



Life. Love. Legacy.™  
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674 E. Main St.  
Hendersonville, TN 37075

## Your Administrative Team



**Ashley Young-Roesler**  
Interim Executive  
Director



**Kathleen Hawkins**  
Sales & Marketing  
Director



**Casey Stevens, LPN**  
Resident Services  
Director



**Lawrence Young**  
Life Enrichment  
Director - AL



**John Waters**  
Dining Services  
Director



**Jereme Hahn**  
Plant Director



**Eric Jackson**  
Chaplain



**Shayla Hunter**  
Therapy Director  
Legacy Healthcare  
Services



LEGACY VILLAGE OF HENDERSONVILLE

NEWSLETTER | SEPTEMBER 2025



## Message From Your Interim 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,

**Ashley Young-Roesler**  
Interim Executive Director





## Dorothy Allen: Wisdom, Warmth, and Friendship

Born and raised in the heart of Nashville, Dorothy

American Institute for Banking, and her achievements didn't go unnoticed—she was nominated Bank Woman of the Year and traveled all the way to New York City as a guest speaker for women in banking.

Dorothy met the love of her life, Clarence Allen, and together they shared nearly 47 wonderful years of marriage.

Two years ago, Dorothy became part of the Legacy Village of Hendersonville family. Today, she finds joy in the friendships she's made and continues to share her warmth, wisdom, and vibrant spirit with everyone around her. We're proud to have Dorothy as part of our community, and grateful for all the memories she brings to life here every day.

Allen grew up surrounded by the close-knit community of East Nashville. As the daughter of Andy and Gertrude Smith, Dorothy made her mark at East High School, where her quick wit and love of learning put her on both the debate team and the forensics club. She cherished her high school years, always happiest when spending time with friends, and graduated with honors.

After graduation, Dorothy launched a remarkable 18-year career with First American Bank. Her dedication and drive led her to further training at the

## Celebrations & Milestones

### Welcome to our newest residents!

- Alton Fouch
- Barbara Duvall

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

#### RESIDENT BIRTHDAYS

- Sept. 16: Harry Vaughn
- Sept. 21: Lena Smith

#### TEAM MEMBER BIRTHDAYS

- Sept. 25: Sherry Humphey
- Sept. 25: Casey Stevens

#### RESIDENT ANNIVERSARIES

- Willa Hickman – 4 years
- Deborah Cook – 3 years
- Jerry Cook – 3 years
- Terry Hutchings – 3 years
- Jackie Carrigan – 2 years
- Jacqueline Barnhart – 1 year
- Elaine Miller – 1 year

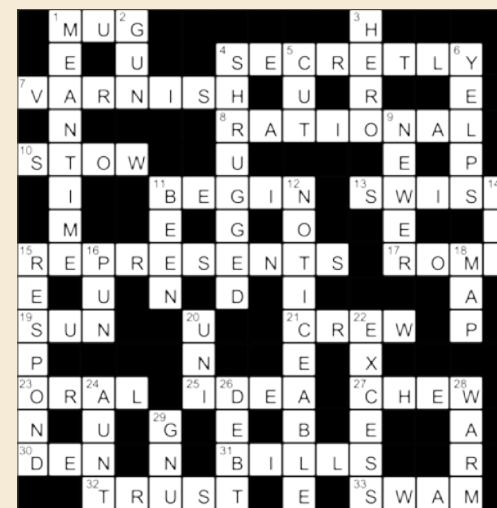
#### TEAM ANNIVERSARIES

- Audrey Davis – 1 year
- Ana Camarillo – 1 year

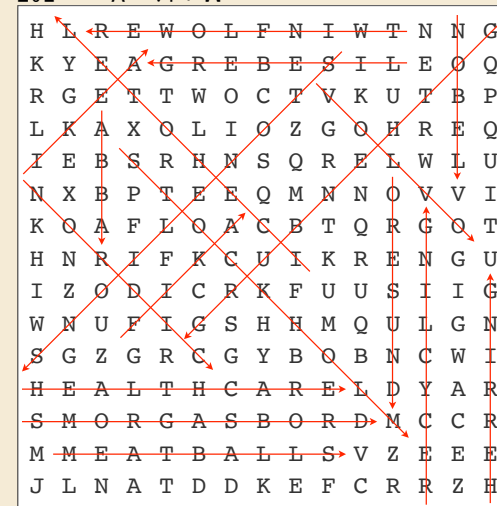
Here's to new friends, special milestones, & more memories together!



