



A Premier Memory Care Community

Life. Love. Legacy.™
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8847 Hospital Drive
Douglasville, GA. 30134

Your Administrative Team



Oree Williams
Executive Director



Shakira Tanner, LPN
Resident Services
Director



Gail Todd
Life Enrichment
Director



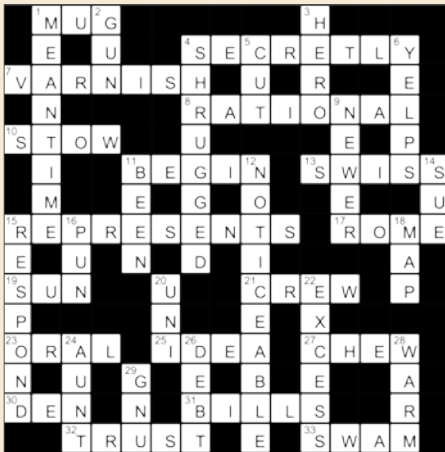
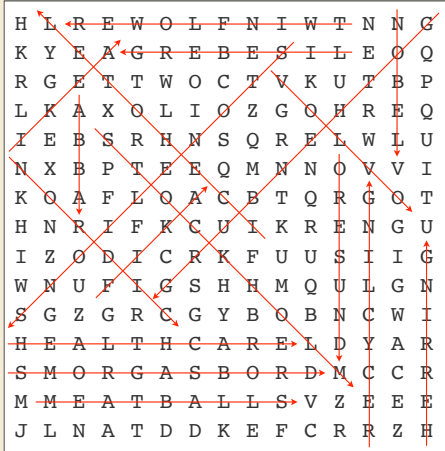
Aaron Roberts
Maintenance
Director



Paris Johnson
Dining Services
Director



Lisa Bohanan
Senior Business
Office Manager



THE HARBOR AT DOUGLASVILLE

NEWSLETTER | SEPTEMBER 2025



Message from your Executive Director

It's September, and that means one of my favorite traditions is here: National Assisted Living Week! If you haven't heard the story, this week-long celebration was created nearly 30 years ago to honor the deep connections between residents, teams and families in communities just like ours. Each year brings a new theme—this year, it's "Ageless Adventure"—reminding us there's no expiration date on joy, curiosity, or a good laugh.

Here's a nugget of assisted living history you might not know: the very first modern assisted living facility in the country was Park Place in Portland, Oregon, opened by Dr. Karen Wilson in 1981. It was a game-changer—combining private rooms, around the clock care, community spaces, and real independence for residents. Oregon issued the first official assisted living license in 1988, so this whole movement isn't as old as you might think. But the heart of assisted living—respect, dignity, a sense of home—goes back much further.

That's always been our focus, too. When Barry Ray and Bryan Cook founded Legacy Senior Living,

they did it as a ministry, believing that every senior deserves to be treated like family, and served with honor, respect, faith and integrity.

We've got a full slate of fun planned for National Assisted Living Week, and you're invited to join us—not just for the week of festivities, but any day you want to stop by. Our doors are always open to family, friends, and anyone who wants to share in the adventure.


As we head into another month, thank you for the trust you place in us. It's a privilege to care for our residents and to share in the stories, smiles, and moments that make this community truly feel like home.

Here's to another month of living fully, loving deeply, and maybe learning something new along the way.

Sincerely,

Oree Williams
Executive Director

The Harbor Earns a Perfect Score!

 We're thrilled to share some wonderful news from our Harbor at Douglasville family: our community has achieved a perfect, deficiency-free score on this year's unannounced State Health Survey!

For anyone unfamiliar, a "deficiency-free" survey means that state inspectors found absolutely no violations—in other words, the care and service here either met or exceeded, Georgia's high standards. This accomplishment reflects the dedication, compassion, and teamwork that make The Harbor such a special place for residents and families alike.

Executive Director Oree Williams shared, "We are very honored to have received a perfect score in our state survey. We couldn't do it without our dedicated team members who work diligently each day to ensure a safe, comfortable, and home-like atmosphere for our residents. Receiving no violations in an unannounced state survey attests to the hard work and commitment from each of our team members."

Caring for our residents goes far beyond simply following regulations. At The Harbor, every care plan is tailored to the individual, with memory care programs designed to help each person thrive. Residents enjoy chef-inspired meals, a lively calendar of activities, and the support they need with daily living—all in a warm, welcoming environment.

