



A Premier Memory Care Community

Life. Love. Legacy.™

(770) 920-2273

8847 Hospital Drive

Douglasville, GA. 30134



THE HARBOR AT DOUGLASVILLE

NEWSLETTER | MARCH 2026



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



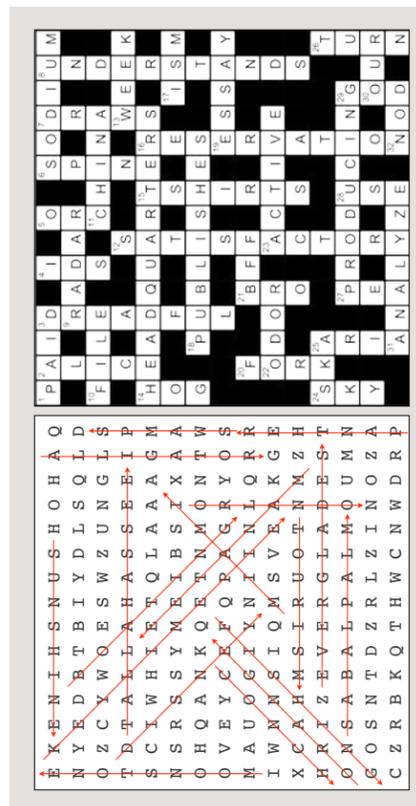
Aaron Roberts
Maintenance
Director



Lisa Bohanan
Senior Business
Office Manager



Richard Moore
Chaplain



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

As we step into March and welcome the first signs of spring, I find myself reflecting on the power of renewal—not just in nature, but in our lives and community. This season reminds us that no matter the challenges we face, there is always room for growth, fresh beginnings, and brighter days ahead.

In senior living, care goes beyond routines and schedules. It's about creating moments of connection, kindness, and respect that make every day meaningful. Our teams are dedicated to honoring the unique stories and needs of each resident, fostering an environment where everyone is valued and truly at home.

March brings with it the promise of longer days and warmer sunshine, perfect for gathering, sharing smiles, and creating new memories together. We have a full calendar of activities and events designed to engage, inspire, and bring joy. Whether it's a lively group activity, a quiet moment of reflection, or simply time spent with friends and

family, there's something for everyone to enjoy. This month also offers a wonderful opportunity to embrace the spirit of renewal in our own lives. Whether it's trying something new, reconnecting with old friends, or simply savoring the small moments, spring invites us all to grow and refresh in meaningful ways.

I encourage everyone—residents, family members, and friends—to take part in the activities and events planned this season and to enjoy the warm, supportive spirit that makes our community such a special place. Doors and hearts are always open, and this season of renewal brings a wonderful opportunity to connect and grow together.

Thank you for trusting us to be part of your journey. Together, we create communities filled with warmth, care, and the kind of belonging that makes every day brighter.

With warmest regards,
Joanna Nunnenkamp

BRIDGING GENERATIONS: IMHOTEP ACADEMY BRIGHTENS OUR DAY

A huge **THANK YOU** to the students, staff, and families from Imhotep Academy for bringing joy to our community! Your enthusiastic bingo calling, shared treats, and bright energy created meaningful connections between our residents and your wonderful young faces.

These moments show the power of friendship across generations. We're grateful for your kindness, the delicious snacks, and the warmth you shared. Let's keep building these beautiful bridges together!



Mardi Gras MADNESS



DEEP ROOTS



Imagine your life like a tree. What makes a tree grow strong? What keeps a tree from falling during a storm? Strong roots! If the roots of a tree have grown deep into firm ground, that tree will grow strong and stand strong.

The same is true for our lives—if our roots reach deep into something that is reliable, we'll grow strong and remain standing even during the hard times we must go through.

Our verse today says it best:

"I pray that your roots will grow down into God's love and keep you strong." Eph 3:17 NLT

When we choose to concentrate on God's words, His love for us, and His direction for our lives, our roots will grow deep into God's love and we'll be strong.

So, choose God. Choose His ways. Sink your roots into Him. You'll be glad you did!

Praying for you,
Chaplain Richard

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

Hearts & Crafts

CREATIVITY IN FULL BLOOM



FIVE WISHES

MY WISH FOR:

- The Person I Want to Make Care Decisions for Me When I Can't
- The Kind of Medical Treatment I Want to Don't Want
- How Comfortable I Want to Be
- How I Want People to Treat Me
- How I Want People to Treat Me

Gain peace of mind knowing your voice will be heard.

Join us for Five Wishes Family Night on

March 11, 2026, 6:00 PM to 7:00 PM

hosted by Gentiva Hospice. This free session guides you through advance care planning with the Five Wishes, helping you clearly document your healthcare choices and personal wishes.

