

YOUR

LEADERSHIP

TEAM



Chasity Conaway

Executive Director



Corrina Redd, RN

Resident Services Director



Michelle Goodin

Life Enrichment Coordinator



Angela Warren, LPN

Resident Care Coordinator



Chef Tre Turner

Dining Services Director



Mark Otwell

Maintenance Director



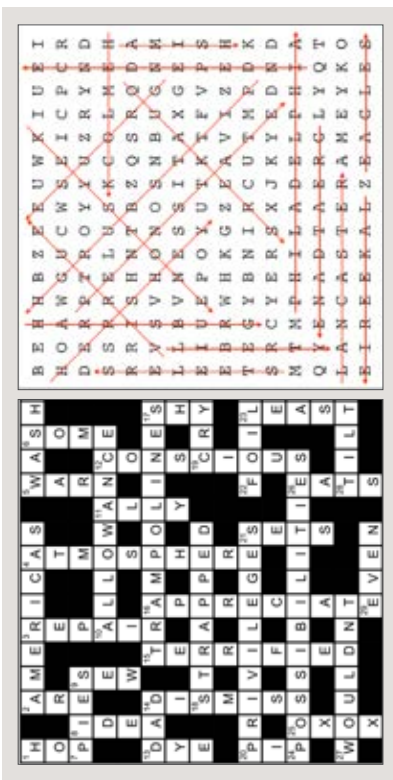
Shara Lusk

Business Office Manager



Robert Sandifer

Chaplain



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

July always seems to arrive with a sense of celebration—flags waving, fireworks lighting up the night, and families gathering in backyards to mark the heart of summer and the promise of freedom. In our community, I’m reminded that these moments of togetherness, both big and small, are what give each holiday meaning.

Just the other day, I sat with a resident as she reminisced about her childhood Fourth of July gatherings. She spoke about simpler times: sparklers handed out to grandkids, neighbors stopping by with homemade lemonade, and the stories that would flow as the sun dipped low. Her memories weren’t of grand gestures, but of the quiet bonds formed sitting shoulder-to-shoulder, listening to one another and sharing laughter. It struck me how the true spirit of Independence Day isn’t measured by the size of the celebration, but by the warmth of the connections we build.

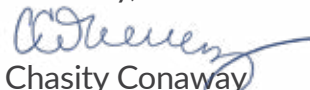
After listening to her stories, I found myself thinking about the way even small moments can shape history. In fact, while Thomas Jefferson was penning the Declaration of Independence in the summer of 1776, he often found inspiration from an unexpected companion—a pet mockingbird who sang by his window. Jefferson believed those gentle songs helped him find clarity in the midst of great responsibility. It’s a detail lost to most history books, but it makes me wonder how often the quietest presences in our lives—a friend’s encouragement, a family tradition, a simple act of kindness—become the true guiding lights.

This July, as we enjoy our own traditions, let’s cherish both the celebrations and the stillness. Scripture reminds us, “It is for freedom that Christ has set us free” (Galatians 5:1), and I see that freedom expressed in the way our team members and residents lift each other up, day in and day out.

We have a wonderful lineup of events all month long, from patriotic singalongs to cool treats on hot afternoons and fellowship gatherings. Whether you’re able to join us for a special occasion or just for a warm hello, your presence is always a blessing.

Thank you for allowing us to serve you and your loved ones. We wish you a joyful, peaceful July—may your days be filled with both celebration and the simple joys that linger long after the fireworks fade.

Sincerely,


Chasity Conaway
Executive Director



The Harbor

at Hickory Hill

NEWSLETTER | JULY 2026

Celebrations

& Milestones

Welcome to our newest residents!

- Mary Francis Davis

Let’s celebrate everyone marking a special moment this month!

