



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

Dear Residents, Families, and Friends,
June always seems to arrive as an invitation—a gentle nudge to step outside, savor the longer days, and find joy in simple things. Gardens burst with color, porches grow livelier, and there’s a quiet sense that something new might be waiting just around the corner.


Here’s a bit of trivia that surprised me recently: June is the only month in the year without a single federal holiday. It’s funny, isn’t it? For a month so often filled with weddings, reunions, and Father’s Day celebrations, June manages to feel festive all on its own. Maybe that’s the gift of this time of year—a little extra space to make our own traditions, whether that means a leisurely walk, sharing a favorite story, or just taking time for an extra-long conversation with someone you care about.

This month, I find myself reflecting on a quiet lesson once shared by my Dad: “You don’t have to have all the answers. Just be willing to listen, and show up when it matters.”

That simple wisdom has stayed with me, a reminder that the most meaningful impact often comes from small moments—patience, presence, encouragement—rather than grand gestures.

As Father’s Day approaches, it’s a chance to honor not just fathers, but all those who have offered guidance, support, and love along the way. Whether you’re remembering someone, celebrating a mentor or friend, or simply feeling grateful for the caring people in your life, I hope the day brings comfort and connection in whatever form feels right to you.

Across our community, June means more time for laughter, fresh air, and the feeling of truly belonging. Thank you for making this place so welcoming and warm. Here’s to a month of discovery, connection, and all the comforts of home.

With warmest wishes,

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!

- Ridley Watson
- Shirley Freeman

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

RESIDENT BIRTHDAYS

- June 10: Marylyn Khalfani

RESIDENT ANNIVERSARIES

- Julie Hawk - 2 years
- Leslie Palmer - 2 years

JUNE HIGHLIGHTS

- 19th Father's Day BBQ
- 25th L&R Alpaca Farm

NATIONAL NURSING ASSISTANTS WEEK



JUNE 11-17

Your dedication and compassion make all the difference each day. Your hard work, gentle hands and heart for service bring comfort, dignity and joy to our residents.

We see you. We appreciate you.

Sun-kissed Moments IN THE COURTYARD



NO COMPARISON!

When we go through hard times, it can feel like it's just not worth it to keep going. But this Bible verse reminds us that it really will be worth it af-

ter all!

Romans 8:18 What we suffer now is nothing compared to the glory God will reveal to us later.

Things may be really tough right now, but one day God will bring good things and blessings to our lives if we don't give up!

In The Lord's hands, good will come from even our most difficult situations. We'll experience His blessings during our life here on earth. And if we place our faith in Christ, we'll spend eternity in heaven after we pass from this world.

And all of that will make our current suffering seem small. There's really 'No Comparison'!

So keep going. Don't give up. Call out to God for help. Put your faith in Christ. He will carry you through. It will all be worth it!

Praying for you,
Chaplain Richard

How to Contact Your Chaplain
Richard Moore
E: rmoore@chaplain.org
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CELEBRATING VOLUNTEERS:
Honoring Dedication & Service



Grateful for your Service!

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N	J	R	Y	C	H	U	C	K	L	B	D	O	U	V	T	V	F	T	S		

CINCO DE MAYO



ROBERT GARMON: HANDS THAT BUILD, HEART THAT SERVES

Robert Garmon's story begins in Fulton County, Georgia, where he entered the world alongside his twin sister, Joy Lynn—who still enjoys reminding him she made her debut five minutes earlier. Together with their older sister, Karen Ellen, the three siblings were adopted into a loving home. Their parents, both dedicated workers—his father a service technician at Georgia Power Appliance and a Sunday school teacher, his mother a payroll clerk for C&S Bank—filled their household with stability and care. Their grandmother, the widow of an Atlanta firefighter, was a constant presence, helping raise the children while their parents built long, fulfilling careers.

Family life for Robert was a mix of tradition and adventure. Sunday mornings meant church, and family vacations to the mountains, Florida, and other destinations filled the calendar, creating a treasure trove of memories that still bring a smile. When Robert was 15, the family traded city life for a 50-acre farm in Carrollton, Georgia. He took to farm life right away, earning his driver's license

early and working by his father's side to clear land, run a sawmill, build fences and a barn, and divide the property into three pastures. Their rotational grazing system with cows kept the land thriving.

