



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



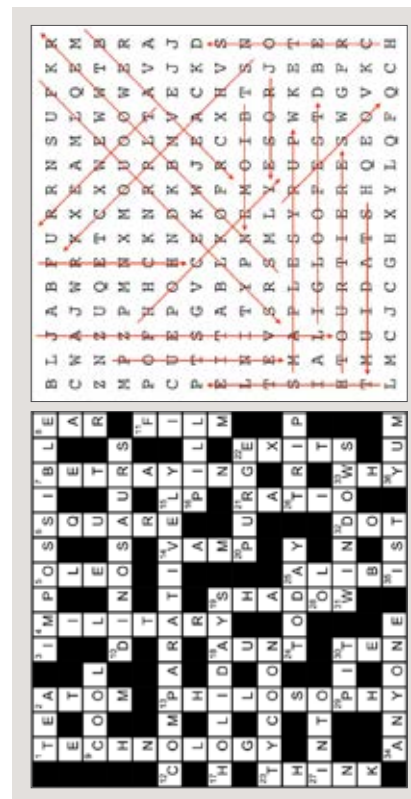
Deborah Stodghill
Dining Services
Director



Lisa Bohanan
Senior Business
Office Manager



Richard Moore
Chaplain



THE HARBOR AT DOUGLASVILLE

NEWSLETTER | SEPTEMBER 2026



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



There's a story woven into nearly every family: parents who spent years pouring themselves into their children—driving to lessons and games, cheering from the stands, making sure everyone had what they needed. As time goes on, those children grow up, start families of their own, and the days fill up with new responsibilities. Then come grandchildren, and even great-grandchildren, and life gets busier still. It's not that anyone means to drift apart, but as the seasons change, the parent who once held everything together can sometimes feel a little more alone.

That's why National Assisted Living Week holds such special meaning for us each September. Each year, the week begins on Grandparents Day and this year carries the theme "Shining through the Years"—a celebration of the many decades of memories, music, and experiences that our residents bring to our community. When someone who spent a lifetime caring for others joins us here, they find themselves surrounded by new friends, compassionate team members, and a sense of belonging that can quickly brighten even the quietest days.

Research shows that these daily interactions—sharing meals, swapping stories, simply greeting a neighbor—don't just lift the spirit; they truly make a difference in

health and happiness. Seniors who are socially connected are more likely to enjoy improved mood, better cognitive health, and a lasting sense of purpose. Even a single conversation can be a reminder that no one is ever truly alone.

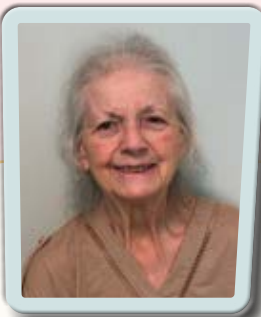
As we mark National Assisted Living Week, we honor all those who have helped shape families and communities for generations. We thank you—residents, families, and team—for sharing your lives and legacies with us, and for allowing us to be part of your journey.

If you're curious about the celebrations or opportunities to connect this month, you'll find more information on our calendar or inside this newsletter. Whether you join us for a visit, a conversation, or simply a cup of coffee, you are always welcome.

Thank you for allowing us to continue serving you and your loved ones. May God bless you with peace, joy, and the reminder that every stage of life is worthy of love, attention, and connection.

Sincerely,

Joanna Nunnenkamp
Executive Director



A Walk Down MEMORY LANE* with Shirley Freeman

What were your favorite games growing up?

My favorite games growing up were playing on the seesaw in the backyard with my siblings and farm

animals we had.

What was your favorite meal your mom used to make?

My mom made the best biscuits from scratch & tomato soup! My entire family enjoyed my mom's famous biscuits. She made them on a regular basis for us all.

What kind of pets did you have as a child?

I have always had plenty of cats. My mom didn't like dogs for some reason.

What were their names?

Their names were Cleo, Black and Ponder. Man, I miss my pets.

What did your neighborhood look like when you stepped out your front door?

My neighborhood looked very clean and full of

neighbors that looked after one another.

