

YOUR

LEADERSHIP

TEAM



Chasity Conaway

Executive Director



Corrina Redd, RN

Resident Services Director



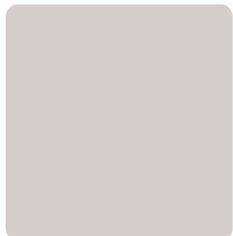
Michelle Goodin

Life Enrichment Coordinator



Angela Warren, LPN

Resident Care Coordinator



Jasmine Crenshaw

Dining Services Director



Michael Duncan

Maintenance Director



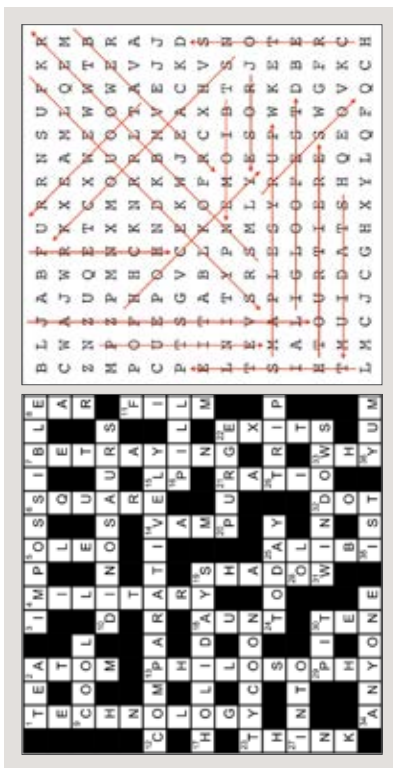
Shara Lusk

Business Office Manager



Robert Sandifer

Chaplain



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

There's a story woven into nearly every family: parents who spent years pouring themselves into their children—driving to lessons and games, cheering from the stands, making sure everyone had what they needed. As time goes on, those children grow up, start families of their own, and the days fill up with new responsibilities. Then come grandchildren, and even great-grandchildren, and life gets busier still. It's not that anyone means to drift apart, but as the seasons change, the parent who once held everything together can sometimes feel a little more alone.

That's why National Assisted Living Week holds such special meaning for us each September. Each year, the week begins on Grandparents Day and this year carries the theme "Shining through the Years"—a celebration of the many decades of memories, music, and experiences that our residents bring to our community. When someone who spent a lifetime caring for others joins us here, they find themselves surrounded by new friends, compassionate team members, and a sense of belonging that can quickly brighten even the quietest days.

Research shows that these daily interactions—sharing meals, swapping stories, simply greeting a neighbor—don't just lift the spirit; they truly make a difference in health and happiness. Seniors who are socially connected are more likely to enjoy improved mood, better cognitive health, and a lasting sense of purpose. Even a single conversation can be a reminder that no one is ever truly alone.

As we mark National Assisted Living Week, we honor all those who have helped shape families and communities for generations. We thank you—residents, families, and team—for sharing your lives and legacies with us, and for allowing us to be part of your journey.

If you're curious about the celebrations or opportunities to connect this month, you'll find more information on our calendar or inside this newsletter. Whether you join us for a visit, a conversation, or simply a cup of coffee, you are always welcome.

Thank you for allowing us to continue serving you and your loved ones. May God bless you with peace, joy, and the reminder that every stage of life is worthy of love, attention, and connection.

Sincerely,

Chasity Conaway

Executive Director



The Harbor

at Hickory Hill

NEWSLETTER | SEPT 2026

Celebrations & Milestones

Welcome to our newest residents!