Not to brag or anything, but I can forget what I'm doing while I'm doing it.



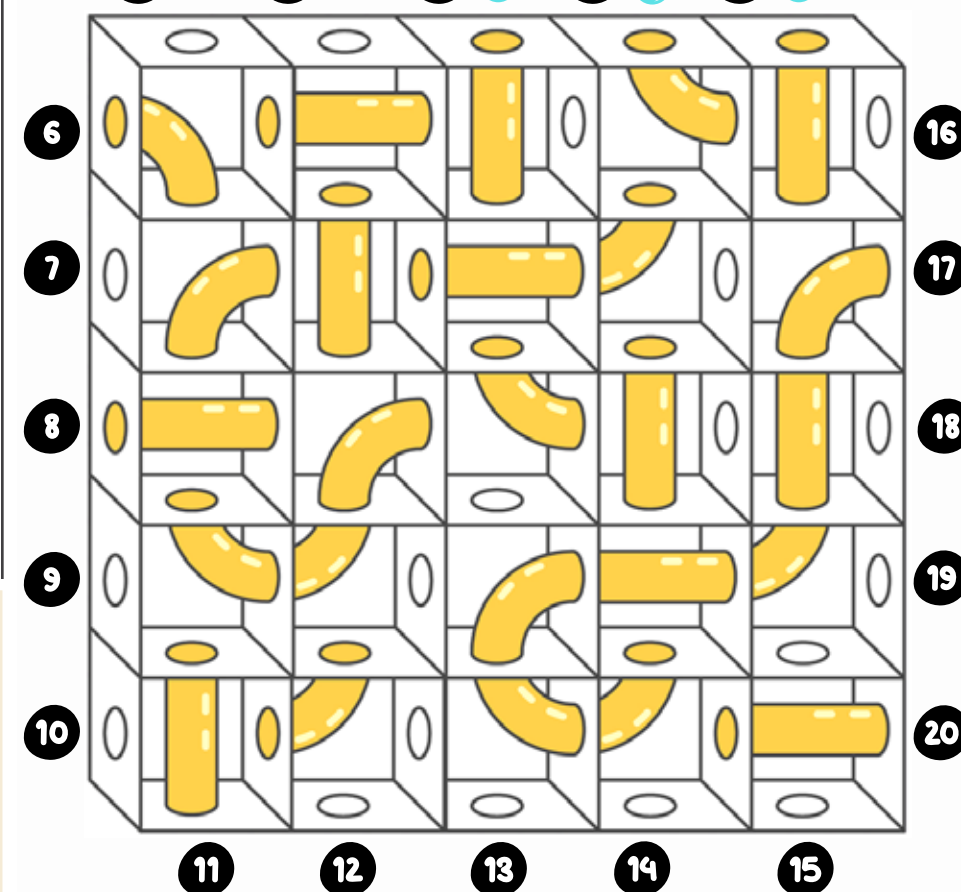
Matching Vases: 5&7



## Water Waze

Where will the liquid exit if poured into: HOLE 1, HOLE 2, HOLE 3, HOLE 4, or HOLE 5?

- 1 2 3 4 5



LUNCH  
OUT &  
ABOUT  
@SAFARI  
BRICK  
OVEN &  
GRILLE

## Good Food, Great Company



CRUNCHY LEAVES BENEATH OUR FEET,  
PUMPKIN SPICE IN EVERY TREAT.  
SWEATERS COZY, SKIES SO CLEAR,  
FALL'S THE BEST TIME OF THE YEAR!

