

## Your Administrative Team



Catie Mason, LPN  
Executive Director



Cyndi Brannon  
Marketing Director



Britni Bagwell, LPN  
Resident Services Director



Lisa Bohanan  
Senior Business Office Manager



Mary Willbanks  
Dining Services Director



Lori Lewis  
Life Enrichment Director,  
Personal Care & Independent Living



Wendy Johnson  
Harbor Life Enrichment Coordinator



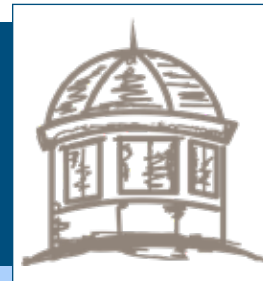
Candice McElwee  
Personal Care Supervisor



Sanford DeBerry  
Chaplain



Skylan Cole  
Housekeeping Director



# RENAISSANCE MARQUIS

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,

*Catie Mason*

Catie Mason, LPN  
Executive Director





Rita Sawyer

Marlene Willis



# TALKiNG TiDBiTS



Dragonflies are ancient insects, predating dinosaurs by millions of years. Despite their delicate look, they're expert hunters with a 90% success rate. They can hover, fly in any direction, and even cross oceans. Many cultures see them as symbols of light and adaptability.

# EGG BALANCiNG iSN'T JUST FOR SPRiNG.

There's a popular myth that you can balance an egg on its end only during the equinox.

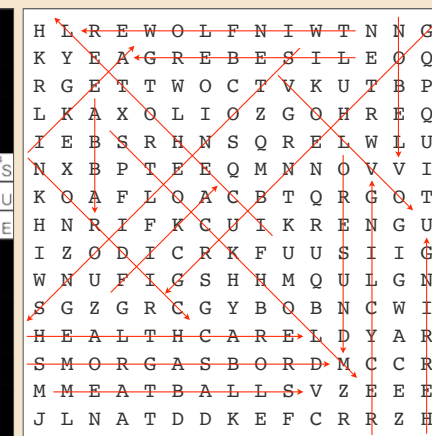
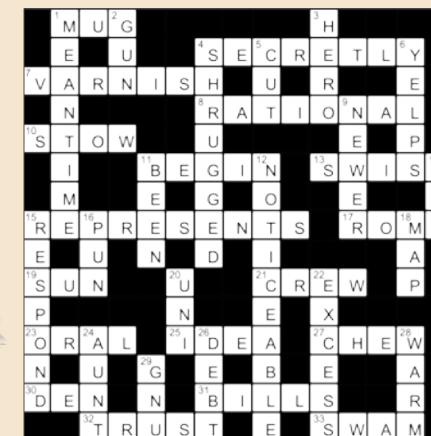
The truth? With a steady hand, you can do it any day of the year—but it's a fun tradition to try on the first day of fall!



## Meet & Greet: New Faces, New Friends



HAPPY FALL,  
YA'LL!







Chaplain's Corner

Acts 24:12-15 (KJV)

And they neither found me in the temple

disputing with any man, neither raising up the people, neither in the synagogues, nor in the city: Neither can they prove the things whereof they now accuse me. But this I confess unto thee, that after the way which they call heresy, so worship I the God of my fathers, believing all things which are written in the law and in the prophets: And have hope toward God, which they themselves also allow, that there shall be a resurrection of the dead, both of the just and unjust.

In Acts 24, we find Paul standing before Felix, his faith and character on full display as he faces accusation and scrutiny. What's striking is Paul's calm presence—he answers not with anger or resentment, but with a

clear conscience and a steadfast faith. Rather than lashing out, he responds with grace and truth, letting his actions and words reflect his deep trust in God.

There's a powerful lesson for us here. In our own lives, there will be times when our beliefs are questioned or when others misunderstand us. It's tempting to react defensively or let frustration take over, but Paul's example shows a better way. We're called to respond with patience, humility, and love—to stand firm in our faith, to keep our consciences clear, and to treat others with respect, even when it's hard.

May we, like Paul, find our hope in God and let that hope shape the way we respond to those around us. Be strong in your faith, gentle in your words, and humble in your walk. In doing so, we reflect the love of Christ in every trial we face.

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.'"



