

Life. Love. Legacy.™
(770) 920-2273
8847 Hospital Drive
Douglasville, GA. 30134



YOUR LEADERSHIP TEAM



Joanna Nunnenkamp
Executive Director



Elton Little
Sales & Marketing Director



Deen Arnold, LPN
Resident Services Director



Gail Todd
Life Enrichment Director



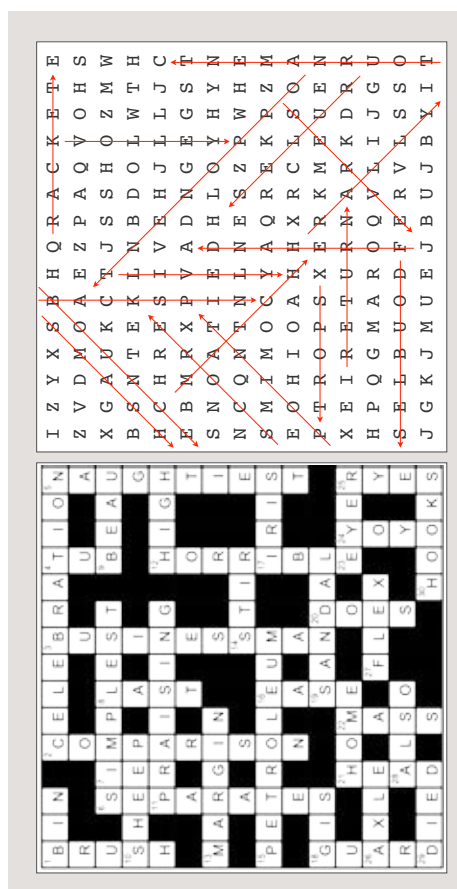
Deborah Stodghill
Dining Services Director



Lisa Bohanan
Senior Business Office Manager



Richard Moore
Chaplain



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



I recently found myself outside, kneeling in the dirt with the best of intentions to “get a jump on spring.” Armed with gloves I wasn’t sure had ever met soap, and a trowel that’s seen better days, I set out to conquer a small patch in my yard’s corner that felt as vast as the Grand Canyon—mostly because the work ahead looked just as intimidating.

This year, I’m trying a new approach with two of my favorite flowers—lavender and poppies. Year after year they start out bright and hopeful—lush green and full of promise—but under my watch, somehow morph into scraggly, sunburnt survivors. No matter how hard I try, I can’t seem to get these beauties to thrive. Past years had me rushing home from the garden center, grabbing the shovel, and excavating holes with the precision of a caffeinated mole. I’d water those delicate little green hopefuls with the enthusiasm of a fire hose and fertilize like I was trying to grow a forest overnight—perhaps drowning and chemically burning them all at once.

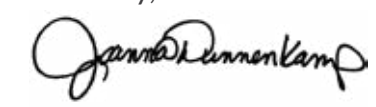
Then I stumbled on a video where a woman explained that the secret to lavender isn’t obsessing over the plants after planting but properly preparing the sandy soil before doing so. The next part she demonstrated carefully. She backed away carefully, turned around and began the last part of caring for her lavender: just

leaving be those precious petals with pugnacity. That new perspective made the whole process feel a little more manageable—like finally learning that the garden will grow at its own pace regardless, even if I can’t always see it happening.

And that’s when it hit me—gardening, much like life, isn’t about perfection or instant success. It’s about showing up, doing what we can, giving our best, and finding joy in the process—even when things get messy or don’t go as planned. Sometimes those messy, imperfect moments teach us that stepping back and letting things unfold without interference is both the most difficult yet most rewarding part of the journey —and that’s beautiful!

You know what else is beautiful? The volunteers who give their time, energy, and heart to this community. It’s Volunteer Appreciation Month, and we want to take a moment to celebrate these everyday heroes who help our garden—our community—thrive.

So, thank you—to every volunteer, every resident, and every family—for being part of this journey with us. We’re all growing together, in all the wonderfully messy ways that make life worth it!

Sincerely,




MARY SMITH: A GEORGIA LIFE FILLED WITH CONNECTION & CARE

Mary Smith has called Georgia home for many years, and her life revolves around family, friendship, and community. As one of seven siblings, she stays close with her family, including her brother and sister who are still with us today.

Mary is the proud mother of two daughters, Jennifer and Julie, and a loving grandmother to Ricky and Gabby. Her family grows even larger with her role as great-grandmother to Kasper and Katalina, who bring her much joy.

She spent four decades in banking, working with Truist Bank, formerly known as Trust Company and SunTrust. During a break in her banking career, Mary also contributed to her community by driving school buses for Douglas County and Cobb County.

