



A Premier Memory Care Community

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

## YOUR LEADERSHIP TEAM



Joanna Nunnenkamp  
Executive Director



Gail Todd  
Life Enrichment  
Director



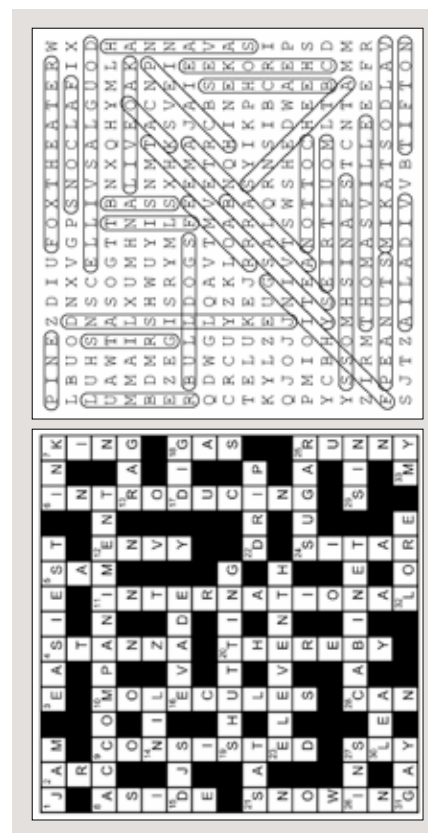
Aaron Roberts  
Maintenance  
Director



Michelle Judge  
Dining Services  
Director



Lisa Bohanan  
Senior Business  
Office Manager



# THE HARBOR AT DOUGLASVILLE

NEWSLETTER | JANUARY 2026



## A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



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,





A NEW CHAPTER AT THE HARBOR: MEET JOANNA NUNNENKAMP

Joanna Nunnenkamp is genuinely thrilled to join the community as Executive Director, and she's eager to become an active part of life here. For Joanna, this isn't just a new role—it's the next chapter in a calling defined by purpose and compassion.

Bringing over a decade of hands-on experience in assisted living and home care, Joanna has developed not just expertise, but a true understanding of what it means to support and uplift seniors. She's built her career on the belief that caring for older adults is a privilege—one she never takes for granted. "Listening to residents share their stories and wisdom is one of the joys of my work," Joanna says. "It reminds me how much there is to learn, and how connected we all are by our stories."

Her journey in senior care has always been inspired by genuine respect for residents and families, and a commitment to making every day meaningful. That extends to her own family, too—Joanna and her husband have been happily married for 30 years, and are the proud parents of two sons, one serving our country in the Navy and the other in the Army. She's also a delighted grandmother of two.

Joanna's door is always open and she looks forward to meeting each member of the community—whether it's to listen, to help, or just to share a conversation. She hopes you'll drop by to introduce yourself, and she can't wait to see everyone at the upcoming Meet & Greet.

ADDING SPARKLE TO THE SEASON:  
DECORATING THE TREE TOGETHER



Meet  
AND Greet

THURSDAY | 15TH | JANUARY  
2:00 PM  
The Harbor at Douglasville  
8847 Hospital Dr.

Stop in, meet  
the team  
and let's  
get to know  
each other!



