

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

YOUR  
LEADERSHIP  
TEAM



Joanna Nunnenkamp  
Executive Director



Heidi Stearns  
Sales & Marketing  
Director



Britni Bagwell, LPN  
Clinical Coordinator



Teresa Brookshire  
Resident Services  
Director



Andrea Hunter  
Life Enrichment  
Director



Chloe Haun  
Dining Services  
Director



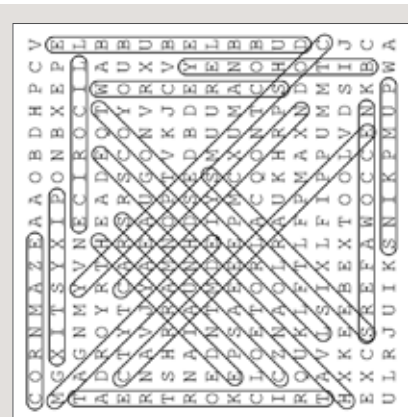
Ty Calhoun  
Maintenance  
Director



Randy White  
Maintenance  
Technician



Lisa Bohanan  
Senior Business  
Office Manager



# THE HARBOR AT DOUGLASVILLE

NEWSLETTER | OCTOBER 2026



## A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



October arrives with its own quiet invitation to slow down and notice what matters. The air turns crisp, leaves begin their colorful descent, and familiar sweaters find their way back into our daily routines. It's a season of change—but also one of remembrance, gratitude and renewed appreciation for the people around us.

At the heart of our work is a simple but meaningful mission: "To serve the Greatest Generation with honor, respect, faith and integrity." Living out that mission means seeing more than a room number, a care plan, or a daily schedule. We see the mother who once kissed scraped knees, the carpenter whose hands built homes, the teacher who encouraged generations of children, and the friend who never failed to show up when someone needed them. We take the time to know each person—their story, preferences, faith, humor, wisdom and the experiences that shaped them into who they are today. Each life holds hard-earned perspective, deeply held values, wisdom gathered through a lifetime of experience, and memories worthy of being known, shared, and honored.

There is something powerful about being known. We seem to recognize familiar voices somewhere deep within us, connecting the sound almost instantly with memories, emotions, and a sense of identity. That may help explain why hearing someone say our name with warmth—or recognizing the voice of a person we trust—can make us feel more at ease. A familiar voice can bring comfort before the words themselves have even registered. Long before a conversation unfolds, something within us is already

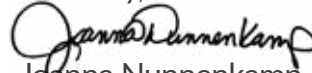
saying, "I know this person, and this person knows me." It's a small reminder that familiarity is more than recognition; it is one of the ways we experience connection, reassurance and belonging.

That sense of familiarity is built through small moments, repeated with genuine care: remembering how someone takes their coffee, knowing which song makes them smile, asking about the work they once loved, or taking time to hear a favorite story again—even when we've been fortunate enough to hear it before. It grows through shared laughter, a gentle greeting in the hallway, and noticing when someone seems a little quieter than usual. These details may appear ordinary, but together they create something meaningful. They tell a person: You are seen. You are known. You matter here. And perhaps just as importantly, they remind all of us that the time we spend getting to know one another is never wasted.

Thank you for allowing us to continue serving you and those you love. We're grateful for the trust you place in our communities and for the many ways you help make them feel like home. Please drop in and join us whenever you can for anything scheduled during October. Your presence is always welcome, and it means more than you may know.

Wishing you a peaceful October filled with gratitude, connection and the quiet beauty of the season.

Sincerely,

  
Joanna Nunnenkamp  
Executive Director



# A Walk Down MEMORY LANE with Alfred Faircloth

**What were your favorite games growing up?**  
My favorite game was hide & seek! Me and my friends would play that game until the streets lights came on or our parents made us come into the house.

**What was your favorite meal your parents used to make?**  
Chicken, chicken and more chicken. I liked mine fried with homemade French fries.