Gain peace of mind knowing your voice will be heard.

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

YOUR FEEDBACK HELPS OTHERS!



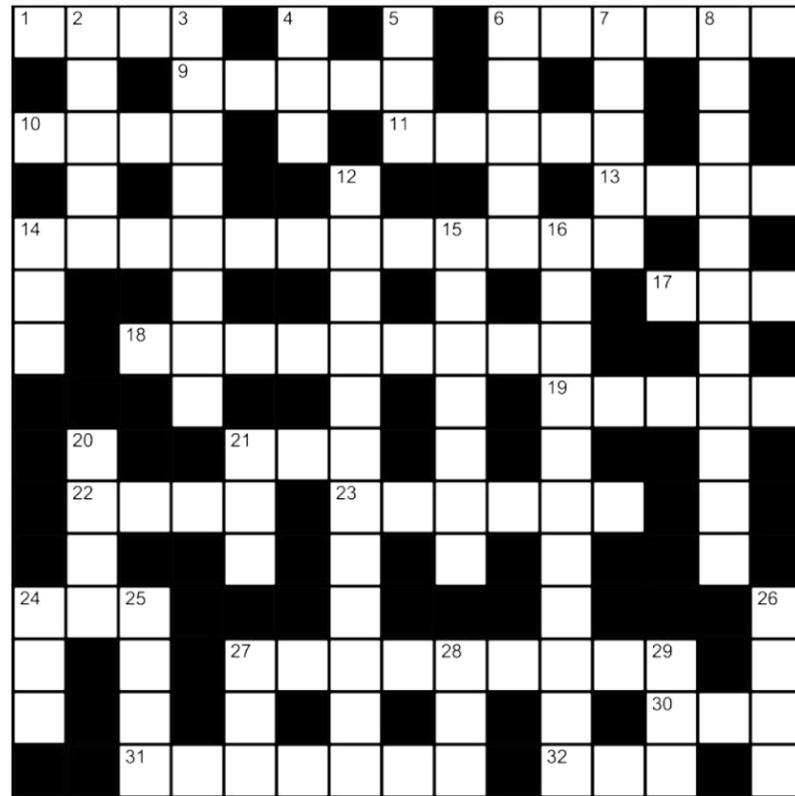
ACROSS

- 1. ____ back: reimbursed
- 6. Salt mineral
- 9. Weather bureau tool
- 10. Walk in a line: single ____
- 11. Fine dinnerware
- 13. TV Guide span
- 14. Company's central office
- 17. Suffix with ideal
- 18. Puts into print
- 19. English exam finale, often
- 21. Best friend forever, abb.
- 22. Skunk's defense
- 23. On the move
- 24. 1950s music genre from Jamaica
- 27. Bringing into being
- 30. Days of ____ Lives
- 31. Study in depth
- 32. Affirmative action?

DOWN

- 2. She falls down a rabbit hole
- 3. Awful; ghastly
- 4. Driver's license and others
- 5. Mythical monster
- 6. Another name for backbone
- 7. Makes a sketch
- 8. Comprehends; grasps
- 12. Adequate
- 14. "Living high on the ____"

- 15. Casual, short-sleeved tops
- 16. Dinner arrangement
- 20. Chopsticks alternative
- 21. Sis's male sibling
- 24. Wild blue yonder
- 25. Operatic solo
- 26. Card between "flop" and "river" in hold 'em
- 27. Cause of sleep disturbance for a princess
- 28. Operate
- 29. Zeus, for one



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

Florida

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



- ALLIGATOR
- BOATING
- CONCH
- DISNEY
- EVERGLADES
- FISHING
- KEY LIME PIE
- MANATEE
- MIAMI
- MOONSTONE
- ORANGE
- ORLANDO
- PANTHER
- SABAL PALM
- SUNSHINE
- SWAMPS
- TALLAHASSEE
- TOURISM

Alysia Myrick
MARCH WINNER

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

Submit your nominations in the lobby!

MARCH HIGHLIGHTS

- Five Wishes Family Night
- St. Patrick's Day
- Planting Flowers
- Employee Appreciation Day
- Randy & the Ramblers
- Zumba

Celebrations & Milestones

Welcome to our newest residents!