An avid reader in her younger years—often finishing one or two books each week—Mary now enjoys watching television and, most importantly, spending time with her friends and family.

Mary's story is one grounded in long-standing relationships and a commitment to those she cares about, and we are grateful to her and her family that they chose The Harbor at Douglasville to call home.

Virtual DEMENTIA TOUR SPONSORED BY AGAPE HOSPICE

This unique simulation allows you to see, hear, and feel what it's like to live with dementia, deepening compassion for those affected. Join us to gain new insights and learn how small changes can make a big difference in care and connection.

**APRIL 23RD
1:00-3:00PM**

**LEGACYSL.NET/
ALZHEIMERS-SUPPORT**

CHAPLAIN'S CORNER



When we are feeling stress, pressure, and worry, our mind races, our heart beats fast, and our blood pressure goes up—which just makes things worse!

There is a Bible verse that offers guidance for times like these:

"Be still, and know that I am God! I will be honored throughout the world." Psalm 46:10

When stress gets loud in our minds, we can take a split-second to let our minds 'be still.' It's a quick moment to chill and remind ourselves that God is God (and we are not!). We can trust that He's

BE STILL AND KNOW

working out His plan, no matter how crazy things get around us.

He is God. He will accomplish His purpose. He will be honored and receive glory—even out of all the mess and stress we're going through.

I hope that in the middle of stress and the pressure of life, you'll remind yourself that God is still in control—and He will lead us through it all!

Praying for you,
Chaplain Richard

Contact Your Chaplain
E: rmoore@chaplain.org
P: (919) 582-7327 ext. 5166

WELCOME TO THE LEADERSHIP TEAM



Please join us in giving a warm welcome to Deborah Stodghill, the newest member of The Harbor

family and our Dining Services Director. Deborah arrives with 15 years of rich experience in the food service industry and a catering certification that speaks to her dedication and skill. But what truly sets her apart is the more than two decades she's spent serving in senior living communities, where her passion for nourishing both body and spirit shines through every day.

Cooking isn't just Deborah's profession—it's her joy. As the owner of Mrs. D's Catering LLC, she pours heart and soul into every dish she creates. When she's not crafting delicious meals, Deborah enjoys life in the Douglasville community with her three grown children and five grandchildren, who are a constant source of pride and happiness.

We couldn't be more excited to have Deborah join The Harbor team. Her warmth, energy, and expertise promise to make our dining experience not just about meals, but about connection, comfort, and care—something truly special for our residents and their families.

PLANTING TODAY FOR JOY TOMORROW!



Thank You NATIONAL VOLUNTEER APPRECIATION WEEK April 19-25, 2026

With heartfelt gratitude, we honor our dedicated volunteers, whose steadfast commitment and familiar smiles brighten our community week after week. We also thank all those who give their time—whether often or just once—each act of kindness helps make this a better place for everyone.

Harbor Volunteers are invited to join us for a *Volunteer* APPRECIATION LUNCHEON
WED., APRIL 22

Call for more information.

The smallest act of kindness is worth more than the grandest intention. —Oscar Wilde



PORCH DAYS ARE FOR FRESH AIR & GREAT CONVOS!



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

YOUR FEEDBACK HELPS OTHERS!