What kind of music did you love dancing to when you were young?

Rock & Roll music is my favorite. I also enjoyed listening to the Beatles with my friends.

Do you have a favorite holiday memory with your family?

Get-togethers with my family, especially around the holidays, were the best. My entire family and friends had dinner at my house, and we spent family time together cooking and playing games.

What was your first job?

Babysitting was my first job. I spent plenty of time watching my siblings and little cousins so my mom could work. I also took care of the farm animals we had.

What was the place you traveled to that you really enjoyed visiting?

I enjoyed going to Norway. Even though it was very expensive, it was a beautiful place and very clean.



WELCOME RESIDENT SERVICES DIRECTOR TERESA BROOKSHIRE

The Harbor at Douglasville is pleased to welcome Teresa Brookshire as our new Resident Services Director. Teresa brings more than 30 years of experience in healthcare, including roles as Assisted Living Director, Staffing Coordinator, Medication Aide, CNA, and Resident Care Coordinator. Her journey began as a nursing assistant and has taken her through nursing homes, hospitals,

personal care homes, home health, and—her true passion—assisted living. Teresa is known for building strong, caring relationships with residents, families, and staff. She believes in treating every person with kindness, dignity, and respect, and sees her work as more than just a job—it's a calling. As Resident Services Director, Teresa oversees residents' well-being, performs assessments, manages medications and appointments, and communicates closely with families to ensure each resident feels safe, valued, and cared for.

Originally from Dayton, Ohio, Teresa has called Georgia home for the past 22 years. When she's not at work, she loves spending time with her three grown children, four grandchildren, and a close circle of friends and family. Teresa works closely with our clinical leadership, including LPN Britni Bagwell, to support the highest standards of care for our residents. She is dedicated to fostering a spirit of teamwork and open communication, and looks forward to getting to know each member of our community.



INTRODUCING CLINICAL COORDINATOR, BRITNI BAGWELL, LPN

We're also excited to introduce Britni Bagwell, LPN, as Clinical Coordinator supporting The Harbor at Douglasville. Britni is no stranger to Legacy Senior Living—she's spent her entire career at Renaissance Marquis in Rome, Georgia, joining the team back in 2013 right after high school. What began as weekend work in activities quickly became much more: Britni became a CNA and CMA, then rose to Memory Care Director, and currently serves as Resident Services Director. For Britni, Renaissance Marquis is a home away from home, and she's proud to bring that same sense of fam-

ily to Douglasville. Britni will be working alongside Teresa Brookshire in Douglasville two to three days each week, ensuring our clinical care always meets the highest standards. Families can feel confident knowing Britni brings seven years of nursing experience, a deep commitment to our residents' well-being, and a heart for service that runs in the family—her mother's career as a nurse inspired Britni to follow her own path in senior living. Britni's passion lies in caring for older adults, especially those living with memory loss. She's a strong advocate for residents who may not always be able to speak up for themselves, and she values building close relationships with families, helping them navigate

the journey of memory care with compassion and guidance. When she's not at work, Britni is happiest outdoors with her husband (her high school sweetheart) and their three boys—Elvis, Easton, and Elias—whether they're fishing, hunting, or just enjoying a ride on the four-wheeler. The family's loyal German Shepherd, Maddie, is never far behind. Britni is also active in her church, sings with the worship team, and never misses a chance for girls' night at the bingo hall. She credits her faith, her family, and her love of caring for others as her greatest blessings from the Good LORD above. Britni looks forward to getting to know the residents and families of The Harbor and is honored to be part of your loved ones' care team.



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A REVIEW!

ALZHEIMER'S
SUPPORT SERVICES

LEGACYSL.NET/
ALZHEIMERS
-SUPPORT

BLOOMING *with*
CREATIVITY

FINDING JOY
IN ARRANGING
FLOWERS

ACROSS

1. Trade Expansion Act, abbrev.

3. Incapable of being done

9. Paul Newman film, ___ Hand Luke

10. Extinct prehistoric reptiles

12. By way of contrast; relatively

16. Tablet or capsule, perhaps

17. Christmas and New Year's

20. To clear out or throw away unwanted items

23. Business magnate

24. It will end at midnight

26. Excursion

27. "What's gotten ___ you?"

