoria Trivia 4:00 Scattergories	9:30 Devotion 9:45 Select Movements 10:00 Snack and Chat 10:30 Scrapbooking 2:00 Bingo 3:00 Family Feud 4:00 Trivia	9:30 Devotion 10:00 Exercise 10:15 Snack and Chat 10:30 Ring Toss 11:00 Shuffleboard 2:00 Saturday Matinee 3:00 Puzzle Club
9:30 Coffee & Conversation 10:00 Worship W/ Edward 10:30 Snack and Chat 2:00 Musical Hour w/ Randy 3:00 Magnetic Darts 4:00 Simple C	9:15 Devotion W/Bro Bob 10:00 Select Movements 10:30 Snack and Chat 11:00 Bowling 2:00 Manicures 3:00 Hymns with Will 4:00 Manicures  Australia Day (Observed)	9:30 Devotion 10:00 Exercise 10:15 Snack and Chat 10:30 Mad Hatter Hat Craft 2:00 Kettle Club 3:00 Bingo 4:00 Simple C	9:15 Devotion W / Bro Bob 10:00 Exercise 10:30 Snack and Chat 2:00 January Birthday Celebration 3:00 Origami Boomerang 4:00 Family Feud	9:30 Devotion 10:00 Exercise 10:30 Snack and Chat 11:00 Drama Club 2:00 Drum Exercise 3:00 Corn Hole 4:00 Trivia	9:30 Devotion 9:45 Select Movements 10:00 Bean Bag Toss 11:00 Trivia 2:00 Bingo 3:00 Balloon Volleyball 4:00 Name 10	9:30 Resident Led Devotion 10:00 Snack and Chat 10:30 Cherilee Music Hour 2:00 Bingo W/ Adoration 3:00 Therapeutic Coloring 4:00 Puzzle Club