



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.

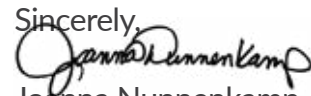
After listening to her stories, I found myself thinking about the way even small moments can shape history. In fact, while Thomas Jefferson was penning the Declaration of Independence in the summer of 1776, he often found inspiration from an unexpected companion—a pet mockingbird who sang by his window. 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,

Joanna Nunnenkamp
Executive Director

YOUR LEADERSHIP TEAM



Joanna Nunnenkamp
Executive Director



Deborah Stodghill
Dining Services Director



Lisa Bohanan
Senior Business Office Manager



Richard Moore
Chaplain

Celebrations
& Milestones

Welcome to our newest residents!

- Geraldine Anderson
- Stephen Waltson
- Carrie Williams

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

RESIDENT BIRTHDAYS

- July 23: Robert Dollinger

TEAM MEMBER BIRTHDAYS

- July 7: Yaniris Estrada
- July 19: Liliana Denk

RESIDENT ANNIVERSARIES

- Roberto Torres – 3 years

TEAM MEMBER ANNIVERSARIES

- Charles Greene – 2 years
- Ferdos Boakye – 1 year

CNA WEEK: Celebrating Those
Who Work *with* Caring Hands &
Compassionate Hearts—

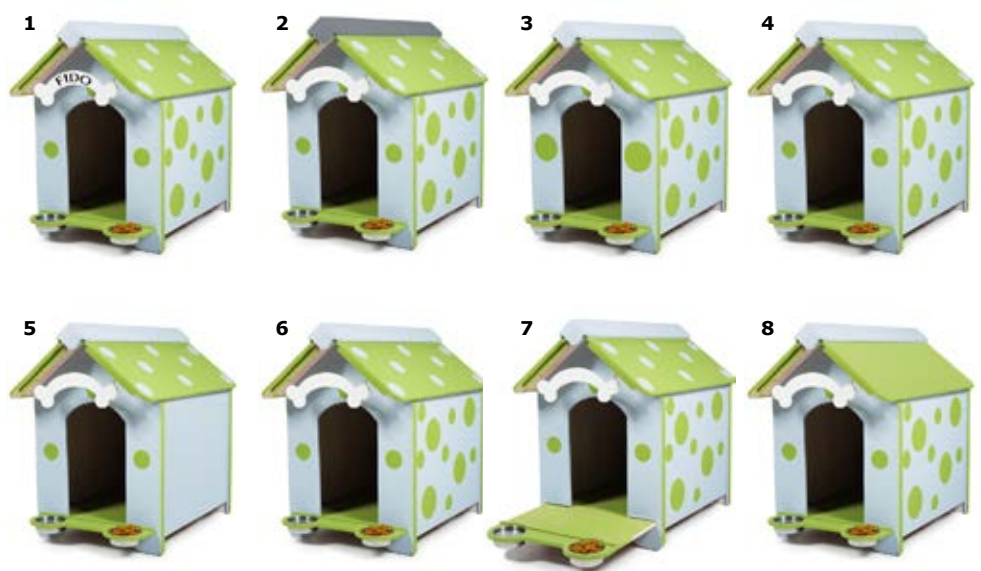


for Making a
Difference Each
and Every Day

The Scene was
set for the
**FATHER'S
DAY
COOKOUT**



FIND THE TWO DOGHOUSES THAT LOOK ALIKE
The answer can be found with the puzzle solutions.



Creative Expression
Art is a Pathway to Connection and Self



Wishful Thinking



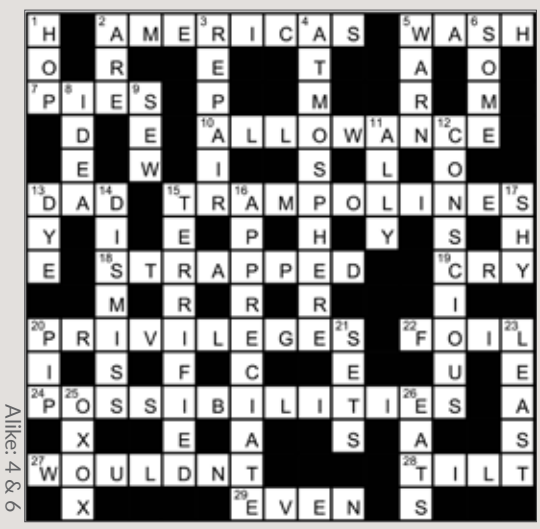
Grandpa was telling his young grandson what life was like when he was a little boy.

"In the winter we'd ice skate on our pond. In the summer, we could swim in the pond and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy sat quietly, wide-eyed, taking it all in. After a moment, he finally said, "Grandpa, I wish I'd gotten to know you a lot sooner!"

250 YEARS OF
CELEBRATING
WHAT BRINGS
US TOGETHER.

1776 ★ 2026



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



WE APPRECIATE YOUR FEEDBACK.