- Marylyn Khalfani
- Florence Lamb
- Rubye Humphrey

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

RESIDENT BIRTHDAYS

- Mar. 2: Betty Hibbert
- Mar. 15: Jacqueline Adam
- Mar. 22: Pamela White
- Mar. 25: James Overstreet
- Mar. 27: Carl Welch

TEAM MEMBER BIRTHDAYS

- Mar. 9: Victoria Bananao
- Mar. 14: Aaron Roberts
- Mar. 27: Lismary Filpo

RESIDENT ANNIVERSARIES

- Jacqueline Adam – 1 yr
- Mildred Bivens – 1 yr
- Carl Welch – 1 yr

TEAM ANNIVERSARIES

- Christina Jones – 4 yrs
- Gail Todd – 1 yr
- Chukwuebuka Okpalaoka – 1 yr
- Karla Lewis – 1 yr

Valentine's Vibes
SMILES, SWEETNESS, & LOVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Morning Exercise w/ Care Giver</p> <p>10:30 Televised Church</p> <p>11:00 Hydration & Chat</p> <p>1:00 Rest & Recharge</p> <p>2:00 Classic Tv Shows</p> <p>3:00 Afternoon Snack</p>	<p>9:30 Morning Chat</p> <p>10:00 Armchair exercise</p> <p>10:30 Women's History</p> <p>11:00 Ten Minute Topic</p> <p>1:00 Rest & Recharge</p> <p>2:00 Nail Spa</p> <p>3:30 Simple C</p> <p>Purim Begins</p>	<p>9:30 Morning Chat</p> <p>10:00 Daily Chronicle</p> <p>10:30-11:20 Zumba w/ Doris</p> <p>1:00 Rest & Recharge</p> <p>2:15 Scenic Bus ride</p> <p>3:45 Afternoon Snack</p>	<p>9:30 Morning Chat</p> <p>10:15 Liberty Baptist Church</p> <p>1:00 Rest & Recharge</p> <p>2:00 Chaplain Check In</p> <p>3:00 Afternoon Matinee</p>	<p>9:30 Morning Chat</p> <p>10:00 Music & Movement</p> <p>10:30 Morning Trivia</p> <p>11:00 What would you do</p> <p>1:00 Rest & Recharge</p> <p>2:00 Bingo</p> <p>3:00 Afternoon Snacks</p>	<p>9:30 Morning Chat</p> <p>10:00 Morning Stretching</p> <p>10:30 Reminiscence Circle</p> <p>11:00 Finish the Phrase</p> <p>1:00 Rest & Recharge</p> <p>2:00 Spring Craft</p> <p>3:00 Puzzles</p>	<p>10:00 Morning Exercise w/ Christina</p> <p>10:30 Crossword Puzzle</p> <p>11:00 Hydration</p> <p>1:00 Rest & Recharge</p> <p>2:00 Color Sheets</p> <p>3:00 Church Group</p>
<p>10:00 Morning Exercise w/ Care Giver</p> <p>10:30</p> <p>11:00 Hydration & Chat</p> <p>1:00 Rest & Recharge</p> <p>2:00 Church Group</p> <p>3:00 Afternoon Snack</p> <p>Daylight Saving Time Begins</p>	<p>9:30 Morning Chat</p> <p>10:00 Armchair exercise</p> <p>10:30 Women's History</p> <p>11:00 You be the Judge</p> <p>1:00 Rest & Recharge</p> <p>2:00 Simple C</p> <p>3:00 Men's Coffee Group</p>	<p>9:30 Morning Chat</p> <p>10:00 Daily Chronicle</p> <p>10:30-11:20 Zumba w/ Doris</p> <p>1:00 Rest & Recharge</p> <p>2:00 Pictionary</p> <p>3:00 Armchair Travel</p>	<p>9:30 Morning Chat</p> <p>10:15 Liberty Baptist Church</p> <p>1:00 Rest & Recharge</p> <p>2:00 Craft w/ Kaite</p> <p>3:00 Afternoon Matinee</p>	<p>9:30 Morning Chat</p> <p>10:00 Music & Movement</p> <p>10:30 Morning Trivia</p> <p>11:00 Balloon Volleyball</p> <p>1:00 Rest & Recharge</p> <p>2:00 Planting a Flower</p> <p>3:00 Tea and Treats Social</p>	<p>9:30 Morning Chat</p> <p>10:00 Morning Stretching</p> <p>10:30 Reminiscence Circle</p> <p>11:00 Finish the Phrase</p> <p>1:00 Rest & Recharge</p> <p>2:00 Music w/ Susan</p> <p>3:00 Afternoon Social</p>	<p>10:00 Morning Exercise w/ Christina</p> <p>10:30 Crossword Puzzle</p> <p>11:00 Hydration</p> <p>1:00 Rest & Recharge</p> <p>2:00 Church Group</p> <p>3:00 Color Sheets</p>