- Judy Hickman
- Reba Tucker

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

RESIDENT BIRTHDAYS

- Sept. 7: Mickey Smith
- Sept. 10: Reba Chambers
- Sept. 17: Thelma Schmidt

TEAM MEMBER BIRTHDAYS

- Sept. 2: Kyndria Jones
- Sept. 3: Lillian Blankenship
- Sept. 9: Kimberly Beardshear
- Sept. 12: Britttny Smith
- Sept. 29: Khaliyah Kendrick
- Sept. 30: Megan Garrett

RESIDENT ANNIVERSARIES

- Gaynelle Johnson—6 yrs
- Sybil Lee—1 yr

TEAM MEMBER ANNIVERSARIES

- Carolina Owens—3 yrs
- Corrina Redd—1 yr
- Danielle Prieur—1 yr

GRANDPARENT'S BRUNCH

FRI., SEPT. 11
AT 10:30AM





Meet Pan Hawk: Sewing Joy & Finding Home

Born in Bangkok, Thailand in 1942, Panomwan “Pan” Hawk grew up surrounded by privilege, family and the comforts of a well-established home. Her father owned horses, and with just one brother, Pan’s early years were filled with a sense of ease and possibility. She never had to learn to drive or cook while living in Thailand, but she did master two skills that would shape her life: English and sewing. Even as a young woman, she found satisfaction in making things beautiful, stitch by careful stitch.

The world opened up for Pan in the early 1970s, when she met Jim Hawk. Jim was serving in the Air Force and stationed in Thailand when their paths crossed. Their connection was immediate, and soon after, they married and began a new adventure together. They moved to the United States, first landing in Texas, then North Carolina, and eventually calling Alabama home. Their family grew with the birth of a son, and Pan set about learning the rhythms of a new country.



Montgomery became the backdrop for much of Pan’s American story. She found work at Merry Mac, a local dress shop, where her nimble fingers and sharp eye for detail quickly set her apart. Wedding dresses, ball gowns, christening gowns—Pan could make them all, and she didn’t need a pattern. With just a glance, she could take in a dress and recreate it perfectly. Soon, word of her talent spread, and she began sewing from home, helping brides, mothers and daughters make memories in dresses crafted just for them. When her cousin was getting married, Pan flew down to take measurements for the entire bridal party, and in just a few days, she worked her magic—altering every dress to perfection.

Moving to Montgomery also brought Pan something she missed from home: community. She and Jim found a group of Thai families who welcomed them, shared meals and traditions, and helped Pan feel at home in a new place. That sense of belonging meant the world to her.

Pan’s love for adventure never faded. She traveled to Germany and China, and she enjoyed trips to the casino in her free time. But it’s her family that brings out her brightest smile. Pan lights up when asked about her grandchildren. They are her pride and joy, and her affection for them is obvious to anyone who sees her face when she talks about them.

Though Pan is quiet and reserved in public, her son remembers her laughter and her playful spirit when she was surrounded by family and friends. She made friends wherever she went, and those friendships lasted. Her son

describes her as someone who always wanted to do things the right way—a woman with a strong sense of right and wrong who led with quiet, unwavering morality. With Jim away for long stretches during his military service, Pan was both mother and father, guiding their son with gentle strength and steady love.

Pan’s story is one of grace and resilience, stitched together by her hands and her heart. She crossed oceans, built community, shared laughter and left a legacy of beauty and kindness wherever she went. Her journey reminds us that a life well-lived is sewn from courage, care and the love we give to others.



VAUGHN KING SEPTEMBER WINNER

We are proud to honor Vaughn King as this month’s Going the Extra Mile award recipient.

Vaughn is known for being straightforward, honest, and loyal—qualities that shine through

in his work every day. As a cook, he’s not just reliable in the kitchen, but also brings genuine care and pride to every meal he prepares. Vaughn’s skills are clear to everyone who tastes his cooking, and he’s steadily growing into a great chef. His dedication and passion have become a cornerstone of our dining experience at The Harbor at Hickory Hill.

For Vaughn, one of the best parts of being here is the consistency. He appreciates the positive environment and enjoys working with the staff, which makes his commitment to our community even stronger.

Vaughn moved to Alabama from Tampa 16 years ago and has spent over six years in the food service industry. Outside of work, he is the proud father of four—two boys and two girls—who keep him on his toes and make him smile.