**Did you have any pets as a child?**  
I wanted a dog. I wanted to name him Lassie lol, but my mom told me no. She said that they shed too much.

**What did your neighborhood look like when you stepped out your front door?**  
Dark. I lived in the country where there weren't too many street lights and I loved that because I could sneak out at night. (laughing)

**What kind of music did you love dancing to when you were young?**  
I loved all kinds of music, especially country music. I'm a real country boy.

**Do you have a favorite holiday memory with your family?**  
Christmas was my favorite and that's only because I got gifts from everyone in my family.

**What was your first job?**  
I'm from the country so of course my first job was to take care of the farm animals. That was a hard job for me because I was scared of the cows. They made too much noise at night. I spent my first paycheck on candy.

**What was the place you traveled to that you really enjoyed visiting?**  
Mississippi was the first place I remember traveling to. I went there just to fish! Fishing is a special hobby of mine.

## COMEDIAN JACK BARRON HAD US IN STITCHES!

—and not the kind that require a nurse.



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

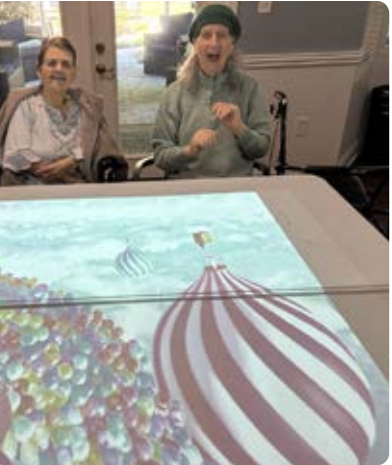
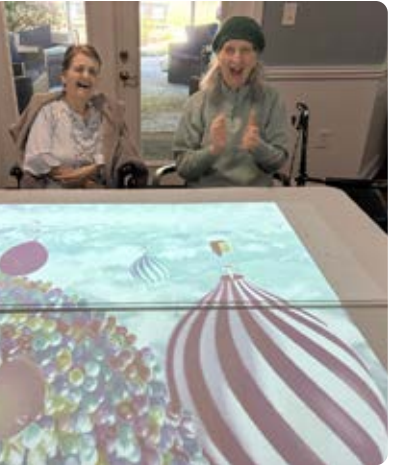


Your kind words don't just make our day—they help other families discover a community where their loved ones can feel at home.

Just scan the QR code to share your experience.

## MAGIC TABLE

With colorful projections and interactive games, the Magic Table offers a lively mix of play, discovery and connection.



## OUR NEWEST FALL FRIENDS!

We celebrated fall by crafting scarecrows as unique as the artists who made them.



## BINGO BEYOND OUR WALLS!

Residents enjoyed a change of scenery, friendly competition, and time with our neighbors as Heidi, The Harbor's marketing director, called Bingo at the Lithia Springs Senior Center.



## HUNGRY FOR THE WIN



What started as a real-life spin on Hungry Hungry Hippos, our "Catch & Grab" game quickly became a surprisingly intense showdown—with red cups, quick reflexes, and lots of laughs.



Autumn is more a season of the soul than of nature.