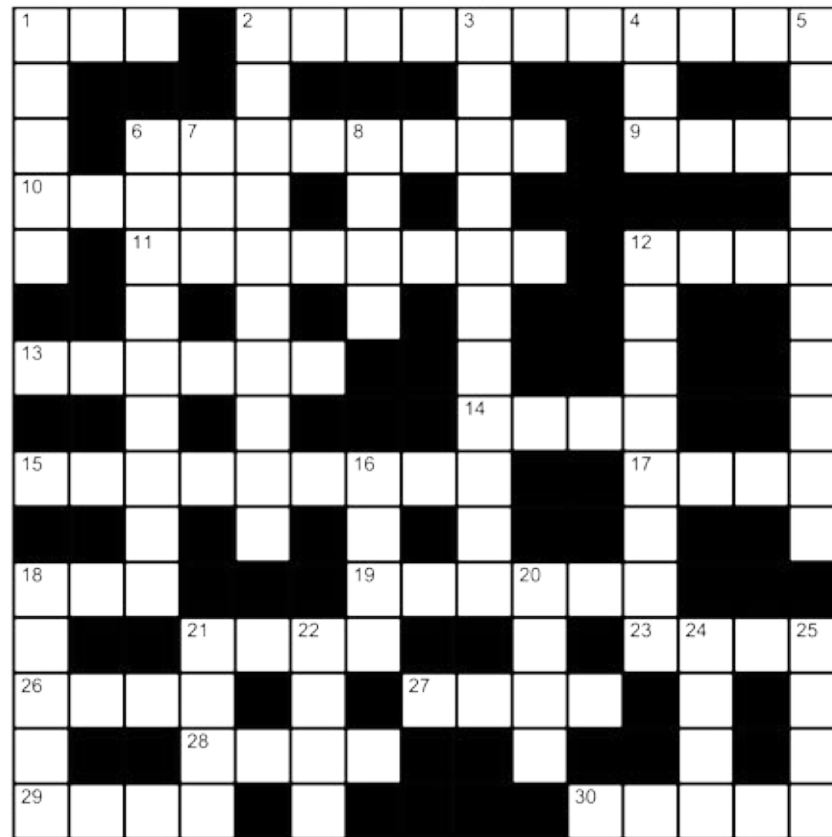
ACROSS

1. Coal container
2. Joyous occasion
6. Most uncomplicated
9. Longtime boyfriend
10. Little Bo Peep lost this
11. Expressing approval or admiration
12. Not low
13. Error allowance
14. Mix up
15. Thick crude oil
17. Eye part
18. Soldiers in the U.S. Army, abbrev.
19. Beach shoe
21. "Where the heart is"
23. Distant admirer, ogler, or viewer
26. Rod for a hot rod
27. Show off biceps
28. The Sun ___ Rises, Hemingway
29. Bought the farm
30. Things you can hang your hat on

DOWN

1. Advice from a dentist
2. Examining 2 things side by side
3. A chap engaged in commerce
4. Is often rhymed with rub & dub
5. Most disobedient
6. Splits up
7. Institute for Energy Research, abbrev.

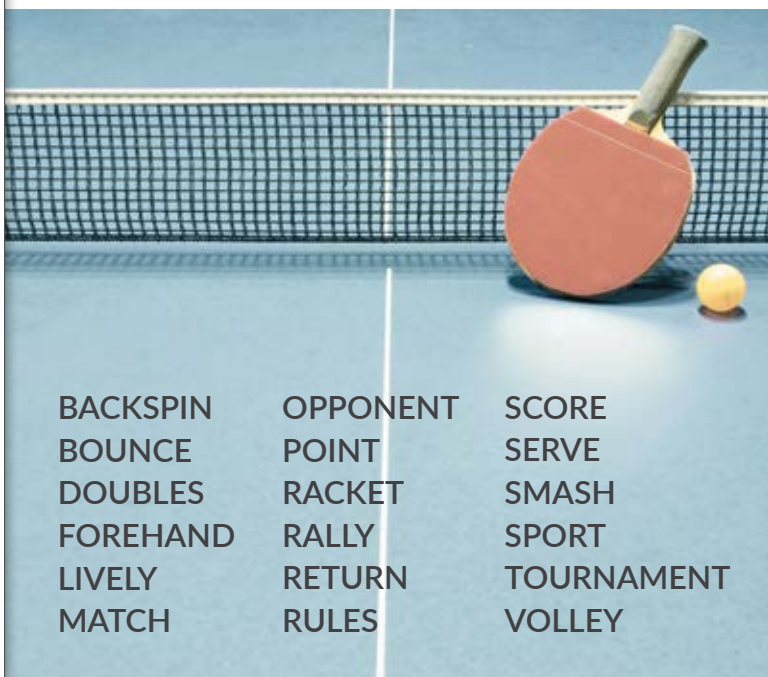
8. Where nice guys finish
12. Like Hägar of the comics
16. "___ on Down the Road"
18. Watch over
20. Female deer (plural)
21. ___ of lettuce, for example
22. Buses and subway systems; ___ transit
24. It goes up and down
25. Marble, pumpernickel, and Russian are some