Service has always been a thread in Robert's life. As a teenager, he began volunteering at the local firehouse—a commitment he maintained for many years. His professional path started at Chalk Line, where he worked as a mechanic in the sewing plant for five years. Later, he moved to Vidalia, Georgia, and became Head Mechanic at Oxford Industrial, overseeing six plants and leading a team of 21 mechanics.

Robert's love for building and creating has never faded. Hot rods, motorcycles, and cars have all passed through his hands, transformed by his skill and passion. Drag racing remains one of his favorite hobbies—a perfect blend of speed, excitement, and craftsmanship.

Through every chapter, Robert's life has been shaped by family, hard work, and a deep sense of service. We're proud to have him in our community and grateful for the stories, energy, and experience he shares with us every day.

AGAPE HOSPICE BROUGHT VIRTUAL DEMENTIA TOUR TO THE HARBOR



This unique experience allowed us to step into the shoes of our residents living with dementia, deepening our understanding and empathy. It's an important reminder of why compassionate care matters every day.



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

JUNE IS NATIONAL BRAIN HEALTH AWARENESS MONTH

ANSWERING REPETITIVE QUESTIONS

As dementia progresses, it gradually affects how the brain processes and stores information. As areas responsible for memory and reasoning become damaged, it becomes difficult for the person to remember recent conversations or retain new information. Because short-term memory is often affected first, a person may not remember that a question was already asked or answered. Repeating the same question is therefore not intentional—it is a common symptom of the disease. Understanding this can help families and caregivers respond with patience and compassion.

When repetitive questions occur, it is best to remain calm and respond in a simple, reassuring way each time, as though it is the first time the question has been asked. Rather than correcting the person, caregivers can focus on offering reassurance and validating any feelings behind the question. Repetition is often linked to anxiety, confusion, or a need for comfort, and sometimes it may signal an unmet need such as hunger, discomfort, or boredom. By responding calmly and addressing both the question and the underlying need, caregivers can help the person feel more secure and supported.

Repetitive questions are a common part of dementia and reflect changes in memory and understanding, not intentional behavior. Responding with patience, reassurance, and compassion can help reduce anxiety and maintain a sense of security for the person living with dementia. By focusing on their feelings and needs, caregivers can create more positive and supportive interactions.

Resources: Alzheimer's Association - Repetition; Dementia Help - Strategies for Dealing with Repetitive Questions in Dementia; Assisting House Home Care - Handling Repetitive Questions in Dementia Care: Causes & Strategies; Family Caregivers Online - 4 Ways to Respond to Repetitive Questions in Dementia



By Kimberly West ADC, CDP, MDE, VMC

TIPS FOR HANDLING REPETITIVE QUESTIONS

- Create predictable routines. Consistent daily schedules help reduce confusion and anxiety.
- Pay attention to tone and body language. A calm voice and friendly facial expression can be more reassuring than words alone.
- Take breaks when needed. Repetitive questions can be tiring for caregivers, so it is important to step away and recharge when possible.
- Give short, consistent answers. Using the same simple wording each time can be less confusing and easier for the person to process.
- Reduce environmental stress. Too much noise, clutter, or activity can increase confusion and lead to more repetitive questioning.
- Watch for patterns. Repetitive questions may happen more often at certain times of day, when the person is tired, hungry, or overstimulated.
- Provide reassurance through presence. Sitting nearby, holding a hand, or maintaining eye contact can sometimes meet the emotional need behind the question.



