

## Administrative Team



**Chasity Conaway**  
Executive Director



**Wendy McGough, RN**  
Resident Services  
Director



**Shawndolyn  
Jenkins, LPN**  
Resident Care  
Coordinator



**Michelle Garrett**  
Life Enrichment  
Coordinator



**Ryan Howard**  
Dining Services  
Director



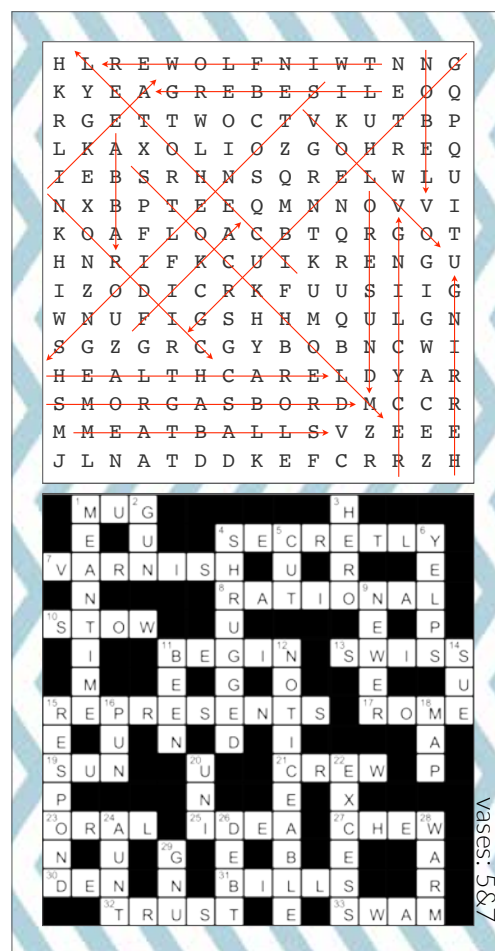
**Mark Otwell**  
Maintenance  
Director



**Logan Verdick**  
Business Office  
Manager



**Robert Sandifer**  
Chaplain



## Message From Your Administrator



It's September, and that means one of my favorite traditions is here: National Assisted Living Week! If you haven't heard the story, this week-long celebration was created nearly 30 years ago to honor the deep connections between residents, teams and families in communities just like ours. Each year brings a new theme—this year, it's "Ageless Adventure"—reminding us there's no expiration date on joy, curiosity, or a good laugh.

Here's a nugget of assisted living history you might not know: the very first modern assisted living facility in the country was Park Place in Portland, Oregon, opened by Dr. Karen Wilson in 1981. It was a game-changer—combining private rooms, around the clock care, community spaces, and real independence for residents. Oregon issued the first official assisted living license in 1988, so this whole movement isn't as old as you might think. But the heart of assisted living—respect, dignity, a sense of home—goes back much further.

That's always been our focus, too. When Barry Ray and Bryan Cook founded Legacy Senior Living, they did it as a ministry, believing that every senior deserves to be treated like family, and served with honor, respect, faith and integrity.

We've got a full slate of fun planned for National Assisted Living Week, and you're invited to join us—not just for the week of festivities, but any day you want to stop by. Our doors are always open to family, friends, and anyone who wants to share in the adventure.

As we head into another month, thank you for the trust you place in us. It's a privilege to care for our residents and to share in the stories, smiles, and moments that make this community truly feel like home.

Here's to another month of living fully, loving deeply, and maybe learning something new along the way.

Sincerely,

  
Chasity Conaway  
Executive Director

## Happy Birthday!

**RESIDENTS**  
7<sup>th</sup> Mickey Smith  
10<sup>th</sup> Reba Chambers  
15<sup>th</sup> Jean Meadows  
17<sup>th</sup> Thelma Schmidt

**TEAM MEMBERS**  
8<sup>th</sup> Amy Peterson  
12<sup>th</sup> Skye Rearden  
29<sup>th</sup> Khaliyah Kendrick

## TEAM MEMBER Anniversaries

**2 YEARS OF SERVICE**  
Carolina Ownes

THANK YOU FOR BEING THE HEART OF OUR  
COMMUNITY. WE APPRECIATE YOU.

## Happy Anniversary! TO OUR RESIDENTS

**13 YRS** Sara Phillips  
**5 YRS** Brenda Johnson

**Positive mind.  
Positive Vibes.  
Positive Life.**



Road Trips and Remarkable Stories: Aurelia’s RV Adventures



September 10th marks RV Memories Day, and what better way to celebrate than by sharing the incredible journey of one of our own, Aurelia Gilley?