JINGLE BELL ROCK 'N' ROLL

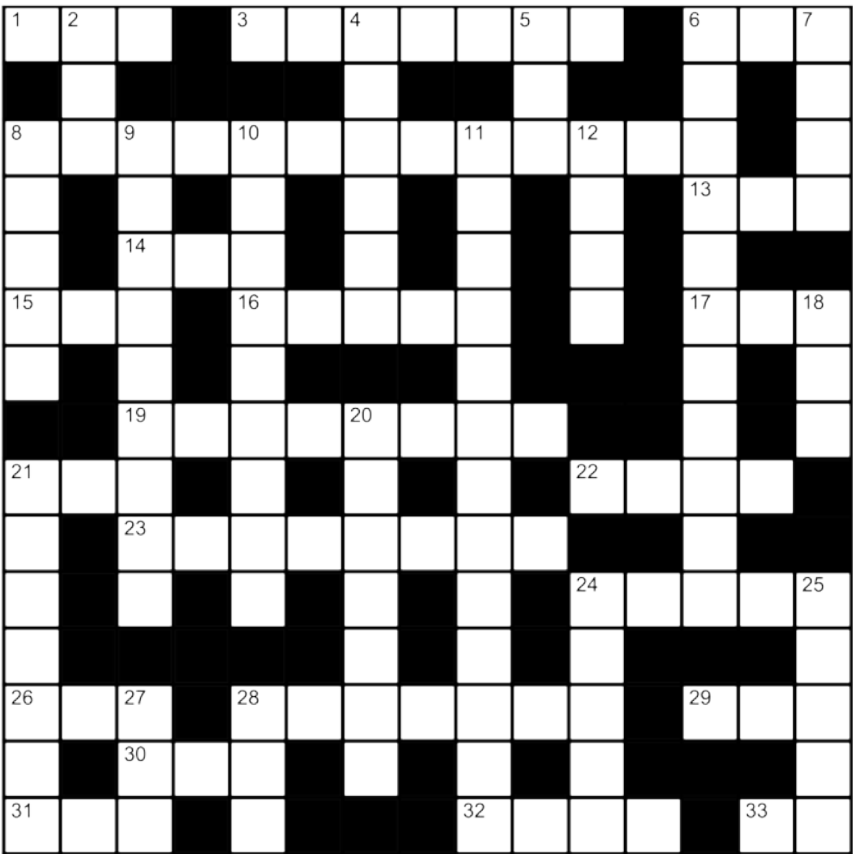
HUNKA HUNKA GOOD TIMES  
WITH ELVIS AT CHRISTMAS





- 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



*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 KIM
JEKYLL ISLAND	VIDALIA



FRESH FLAVORS AHEAD WITH MICHELLE JUDGE

Please join us in welcoming Michelle Judge to the role of Dining Services Director!

Michelle brings a lifetime of experience—and a true chef’s heart—to The Harbor at Douglasville. A passionate cook since her childhood days of standing on a kitchen stool, Michelle’s career has taken her through every corner of the food and beverage world, from fast food to fine dining, serving and bartending to kitchen and entertainment management. She’s built restaurants from the ground up, trained staff and owners, and worked alongside some of the best in the industry.

For Michelle, cooking isn’t just a job—it’s a calling. She loves learning new recipes, takes joy in every request or suggestion, and believes that when you do what you love, you’ll love what you do. “I can cook anything, and I never stop wanting to learn,” she says.

About five years ago, Michelle made the decision to devote herself fully to the kitchen, and she’s never looked back. That leap has made her happier than ever and inspired her to keep growing with each new challenge.

Michelle is deeply grateful for her abundant career and is excited to share her commitment and skill with our residents. She looks forward to meeting everyone and making every meal special. Don’t hesitate to stop by with your favorite recipe idea or just to say hello—she can’t wait to cook up both great meals and great memories with the community!

SONGS, SMILES, & SPECIAL MOMENTS WITH THE DOUGLAS COUNTY HIGH SCHOOL CHORUS



Celebrations & Milestones

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



- RESIDENT BIRTHDAYS**
- Jan. 17: Leslie Palmer
- TEAM MEMBER BIRTHDAYS**
- Jan. 24: Ferdos Boakye
- RESIDENT ANNIVERSARIES**
- Dorothy Carney – 3 years
- TEAM ANNIVERSARIES**
- Aaron Roberts – 1 year