28. Offensive line, abbrev.

29. Plum part

31. Glass house features; picture _____

34. Tom, Dick, or Harry

35. Individual Study Time, abbrev.

36. "Tasty!"

DOWN

1. The T in IT: Information ____

2. Molecule part

4. Of the armed forces

5. Butter alternative

6. Equal-sided rectangle

7. Double-crossing

8. Corn serving

11. Darkroom development

13. Study of the nature of existence and morality

14. A dangerous seductress

15. Vinyl record

18. Em, to Dorothy

19. Peter Pan lost his

21. 4:1, for example

22. Goes offstage

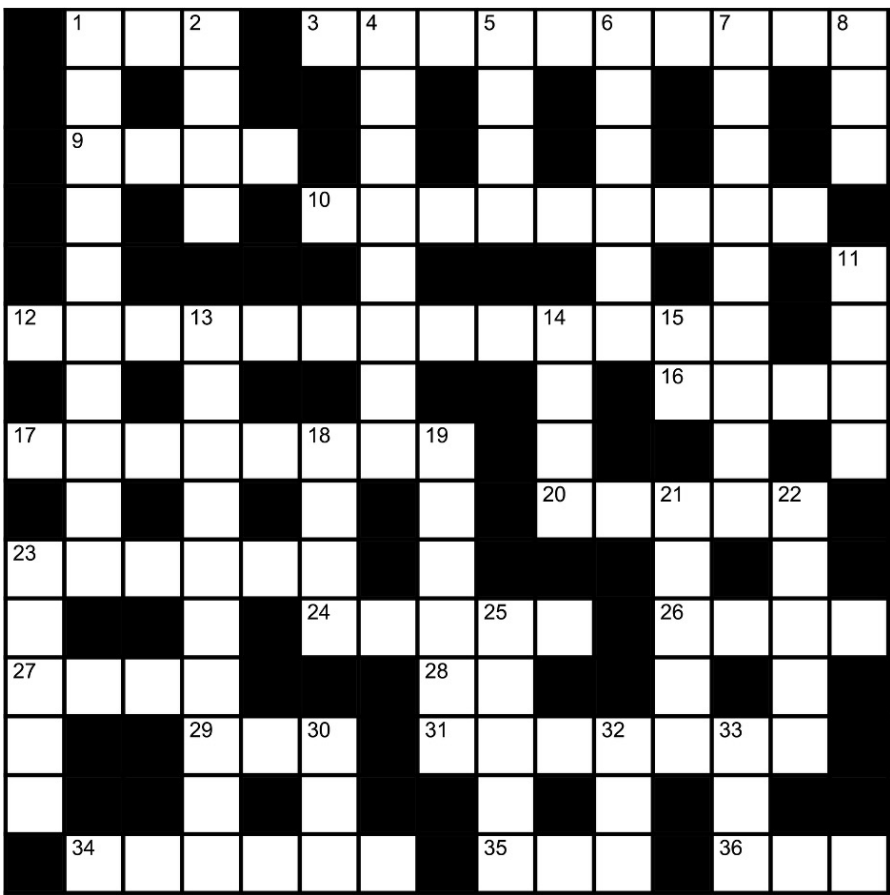
23. "I ___ I can, I ___ I can"