RESIDENT BIRTHDAYS

- July 3: Mary Francis Davis
- July 6: Florence Hodum
- July 12: Mary Ray
- July 12: Mary Ann Ballard
- July 12: William Poage

TEAM MEMBER BIRTHDAYS

- July 4: Kyndra Howard
- July 10: Kayla Gilliam
- July 17: Chasity Conaway
- July 18: Shamika Oliver
- July 20: Jaquisha Pettus
- July 21: Michelle Goodin
- July 22: Michelle Marshall
- July 27: Stacy McCloud

RESIDENT ANNIVERSARIES

- Aurelia Gilley – 9 years
- Sandra Reeder – 3 years
- Marilyn Pace – 2 years

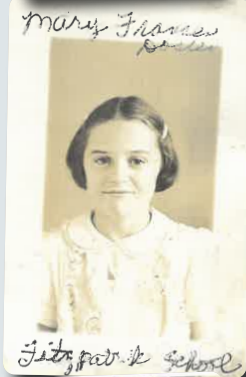
TEAM MEMBER ANNIVERSARIES

- Mark Otwell – 6 years
- Lakesha Leonard – 3 years
- Marie Bibb – 3 years
- Julitta Williams – 1 year

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



MARY FRANCES DAVIS: FAITH, FAMILY & SMALL TOWN SPIRIT



Mary Francis Davis' story begins in Elmore, Alabama, where her family ran the local Perkinson/Dozier Store—a place where neighbors gathered and everyone knew each other's names. Growing up in the rhythm of a small town, she learned early the value of hard work and community, lessons that would shape her days for decades to come.

After graduating from Wetumpka High School in May of 1947, Mary Francis married Robert Watkins just one month later. Their marriage spanned 49 years, a partnership built on love and unwavering commitment. Together, they raised two sons, Gary and Robert (Vann), finding joy in the everyday moments of family life. Today, her family has grown to include two cherished daughters-in-law: Sandra, married to Gary, and Ann, married to Vann. The circle of love widened even further with the arrival of eight grandchildren, each one a new chapter in her story.

Early in their marriage, Mary Francis and Robert moved to Montgomery, but city life never quite fit. After two years, they returned to Elmore, where Robert's heart truly belonged—he wanted to raise his boys in the same kind of tight-knit community that had shaped his own childhood. His family owned the town pharmacy, and Mary Francis's own roots were never far away.

Opportunity often finds those who are quietly steadfast. One day, someone from the post office approached Mary Francis and offered her a job. She accepted, and what began as a simple conversation turned into a remarkable 30-year career serving her neighbors and friends. Her dedication to her work became

just another thread in the fabric of Elmore life. Faith has always been at the center of Mary Francis' journey. At 14, she was saved at Mt. Hebron church in Elmore, and she's remained a part of that church family ever since, even as it became Crossroads Community Church. Her faith wasn't just something she kept for herself—she carried it far beyond Elmore, traveling on mission trips to Wyoming, teaching Bible school, and serving in places as far away as Guatemala and Belize. Each trip was another chance to share her compassion and her belief that kindness can reach across any distance.

After Robert's passing, Mary Francis found love again and married Carl. They shared 20 years together, adding new memories and adventures to her story.

Those who know Mary Francis know she's always been drawn to the beauty of the world outside her front door. She and her husband found special joy in trips to the beach and in joining bus tours to "singing in the mountains." Of all the places they traveled, the Smokey Mountains held her heart the most—a place where music, laughter and the peace of the hills seemed to come together just right.

Today, Mary Francis continues to touch lives with her warmth, her faith and her steady spirit. Her journey is one of devotion to her family, her community and her church—a life lived with purpose, and a legacy that keeps growing with each new generation.



MEGAN GARRETT
JULY WINNER



We're proud to recognize Megan Garrett as this month's Going the Extra Mile honoree. Megan was chosen for this recognition because she is always ready to lend a hand, and her genuine love for the residents shines through in everything she does.

For Megan, the most rewarding part of her work at The Harbor is the time she spends connecting with residents. She especially enjoys being one of the first friendly faces they see in the morning, helping to set a warm, positive tone for the day ahead. Whether she's sharing a conversation or offering a reassuring smile, Megan's presence makes a real difference in the lives of those around her.