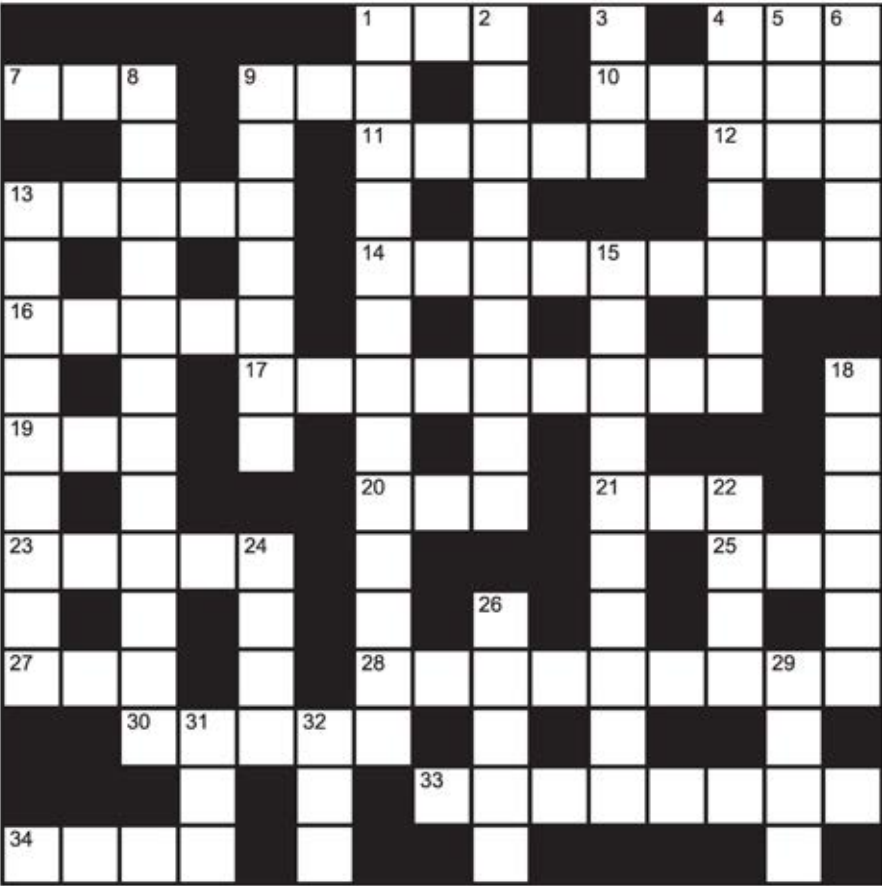
—Friedrich Nietzsche

ACROSS

- 1. Royal carpet color
- 4. Huge conflict
- 7. "Jeremiah \_\_\_\_\_ a bullfrog..."
- 9. Driving range accessory
- 10. Major artery in the body
- 11. Fog or mist, for example
- 12. Light switch setting
- 13. Mr. Ed, for one
- 14. French, English, and Spanish are some
- 16. Without any money to spend
- 17. Mothlike insect
- 19. Sprinted, for example
- 20. "Strike three; you're \_\_\_\_\_!"
- 21. Male
- 23. Getting older
- 25. Cardiologist's test, abbrev.
- 27. Grade A item
- 28. What's left
- 30. Like corn tassels
- 33. In-depth
- 34. Place for picnicking

DOWN

- 1. American \_\_\_\_ War; "shot heard round the world"
- 2. Unable to do without
- 3. Tavern
- 4. Not in the right way
- 5. Automotive Transmission Fluid, abbrev.
- 6. Castaways' transports
- 8. Environment
- 9. Shakespeare: "And \_\_\_\_ hangs a tale"



- 13. Sleep through winter
- 15. Not known; strange
- 18. Can be used for pointing
- 22. A friend in \_\_\_\_\_
- 24. Lass
- 26. Mutual of \_\_\_\_'s Wild Kingdom
- 29. Sharp part of a sword
- 31. Kind, type
- 32. "Break me off a piece of that \_\_\_\_ Kat Bar!"

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

AN OLD-FASHIONED  
*Halloween*

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



WELCOME RANDY WHITE TO THE HARBOR'S  
MAINTENANCE TEAM

Please join us in welcoming Randy White to the maintenance team at The Harbor at Douglasville!

Randy brings a strong background in service, leadership, and community care to his role. A native of Hickory, North Carolina, he served in the United States Navy for 21 years before retiring from Dobbins Air Reserve Base.

His final duty station brought him to Georgia, where he continued serving others as a Cobb County deputy sheriff for 11 years.

For the past five years, Randy has worked in maintenance for senior living communities. His experience has given him an understanding of how important a safe, comfortable, and well-maintained environment is to residents' daily lives. He enjoys spending time with seniors, helping with their needs, and being someone they can count on.