There’s a fun fact about Vaughn that might surprise some: as a child, he dreamed of becoming a marine biologist. He’s always been fascinated by sea life and still enjoys learning about and watching ocean creatures whenever he gets the chance.

Vaughn’s honesty, loyalty, and culinary talent make him an invaluable part of our team. We’re grateful for his dedication and look forward to many more delicious meals—and memorable moments—together.

Thank you, Vaughn, for all that you do!

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



SEPTEMBER ACTIVITY Highlights

- | | |
|----------|---------------------------|
| Sept. 4 | 10:00 Human Claw Machine |
| Sept. 8 | 10:30 The Price is Right |
| Sept. 10 | 2:00 Birthday Celebration |
| Sept. 15 | 10:30 New Resident Brunch |
| Sept. 24 | 2:00 Carnival Day |



A SEASON OF GRATITUDE

Bob Sandifer
Chaplain

This past month, with its oppressive heat, has seemed interminably long. September, however, signals the end of summer and the beginning of a season not as oppressive—a time of renewal, harvest, and gratitude. Schoolhouse doors

are opened as children of various ages file in for another year of study and growth.

Our years of formal schooling have long passed, but we continue with the hard lessons that come with aging. We learn that we can no longer do what we once did, but life is still worth living. Despite the aches and pains experienced, there are still those things that bring us great joy—not the least of which are memories of a well-lived life, our children’s successes, and the grands and great-grands they have gifted us.

There is nothing quite like holding a baby to remind us that our lives continue to speak through our children and grandchildren. Sons are a heritage from the Lord, children a reward from him... Blessed is the man (or woman) whose quiver is full of them (Psalm 127:3, 5).

This past July, my wife and I were blessed to be called CeCe and Paw Paw yet again with the arrival of our seventh grandchild, a precious little boy named Meyers. To see him is to love him.

Allow me to challenge you to reflect on your life, remembering your children and your children’s children. Our children bring us immense joy through their love and achievements—achievements in which you shared, and a love thankfully returned.

As we move into this changing season, Give thanks to the Lord and forget not all his benefits (Psalm 103:2).

Our Father God, thank you for the life you have given us and the lives with which you have surrounded us—family, friends, even passing acquaintances, and especially those who have made a commitment to care for the aged. Amen.



Celebrate even the tiniest of victories—life’s too short to NOT throw confetti for every small success.

70s Toys: 1. Etch A Sketch; 2. Stretch Armstrong; 3. Simon; 4. Slinky; 5. Operation; 6. Speak & Spell; 7. Six Million Dollar Man; 8. Weeble Wobble; 9. Pet Rock; 10. Spirograph; 11. Merlin; 12. Lite-Brite