## Secret to a Long Marriage

A couple was celebrating their golden wedding anniversary. Their domestic tranquility had long been the talk of the town. A local newspaper reporter was inquiring as to the secret of their long and happy marriage.

"Well, it dates back to our honeymoon," explained the man. "We visited the Grand Canyon and took a trip down to the bottom of the canyon by pack mule. We hadn't gone too far when my wife's mule stumbled. My wife quietly said, 'That's once.' We proceeded a little further and the mule stumbled again. Once more my wife quietly said, 'That's twice.' Hadn't gone a half mile when the mule stumbled the third time. My wife quietly removed a revolver from her pocket and shot the mule dead. I started to yell at her for her treatment of the mule when she looked at me and quietly said, 'That's once.'"







BE SO HAPPY THAT WHEN  
OTHERS LOOK  
AT YOU, THEY  
BECOME  
HAPPY,  
TOO.



"I'm not superstitious,  
but I am a little stitious."



Michael Scott, *The Office*

## SERIOUS ABOUT FUN

### BINGO TOURNAMENT WITH AMERICAN HOUSE



## Where Young & Young-at-Heart Meet: Academy Daycare Moments

Our regular visits to Academy Daycare have quickly become a highlight for both our residents and the children. Whether it's playing games, sharing stories, or simply enjoying a warm embrace, these moments are full of laughter, learning, and joy for all generations involved.



## MORE THAN DECORATION

*How Shadowboxes Can Guide, Connect, and Soothe*



If you've visited our Harbor 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.

Shadow 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.

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 here to help. Together, we can make sure every resident's story is honored—one cherished memory at a time.

## SHADOWBOX IDEAS

- 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

## Leaf it to Science: Fun Fall Facts.....

**Bird Migration Superhighways:** Many birds use the autumnal equinox as a trigger to begin—or hit a major milestone in—their long migrations. Some species, like the ruby-throated hummingbird, will cross the Gulf of Mexico in a single nonstop flight right around the equinox.

**The "Manhattanhenge" Effect:** On the equinox, the sun aligns nearly perfectly with the street grid in some cities (most famously New York). You get a dazzling sunset that runs straight down the avenues—an accidental modern stonehenge.

**Leaves don't "turn" because it gets colder:** Those gorgeous reds, oranges, and yellows? They're always in the leaves—chlorophyll just masks them during summer. As days shorten, chlorophyll fades, and the hidden colors finally show.

## Fall Equinox Folklore.....

**Open your doors to good spirits:** Folklore from parts of Europe claims that spirits wander freely on the equinox, so people would open their doors and windows to let good energy in—or sweep the thresholds to drive bad energy out.

**Plant garlic for protection:** In some rural traditions, planting garlic bulbs on the autumn equinox is believed to keep your household safe from evil over the winter. Plus, you get tasty garlic in the spring—win-win.