<p>10:00 Morning Exercise w/ Care Giver</p> <p>10:30 Televised Church</p> <p>11:00 Hydration & Chat</p> <p>1:00 Rest & Recharge</p> <p>2:00 Classic Tv Shows</p> <p>3:00 Afternoon Snack</p>	<p>9:30 Morning Chat</p> <p>10:00 Armchair exercise</p> <p>10:30 Women's History</p> <p>11:00 Ten Minute Topic</p> <p>1:00 Rest & Recharge</p> <p>2:00 Simple C</p> <p>3:00 Snack & Social</p>	<p>9:30 Morning Chat</p> <p>10:00 Daily Chronicle</p> <p>10:30-11:20 Zumba w/ Doris</p> <p>1:00 Rest & Recharge</p> <p>2:00 St. Patrick Craft</p> <p>3:00 Where's the Gold?</p> <p>St. Patrick's Day</p>	<p>9:30 Morning Chat</p> <p>10:15 Liberty Baptist Church</p> <p>1:00 Rest & Recharge</p> <p>2:00 Chaplain Check In</p> <p>3:00 Afternoon Matinee</p>	<p>9:30 Morning Chat</p> <p>10:00 Music & Movement</p> <p>10:30 Morning Trivia</p> <p>11:00 I Spy</p> <p>1:00 Rest & Recharge</p> <p>2:00 Bingo</p> <p>3:00 Afternoon Snacks</p>	<p>9:30 Morning Chat</p> <p>10:00 Morning Stretching</p> <p>10:30 Reminiscence Circle</p> <p>11:00 Finish the Phrase</p> <p>1:00 Rest & Recharge</p> <p>2:00 Spring Hat Making</p> <p>Spring Begins</p>	<p>10:00 Morning Exercise w/ Christina</p> <p>10:30 Crossword Puzzle</p> <p>11:00 Hydration</p> <p>1:00 Rest & Recharge</p> <p>2:00 Church Group</p> <p>3:00 Color Sheets</p>
<p>10:00 Morning Exercise w/ Care Giver</p> <p>10:30</p> <p>11:00 Church Group</p> <p>1:00 Rest & Recharge</p> <p>1:30 Church Group</p> <p>2:00 Afternoon Snack</p>	<p>9:30 Morning Chat</p> <p>10:00 Armchair exercise</p> <p>10:30 Women's History</p> <p>11:00 You be the Judge</p> <p>1:00 Rest & Recharge</p> <p>2:00 Nail Spa</p> <p>3:30 Snack & Social</p>	<p>9:30 Morning Chat</p> <p>10:00 Daily Chronicle</p> <p>10:30-11:20 Zumba w/ Doris</p> <p>1:00 Rest & Recharge</p> <p>2:00 Scenic Bus Ride</p> <p>3:45 Afternoon Snack</p>	<p>9:30 Morning Chat</p> <p>10:15 Liberty Baptist Church</p> <p>1:00 Rest & Recharge</p> <p>2:00 Chaplain Check In</p> <p>3:00 Chef Corner</p>	<p>9:30 Morning Chat</p> <p>10:00 Music & Movement</p> <p>10:30 Morning Trivia</p> <p>11:00 ABC Game</p> <p>1:00 Rest & Recharge</p> <p>2:00 Activity w/ Katie</p> <p>3:00 Afternoon Snacks</p>	<p>9:30 Morning Chat</p> <p>10:00 Morning Stretching</p> <p>10:30 Reminiscence Circle</p> <p>11:00 Finish the Phrase</p> <p>1:00 Rest & Recharge</p> <p>2:00 Randy & the Ramblers</p>	<p>10:00 Morning Exercise w/ Christina</p> <p>10:30 Crossword Puzzle</p> <p>11:00 Hydration</p> <p>1:00 Rest & Recharge</p> <p>2:00 Color Sheets</p> <p>3:00 Church Group</p>
<p>10:00 Morning Exercise w/ Care Giver</p> <p>10:30 Televised Church</p> <p>11:00 Hydration & Chat</p> <p>1:00 Rest & Recharge</p> <p>2:00 Classic Tv Shows</p> <p>3:00 Afternoon Snack</p> <p>Palm Sunday</p>	<p>9:30 Morning Chat</p> <p>10:00 Armchair exercise</p> <p>10:30 Women's History</p> <p>11:00 Ten Minute Topic</p> <p>1:00 Rest & Recharge</p> <p>2:00 Simple C</p> <p>3:00 Men's Coffee Group</p>	<p>9:30 Morning Chat</p> <p>10:00 Daily Chronicle</p> <p>10:30-11:20 Zumba w/ Doris</p> <p>1:00 Rest & Recharge</p> <p>2:00 Card Game</p> <p>3:00 Birthday Cake Social</p>	<h1>March 2026</h1> <p>"March winds and April showers bring forth May flowers"</p>			