Outside of work, Megan is a devoted mother to four "angels"—Kyrstin, Mychael, Baylee, and Haylee—who are the center of her world. Her time off is happily spent supporting her children at football games and cheer events, cherishing every moment as she watches them grow and thrive.

Megan's compassion, warmth, and steady encouragement are felt by both residents and colleagues alike. We are grateful for the spirit she brings to The Harbor, and for the care and kindness she shares with our community each day.

Thank you, Megan, for going above and beyond and for the positive impact you make in so many lives.

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

250 YEARS OF CELEBRATING
WHAT BRINGS US TOGETHER.

Join Us!
INDEPENDENCE DAY
LUNCHEON

THURSDAY, JULY 2ND
12:00PM

UNITED WE STAND



Bob Sandifer
Chaplain

The celebration has begun. In just a few days, we will mark the 250th birthday of the United States of America.

Most of us are familiar with the words from the second paragraph of the Declaration of Independence: "We hold these truths to be self-evident." Yet we may be less familiar with the first paragraph, which speaks of "...the separate and equal station to which the laws of Nature and of Nature's God entitle them..."

With those words, the founders acknowledged that America's separation from King George was rooted not merely in the preferences of a few dissatisfied men, but in a belief that liberty itself comes from the Creator. That is not to say personal interests played no part, but the Declaration appealed to a truth higher than human government.

From that beginning, we became the United States of America. What helped keep us united was a continuing faith in the principles that shaped our founding. Today, however, that faith seems to be faltering in the minds of many, and our nation often feels deeply polarized. Is there an answer? Scripture points us toward an answer.

Proverbs 14:34 declares "Righteousness exalts a nation, but sin is a disgrace to any people." This proverb suggests a society built on justice, virtue, and ethical behavior bringing honor and stability.

These traits are built on inviolable truth, not on the changing whims of mankind. When people lose sight of truth, unity becomes difficult to preserve.

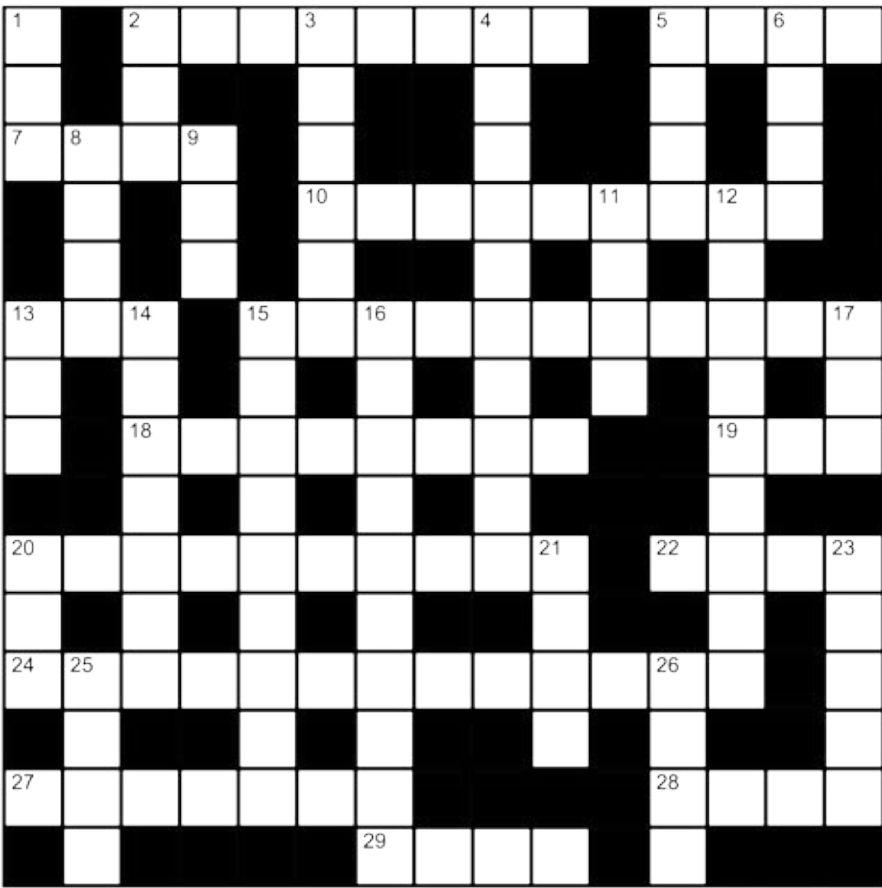
Jesus said in Matthew 12:25, "Every kingdom divided against itself will be ruined..." His words remind us that division weakens families, communities, and nations. One way we live out our freedom and faith are by caring for one another, including senior citizens who may need a little extra support. That kind of care is part of the difference your new home, The Harbor at Hickory Hill, seeks to provide.