We are so proud of our entire Harbor team for living out our mission of honor, respect, faith, and integrity every single day. Congratulations to everyone who helped make this outstanding achievement possible!



legacysl.net/Alzheimers-Support

UNEXPECTED NOTES

Sometimes, the sweetest moments are the most unexpected. When Exodus, a FedEx delivery driver, stopped by recently, he brought more than just packages—he brought music and joy to our community. Taking a quick break from his busy route, Exodus sat down at the piano and treated our residents to an impromptu performance. Smiles spread across the room as his melodies filled the air, reminding us all how small acts of kindness can truly brighten a day. Thank you, Exodus, for sharing your gift—and your heart—with us!



Campus Candid



MORE THAN DECORATION: HOW SHADOWBOXES CAN GUIDE, CONNECT, & SOOTHE

If you've visited our community, you may have noticed the unique shadow boxes displayed beside each resident's apartment door. These small displays are more than just decoration—they're a heartfelt way to help our residents feel at home, spark fond memories, and make their space truly their own.

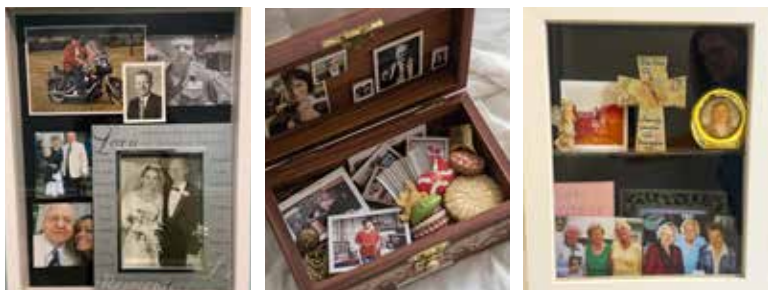
Shadow boxes are filled with personal treasures: family photos, favorite keepsakes, little mementos from past travels, or objects that hold special meaning. For residents living with memory loss, seeing these familiar items each day can be comforting and grounding. A well-chosen shadow box serves as both a gentle reminder of their life story and a cheerful welcome every time they return to their door.

These boxes also play an important practical role. Instead of relying on numbers or names, residents can look for something uniquely theirs—like a childhood photo, a beloved trinket, or a favorite color. This helps many residents find their way more confidently and feel a deeper sense of belonging.

Shadow boxes can also offer comfort and reassurance during challenging moments. In these times, pausing together at their shadow box and looking through its contents can gently redirect their attention. Talking about the familiar items and sharing stories often brings a sense of calm and connection, offering both comfort and a new focus.

If you haven't created a shadow box for your loved one yet, we encourage you to start thinking about what could go inside. It's a wonderful way to share pieces of their story and personality, and it often sparks conversation with staff, neighbors, and visitors. Many families find that working together to select photos or keepsakes becomes a meaningful experience in itself.

If you'd like ideas or assistance, our team is always here to help. Together, we can make sure every resident's story is honored—one cherished memory at a time.



IDEAS FOR YOUR SHADOWBOX:

- Family photos
- Favorite small keepsakes
- Childhood mementos
- Travel souvenirs
- Hobby items (golf ball, knitting piece, etc.)
- Beloved postcards or greeting cards
- Awards, ribbons, or pins
- Special notes, poems, drawings or artwork
- Favorite book cover or music CD

Bringing the Birds Closer, Spreading Kindness: Creating Bird Feeders & Sharing Laughter with Lisa



ACROSS

1. The picture taken when arrested is called a ___ shot.

4. Covertly

7. Glossy wood coating

8. Sensible

10. Pack away

11. Start

13. Cheese choice

15. Symbolizes, stands for

17. Where the Vatican is

19. Overhead light?

21. Workers on a boat or film set

23. Word-of-mouth

25. Concept

27. Prepare to swallow

30. Animal house

31. Invoices to pay

32. Believe in

33. Did laps, say

DOWN

1. Until then, in the ___

2. "Glue" or "staple" follower

3. "My ___!" (said to one who saved your kitten)