First Day of Fall  
Monday, September 22, 2025







# Hats Off to Friendship: PILOT CLUB TEA PARTY FUN!

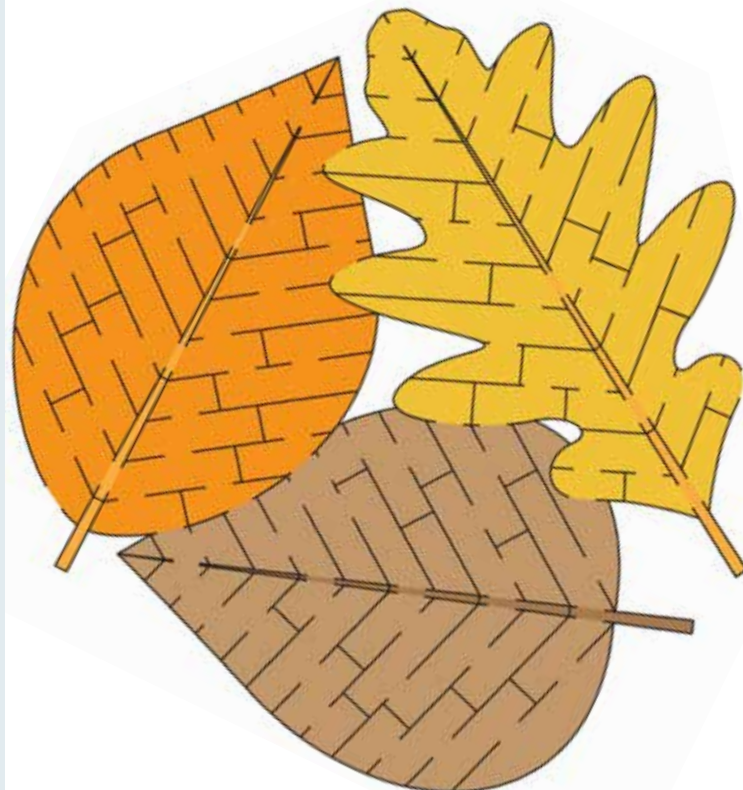


## TWIN VASES

Find the only two vases that match each other.



## Autumn Leaves Maze



## ACROSS

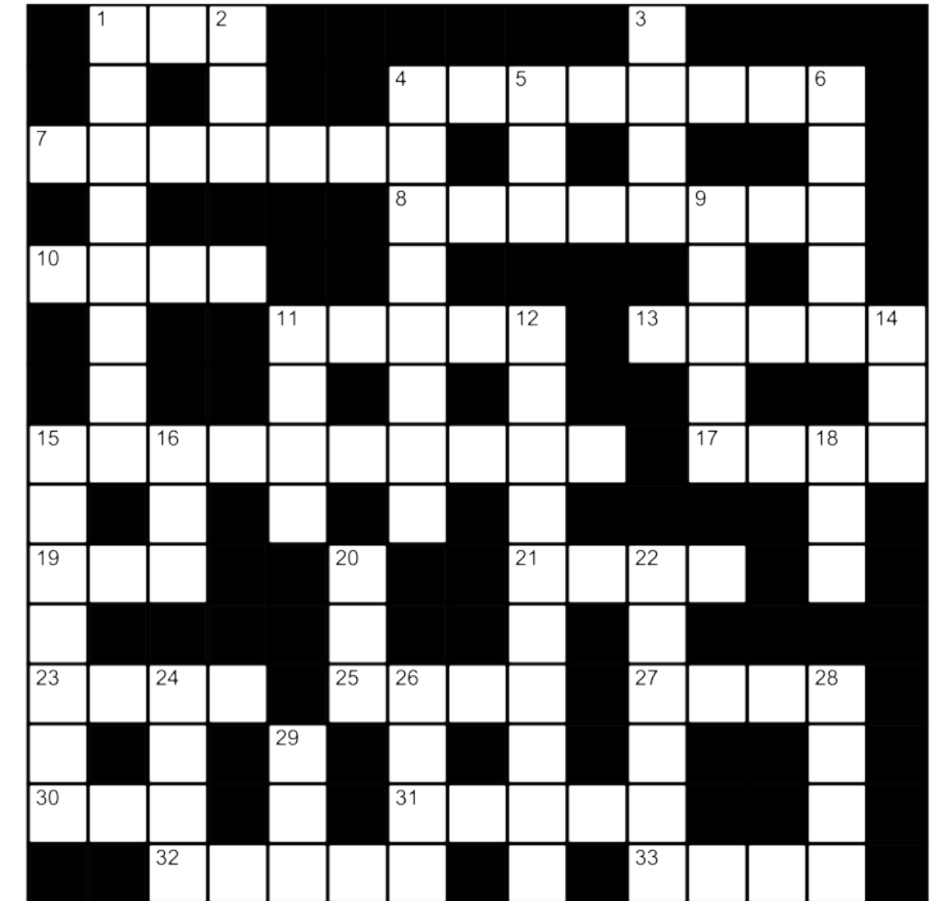
- The picture taken when arrested is called a \_\_\_ shot.
- Covertly
- Glossy wood coating
- Sensible
- Pack away
- Start
- Cheese choice
- Symbolizes, stands for
- Where the Vatican is
- Overhead light?
- Workers on a boat or film set
- Word-of-mouth
- Concept
- Prepare to swallow
- Animal house
- Invoices to pay
- Believe in
- Did laps, say