As we celebrate the Fourth of July this year, let us not forget to pray for the unity of our nation. As 1 Timothy 2:1-2 teaches, "I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."

ACROSS
2. Brazil, Mexico, and Canada are in these
5. Laundry load
7. Key lime and apple are some
10. Schoolboy's stipend
13. Andy Taylor to Opie
15. Bouncing platforms
18. Pressed for cash
19. Shed tears
20. Special benefits
22. Alternative to plastic wrap; aluminum ____
24. Potential choices
27. Beach Boys hit "____ It Be Nice"
28. Pinball mishap
29. Two, four, or six

DOWN
1. ____, skip, and jump
2. "The best things in life ____ free"
3. Fix
4. Ambience
5. Alert someone about danger
6. "____ Like It Hot"
8. "Eureka! What a great ____!"
9. Stitch a seam
11. Comrade in arms
12. Alert and awake
13. Hair coloring
14. Throw out, as in a court case
15. Extremely scared

16. Value
17. Timid
20. Protagonist in Dickens' Great Expectations
21. Adjusts, as in a clock
23. Smallest
25. Hugs and kisses; cutesy letter-closer
26. Dines



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

PENNSYLVANIA

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

AMISH
EAGLES
GREAT DANE
GROUSE
HARRISBURG
HEMLOCK
HERSHEY
INDEPENDENCE
KEYSTONE
LAKE ERIE
LANCASTER
LIBERTY
PENN STATE
PHILADELPHIA
PITTSBURGH
QUAKERS
STEELERS
VIRTUE



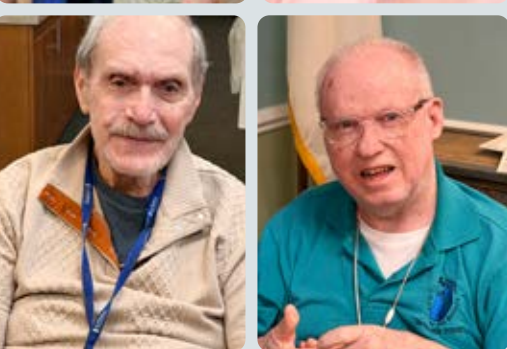
Move Over, Rosie!
These ladies can do ANYTHING!



Loops Laughs & Lovely Things
Jewelry Creations with a Twist



For FATHER'S DAY we honored the men who inspire us



JULY ACTIVITY Highlights

1st 2:30pm Human Slot Machine
7th 2:00pm Virtual Travel Day: Country of the Month USA
8th 2:00pm Cooking Corner: Liberty Bell Sandwich Cookies
23rd 10:15am Make Your own Ice Cream