Team Member Birthdays



- 1<sup>st</sup> Kayla Agan
- 4<sup>th</sup> Emma Roberson
- 16<sup>th</sup> Mary Wilbanks
- 26<sup>th</sup> Christen Dempsey
- 26<sup>th</sup> Selena Johnson

TEAM MEMBER Anniversaries

- 8 years Catie Mason, LPN
- 1 year Francisca Moore

THANK YOU FOR BEING THE HEART OF OUR COMMUNITY. WE APPRECIATE YOU.

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



A Legacy of Family, Service, & Southern Spirit: Freida Seckinger



Rome, Georgia has always been home for this remarkable resident, except for a few short stints in Augusta and Milledgeville, Georgia, Franklin, North Carolina, and Miami, Florida. Her family roots run deep—from Virginia down through the heart of the South—and

her curiosity about those roots led her on a journey of discovery after surgery, when she delved into her heritage through Ancestry.com. What she found amazed her: Patriot ancestors who fought for liberty, Scottish and English forebears, South Carolina sharecroppers and the elite, and even hints of a connection to the Mayflower. Her family's story, chronicled in "My Tucker Kin," includes the testimony of her fourth great-grandmother, who managed to avoid the Trail of Tears with her Cherokee people. Her maternal grandmother, Eva, also passed down stories of hardship and survival among the Choctaw.

She met her high school sweetheart, Tom Seckinger, through their fathers, who became friends while bird hunting. She and Tom recently celebrated their 60th wedding anniversary—on June 6th, the same date both sets of parents were married. Tom's family moved from Atlanta when his father took a job at Plant Hammond with Georgia Power, beginning a tradition that continues with their son, Brad, now a fourth-generation employee. Family has always been at the center of her life: she and Tom have four children—Austin, Anita, Amanda, and Brad—nine grandchildren, and four great-grandchildren, who are their pride and joy.

Faith and community have shaped her days. She and Tom were active in their church, their

children's schools, and any community event that called for a helping hand. They never met a stranger and shared a love of antiques and vintage treasures, traveling to "pick" at sales across the South. Their adventures included working the Longest Yard Sale in Mentone, Alabama, and two appearances on the TV show Antiques Roadshow. For 25 years, they've run booths at local antique shops, connecting with fellow history lovers along the way.

Her interests are wide-ranging: she's drawn house plans and built two homes, organized church events and parties, traveled with her children on mission trips, and enjoyed camping and gardening. Playing in the dirt—whether with flowers or vegetables—has always been a kind of therapy. She's also a writer of childhood memories and a supporter to others in need. Her spiritual calling to missions led her to help establish Crisis Pregnancy of Rome in the 1970s, offering women support and encouragement to choose life.

Her professional life has been just as varied and fulfilling. She studied accounting and worked as a bookkeeper, then moved into education as a paraprofessional, lead secretary, bookkeeper, classroom manager, and instructor in keyboarding and computer skills for elementary students. She's also worked as a long-distance operator, antique shop clerk, lawyer's secretary, restaurant cashier, and PBX operator for Redmond Park Hospital.

Now, her greatest joy comes from caring for Tom as they navigate the challenges of aging, and from the circle of new friends she's found at Renaissance Marquis. Her story is one of family, faith, resilience, and a life lived in service to others—a life that has touched many in Rome and beyond.



Fall Equinox Folklore

**Open your doors to good spirits:** Some European folklore says spirits roam on the equinox, so people open doors and windows for good energy—or sweep out the bad.

**Plant garlic for protection:** In some traditions, planting garlic on the autumn equinox keeps evil away all winter (and gives you fresh garlic in spring)