## DOWN

- Until then, in the \_\_\_
- "Glue" or "staple" follower
- "My \_\_\_!" (said to one who saved your kitten)
- Raised shoulders to show lack of interest
- Film director's cry
- Reacts to a stubbed toe
- More modern

- "\_\_\_ there, done that"
- Conspicuous, easily seen
- Take to court
- Give an answer
- "Lettuce pray" is one
- Navigator's need

- Prefix for "verse" or "corn"
- Surplus
- Em, to Dorothy
- Chapter 11 issue
- Welcoming
- African antelope



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  
H N R I F K C U I K R E N G U  
I Z O D I C R K F U U S I I G  
W N U F I G S H H M Q U L G N  
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

## 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





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  </div>	<div> 10:00 a.m. Daily Chronicles  News and Brews  11:00 a.m. Senior Fitness  Chair workout  1:30 p.m. Devotion w/ Carol  3<sup>rd</sup> floor  2:30 p.m. Bingo! </div> <div>Labor Day</div>	<div> 10:00 Devotion w/ Eric  11:00 Yoga  1:30 p.m. Daily Chronicles  and Word Challenge!  2:30 p.m. Travel Series /  Atlantic City New Jersey w/  Saltwater Taffy!  3:45 p.m. Uno! </div>	<div> 10:00 a.m. Daily Chronicles  10:45 a.m. Uplifting Short  Stories/ w Lawrence  11:00 a.m. Communion  1:00 p.m. Devotion w/ Jamie  On the 3<sup>rd</sup> Floor  1:00 p.m. Walmart  3:00 p.m. Bingo </div>	<div> 10:00 a.m. Devotion w/  Pastor Eric  10:30 a.m. Daily Chronicles  and CP  1:00 p.m. Food Council  11:00 Movement &amp; Fitness  2:30 p.m. Cornhole! </div>	<div> 10:00 a.m. Daily Chronicles  and Chit Chat  10:45 a.m. Outing (The  Rudder)  1:30pm Word Search  2:00 P.M. Movie and  Popcorn (High Noon)  6:00 p.m. Legacy Family  Night Ice Cream Social! </div> <div>  </div>	<div> 10:00 a.m. Devotion in the  dining room  1:00 p.m. UNO  2:00 p.m. Bingo! </div>
<div> 10:00 a.m. Church in the  Dining room  1:00 p.m. Uno  2:30 p.m. Movie </div> <div>Grandparents Day</div>	<div> 10:00 a.m. Daily Chronicles  News and Brews  11:00 a.m. Senior Fitness  Chair workout  1:30 p.m. Devotion w/ Carol  3<sup>rd</sup> floor  2:30 p.m. Bingo! </div> <div>National Assisted Living Week</div>	<div> 10:00 Devotion w/ Eric  11:00 Yoga  1:30 p.m. Daily Chronicles  and Word Challenge!  2:30 p.m. Monthaven Art!  3:45 p.m. Uno! </div> <div>National Assisted Living Week</div>	<div> 10:00 a.m. Daily Chronicles  10:45 a.m. Uplifting Short  11:00 a.m. Communion  1:00 p.m. Devotion w/ Jamie  1:30 p.m. Music w/ Gabe  Steel Drum and Root beer  Floats!  3:00 p.m. Bingo </div> <div>National Assisted Living Week</div>	<div> 10:00 a.m. Devotion w/  Pastor Eric  11:00 Movement &amp; Fitness  1:30 p.m. Special 911 Pro.  2:00 p.m. Music w/ Nickie  Leon (Violinist)  2:30 p.m. Scrabble! </div> <div>National Assisted Living Week</div>	<div> 10:00 a.m. Daily Chronicles  and Left, Center, Right  10:30 a.m. Outing (Top Hog)  1:00 p.m. Connect Four  1:30 p.m. P.M. Movie and  Popcorn (Noah) </div> <div>National Assisted Living Week</div>	<div> 10:00 a.m. Devotion in the  dining room  1:00 p.m. UNO  2:00 p.m. Bingo! </div> <div>National Assisted Living Week</div>