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:15 Devotion W/ Bro Bob 1 10:00 Morning Grooves 10:15 Snack Shack 11:00 Word in Word 2:00 Human Slot Machine 3:00 Chair Basketball 3:30 Balloon Volleyball 4:00 Historical Facts of the US Canada Day	9:30 Devotion 2 10:00 Movie and Popcorn 12:00 4th of July Luncheon 2:00 Snack Shack 2:30 Tye Dyed Tissue Paper 3:00 Draw the Other Half 3:30 Independence Day Trivia 4:00 One on Ones	9:30 Devotion 3 9:45 Select Movement 10:00 Daily Gazette 10:15 Snack Shack Talks 10:30 Noodle Knockdown 2:00 Snack Shack 2:30 Bingo 3:30 Would You Rather 4:00 Family Feud	9:30 Resident Led Devotion 4 10:00 Movie and Popcorn 2:00 Snack Shack 2:30 Serenity Coloring 3:00 Step Squad 3:30 Puzzle Pals 4:00 Classic TV Independence Day (U.S.)
9:30 The Cozy Cup Chat 5 10:00 Worship W/ Edward 10:30 Snack Shack Talks 11:00 Word Puzzles 2:00 Snack Shack 2:30 Step Squad 3:00 Serenity Coloring 4:00 Classic TV	9:15 Devotion W/Bro Bob 6 10:00 Select Movement 10:15 Snack Shack Talks 10:30 Name 10 2:00 Snack Shack 2:15 Manicures 3:00 Hymns W/ Will 4:00 Manicures	9:30 Devotion 7 9:45 Morning Grooves 10:00 Resident Council 10:15 Daily Gazette 10:30 Snack Shack Talks 11:00 Family Feud 2:00 Country of the Month: United States 2:30 Bingo 3:45 Karaoke	9:15 Devotion W/ Bro Bob 8 10:00 Morning Grooves 10:15 Snack Shack 11:00 Porch Rockers 2:00 Cooking Corner: Liberty Bell Sandwich Cookies 3:00 Build a Paper Roller Coaster 4:00 Who Am I	9:30 Devotion 9 10:00 Daily Gazette 10:15 Snack Shack Talks 10:30 Drama Club 2:00 July Birthday Celebration 2:30 Mini Golf 3:00 Shuffleboard 3:30 Corn Hole 4:00 Simple C	9:30 Devotion 10 9:45 Select Movement 10:00 Daily Gazette 10:15 Snack Shack Talks 10:30 Scattergories 11:00 Word in Word 2:00 Snack Shack 2:30 Bingo 3:30 Harbor Market 4:00 Karaoke	9:30 Devotion 11 9:45 Morning Grooves/ Snack 10:00 Cherilee Music Hour 10:30 Corn Hole 11:00 Noodle Javelin 2:00 Saturday Matinee 3:00 Step Squad 3:30 Puzzle Pals 4:00 Serenity Coloring
9:30 The Cozy Cup Chat 12 10:00 Worship W/ Edward 10:30 Snack Shack Talks 11:00 Step Squad 2:00 Snack Shack 2:30 Clothespin Planters 3:30 Duck Hunt 4:00 Baseball Trivia	9:15 Devotion W/Bro Bob 13 10:00 Select Movement 10:15 Snack Shack Talks 10:30 Name 10 2:00 Snack Shack 2:15 Manicures 3:00 Hymns W/ Will 4:00 Manicures	9:30 Devotion 14 9:45 Morning Grooves 10:00 Daily Gazette 10:15 Snack Shack Talks 10:30 No Sew Baseball Pillow 2:00 Snack Shack 2:30 Bingo 3:30 Measuring Up Game 4:00 Submarine Safari Bastille Day	9:15 Devotion W/ Bro Bob 15 10:00 Morning Grooves 10:15 Snack Shack 11:00 Word in Word 2:00 Snack Shack 2:30 Paint Like Rembrandt 3:00 Motown Sing-along 3:30 Gladys's