25. Cover story?

30. Roman numeral X = ____

32. Period

33. Kid's query



B L J A B F U R R N S U F K R

C W A J W R K X E A M L Q E M

Z N Z U Q E T C X W E W W T B

M P Z P M N X M O U O O W E R

P O F H H C K N R R L T A V A

C U E P O H N D K B M V E J J

P T S G V C E K W J E A C K D

E I T A B L K O F R C X H V S

L N I T Y P N E M O I B T S N

T E V S R S M L Y E S O R J O

S M A P L E S Y R U P W K E T

I A L I G L O O F E S T D B E

H T O U R T I E R E S W G F R

T M U I D A T S H Q E O V K C

L M C J C G H X Y L Q F Q C H

MEET ME IN

Montreal

BEAVER BIOME

CRETONS

FLEUR-DE-LYS

FRENCH HOCKEY

IGLOOFEST

JAZZ FESTIVAL

MAPLE SYRUP

POUTINE

RESO ROSE

SHAMROCK

SNOWBLOWER

STADIUM

THISTLE

TOURTIÈRE TOWER

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

Richard Moore
Chaplain

SHIELDED

Sometimes it feels as though everything is stacked against us, and it's hard to have hope. Thoughts in our minds and words spoken about us seem to confirm the hopelessness. Psalm 3 describes what that's like:
So many are saying, "God will never rescue him!" (Psalm 3:2)
That's a horrible thing to say about someone. But often, people say that about us—or we say it about ourselves.
Yet, the very next verse in Psalm 3 can give us hope:
But you, O Lord, are a shield around me; you are my glory, the one who

holds my head high. (Psalm 3:3)
God shields us from hopelessness and from shameful voices that try to keep us down. And when we are hanging our heads in fear or disappointment, God can lift our heads so we can move forward with hope.
There is hope and a good future for you, no matter what it feels like right now. God will shield you, and He will hold your head high—if you ask Him to. So, ask Him to do that for you today!
Praying for you,
Chaplain Richard

How to Contact Your Chaplain
Richard Moore
E: rmoore@chaplain.org
P: (919) 582-7327 ext. 5166

Celebrations & Milestones

Welcome to our newest residents!