4. Raised shoulders to show lack of interest

5. Film director's cry

6. Reacts to a stubbed toe

9. More modern

H L R E W O L F N I W T N N G

K Y E A G R E B E S I L E O Q

R G E T T W O C T V K U T B P

L K A X O L I O Z G O H R E Q

I E B S R H N S Q R E L W L U

N X B P T E E Q M N N O V V I

K O A F L O A C B T Q R G O T

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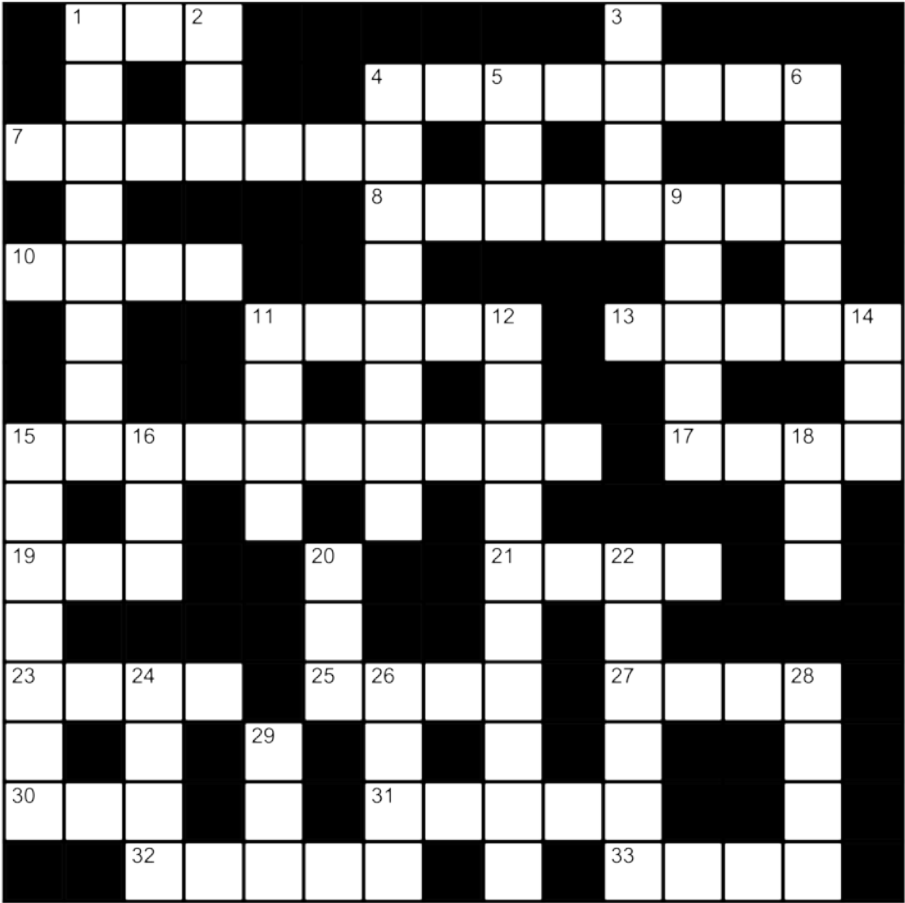
S G Z G R C G Y B O B N C W I

H E A L T H C A R E L D Y A R

S M O R G A S B O R D M C C R

M M E A T B A L L S V Z E E E

J L N A T D D K E F C R R Z H



11. "___ there, done that"

12. Conspicuous, easily seen

14. Take to court

15. Give an answer

16. "Lettuce pray" is one

18. Navigator's need

20. Prefix for "verse" or "corn"

22. Surplus

24. Em, to Dorothy

26. Chapter 11 issue

28. Welcoming

29. African antelope

Sojourn in Sweden

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

ABBA

FIKA

GOTHENBURG

HEALTH CARE

HERRING

ICE HOTEL

IKEA

LISEBERG

MEATBALLS

NOBEL

NORDIC

ÖRESUND

RECYCLING

SMORGASBORD

STOCKHOLM

STONE LIONS

TWIN FLOWER

VOLVO

Jose Plascencia

August 2025

If anyone forces you to go one mile, go with them two miles.

Matthew 5:41

Submit your nominations in the lobby!

We are proud to announce that our very own Executive Director was named The Man of the Year for his church, Saints Peter & Paul Catholic Church!

Oree Williams

Executive Director

Tending to Memories:
Residents Relive the Simple Pleasures of Home



Welcome Home

Lillie Conley

James Overstreet

Robert Travis

Happy Birthday!