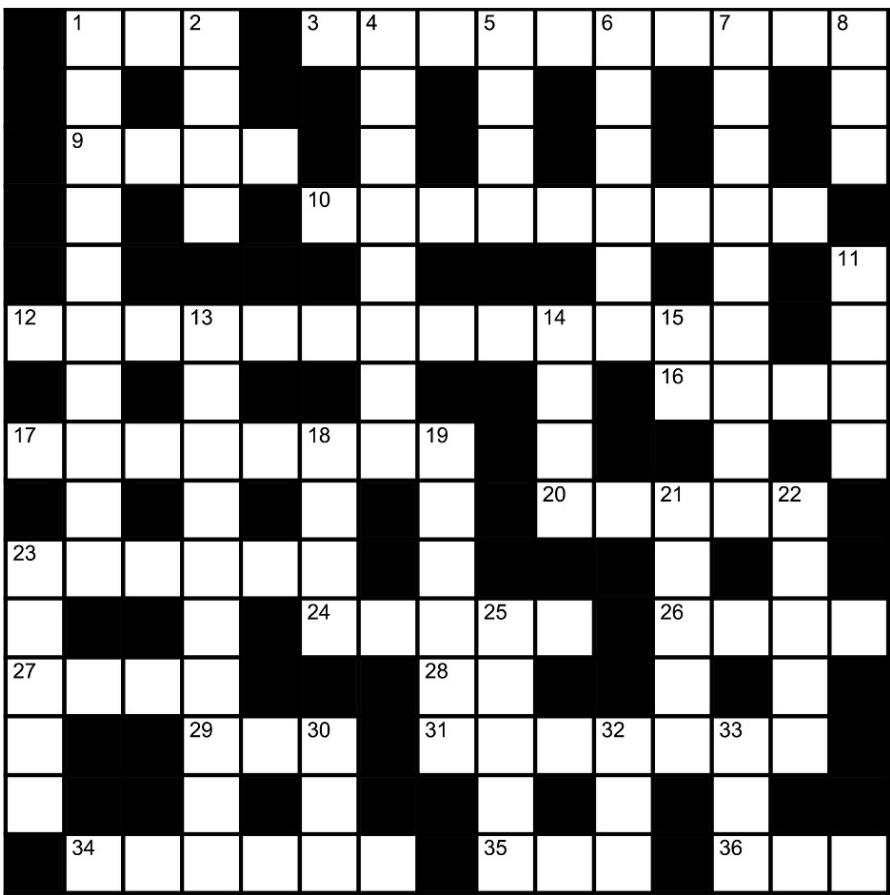
ACROSS

- 1. Trade Expansion Act, abbrev.
- 3. Incapable of being done
- 9. Paul Newman film, ___ Hand Luke
- 10. Extinct prehistoric reptiles
- 12. By way of contrast; relatively
- 16. Tablet or capsule, perhaps
- 17. Christmas and New Year's
- 20. To clear out or throw away unwanted items
- 23. Business magnate
- 24. It will end at midnight
- 26. Excursion
- 27. "What's gotten ___ you?"
- 28. Offensive line, abbrev.
- 29. Plum part
- 31. Glass house features; picture _____
- 34. Tom, Dick, or Harry
- 35. Individual Study Time, abbrev.
- 36. "Tasty!"

DOWN

- 1. The T in IT: Information _____
- 2. Molecule part
- 4. Of the armed forces
- 5. Butter alternative
- 6. Equal-sided rectangle
- 7. Double-crossing
- 8. Corn serving
- 11. Darkroom development
- 13. Study of the nature of existence and morality
- 14. A dangerous seductress
- 15. Vinyl record
- 18. Em, to Dorothy
- 19. Peter Pan lost his

- 21. 4:1, for example
- 22. Goes offstage
- 23. "I ___ I can, I ___ I can"
- 25. Cover story?
- 30. Roman numeral X = ___
- 32. Period
- 33. Kid's query



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

MEET ME IN
Montreal

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

- | | | |
|--------------|---------------|------------|
| BEAVER | IGLOOFEST | SHAMROCK |
| BIOME | JAZZ FESTIVAL | SNOWBLOWER |
| CRETONS | MAPLE SYRUP | STADIUM |
| FLEUR-DE-LYS | POUTINE | THISTLE |
| FRENCH | RESO | TOURTIÈRE |
| HOCKEY | ROSE | TOWER |



FROM SHOWER SINGERS TO SUPERSTARS:
KARAOKE FAMILY NIGHT ROCKED!



MEMORIAL



One Saturday morning, the pastor noticed little Johnny was staring up at the large plaque that hung in the foyer of the church. It was covered with names, and small American flags were mounted on either side of it. The seven-year-old had been staring at the plaque for some time, so the pastor walked up, stood by the boy, and said quietly, "Good morning, Johnny."

"Good morning, Pastor Ron," replied the young man, still focused on the plaque. "Pastor, what is this?" Johnny asked.

"Well, son, it's a memorial to all the young men and women who died in the service."