Randy and his wife Teresa are the proud parents of two daughters. Amber lives in Los Angeles and works for Naughty Dog as a game designer and developer. Brooke serves in the United States Air Force as an airborne cryptologic language analyst, continuing the family's tradition of military service.

Outside of work, Randy enjoys working out, hunting, camping, and spending time outdoors. Whether he is solving a maintenance issue or lending a helping hand to a resident, he brings years of experience and a service-minded approach to everything he does.

Please join us in welcoming Randy to our community. We are glad to have him on the team and appreciate the dedication, knowledge, and heart for service he brings to his new role.

LUNCH, LOVE  
& A GARDEN  
FULL OF HOPE

Our drive-thru fundraiser brought people together to support our Walk to End Alzheimer's team and honor those whose lives have been touched by the disease.



Celebrations  
& Milestones

Welcome to our newest residents!

- Millard Smith
- Pamela Benson

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

RESIDENT ANNIVERSARIES

- Thomas Cianflone—1 yr

Join us for our  
FALL  
FESTIVAL

Get ready for a morning filled with the sounds and fun of fall!

Saturday,  
October 17  
11:00 AM

GAMES • MUSIC  
GREAT FOOD  
LOTS OF FUN!



ALZHEIMER'S  
SUPPORT SERVICES  
LEGACYSL.NET/  
ALZHEIMERS-SUPPORT

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2026

## Fall Festival

|                                                                                                                                                                                                                                                    |  |  |  |  |  |  |  |  |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|--|--|--|
| October 2026                                                                                                                                                                                                                                       |  |  |  |  |  |  |  |  |  |
| Fall Festival                                                                                                                                                                                                                                      |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:30 Chair Yoga<br>1:00 Picture Sorting<br>2:00 Soft Music<br>3:00 Bingo<br>4:00 Short Film                                                                                                      |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:30 Balloon Volleyball<br>1:00 Bingo<br>2:00 Tasha with the Skits<br>3:00 Nail Shop<br>4:00 Resident Council                                                                                    |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:30 Morning Stretching w/Christine<br>11:30 Classic TV Show<br>1:00 Bingo<br>2:00 Classic TV<br>3:00 Puzzles<br>4:00 Sing Along                                                                                             |  |  |  |  |  |  |  |  |  |
| Simchat Torah Begins                                                                                                                                                                                                                               |  |  |  |  |  |  |  |  |  |
| 9:30 Coffee Social<br>10:30 Morning Hymns<br>12:00 Classic TV<br>2:00 Falcons Game<br>4:00 Western Movie                                                                                                                                           |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:30 Simple C<br>11:00 Flower Arrangements<br>1:00 Trivia<br>2:00 Crazy Crayon Art<br>3:00 Nail Shop<br>4:00 Card Game                                                                           |  |  |  |  |  |  |  |  |  |
| National Taco Day<br>9:30 Morning Chat<br>10:00 Morning Stretching<br>10:30 Parachute Games<br>1:00 Golf Time<br>2:00 Laundry Day w/Andrea<br>3:00 Bean Bag Toss<br>4:00 Name That Tune                                                            |  |  |  |  |  |  |  |  |  |
| National Willy Wonka Day<br>9:30 Morning Chat<br>10:00 Liberty Baptist Church<br>11:00 Oldies Music<br>1:00 Simple C<br>2:00 Ring Toss<br>3:00 Nail Shop<br>4:00 Story Time                                                                        |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Short Story<br>1:00 Ice cream Social<br>2:00 Classic Sitcom<br>3:30 Spin to Win<br>4:00 Ball Toss                                                                                           |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Chair Yoga<br>1:00 Rolling Mania<br>2:00 Arts & Crafts<br>3:00 Can Toss<br>4:00 Hand Massage                                                                                                |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>11:00 Morning Stretching w/Christine<br>1:00 Bingo<br>4:00 Classic Movie                                                                                                                                                      |  |  |  |  |  |  |  |  |  |