<div> 10:00 a.m. Church in the  Dining room  1:00 p.m. Uno  2:30 p.m. Movie </div>	<div> 10:00 a.m. Daily Chronicles  News and Brews  11:00 a.m. Senior Fitness  Chair workout  1:30 p.m. Devotion  2:30 p.m. Bingo/w Deca  Project Students. </div>	<div> 10:00 Devotion w/ Eric  11:00 Yoga  1:30 p.m. Daily Chronicles  and Word Challenge!  2:30 p.m. Music/ w Brian  Gleason  3:45 p.m. Uno!  Happy Birthday Harry  Vaughn! </div>	<div> 10:00 a.m. Daily Chronicles  10:45 a.m. Short Stories w/  Lawrence  11:00 a.m. Communion 3<sup>rd</sup>  Floor  11:30am Music/w Tammy  1:00 p.m. Devotion w/ Jamie  1:00 p.m. Walmart  3:00 p.m. Bingo </div>	<div> 10:00 a.m. Devotion w/  Pastor Eric  10:30 a.m. Daily Chronicles  and  11:00 Movement &amp; Fitness  2:30 p.m. Scrabble! </div>	<div> 10:00 a.m. Daily Chronicles  and  10:45 a.m. Outing (Rose  Pepper and Jeni's ice  cream)  1:30pm Checkers  2:00 P.M. Movie and  Popcorn (Meet the Fockers) </div>	<div> 10:00 a.m. Devotion in the  dining room  1:00 p.m. UNO  2:00 p.m. Bingo! </div> <div>Oktoberfest Begins</div>
<div> 10:00 a.m. Church in the  Dining room  1:00 p.m. Uno  2:30 p.m. Movie  Happy Birthday Lenda  Smith! </div>	<div> 10:00 a.m. Daily Chronicles  News and Brews  11:00 a.m. Senior Fitness  Chair workout  1:30 p.m. Devotion w/ Carol  3<sup>rd</sup> floor  2:30 p.m. Bingo! </div> <div>Rosh Hashanah Begins Autumn Begins</div>	<div> 10:00 Devotion w/ Eric  11:00 Yoga  1:30 p.m. Daily Chronicles  and Word Challenge!  2:30 p.m. Monthaven Art!  3:45 p.m. Uno! </div>	<div> 10:00 a.m. Daily Chronicles  10:45 a.m. Uplifting Short  Stories/ w Lawrence  11:00 a.m. Communion  1:00 p.m. Devotion w/ Jamie  On the 3<sup>rd</sup> Floor  1:00 p.m. Walmart  3:00 p.m. Bingo </div>	<div> 10:00 a.m. Devotion w/  Pastor Eric  10:30 a.m. Corner Café in  Franklin Kentucky  11:00 Movement &amp; Fitness  2:30 p.m. Bowling! </div>	<div> 10:00 a.m. Daily Chronicles  and Idioms/Trivia  10:45 a.m. Outing (Garcia's  Mexican)  1:30pm Checkers  2:30pm Birthday Bash and  Music w/ Joe Turley! </div>	<div> 10:00 a.m. Devotion in the  dining room  1:00 p.m. UNO  2:00 p.m. Bingo! </div>