Soberly, they stood together, staring at the large plaque. Little Johnny's voice was barely audible when he asked, "Which one, the Wednesday night or Sunday morning service?"

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



If we've made a difference for you or your loved one, please take a moment to leave a review. Your words help other families find a safe and caring place to call home. Just scan the QR code to get started.



CAN YOU IDENTIFY THESE POPULAR 70S TOYS?

The answers can be found under the Chaplain's article.



LEGACYSL.NET/
ALZHEIMERS-SUPPORT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Devotion 9:45 Morning Grooves 10:00 Snack Shack Chats 10:15 Resident Council 10:30 Conway Twitty Sing-Along 2:00 Snack Shack 2:30 Bingo 4:00 Karaoke	9:15 Devotion W/Bro Bob 10:00 Morning Grooves 10:15 Snack Shack Chats 11:00 Word in Word 2:00 Snack Shack 2:30 Noodle Ball Knockdown 3:00 Minute to Win It 4:00 Simple C	9:30 Devotion 9:45 Morning Grooves 10:00 Snack Shack Chats 10:30 Human Casino 2:00 Snack Shack 2:30 Lincoln Penny Bookmark 3:00 Table Hockey 3:30 Kerplunk Challenge 4:00 Balloon Jacks	9:30 Devotion 9:45 Select Movement 10:00 Snack Shack Chat 10:30 Human Claw Machine 11:00 Word in Word 2:00 Snack Shack 2:30 Bingo 4:00 Name That Tune	9:30 Devotion 10:00 Morning Grooves 10:15 Music W/Maddie 11:00 Corn Hole 2:00 Snack Shack 2:30 Bingo 3:30 Serenity Coloring 4:00 Classic TV
9:30 The Cozy Cup Chat 10:00 Worship W/ Edward 10:30 Snack Shack Talks 11:00 Serenity Coloring 2:00 Smore's Social 3:00 Bowling 3:30 Golf 4:00 Simple C	9:15Devotion W/ Bro Bob 9:45 Select Movements 10:00 Snack Shack Talks 11:00 Porch Rockers 2:00 Snack Shack 2:15 Serenity Coloring 3:00 Hymns W/ Will 4:00 Classic TV	9:30 Devotion 9:45 Morning Grooves 10:00 Snack Shack Chats 10:30 The Price is Right 2:00 Snack Shack 2:30 Bingo 3:30 Harbor Market 4:00 Simple C	9:15 Devotion W/Bro Bob 10:00 Morning Grooves 10:15 Snack Shack Chats 11:00 Would You Rather 2:00 Snack Shack 2:30 Musical Bean Bag Toss 3:00 Memory Cups 4:00 Scattergories	9:30 Devotion 9:45 Morning Grooves 10:00 Snack Shack Chats 10:30 Human Whack a Mole 2:00 September Birthdays 2:30 3 Dimensional Daisy's 3:00 Granny Pants 3:30 Balloon Volleyball 4:00 Family Feud	9:30 Devotion 9:45 Select Movement 10:00 Snack Shack Chat 10:30 Grandparents Day Brunch 2:00 Snack Shack 2:30 Bingo 4:00 Karaoke	9:30 Resident led Devotion 10:00 Cherilee Music Hour 2:00 Snack Shack 2:30 Bingo 3:30 Serenity Coloring 4:00 Classic TV