GRATEFUL

A friend of mine once told me that the best quality we can have in life is GRATITUDE. He believes that if we are thankful, then a lot of other healthy qualities grow in us.

- Think about this:
- Grateful people become humble people
 - Thankful people treat others well
 - Gratitude motivates us to grow and improve
- Thankfulness helps us deal with hard times in a healthy way

Let's do everything we can to develop an 'attitude of gratitude'. Start your day by writing down at least one thing you are thankful for ... do this for a week and just watch the positive vibes build up in your life!

Praying for you - Chaplain Richard
Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.
1 Thessalonians 5:18

How to Contact Your Chaplain
Richard Moore
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P: (919) 582-7327 ext. 5166



ZUMBA
WITH DORIS
GETS THE
Energy
Flowing



 **ALZHEIMER'S SUPPORT SERVICES**

Take advantage of this complimentary support service, thoughtfully designed to complement the care we provide. Schedule your one-on-one session with Dr. Ron Harvard today.

LEGACYSL.NET/ALZHEIMERS-SUPPORT

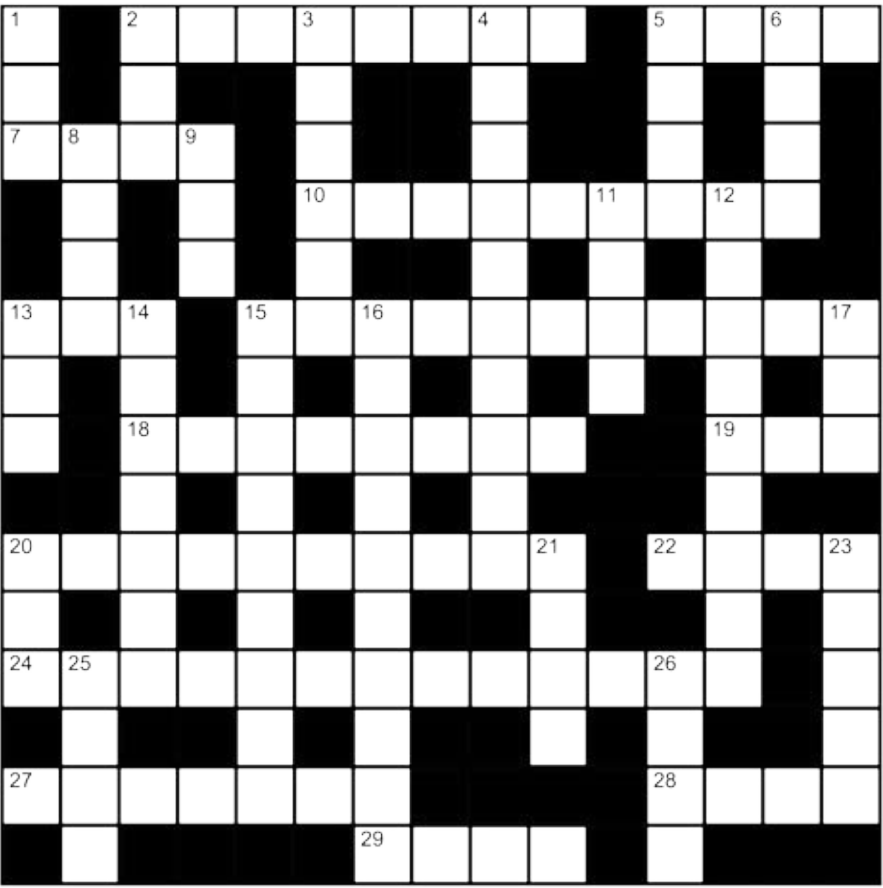
ACROSS

- 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



SHINE A LIGHT ON GREATNESS!

Nominate Someone Who's Going the Extra Mile!

At The Harbor, we believe exceptional care deserves recognition. Our Going the Extra Mile Award honors team members who do something truly remarkable—those moments when someone goes out of their way to help, surprise or care for others in ways you don't see every day.

If you've noticed someone making a real difference—maybe they brightened your day, offered comfort when it mattered, or simply treated a loved one like family—we want to hear your story. Families, friends and visitors are all invited to nominate team members who go out of their way for our residents.

Submit a Nomination Today!
It's easy to recognize someone special: just pick up a nomination form in the reception area, fill it out and drop it in the box. Your words could help shine a light on the exceptional care happening every day.



True friends are the people who make you laugh louder, smile brighter, and live better.