Aurelia and her husband, Dewitt, were avid travelers who took to the road in their RV, exploring nearly every corner of the United States. In fact,

they visited every state except Hawaii—and even ventured up the East Coast into Canada. Each destination had its own unique charm, but one place truly stole their hearts: Alaska. The state’s vast, untouched beauty left a lasting impression, and Aurelia fondly remembers a quirky local tradition where residents would guess the exact day a frozen river would thaw each spring.

The Gilleys spent three summers working at Yellowstone National Park, two of those summers living in their RV.

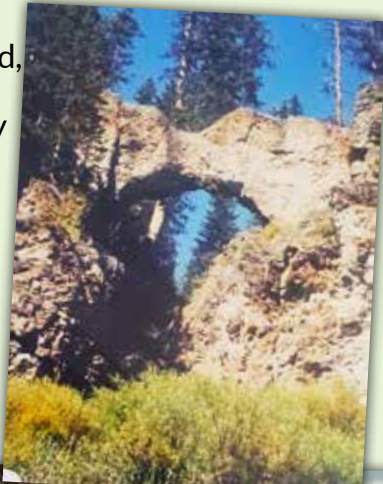
As they traveled, Aurelia and Dewitt kept a stick-on map inside their RV, filling in each state as they visited. It was their way of tracking the memories they made across the country. Of course, no RV trip is complete without a few hiccups along the way. Aurelia did most of the cooking during their travels—often setting off the fire alarm. Eventually, she came up with a clever solution: covering the smoke detector with a shower cap during meal prep!

One of their more humorous misadventures happened when they followed dozens of roadside

signs advertising a “natural bridge.” Intrigued, they drove miles following the signs—only to find a desolate spot with a simple country road and a cornfield. With nowhere to turn around, they had no choice but to maneuver the RV through the cornfield itself, crunching a few stalks on their way out.

Perhaps the most intense memory came while driving through a narrow construction zone. Aurelia was behind the wheel as they entered a highway lined with concrete barriers on both sides. With only six inches of clearance on either side of the RV, they had to navigate this tight passage for 11 nerve-racking miles. Neither Aurelia nor Dewitt spoke a word the entire time. When they finally emerged from the work zone, they both let out a deep sigh of relief—they had made it!

Today, Aurelia looks back on those RV years with warmth and laughter. Her stories remind us that travel isn’t just about the destinations—it’s about the memories, the mishaps, and the shared experiences along the way.



CRUNCHY LEAVES BENEATH OUR FEET,  
PUMPKIN SPICE IN EVERY TREAT.  
SWEATERS COZY, SKIES SO CLEAR,  
FALL’S THE BEST TIME OF THE YEAR!



**Elaine Barnes**  
SEPTEMBER WINNER  
*“If anyone forces you to go one mile, go with them two miles.” Matthew 5:41*



Top-notch resident care, a compassionate heart, and even a knack for fixing cars—Elaine Barnes truly does it all.

Since joining The Harbor, Elaine has made an outsized impact in a short time. Her caring nature shows in every interaction, and she always puts our residents’ well-being first.

Not long ago, during one of her shifts, a resident’s family member ran into car trouble in the parking lot. Elaine didn’t hesitate—she stepped outside and lent a hand, showing that her spirit of service goes far beyond the walls of our community.

Elaine brings a smile and a positive attitude to work every day. She offers kindness and support to everyone she meets, not just those on her assigned hall. Her fairness and respect for others are evident in everything she does.

Elaine, we are deeply grateful for your dedication, your heart, and your willingness to go the extra mile. Congratulations on being named our September “Going the Extra Mile” Award winner!

*Submit your nominations in the lobby!*



You are never too old to play in the leaves.



Chaplain’s Corner

It is Labor Day weekend, a day set aside to acknowledge the workers of America who have helped make our nation a great place to live. A place so great that people from all over the world have been willing to pay any price to cross our borders and seek opportunities offered to make a decent living.

Our residents have spent many of their productive years providing a livelihood for themselves and their families. While their time may have passed, they continue to have value and worth a fact often forgotten.

We applaud our administrative staff for the excellent leadership provided and for our work staff for the excellent service enhancing the finishing years of our residents.