9:30 The Cozy Cup Chat 10:00 Worship W/ Edward 10:30 Snack Shack Talks 11:00 Serenity Coloring 2:00 Snack Shack 2:30 Balloon Tennis 3:00 Word Puzzles 3:30 Puzzle Club 4:00 Music Hour	9:15Devotion W/ Bro Bob 9:45 Select Movements 10:00 Snack Shack Talks 11:00 Word in Word 2:00 Snack Shack 2:15 Manicures 3:00 Hymns W/ Will 4:00 Manicures	9:30 Devotion 9:45 Morning Grooves 10:00 New Resident Brunch 11:00 Scrapbooking 2:00 Snack Shack 2:30 Bingo 3:30 Bottle Flower Painting	9:15 Devotion W/Bro Bob 10:00 Morning Grooves 10:15 Snack Shack Chats 11:00 Porch Rockers 2:00 Snack Shack 2:30 Basket Tic Tac Toe 3:00 Bowling 4:00 Simple C	9:30 Devotion 9:45 Morning Grooves 10:00 Snack Shack Chats 10:30 Paper Hummingbirds 2:00 Snack Shack 2:30 Cup Pong 3:00 Gobble Mania 3:30 Balloon Bowling	9:30 Devotion 9:45 Select Movement 10:00 Snack Shack Chat 10:30 Bingo 11:00 Drama Club 2:00 Jack Barron 3:30 Word in Word 4:00 Name That Tune	9:30 Devotion 10:00 Morning Grooves 10:15 Music W/Maddie 10:30 Bowling 11:00 Corn Hole 2:00 Snack Shack 2:30 Saturday Matinee 3:30 Serenity Coloring
Grandparents Day	Assisted Living Week	Assisted Living Week	Assisted Living Week	Assisted Living Week	Assisted Living Week	Assisted Living Week
9:30 The Cozy Cup Chat 10:00 Worship W/ Edward 10:30 Snack Shack Talks 11:00 Step Squad 2:00 Second Chance Cat Rescue 3:30 Would You Rather 4:00 Courtyard Chats	9:15 Devotion W/ Bro Bob 9:45 Select Movements 10:00 Snack Shack Talks 11:00 Scattergories 2:00 Snack Shack 2:15 Manicures 3:00 Hymns W/ Will 4:00 Manicures	9:30 Devotion 9:45 Morning Grooves 10:00 Snack Shack Chats 10:30 Ring Toss 11:00 Shuffleboard 2:00 Snack Shack 2:30 Bingo 3:30 Paper Doll Shelfies	9:15 Devotion W/Bro Bob 10:00 Morning Grooves 10:15 Snack Shack Chats 11:00 Name 10 2:00 Kettle Club 2:30 Mermaid Cozies 3:00 Magnetic Darts 4:00 One on Ones	9:30 Devotion 9:45 Morning Grooves 10:00 Snack Shack Chats 10:30 Bowling 2:00 Carnival Day 2:30 Pie Tasting 3:00 Duck Pond 3:30 Fishing for Prizes 4:00 Bean Bag Toss	9:30 Devotion 9:45 Select Movement 10:00 Snack Shack Chat 10:30 Let's Make a Deal 11:00 Name That Tune 2:00 Snack Shack 2:30 Bingo 4:00 Karaoke	9:30 Resident led Devotion 10:00 Popcorn & Movie 2:00 Snack Shack 2:30 Bingo 3:30 Serenity Coloring 4:00 Word Puzzle Fun
Yom Kippur Begins		Autumn Begins			Sukkot Begins	Oktoberfest Begins
9:30 The Cozy Cup Chat 10:00 Worship W/ Edward 10:30 Snack Shack Talks 11:00 Step Squad 2:00 Snack Shack 2:30 Balloon Tennis 3:00 Serenity Coloring 3:30 Fun with Word Puzzles 4:00 Classic TV	9:15Devotion W/ Bro Bob 9:45 Select Movements 10:00 Snack Shack Talks 11:00 Family Feud 2:00 Snack Shack 2:15 Manicures 3:00 Hymns W/ Will 4:00 Manicures	9:30 Devotion 9:45 Morning Grooves 10:00 Snack Shack Chats 10:30 Chuck Wagon Races 11:00 Trivia 2:00 Make Bat Oreos 3:00 Bingo 4:00 Trivia	9:15 Devotion W/Bro Bob 10:00 Morning Grooves 10:15 Snack Shack Chats 11:00 Porch Rockers 2:00 Movie & Popcorn: Little Women 4:00 Simple C	September 2026		