• Erchell Hamilton

• Roland Broussard

• Milton Desmond

• Rebecca Lillard

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

RESIDENT BIRTHDAYS

• Sept. 5: Mary Smith

• Sept. 14: Milton Densmore

• Sept. 15: Betty Martin

• Sept. 20: Brenda Smith

• Sept. 29: Carolyn Burns

TEAM MEMBER BIRTHDAYS

• Sept. 15: Casey Teamer

• Sept. 27: Karla Lewis

• Sept. 29: Alysia Myrick

RESIDENT ANNIVERSARIES

• Brenda Smith—1 yr

TEAM MEMBER ANNIVERSARIES

• Lismary Filpo—1 yr

HANDS-ON FUN, MINDS ON BENEFITS: CRAFTING FOR COORDINATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Morning Chat 1 10:00 Zumba w/Dorris 11:00 Plant Care 1:00 Nail Shop 2:00 Ball Toss 3:00 Resident Council 4:00 Picture Sorting	9:30 Morning Chat 2 10:00 Liberty Baptist 11:00 Bowling 1:00 Arts & Crafts 2:00 Simple C 3:00 Classic TV Shows 4:00 Flower Arrangements	9:30 Morning Chat 3 10:00 Painting Class 11:00 Puzzles 1:00 Card Games 2:00 Ring Toss 3:00 Mix & Match 4:00 Parachute Games	*Crazy Hair Day* 4 9:30 Morning Chat 10:00 Morning Stretching 11:00 Gardening 1:00 Simple C 2:00 Nicky P & The Band 3:00 Bean Bag Toss 4:00 Sing Along	National Bacon Day 5 9:30 Morning Chat 10:30 Morning Devotion w/Dennis 11:00 Classic TV 2:00 Bingo 4:00 Braves Game
	9:30 Coffee Social 6 10:30 Morning Hymns 12:00 Classic TV 2:00 Braves Games 3:00 Short Movie	Labor Day 7 9:30 Morning Chat 10:00 Morning Stretching 11:00 Story Time 1:00 Back Down Memory Lane 2:00 Gardening 3:00 Laundry Day Game 3:30 True or False Labor Day	9:30 Morning Chat 8 10:00 Zumba w/Dorris 11:00 Trivia 1:00 Name That Tune 2:00 Classic Music 3:00 Lemonade Social 4:00 Crazy Crayon Art	National Teddy Bear Day 9 9:30 Morning Chat 10:00 Liberty Baptist 11:00 Balloon Volleyball 1:00 Cooking w/Love 2:00 Simple C 3:00 Soft Music 4:00 Tabletop Games	9:30 Morning Chat 10 10:00 Stretching w/Andrea 11:00 Arts & Crafts 1:00 Oldies Music 2:00 Classic Sitcom 3:00 Word Games 4:00 Meditation Time	9:30 Morning Chat 11 10:00 Morning Stretching 11:00 Trivia 1:00 Simple C 2:00 Ring Toss 3:00 Bingo 4:00 Short Story Rosh Hashanah Begins
	9:30 Coffee Social 13 10:00 Morning Worship 11:00 Tabletop Games 1:00 Braves Game 3:00 Trivia Grandparents Day	9:30 Morning Chat 14 10:00 Morning Stretching 11:00 Chair Yoga 1:00 Ball Toss 2:00 Nail Shop 3:00 Classic Movie 4:00 True or False Game	9:30 Morning Chat 15 10:00 Zumba w/Dorris 11:00 Name That Tune 1:00 Corn Hole 2:30 Cooking w/Joanna 3:30 Arts & Crafts 4:00 Hand Massage	*Wear a Cap Day* 16 9:30 Morning Chat 10:00 Liberty Baptist 11:00 Classic Sitcom 1:00 Visit w/Chaplain 2:00 Simple C 3:00 Story Circle 4:00 Painting to Music	9:30 Morning Chat 17 10:00 Chair Yoga 12:00 Bingo 1:00 Golf Time 2:00 Picture Sorting 3:00 Cooking w/Andrea 4:00 Can Toss	9:30 Morning Chat 18 10:00 Morning Stretching 1:00 Name That Tune 2:00 Simple C 3:00 Lemonade Social 4:00 Meditation Time
	9:30 Coffee Social 20 10:00 Trivia 1:00 Bingo & Prizes 2:00 Braves Game 3:00 Golf Time Yom Kippur Begins	9:30 Morning Chat 21 10:00 Morning Stretching 11:00 Classic Sitcom 1:00 Patio Walk 2:00 Remember This w/Heidi 3:00 Singing w/Susan 4:00 Simple C	*Wear Red Day* 22 9:30 Morning Chat 10:00 Zumba w/Dorris 11:00 Balloon Volleyball 1:00 Laundry Day Game 2:00 Tabletop Games 3:00 Ice-cream Social 4:00 Classic TV Show Autumn Begins	9:30 Morning Chat 23 10:00 Liberty Baptist 11:00 Musical Worship 1:00 Visit w/Chaplain 2:00 Crazy Crayon Art 3:00 Apple Dunking Game 3:45 Name That Celebrity Trivia	9:30 Morning Chat 24 10:00 Chair Yoga 11:00 Gardening 1:00 Ball Toss 2:00 Guess the Phrase 3:00 Nail Shop 3:45 Puzzles	National Daughter Day 25 9:30 Morning Chat 10:00 Morning Stretching 11:00 Trivia 1:00 Rolling Mania (Ball) 2:00 Back Down Memory Lane 3:00 Chair Yoga 3:45 Soft Music Sukkot Begins
	9:30 Coffee Social 27 10:00 Brightstar Church 12:00 Braves Game 3:00 Comedy Movie	9:30 Morning Chat 28 10:00 Morning Stretching 10:30 Chair Yoga 1:00 Mix Match Cards 2:00 Movie of Residents' Choice 3:00 Activities w/Theresa 3:30 Rolling Mania (Ball)	9:30 Morning Chat 29 10:00 Zumba w/Dorris 11:00 Trivia 1:00 Word Games 2:00 Afternoon Matinee & Drinks 3:00 Quiet Story Hour 4:00 Pick a Flick	9:30 Morning Chat 30 10:00 Liberty Baptist 11:00 Classic Sitcom 1:00 Nail Shop 2:00 Can Toss 3:00 True or False Game 3:30 Classic Music 4:00 Birthday Bash	September 2026 	