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



Michael Scott, *The Office*



LEI'D BACK FUN:  
HAPPY HULA  
LUAU  
Brings Island  
Joy to Residents



ACROSS

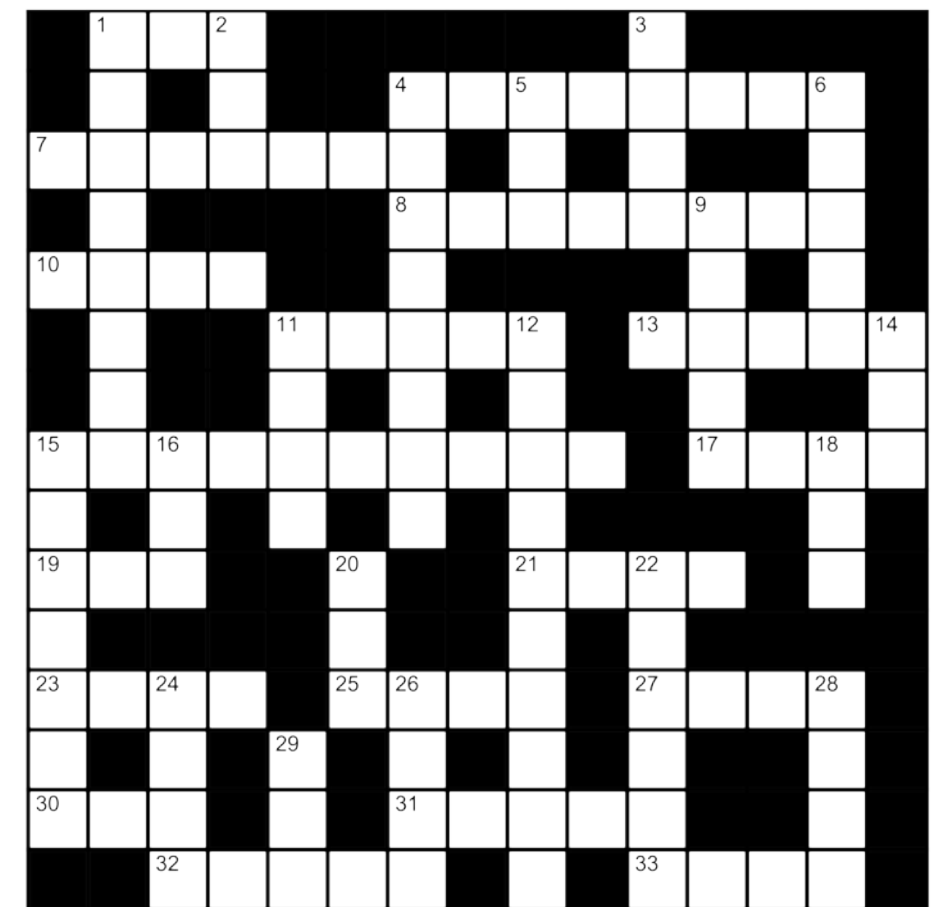
- The picture taken when arrested is called a \_\_\_ shot.
- Covertly
- Glossy wood coating
- Sensible
- Pack away
- Start
- Cheese choice
- Symbolizes, stands for
- Where the Vatican is
- Overhead light?
- Workers on a boat or film set
- Word-of-mouth
- Concept
- Prepare to swallow
- Animal house
-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







## Steve Barlow September 2025 Winner

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

We are proud to recognize Steve Barlow as our Going the Extra Mile Winner for September 2025. Steve was

nominated for his remarkable dedication—often coming in on his days off without being called, stepping up wherever he's needed, and always offering a helping hand to residents and staff alike. His willingness to go above and beyond makes him a true asset to our community.

Steve has been part of the Renaissance family for nine years, bringing his expertise and steady presence to the Maintenance Department. With more than three decades of experience in maintenance work, Steve is known for his skill, reliability, and positive attitude. He finds great satisfaction in working with his hands and takes pride in keeping things running smoothly for everyone at Renaissance. When asked what working in an aging community has meant to him, Steve says, "I enjoy helping and interacting with the residents." His care and kindness show in everything he does.

A lifelong resident of Rome, Georgia, Steve graduated from West Rome High School and has deep roots in our community. He and his wife have been married for 38 years and have raised two children, Cory and Brooke. These days, much of Steve's free time is happily spent with his four-year-old grandson, Foster.

He's a devoted Georgia Bulldog fan, a lover of classic rock, and someone who treasures simple moments—especially family vacations to the beach and cheering on his favorite teams. Steve looks back fondly on the day he married his wife and the births of his children as some of his most meaningful memories. The values of hard work and service were instilled in him by his father, a decorated Army Sergeant and a Medal of Honor and Purple Heart recipient.

Steve's commitment, good nature, and willingness to help set an example for all of us. We are grateful for his service and the positive impact he makes every day. Congratulations, Steve, and thank you for always going the extra mile!

## From Labor Day to Grandparents Day: September Celebrations

September always feels like a turning point. Summer's winding down, kids head back to school, and two unique holidays bookend the month: Labor Day and National Grandparents Day. But what's the real story behind these September milestones? Let's dig into some surprising details you might not have heard before.