The Psalmist ask the question “Where does my help come from?” In reflection he came up with his own answer “My help comes from the Lord, the Maker of heaven and earth.” We thank God the help he provides through the laborers of The Harbor at Hickory Hill.

May our residents acknowledge the provisions of God through these wonderful people and may our staff be reminded. “Whatever you do, work at it with all your heart, as working for the Lord, not for men...” The reward the Lord gives is far superior to the remuneration received for doing your job.

The month of September brings us so much excitement, Alabama and Auburn football, major league baseball’s World Series, chilled evenings and cooler days, falling leaves of varied color, the smell of burning wood as dusk envelops the land, and of course new challenges created by Michelle who keeps us all on our toes.

“This is the day the Lord has made I will rejoice and be glad in it.”

Chaplain Bob Sandifer



ACROSS

1. The picture taken when arrested is called a \_\_\_ shot.

4. Covertly

7. Glossy wood coating

8. Sensible

10. Pack away

11. Start

13. Cheese choice

15. Symbolizes, stands for

17. Where the Vatican is

19. Overhead light?

21. Workers on a boat or film set

23. Word-of-mouth

25. Concept

27. Prepare to swallow

30. Animal house

31. Invoices to pay

32. Believe in

33. Did laps, say

DOWN

1. Until then, in the \_\_\_

2. "Glue" or "staple" follower

3. "My \_\_\_!" (said to one who saved your kitten)

4. Raised shoulders to show lack of interest

5. Film director's cry

6. Reacts to a stubbed toe

9. More modern

11. "\_\_\_ there, done that"