RESIDENTS

15th Betty Martin

29th Carolyn Burns

TEAM MEMBERS

27th Karla Lewis

29th Alysia Myrick

Life Enrichment
HIGHLIGHTS

World Alzheimer's Month

1st Labor Day

7th Grandparents Day

11th Patriot Day

15th Hispanic Heritage Day

22nd First Day of Fall

25th Family Night



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assisted Living Week Sept. 7-13 <i>This week, we celebrate! Thank you to the dedicated staff who bring laughter, love and joy to our awesome residents.</i>	9:30 Morning Chat 1 10:00 Walking Club 10:30 Word Warriors 11:00 Hydration 1:00 Rest & Recharge 2:00 Afternoon Movie 3:00 Afternoon Snack <small>Labor Day</small>	9:30 Morning Chat 2 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge 2:00 Nails Pretty Colors 3:00 Afternoon Snack	9:30 Morning Chat 3 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 Word Search 3:00 Afternoon Snacks	9:30 Morning Chat 4 10:00 Arm Movement 10:30 Morning Trivia 11:00 Hydration 1:00 Rest & Recharge 2:00 Thursday Bingo 3:00 Afternoon Snack	9:30 Morning Chat 5 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge 2:00 Color Sheets 3:00 Afternoon Snacks	10:00 Morning Chat 6 10:30 Music Therapy Oldies 11:00 Hydration 1:00 Rest & Recharge 2:00 Church Group 3:00 Classic Tv Shows
10:00 Televised Church Service 7 11:00 Hydration 1:00 Rest & Recharge 2:00 Old Classic Tv Shows 3:00 Afternoon Snack <small>Grandparents Day</small>	9:30 Morning Chat 8 10:00 Morning Stretches 10:30 Forget -me -not 11:00 Hydration 1:00 Rest & Recharge 2:00 Tell u about your grandkids.	9:30 Morning Chat 9 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge 2:00 3:00 Afternoon Snack	9:30 Morning Chat 10 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 Activity w/ Kaite 3:00 Afternoon Snacks	9:30 Morning Chat 11 10:00 AM Arm Movement 10:30 Activity w/ Brittany 11:00 AM Hydration 1:00 PM Rest & Recharge 2:00 Activity w/ Bridget 3:00 Afternoon Snack	9:30 Morning Chat 12 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge 2:00 Color Sheets 3:00 Afternoon Snacks	10:00 AM Morning Chat 13 10:30 Music Therapy Oldies 11:00 Hydration 1:00 Rest & Recharge 2:00 Church Group 3:00 Classic Tv Shows
10:00 Televised Church Service 14 11:00 Hydration 1:00 Rest & Recharge 2:00 Old Classic Tv Shows 3:00 Afternoon Snack	9:30 Morning Chat 15 10:00 Walking Club 10:30 Word Warriors 11:00 Hydration 1:00 Rest & Recharge 2:00 Celebrating Hispanic Heritage Month	9:30 Morning Chat 16 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge 2:00 Activity w/ Martha 3:00 Afternoon Snack	9:30 Morning Chat 17 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 Puzzles 3:00 PM Afternoon Snacks	9:30 Morning Chat 18 10:00 AM Arm Movement 10:30 Armchair Travel 11:00 AM Hydration 1:00 PM Rest & Recharge 2:00 Thursday Bingo 3:00 Afternoon Snack	9:30 Morning Chat 19 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge 2:00 Music w/ Nicky P 3:00 Afternoon Snacks	10:00 Morning Chat 20 10:30 Music Therapy Oldies 11:00 Hydration 1:00 Rest & Recharge 2:00 Church Group 3:00 Classic Tv Shows <small>Oktoberfest Begins</small>
10:00 Televised Church Service 21 11:00 Hydration 1:00 Rest & Recharge 2:00 Old Classic Tv Shows 3:00 Afternoon Snack	9:30 Morning Chat 22 10:00 Walking Club 10:30 Word Warriors 11:00 Hydration 1:00 Rest & Recharge 2:00 Cooking w/ Chef Paris <small>Rosh Hashanah Begins Autumn Begins</small>	9:30 Morning Chat 23 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge 2:00 Nails Pretty Colors 3:00 Afternoon Snack	9:30 Morning Chat 24 10:15 Liberty Baptist Church 1:00 Rest & Recharge 2:00 Activity w/ Kaite 3:00 PM Afternoon Snacks	9:30 Morning Chat 25 10:00 Arm Movement 10:30 Armchair Travel 11:00 Hydration 1:00 Rest & Recharge 2:00 Thursday Bingo 3:00 Afternoon Snack	9:30 Morning Chat 26 10:00 Simple C Activity 10:30 Reminiscence Circle 11:00 Hydration 1:00 Rest & Recharge 2:00 Randy the Ramblers 3:00 Afternoon Snacks	10:00 Morning Chat 27 10:30 Music Therapy Oldies 11:00 Hydration 1:00 Rest & Recharge 2:00 Church Group 3:00 Classic Tv Shows
10:00 Televised Church Service 28 11:00 Hydration 1:00 Rest & Recharge 2:00 Old Classic Tv Shows 3:00 Afternoon Snack	9:30 Morning Chat 29 10:00 Walking Club 10:30 Activity w/ Brittany 11:00 Hydration 1:00 Rest & Recharge 2:00 Bowling 3:00 Afternoon Snack	9:30 Morning Chat 30 10:00 Daily Chronicle 10:30 Zumba w/ Doris 11:15 Hydration 1:00 Rest & Recharge 2:00 Birthday Celebration 3:00 Afternoon Snack	<div> <h1>September 2025</h1> <p>“Hello September! You bring out the best in fall.”</p> </div>			