CELEBRATING UNCONDITIONAL LOVE & GUIDING HANDS ON Mother's Day

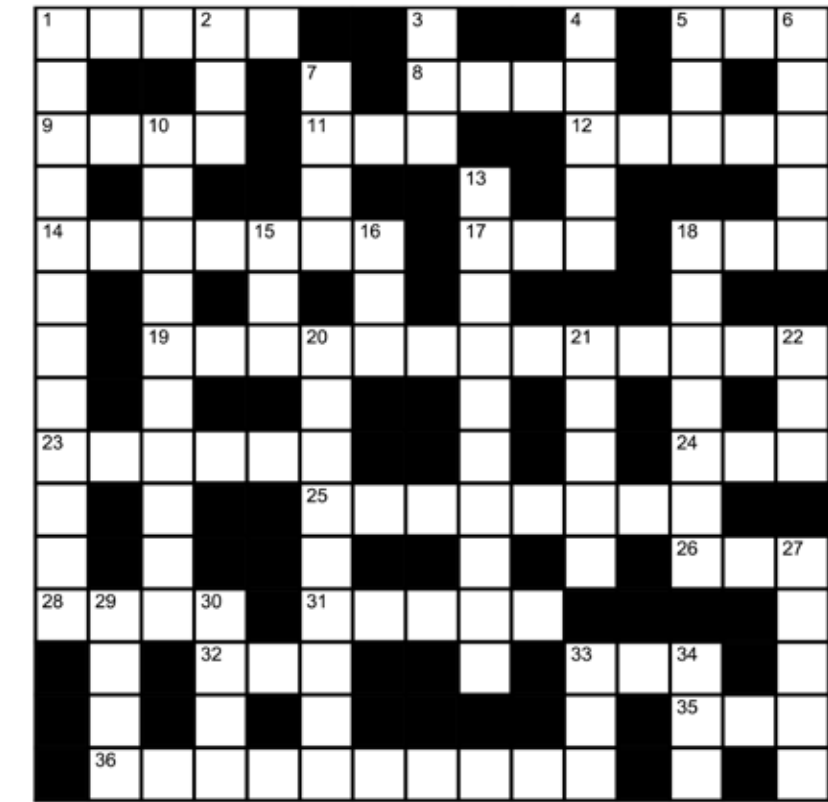


ACROSS

- The entire ____ of judges gave the skater 10s
- Greek alphabet's 23rd letter, ψ; rhymes with sigh
- Feline-inspired athletic shoe brand
- Double-reeded instrument; clarinet's cousin?
- Hawaiian dish; rhymes with soy
- Ulysses S. ____; president on the \$50 bill
- An area of fruit trees
- Helpful tool when rowing a boat
- "Long ago and ___ away..."
- At a right angle; not horizontal
- _____ pancakes; latkes
- "It's a dog-___-dog world"
- Feeling gratitude
- ___ high: about that tall
- Pros and ___ of an issue
- A bee's defense
- Before shot and after hot
- "___ Now or Never" by Elvis Presley
- ___ up with; tolerate
- Not planned; unintentional

DOWN

- Extremely keen kind of memory
- The Three Faces of* ____, starring Joanne Woodward
- Prefix for dermis or pen
- Racetrack bet
- Parent Teacher Association, abbrev.
- Lay to rest; entomb
- Practice with a boxer
- Job; profession
- Ostracizing; punishing
- "Love Is in the ___"
- Preceded by past or over
- Untruthfully
- Complained; raised an objection
- Embroidery or pottery for example
- Mickey's larger cousin?
- Severe; critical
- Killer whale
- Blueprint or plan
- Not well
- Hot tub or wellness retreat



DAD-ISMS

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

- | | | |
|-------------|-------------|------------|
| ADVICE | JOKESTER | ROAD TRIP |
| CORNY | KNEESLAPPER | SNACKS |
| CHUCKLE | LAWN | SNEAKERS |
| FATHER | PICKUP | SNORE |
| GRILLMASTER | POCKETS | SUNDAY NAP |
| GROANER | PUNNY | THERMOSTAT |
| HANDY | REMOTE | TOOL BELT |



Savoring Summer
NOTHING BEATS A BACKYARD COOKOUT



"MY FATHER DIDN'T TELL ME HOW TO LIVE; HE LIVED, AND LET ME WATCH HIM DO IT."

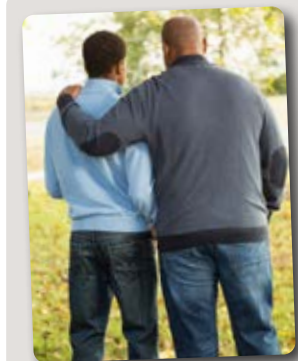
There's something quietly profound about learning not from words, but from the everyday examples set by those around us. For many, it wasn't the advice or the speeches that stuck—it was witnessing patience during tough times, small acts of kindness, or the way someone carried themselves through life's ups and downs. Whether from a father, a mentor, or a friend who stepped into that role, these lived lessons shape us long after childhood. On Father's Day, we honor not just the stories told, but the lives lived—imperfect, real, and full of meaning.

HAPPY FATHER'S DAY!

She is clothed with strength and dignity; she speaks with wisdom and kindness. Her children rise and call her blessed.



— Proverbs 31 (adapted)





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

Flag Day (U.S.)

Juneteenth

21 22 23 24 25 26 27

Father's Day
Summer Begins

28 29 30

June 2026

The Harbor at Douglasville

A CURRENT ACTIVITIES SCHEDULE CAN BE OBTAINED AT THE FRONT DESK.