12. Conspicuous, easily seen

14. Take to court

15. Give an answer

16. "Lettuce pray" is one

18. Navigator's need

20. Prefix for "verse" or "corn"

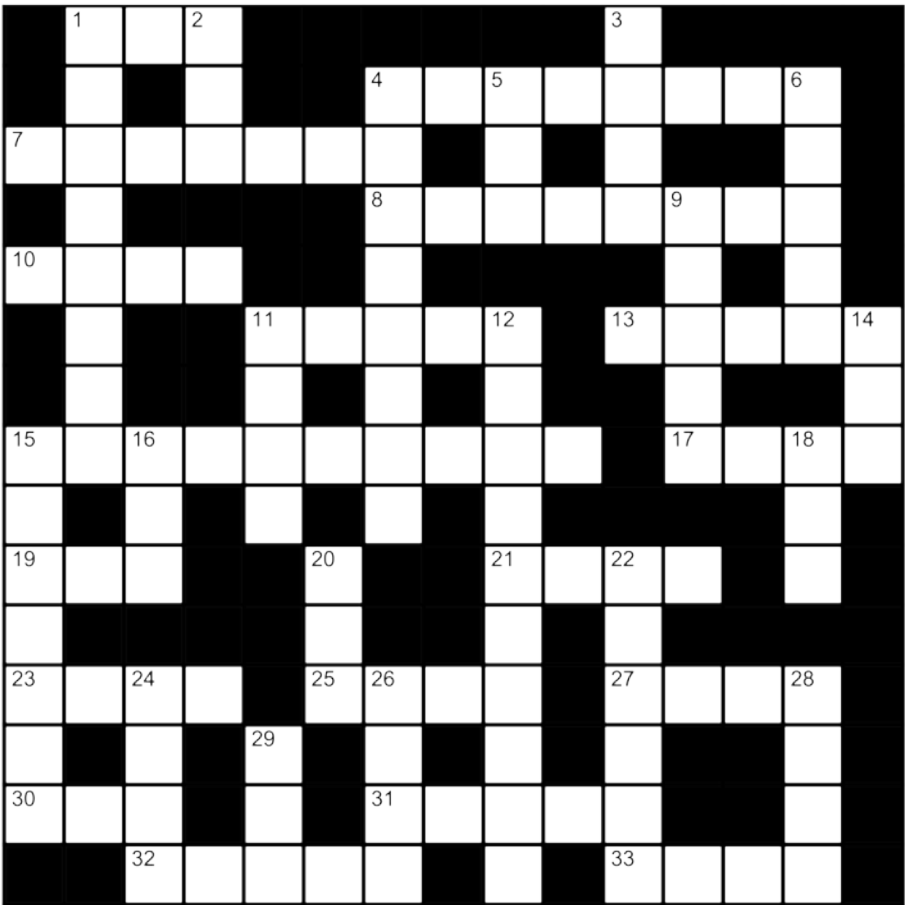
22. Surplus

24. Em, to Dorothy

26. Chapter 11 issue

28. Welcoming

29. African antelope



H L R E W O L F N I W T N N G

K Y E A G R E B E S I L E O Q

R G E T T W O C T V K U T B P

L K A X O L I O Z G O H R E Q

I E B S R H N S Q R E L W L U

N X B P T E E Q M N N O V V I

K O A F L O A C B T Q R G O T

H N R I F K C U I K R E N G U

I Z O D I C R K F U U S I I G

W N U F I G S H H M Q U L G N

S G Z G R C G Y B O B N C W I

H E A L T H C A R E L D Y A R

S M O R G A S B O R D M C C R

M M E A T B A L L S V Z E E E

J L N A T D D K E F C R R Z H

Sojourn in Sweden

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

ABBA

FIKA

GOTHENBURG

HEALTH CARE

HERRING

ICE HOTEL

IKEA

LISEBERG

MEATBALLS

NOBEL

NORDIC

ÖRESUND

RECYCLING

SMORGASBORD

STOCKHOLM

STONE LIONS

TWIN FLOWER

VOLVO

LUAU

HAPPY FALL, YA'LL!

HANDS ON HAPPINESS!

TWIN VASES

Find the only two vases that match each other

1

2

3

4

5

6

7

8

9

The answer is found with the puzzle solutions.

CAN'T TELL THEM APART!