Labor Day isn't just about barbecues and a day off work. The very first U.S. Labor Day was celebrated in 1882—before the eight-hour workday was even the norm! Workers in New York City marched for fair pay, safer conditions, and shorter hours. Here's the kicker: nobody actually knows who came up with the idea for Labor Day. Some credit labor leader Peter J. McGuire, others say machinist Matthew Maguire. The debate's still not settled, more than a century later.

Curious about the old "no white after Labor Day" rule? It started in the early 1900s as a high-society

tradition to mark the end of summer vacations and a return to city life.

Now, fast forward to the second Sunday in September—National Grandparents Day. Most people don't know this day is just over 40 years old! It was championed by Marian McQuade, a grandmother from West Virginia, who spent years pushing for a holiday celebrating the wisdom of older generations. President Jimmy Carter made it official in 1978.

The day's official flower? The forget-me-not. And it even has its own song: "A Song for Grandma and Grandpa," written just for the occasion!

So, as September rolls by, take a moment to appreciate the fascinating history tucked into these holidays—and maybe pass along a quirky fact to your friends, kids, or grandkids. There's always more to the story than meets the eye.



## CRAFT CORNER: FALL LEAVES FOR THE DOOR



Barbara Cagle  
September 7

**HAPPY  
BIRTHDAY!**



Mickie Medlock  
September 8



Richard Didrick  
September 11





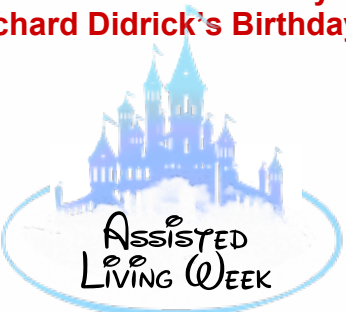





Dean Gilleland  
September 11



Jane Mitchell  
September 17



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Barbara Cagle's Birthday 7</b> 11:00 Virtual Church (AR) 3:00 Women's Devotional (AR) <small>Grandparents Day</small>	<b>1</b> <b>HAPPY LABOR DAY!</b> 2:00 BINGO (AR) <small>Labor Day</small>	<b>2</b> 9:30 Select Fitness (AR) 2:00-4:00 Coffee Shop 2:00 Wheel of Fortune (CS)	<b>3</b> 9:30 Chair Yoga (AR) 10:30 Walmart 1:30 BINGO (AR) 3:00 Chapel	<b>4</b> <small>Wear Purple for Alzheimer's</small> 9:30 Sittercise (AR) 2:00-4:00 Coffee Shop	<b>5</b> <small>Wear Red for Veterans</small> 9:30 Select Fitness (AR) 2:00-4:00 Ice Cream Shop 2:00 BINGO (AR)	<b>6</b> 11:30 Puzzle Packet Available (DR) 2:00 BINGO - Resident Led (AR)
<b>14</b> 11:00 Virtual Church (AR)	<b>8</b> <b>Mickie Medlock's Birthday</b>  <small>Assisted Living Week</small>	<b>9</b>  <small>Assisted Living Week</small>	<b>10</b>  <small>Assisted Living Week</small>	<b>11</b> <b>Dean Gilleland's Birthday</b> <b>Richard Didrick's Birthday</b>  <small>Assisted Living Week</small>	<b>12</b>  <small>Assisted Living Week</small>	<b>13</b> 11:30 Puzzle Packet Available (DR) 2:00 BINGO - Resident Led (AR)
<b>14</b> 11:00 Virtual Church (AR)	<b>15</b> 9:30 Select Fitness (AR) 10:30 Lauren Glosson (FL)  2:00 BINGO (AR) 3:30 Reading Corner (AR)	<b>16</b> 9:30 Sittercise (AR) 2:00-4:00 Coffee Shop 2:00 Select Rehab Health Talk (BL) 2:30 Wheel of Fortune (CS)	<b>17</b> <b>Jane Mitchell's Birthday</b> 9:30 Chair Yoga (AR) 10:30 Walmart 1:30 BINGO (AR) 3:00 Chapel	<b>18</b> <small>Wear Purple for Alzheimer's</small> 9:30 Sittercise (AR) 2:00-4:00 Coffee Shop 2:00 Resident Birthday Party (CS)	<b>19</b> <small>Wear Red for Veterans</small> 9:30 Select Fitness (AR) 2:00-4:00 Ice Cream Shop 2:00 BINGO (AR)	<b>20</b> 10:00 Marquis Matinee (AR) 11:30 Puzzle Packet Available (DR) 2:00 BINGO - Resident Led (AR) <small>Oktoberfest Begins</small>
<b>21</b> 11:00 Virtual Church (AR) 3:00 Bible Study with Richard Dixon (CH)	<b>22</b> 9:30 Select Fitness (AR) 2:00 BINGO (AR) 3:30 Reading Corner (AR) <small>Rosh Hashanah Begins Autumn Begins</small>	<b>23</b> 9:30 Sittercise (AR) 2:00-4:00 Coffee Shop 2:00 Wheel of Fortune (CS) 3:30 Sightings of Our Surroundings (AR)	<b>24</b> 9:30 Chair Yoga (AR) 10:30 Walmart 1:30 BINGO (AR) 3:00 Chapel	<b>25</b> <small>Wear Purple for Alzheimer's</small> 9:30 Sittercise (AR) 10:00 Marquis Melodies (FL) 2:00-4:00 Coffee Shop 2:00 Butterbean Auction (AR)	<b>26</b> <small>Wear Red for Veterans</small> 9:30 Select Fitness (AR) 2:00-4:00 Ice Cream Shop 2:00 BINGO (AR)	<b>27</b> 11:30 Puzzle Packet Available (DR) 2:00 BINGO - Resident Led (AR)
<b>28</b> 11:00 Virtual Church (AR) 3:00 Bible Study with Martin Foster (CH)	<b>29</b> 9:30 Select Fitness (AR) 2:00 BINGO (AR) 3:30 Reading Corner (AR)	<b>30</b> 9:30 Sittercise (AR) 2:00-4:00 Coffee Shop 2:00 Wheel of Fortune (CS) 3:15 Oldies Sing-a-long (CS)	<div>  </div>			