- Author Unknown



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PENNSYLVANIA

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

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Morning Chat 10:00 Morning Worship 11:30 Rest & Recharge 1:00 Nail Shop 2:00 Arts and Crafts 3:00 Bingo 4:00 Ring Toss Canada Day	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Plant Care 2:00 Tennis Time 3:00 Bean Bag Toss 4:00 Tabletop Games	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Gardening 2:00 Calming Music 3:00 Bowling 4:00 Puzzles	9:30 Coffee and Social 10:00 Devotion with Church Group 11:00 Exercise with Christina 1:00 Relaxation Time 2:00 Simple C 3:00 Classic Movie 4:00 Magic Table 7:00 Fireworks Show Independence Day (U.S.)
9:30 Coffee and Social 10:00 Morning Hymns 11:00 Classic TV 12:30 Atlanta Braves Game 1:00 Rest & Recharge 2:00 Games & Puzzles 3:00 Trivia 4:00 Calming Music	9:30 Morning Chat 10:00 Alpaca Farm Entertainment 11:30 Rest & Recharge 1:00 Bean Bag Toss 2:00 Catch & Grab 3:00 Tabletop Games 4:00 Oldies Music	9:30 Morning Chat 10:00 Zumba Class 11:30 Relaxation Time 1:00 Gardening 2:00 Calming Music on Patio 3:00 Ring Toss 4:00 Simple C	9:30 Morning Chat 10:00 Morning Worship 11:30 Rest & Recharge 1:00 Nail Shop 3:00 Bingo & Prizes 4:00 Bowling	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 12:00 Atlanta Braves Game 1:00 Plant Care 2:00 Tennis Time 3:00 Simple C 4:00 Puzzles	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Tabletop Games 2:00 Puzzles 3:00 Church Skits with Tasha 4:00 Simple C	9:30 Coffee and Social 10:00 Exercise with Christina 11:00 Hydration 1:00 Bingo 2:00 Classic TV 3:00 Short Story Time 4:00 Coloring Time
9:30 Coffee and Social 10:00 Morning Hymns 11:00 Classic TV 1:00 Rest & Recharge 2:00 Atlanta Braves Game 3:00 Trivia 4:00 Calming Music	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Calming Music on Patio 2:00 Golf Time 3:00 Flower Arrangements 4:00 Balloon Pass	9:30 Morning Chat 10:00 Zumba Class 11:30 Rest & Recharge 1:00 Calming Music on Patio 2:00 Tabletop Games 3:00 Bowling 4:00 Simple C Bastille Day	9:30 Morning Chat 10:00 Morning Worship 11:30 Rest & Recharge 1:00 Nail Shop 2:00 Arts and Crafts 3:00 Bingo & Prizes 4:00 Puzzles	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Plant Care 2:00 Bean Bag Toss 3:00 Gardening 4:00 Simple C	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Catch and Grab 2:00 Calm Music on Patio 3:00 Church Skits with Tasha 4:00 Coloring	9:30 Coffee and Social 10:00 Devotion with Church Group 11:00 Exercise with Christina 1:00 Relaxation Time 2:00 Simple C 3:00 Classic Movie 4:00 Magic Table
9:30 Coffee and Social 10:00 Morning Hymns 11:00 Classic TV 1:00 Atlanta Braves Game 2:00 Games & Puzzles 3:00 Trivia 4:00 Calming Music	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Calming Music on Patio 2:00 Simple C 3:00 Tabletop Games 4:00 Balloo Pass	9:30 Morning Chat 10:00 Zumba Class 11:30 Rest & Recharge 1:00 Bean Bag Toss 2:00 Ring Toss 3:00 Tabletop Games 4:00 Puzzles	9:30 Morning Chat 10:00 Morning Worship 11:30 Rest & Recharge 1:00 Nail Shop 3:00 Bingo & Prizes 4:00 Coloring	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Plant Care 2:00 Tennis Time 3:00 Bowling 4:00 Golf Time	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Bean Bag Toss 2:00 Simple C 3:00 Puzzles 4:00 Name That Tune	9:30 Coffee and Social 10:00 Ring Toss 11:00 Bingo 1:00 Puzzles 2:00 Golf Time 3:00 Short Film 4:00 Catch & Grab
9:30 Coffee and Social 10:00 Bright Star Church Service 11:00 Classic TV 1:00 Atlanta Braves Game 2:00 Games & Puzzles 3:00 Trivia 4:00 Calming Music	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Calming Music on Patio 2:00 Bowling 3:00 Simple C 4:00 Name That Tune	9:30 Morning Chat 10:00 Zumba Class 11:30 Rest & Recharge 1:00 Tabletop Games 2:00 Puzzles 3:00 Coloring 4:00 Golf Time	9:30 Morning Chat 10:00 Morning Worship 11:30 Rest & Recharge 1:00 Nail Shop 2:00 Arts and Crafts 3:00 Bingo & Prizes 4:00 Simple C	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Plant Care 2:00 Puzzles 3:00 Name That Tune 4:00 Balloon Pass	9:30 Morning Chat 10:00 Morning Stretching 10:30 Hydration and Snacks 11:30 Rest & Recharge 1:00 Calming Music on Patio 2:00 Randy & The Band 3:00 Simple C 4:00 Oldies Music	