<div> 10:00 a.m. Church in the  Dining room  1:00 p.m. Uno  2:30 p.m. Movie </div>	<div> 10:00 a.m. Daily Chronicles  News and Brews  11:00 a.m. Senior Fitness  Chair workout  1:30 p.m. Devotion w/ Carol  3<sup>rd</sup> floor  2:30 p.m. Bingo! </div>	<div> 10:00 Devotion w/ Eric  11:00 Yoga  1:30 p.m. Daily Chronicles  and Word Challenge!  2:30 p.m.  3:45 p.m. Uno! </div>	<div>  </div>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:am Singalong/ 10:30am Drum Fit Exercise 11:00am Daily Chronicles 1:00pm Monday Movie 3:00pm Music w/ Nickie and Strings 3:30pm Lovely and Lucynt!  Labor Day	10:am Singalong 10:30 Exercise 11:00am Dailey Chronicles 1:00pm Music Trivia 2:00pm Joy Makers! 3:15 pm Travel Series: Oceans	10:am Devotion w/Eric 11:00am Daily Chronicles 1:00pm Sound Games 2:00pm Bingo! 3:00pm Snack Time! 3:30pm Wacky Wednesday Comedy Hour!	10:am Singalong (Patriotic) 10:30am News and Brews 10:45 Daily Chronicles 1:00pm Name That Tune! 2:00pm Ring Toss 3:00pm Aroma Therapy!	10:am Singalong 10:45am In His Presence 11:00am Trivia 1:00pm Basketball 2:00pm Music Therapy 2:30pm Friday Movie	10:00am Let's Get Moving 10:30am Question Ball 1:00pm Puzzles 2:30pm Afternoon Snack & Music
10:00am Church 10:30 Sunshine Stroll 1:00pm Movie 3:30 Sunday Hymns  Grandparents Day	10:am Singalong/ 10:30am Drum Fit Exercise 11:00am Daily Chronicles 1:00pm Monday Movie 3:00pm Bowling 3:30pm Lovely and Lucynt!	10:am Singalong 10:30 Exercise 11:00am Dailey Chronicles 1:00pm Music Trivia 2:30pm Tuesday Travel Series: National Parks	10:am Devotion w/Eric 11:00am Daily Chronicles 1:00pm Sound Games 2:00pm Bingo! 3:00pm Snack Time! 3:30pm Wacky Wednesday Comedy Hour!	10:am Singalong (Patriotic) 10:30am News and Brews 10:45 Daily Chronicles 1:00pm Name That Tune! 2:00pm Ring Toss 3:00pm Aroma Therapy!	10:am Singalong 10:45am In His Presence 11:00am Trivia 1:00pm Ring Toss 2:00pm Uno 2:30pm Friday Movie	10:00am Let's Get Moving 10:30am Question Ball 1:00pm Puzzles 2:30pm Afternoon Snack & Music
10:00am Church 10:30 Sunshine Stroll 1:30pm First Baptist Church Visits 3:30 Sunday Hymns	10:am Singalong/ 10:30am Drum Fit Exercise 11:00am Daily Chronicles 1:00pm Monday Movie 3:00pm Music/w Nickie and Strings 3:30pm Lovely and Lucynt!	10:am Singalong 10:30 Exercise 11:00am Dailey Chronicles 1:00pm Music Trivia 2:00pm Joy Makers! 3:15pm Travel Series: New York City	10:am Devotion w/Eric 11:00am Daily Chronicles 1:00pm Sound Games 2:00pm Bingo! 3:00pm Snack Time! 3:30pm Wacky Wednesday Comedy Hour!	10:am Singalong (Patriotic) 10:30am News and Brews 10:45 Daily Chronicles 1:00pm Name That Tune! 2:00pm Ring Toss 3:00pm Aroma Therapy!	10:am Singalong 10:45am In His Presence 11:00am Trivia 1:00pm Name that tune! 2:00pm Uno 2:30pm Friday Movie	10:00am Let's Get Moving 10:30am Question Ball 1:00pm Puzzles 2:30pm Afternoon Snack & Music  Oktoberfest Begins
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10:00am Church 10:30 Sunshine Stroll 1:00pm Movie 3:30 Sunday Hymns  	10:am Singalong/ 10:30am Drum Fit Exercise 11:00am Daily Chronicles 1:00pm Monday Movie 3:00pm Snacks and Uno 3:30pm Lovely and Lucynt!	10:am Singalong 10:30 Exercise 11:00am Dailey Chronicles 1:00pm Music Trivia 2:30pm Tuesday Travel Series: Chicago				