| 9:30 Coffee Social<br>10:30 Morning Worship<br>12:00 Classic TV<br>1:00 Name That Tune<br>3:00 Falcons Game                                                                                                                                        |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 True or False Game<br>1:00 Cooking w/Andrea<br>2:00 Simple C<br>3:00 Back Down Memory Lane<br>4:00 Nail Shop<br>Indigenous Peoples' Day<br>Columbus Day (U.S.)<br>Thanksgiving Day (Canada) |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Mix & Match<br>1:00 Corn Hole<br>2:00 Nicki P & the Band<br>3:30 Card Games<br>4:00 Sing Along                                                                                              |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Name That Tune<br>1:00 Simple C<br>2:00 Bean Bag Toss<br>3:00 Simple C<br>4:00 Finish the Phrase                                                                                            |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Social<br>11:00am Fall Festival<br>1:00 Falcons Game<br>3:00 Western Movie                                                                                                                                                            |  |  |  |  |  |  |  |  |  |
| 9:30 Coffee Social<br>10:30 Bright Star Church<br>12:00 Church Hymns<br>2:00 Falcons Game                                                                                                                                                          |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Sing Along<br>1:00 Golf Time<br>2:00 Yogurt Social<br>3:00 Simple C<br>4:00 Balloon Toss                                                                                                    |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Zumba w/Dorris<br>11:00 Gardening<br>1:00 Story Circle<br>2:00 Cooking w/Andrea<br>3:00 Bingo<br>4:00 Name that Tune                                                                                                    |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Liberty Baptist Church<br>11:00 Chair Yoga<br>1:00 Sing Along<br>2:00 Having Fun w/Theresa<br>3:00 Sports Show<br>4:00 Crayon Art                                                                                       |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Simple C<br>1:00 Arts & Crafts<br>2:00 Tabletop Games<br>3:00 Table Ball<br>4:00 Classic TV Show                                                                                            |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Gardening<br>1:00 Laundry Day<br>2:00 Oldies Music<br>3:00 Nail Shop<br>4:00 Painting Class                                                                                                 |  |  |  |  |  |  |  |  |  |
| National Food Day<br>9:30 Coffee Social w/Christine<br>10:30 Bingo<br>1:00 Classic<br>3:00 Simple C                                                                                                                                                |  |  |  |  |  |  |  |  |  |
| 9:00 Coffee Social<br>9:45 Morning Worship<br>11:00 Trivia<br>1:00 Soft Music<br>3:00 Comedy Film                                                                                                                                                  |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Bingo<br>1:00 Ball Toss<br>2:00 Having Fun w/ Heidi<br>3:00 Chair Yoga<br>4:00 Catch & Grab                                                                                                 |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Zumba w/Dorris<br>11:00 Tabletop Games<br>1:00 Simple C<br>2:00 Back Down Memory Lane<br>3:00 Apple Dunking Game                                                                                                        |  |  |  |  |  |  |  |  |  |
| National Chocolate Day<br>9:30 Morning Chat<br>10:00 Liberty Baptist Church<br>11:00 Classic Music<br>1:00 Balloon Volleyball<br>2:00 Lemonade Social<br>3:00 Picture Sorting<br>4:00 Nail Shop                                                    |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Gardening<br>1:00 Simple C<br>2:00 Story Circle<br>3:00 Top Golf<br>4:00 Puzzles                                                                                                            |  |  |  |  |  |  |  |  |  |
| 9:30 Morning Chat<br>10:00 Morning Stretching<br>10:45 Gardening<br>1:00 Flower Arrangements<br>2:00 Costume Showdown<br>3:00 Trick or Treating                                                                                                    |  |  |  |  |  |  |  |  |  |
| 9:30 Coffee Social<br>10:30 Halloween Bingo<br>1:00 Name That Tune<br>3:00 Falcons Game                                                                                                                                                            |  |  |  |  |  |  |  |  |  |
| Halloween                                                                                                                                                                                                                                          |  |  |  |  |  |  |  |  |  |