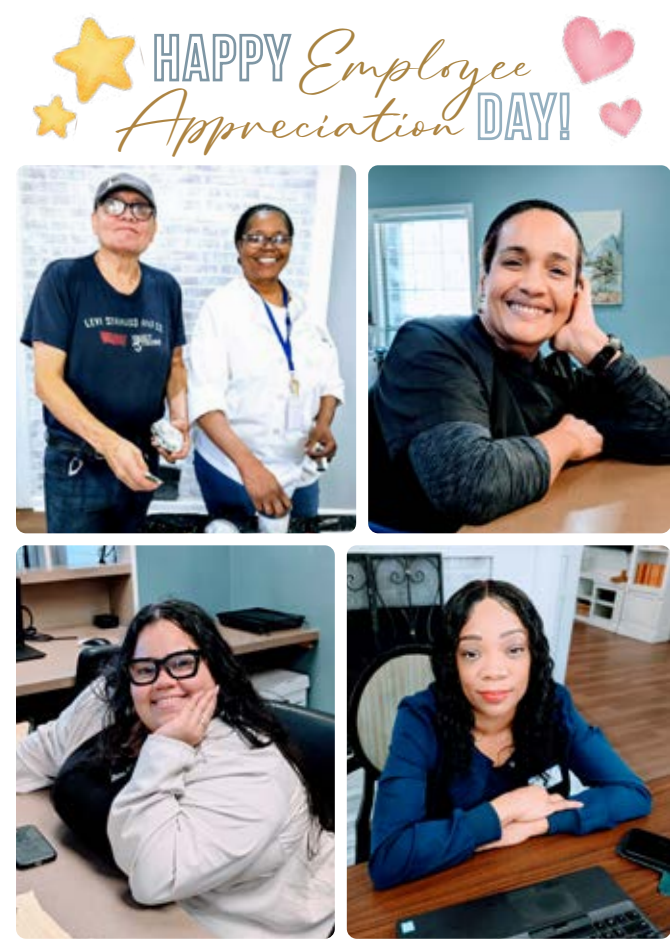
I Z Y X S B H Q R A C K E T E
 Z V D M O A E Z P A Q V O H S
 X G A U K C T J S S H O Z M W
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 P T R O P S X E R K M E U E N
 X E I R E T U R N A R K D R R
 H P Q G M A R O Q V L I J G U
 S E L B U O D F E R V L S S O
 J G K J M U E J B U J B Y I T

PING PONG

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



- | | | |
|----------|----------|------------|
| BACKSPIN | OPPONENT | SCORE |
| BOUNCE | POINT | SERVE |
| DOUBLES | RACKET | SMASH |
| FOREHAND | RALLY | SPORT |
| LIVELY | RETURN | TOURNAMENT |
| MATCH | RULES | VOLLEY |



Celebrations & Milestones

Welcome to our newest residents!
 • Robert Garmon
 • Edward Andross

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

- RESIDENT BIRTHDAYS**
 • April 26: Mattie Murray
- TEAM MEMBER BIRTHDAYS**
 • Apr. 9: EB Okpalaoka
 • Apr. 12: Mildred Ammadang

- RESIDENT ANNIVERSARIES**
 • Mattie Murray - 1 year

APRIL HIGHLIGHTS

- National Picnic Day Cookout
- Douglas County Museum & History Field Trip
- Outing to the Park
- McDonald's Lunch Outing

DORIS LEADS THE BEAT: ZUMBA JOY AT THE HARBOR

Zumba Gold Chair offers a low-impact, seated dance-fitness program designed for seniors, individuals with limited mobility, or injury recovery.

This invigorating Latin-inspired dance-fitness included merengue and salsa. Cumbia, belly dancing, flamenco, tango, etc. It improves cardiovascular health, boosts flexibility, and strengthens muscles, while enhancing balance and coordination from a stable, seated position. It's a fun, social, and safe workout.

Additionally, Zumba Gold Chair is widely considered a form of therapeutic exercise, offering significant physical and mental health benefits, especially for seniors, those with limited mobility, or injury recovery. By blending music and movement, it serves as a "mind-body" intervention that reduces anxiety, improves mood, enhances coordination, and encourages social connection.

- Key Benefits of Zumba Gold Chair Classes:**
- Safe Cardiovascular Health.
 - Improved Mobility & Flexibility
 - Increased Strength
 - Better Balance & Coordination
 - Accessible to All Levels
 - Mental & Social Boost

These classes are designed to be enjoyable, helping to prevent the feeling that exercise is a chore, it's great for the mind, body and soul of all the residents of this community.

Doris B.



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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2026

“April is a reminder that something better is on the way.”



Easter Sunday

			9:30 Morning Chat 1 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 Chaplain Check In 3:00 Afternoon Matinee	9:30 Morning Chat 2 10:00 Music & Movement 10:30 Morning Trivia 11:00 What would you do 1:00 Rest & Recharge 2:00 Bingo 5:00 Easter Family Dinner	9:30 Morning Chat 3 10:00 Morning Stretching 10:30 Reminiscence Circle 11:00 Finish the Phrase 1:00 Rest & Recharge 2:00 Spring Craft 3:00 Afternoon Snacks	10:00 Morning Exercise 4 w/ Christina 10:30 Crossword Puzzle 11:00 Hydration 1:00 Rest & Recharge 2:00 Color Sheets 3:00 Church Group	
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30		

All Fools' Day
Passover Begins

Earth Day
Administrative Professionals Day

Arbor Day