Knight Trivia 4:00 One on Ones	9:30 Devotion 16 10:00 Daily Gazette 10:15 Snack Shack 10:30 Peanut Butter Ball 11:00 Simple C 2:00 Snack Shack 2:30 Hula Hoop Ring Roll 3:00 Hula Hoop Roll Challenge 3:30 Bowling	9:30 Devotion 17 9:45 Select Movement 10:00 Daily Gazette 10:15 Snack Shack Talks 10:30 A My Name is 11:00 Unscramble 2:00 Snack Shack 2:30 Bingo 4:00 Karaoke	9:30 Resident Led Devotion 18 10:00 Snack Shack Talks 10:30 Step Squad 11:00 Serenity Coloring 2:00 Puzzle Pals 2:30 Fun with Crosswords 3:00 Word Search 3:30 Classic Tv
9:30 The Cozy Cup Chat 19 10:00 Worship W/ Edward 10:30 Snack Shack Talks 11:00 Word Puzzles 2:00 Snack Shack 2:30 Step Squad 3:00 Serenity Coloring 4:00 Classic TV	9:15 Devotion W/Bro Bob 20 10:00 Select Movement 10:15 Snack Shack Talks 10:30 Name 10 2:00 Snack Shack 2:15 Manicures 3:00 Hymns W/ Will 4:00 Manicures	9:30 Devotion 21 9:45 Morning Grooves 10:00 Daily Gazette 10:15 Snack Shack Talks 10:30 Bingo 2:00 Jumanji and Popcorn 4:00 Simple C	9:15 Devotion W/ Bro Bob 22 10:00 Morning Grooves 10:15 Snack Shack 11:00 Porch Rockers 2:00 Snack Shack 2:30 Table Hockey 3:00 Noodle Ball 3:30 Jeopardy 4:00 Simple C	9:30 Devotion 23 10:00 Daily Gazette 10:15 Make Your Own Ice Cream 10:30 What Ice Cream Flavor Would You Be? 2:00 Snack Shack 2:30 High Striker 3:00 Table Hockey 4:00 Taboo	9:30 Devotion 24 9:45 Select Movement 10:00 Daily Gazette 10:15 Snack Shack Talks 10:30 Paint a Friend 2:00 Snack Shack 2:30 Bingo 4:00 Trivia	9:30 Devotion 25 10:00 Morning Grooves 10:15 Snack Shack Talks 10:30 Music w/ Maddie 11:00 Noodle Ball 2:00 Saturday Matinee 3:00 Step Squad 3:30 Puzzle Pals 4:00 Classic TV
9:30 The Cozy Cup Chat 26 10:00 Worship W/ Edward 10:30 Snack Shack Talks 11:00 Step Squad 2:00 Snack Shack 2:30 Bingo 3:30 Noodle Javelin 4:00 Simple C	9:15 Devotion W/Bro Bob 27 10:00 Select Movement 10:15 Snack Shack Talks 10:30 Name 10 2:00 Snack Shack 2:15 Manicures 3:00 Hymns W/ Will 4:00 Manicures	9:30 Devotion 28 9:45 Morning Grooves 10:00 Daily Gazette 10:15 New Resident Brunch 10:30 Bean Bag Buddies 2:00 Homemade Chocolate Milk 2:30 Bingo 3:30 Basket Tic Tac Toe	9:15 Devotion W/ Bro Bob 29 10:00 Morning Grooves 10:15 Snack Shack 11:00 Word in Word 2:00 Snack Shack 2:30 Moon Rock Toss 3:00 Name that Space Object 3:30 NASA Trivia 4:00 Getting to Gnome You	9:30 Devotion 30 10:00 Daily Gazette 10:15 Snack Shack 10:30 Friendship Necklaces 2:00 Snack Shack 2:30 Wish Upon a Shooting Star 3:00 Paul Anka Sing-along 3:30 Count the Meteors 4:00 Simple C	9:30 Devotion 31 9:45 Select Movement 10:00 Daily Gazette 10:15 Snack Shack Talks 10:30 Word in Word 11:00 Family Feud 2:00 Snack Shack 2:30 Bingo 4:00 Karaoke 	