TWIST WORTHY MOMENTS

Let's do the TWIST

Let's do the TWIST

legacysl.net/Alzheimers-support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15 Devotion w/ Bro Bob <b>1</b> 10:00 Select Movements 10:30 Manicures 2:00 Courtyard Cornhole 3:00 Hymns w/ Will 4:00 Manicures  <small>Labor Day</small>	9:30 Devotion <b>2</b> 9:45 Geri-Fit <b>10:30 Resident Council</b> 2:00 Bingo 3:00 Balloon Tennis 4:00 One on Ones	9:15 Devotion w/ Bro Bob <b>3</b> 10:00 Snack & Chat 10:15 Porch Rockers <b>2:00 Quilt Show Off!</b> 3:00 Have You Ever? 4:00 One on Ones	9:30 Devotion <b>4</b> 9:45 Geri-Fit 10:30 Snack & Chat 11:00 Name That Tune! 2:00 Load the Bus <b>2:30 Alabama Nature Center</b> 4:00 One on Ones	9:30 Devotion <b>5</b> 9:45 Morning Grooves 10:00 Snack & Chat 10:30 Clay Creations 2:00 Bingo 3:00 Harbor Market 4:00 Simple C Fun	9:30 Devotion <b>6</b> 9:45 Morning Grooves 10:00 Chair Yoga 10:30 Reverse Coloring 11:00 Mad Libs <b>2:00 Bingo w/ Adoration</b> 4:00 Classic TV Shows
9:30 Coffee & Conversation <b>7</b> 10:00 Worship w/ Edward <b>2:00 Grandparents Day Ice Cream Social</b> 3:00 Bingo 4:00 Cornhole  <small>Grandparents Day</small>	9:30 Devotion <b>8</b> 10:00 Select Movements 10:30 Manicure Monday <b>2:00 Friendly Portraits</b> 3:00 Hymns w/ Will 4:00 Manicures  <b>“Easy Like Monday Morning” Pajama Day!</b>	9:30 Devotion <b>9</b> 9:45 Geri-Fit 10:30 Snack & Chat 11:00 Hymn Singing 2:00 Bingo <b>3:00 Tie Dye Tuesday</b>  <b>Time Travel Tuesday Pick a Decade &amp; Style</b>	9:30 Devotion <b>10</b> 9:45 Exercise 10:00 Snack & Chat 10:15 Porch Rockers <b>2:00 Bee Water Cups</b> <b>3:00 “I Trust the Resident”</b> <b>4:00 Relaxing Music</b>  <b>Wednesday, “Twinsday!” Dress Like a Friend</b>	9:30 Devotion <b>11</b> 9:45 Geri-Fit 10:30 Snack & Chat <b>11:00 Flag Craft</b> 2:00 Drum Exercise 3:00 Cards & Dominoes 4:00 Walking Club  <b>Proud to be an American Wear Red, White, &amp; Blue</b>	9:30 Devotion <b>12</b> 9:45 Morning Grooves 10:00 Snack & Chat 10:30 Movie & Popcorn 2:00 Bingo 3:00 Simple C Fun 4:00 Trivia  <b>Team Spirit Day Represent your favorite team!</b>	9:30 Devotion <b>13</b> 9:45 Morning Grooves 10:00 Snack & Chat 10:30 Classic TV Shows 2:00 Coffee & Conversation 3:00 Dominoes/Cards 4:00 Therapeutic Coloring
9:30 Coffee & Conversation <b>14</b> 10:00 Worship w/ Edward 2:00 Walking Club 3:00 Puzzle Club 4:00 Classic TV Shows	9:15 Devotion w/ Bro Bob <b>15</b> 10:00 Select Movements <b>10:30 New Resident Brunch</b> 2:00 Manicure Monday 3:00 Hymns w/ Will 4:00 Continue Manicures	9:30 Devotion <b>16</b> 9:45 Geri-Fit 10:30 Snack & Chat 11:00 Family Feud 2:00 Bingo <b>3:00 Tin Foil Challenge</b> 4:00 One on Ones	9:15 Devotion w/ Bro Bob <b>17</b> 10:00 Snack & Chat 10:15 Porch Rockers <b>2:00 Country Musical Bingo</b> 3:00 Karaoke Country 4:00 One on Ones	9:30 Devotion <b>18</b> 9:45 Geri-Fit 10:30 Snack & Chat 11:00 Taboo <b>2:00 Hummingbird Craft</b> 3:00 Darts 4:00 Simple C Fun	9:30 Devotion <b>19</b> 9:45 Morning Grooves 10:00 Load the Bus <b>10:30 Feed the Ducks</b> 2:00 Bingo 3:00 Harbor Market 4:00 Music Hour	9:30 Devotion <b>20</b> 9:45 Morning Grooves 10:00 Drama Club 10:30 Bowling 11:00 Courtyard Chat 2:00 Saturday Matinee 4:00 Classic TV Shows  <small>Oktoberfest Begins</small>
9:30 Coffee & Conversation <b>21</b> 10:00 Worship w/ Edward 2:00 Bingo <b>3:00 Forget Me Not Craft</b> 4:00 One on Ones  <small>World Alzheimer's Day</small>	9:15 Devotion w/ Bro Bob <b>22</b> 10:00 Select Movements <b>10:30 Elephant March</b> 2:00 Happy Kettle Club 3:00 Hymns w/ Will 4:00 Manicures  <small>Rosh Hashanah Begins Autumn Begins</small>	9:30 Devotion <b>23</b> 9:45 Geri-Fit 10:30 Snack & Chat 11:00 Axe Throwing 2:00 Bingo 3:00 Alphabet Game <b>4:00 Early Dinner</b> <b>5:30 ELVIS Family Night</b>	9:15 Devotion w/ Bro Bob <b>24</b> 10:00 Snack & Chat 10:15 Porch Rockers 2:00 Balloon Tennis 3:00 Jewelry Making 4:00 Relaxing Music	9:30 Devotion <b>25</b> 9:45 Geri-Fit 10:30 Snack & Chat 11:00 Shel Silverstein Stories 2:00 Cooking Corner 3:00 Watercolor Painting 4:00 Simple C Fun	9:30 Devotion <b>26</b> 9:45 Morning Grooves 10:00 Snack & Chat 10:30 Shuffleboard 2:00 Bingo 3:00 Nerf Hunting 4:00 Would You Rather?	9:30 Devotion <b>27</b> 9:45 Morning Grooves 10:00 Snack & Chat <b>10:30 Music Therapy w/ Cherilee</b> <b>2:00 Bingo w/ Adoration</b> 3:00 Dominoes/Cards 4:00 Therapeutic Coloring
9:30 Coffee & Conversation <b>28</b> 10:00 Worship w/ Edward 2:00 Walking Club 3:00 Puzzle Club 4:00 Classic TV Shows	9:15 Devotion w/ Bro Bob <b>29</b> 10:00 Select Movements 10:30 Manicures <b>2:00 Ice Cream Run</b> 3:00 Hymns w/ Will 4:00 Manicures	9:30 Devotion <b>30</b> 9:45 Geri-Fit 10:30 Snack & Chat 11:00 Alphabet Game <b>2:00 September Birthday Celebration</b> 2:30 Bingo 3:30 Back Porch Chat	