JANUARY HIGHLIGHTS

Martin Luther King, Jr. Day  
January 19<sup>th</sup>





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2026</h1> <p>January is the beginning of anything you want.</p>				 <p>New Year's Day</p>	<div> <div>1</div> <div>           9:30 Morning Chat            10:00 Simple C Activity            10:30 Reminiscence Circle            11:00 Lucynt Games            1:00 Rest &amp; Recharge            2:00 Color Sheets            3:00 Afternoon Snacks         </div> </div>	<div> <div>2</div> <div>           10:00 Morning Chat            10:30 Classic TV Shows            11:00 Hydration            1:00 Rest &amp; Recharge            2:00 Bingo            3:00 Church Group         </div> </div>
<div> <div>4</div> <div>           10:00 Televised Church Service            11:00 Hydration            1;00 Rest &amp; Recharge            2:00 Old Classic Shows            3:00 Afternoon Snack         </div> </div>	<div> <div>5</div> <div>           9:30 Morning Chat            10:00 Armchair exercise            10:30 Armchair Travel            11:00 You be the Judge            1:00 Rest &amp; Recharge            2:00 Nail Spa            3:00 Afternoon Snack         </div> </div>	<div> <div>6</div> <div>           9:30 Morning Chat            10:00 Daily Chronicle            10:30-11:20 Zumba w/ Doris            1:00 Rest &amp; Recharge            2:00 Scenic Bus ride            3:00 Afternoon Snack         </div> </div>	<div> <div>7</div> <div>           9:30 Morning Chat            10:15 Liberty Baptist Church            1:00 Rest &amp; Recharge            2:00 Movie Matinee            3:00 Afternoon Snacks         </div> </div>	<div> <div>8</div> <div>           9:30 Morning Chat            10:00 Music &amp; Movement            10:30 Finish the Phrase            11:00 Balloon Volley            1:00 Rest &amp; Recharge            2:00 Bingo            3:00 Afternoon Snack         </div> </div>	<div> <div>9</div> <div>           9:30 Morning Chat            10:00 Simple C Activity            10:30 Reminiscence Circle            11:00 Lucynt Games            1:00 Rest &amp; Recharge            2:00 Music w/ Mr. Troy            3:00 Afternoon Snacks         </div> </div>	<div> <div>10</div> <div>           10:00 Morning Chat            10:30 Classic TV Shows            11:00 Hydration            1:00 Rest &amp; Recharge            2:00 Church Group            3:00 Bingo         </div> </div>
<div> <div>11</div> <div>           10:00 Televised Church Service            11:00 Hydration            1;00 Rest &amp; Recharge            2:00 Church Group            3:00 Afternoon Snack         </div> </div>	<div> <div>12</div> <div>           9:30 Morning Chat            10:00 Armchair exercise            10:30 Mindful moments            11:00 You be the Judge            1:00 Rest &amp; Recharge            2:00 Ring Toss            3:00 Afternoon Snack         </div> </div>	<div> <div>13</div> <div>           9:30 Morning Chat            10:00 Daily Chronicle            10:30-11:20 Zumba w/ Doris            1:00 Rest &amp; Recharge            2:00 Card game            3:00 Afternoon Snack         </div> </div>	<div> <div>14</div> <div>           9:30 Morning Chat            10:15 Liberty Baptist Church            1:00 Rest &amp; Recharge            2:00 Hot Cocoa Bar            3:00 Afternoon Snacks         </div> </div>	<div> <div>15</div> <div>           9:30 Morning Chat            10:00 Music &amp; Movement            10:30 Morning Trivia            11:00 Lucynt Games            1:00 Rest &amp; Recharge            2:00 Bingo            3:00 Afternoon Snack         </div> </div>	<div> <div>16</div> <div>           9:30 Morning Chat            10:00 Simple C Activity            10:30 Reminiscence Circle            11:00 Lucynt Games            1:00 Rest &amp; Recharge            2:00 Puzzles &amp; Games            3:00 Afternoon Snacks         </div> </div>	<div> <div>17</div> <div>           10:00 Morning Chat            10:30 Classic Tv Shows            11:00 Hydration            1:00 Rest &amp; Recharge            2:00 Nail Spa            3:00 Classic TV Shows         </div> </div>
<div> <div>18</div> <div>           10:00 Televised Church Service            11:00 Hydration            1;00 Rest &amp; Recharge            2:00 Old Classic Shows            3:00 Afternoon Snack         </div> </div>	<div> <div>19</div> <div>           9:30 Morning Chat            10:00 Armchair exercise            10:30 ABC game            11:00 Short Story Telling            1:00 Rest &amp; Recharge            2:00 MLK Activity            3:00 Afternoon Snack         </div> </div>	<div> <div>20</div> <div>           9:30 Morning Chat            10:00 Daily Chronicle            10:30-11:20 Zumba w/ Doris            1:00 Rest &amp; Recharge            2:00 Scenic Bus ride            3:00 Afternoon Snack         </div> </div>	<div> <div>21</div> <div>           9:30 Morning Chat            10:15 Liberty Baptist Church            1:00 Rest &amp; Recharge            2:00 Word Search            3:00 Afternoon Snacks         </div> </div>	<div> <div>22</div> <div>           9:30 Morning Chat            10:00 Music &amp; Movement            10:30 Brain Teasers            11:00 Balloon Volley            1:00 Rest &amp; Recharge            2:00 Bingo            3:00 Afternoon Snack         </div> </div>	<div> <div>23</div> <div>           9:30 Morning Chat            10:00 Simple C Activity            10:30 Reminiscence Circle            11:00 Lucynt Games            1:00 Rest &amp; Recharge            2:00 Randy &amp; the Ramblers         </div> </div>	<div> <div>24</div> <div>           10:00 Morning Chat            10:30 Classic TV Shows            11:00 Hydration            1:00 Rest &amp; Recharge            2:00 Bingo            3:00 Church Group         </div> </div>
<div> <div>25</div> <div>           10:00 Televised Church Service            11:00 Church Group            1;00 Rest &amp; Recharge            2:00 Old Classic Shows            3:00 Afternoon Snack         </div> </div>	<div> <div>26</div> <div>           9:30 Morning Chat            10:00 Armchair exercise            10:30 20 Questions Game            11:00 Word Search            1:00 Rest &amp; Recharge            2:00 Nail Spa            3:00 Afternoon Snack         </div> </div>	<div> <div>27</div> <div>           9:30 Morning Chat            10:00 Daily Chronicle            10:30-11:20 Zumba w/ Doris            1:00 Rest &amp; Recharge            2:00 Arts &amp; Craft            3:00 Afternoon Snack         </div> </div>	<div> <div>28</div> <div>           9:30 Morning Chat            10:15 Liberty Baptist Church            1:00 Rest &amp; Recharge            2:00 Chef Activity            3:00 Afternoon Snacks         </div> </div>	<div> <div>29</div> <div>           9:30 Morning Chat            10:00 Music &amp; Movement            10:30 Morning Trivia            11:00 Lucynt Games            1:00 Rest &amp; Recharge            2:00 Bingo            3:00 Afternoon Snack         </div> </div>	<div> <div>30</div> <div>           9:30 Morning Chat            10:00 Simple C Activity            10:30 Reminiscence Circle            11:00 Lucynt Games            1:00 Rest &amp; Recharge            2:00 Puzzles &amp; Games            3:00 Birthday Celebration         </div> </div>	<div> <div>31</div> <div>           10:00 Morning Chat            10:30 Classic TV Shows            11:00 Hydration            1:00 Rest &amp; Recharge            2:00 Nail Spa            3:00 Bingo         </div> </div>