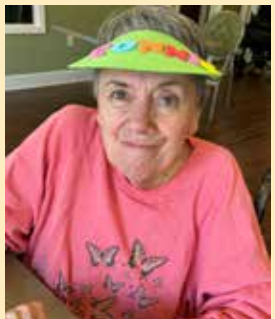




**LUAU PARTY**



**CRAFTING SHADE: KEEPING OUR COOL IN STYLE**



**Alzheimer's**  
*Support Services*  
[legacysl.net/Alzheimers-support](https://legacysl.net/Alzheimers-support)



**Sylvia Hine:**  
*A Lifetime of Love, Laughter, & Friendship*

Meet Sylvia Hine, a beloved resident whose warmth and gentle spirit have brightened Renaissance Marquis for the past year. Born on October 30, 1936, in Gadsden, Alabama, Sylvia grew up surrounded by family alongside her sister and parents. Her journey took her to Rome, Georgia, where she attended high school and, in one of life's happy twists, met her future husband, John Hine.

The two were married at St. Peter's Episcopal Church in Rome—a union that would last an incredible 67 years. Together, Sylvia and John built a life in Atlanta, where Sylvia worked as an office assistant while John pursued his studies at Georgia Tech. Their partnership was marked by love, mutual support, and devotion to family.

Sylvia is the proud mother of three children, grandmother to seven, and great-grandmother to one. She has always been the heart of her family, known for making childhood magical for her children with her caring presence and steady love. Friends and family alike treasure her for her kindness, loyalty, and the sense of home she creates wherever she goes.

Outside of her family, Sylvia is known for her active lifestyle and close friendships. She played weekly tennis matches, enjoyed lively games of bridge, and was famous in her circles for her daily three-mile walks—habits that reflected her zest for life and commitment to well-being.

Now, a year into her time at The Harbor, Sylvia continues to nurture friendships and embrace community life. She enjoys social gatherings, church activities, and all the little moments that make each day meaningful. Her story is one of love, resilience, and connection—a reminder of the joy that comes from living life surrounded by those you care about.

We're so grateful to have Sylvia as part of our community!



**HAPPY BIRTHDAY TO YOU!**



3<sup>rd</sup> Estelle Smith



9<sup>th</sup> Erma Pharaott










27<sup>th</sup> Emily Stansell

**CRAFT CORNER:**

*Strokes of Springtime Spirit*





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>The breezes taste of apple peel...</i></p>	7:00 Good Morning Simple C 9:45 Morning Exercise 10:30 Gospel Sing Along 11:00 Lunch 12:00 Movie or Magic Table 2:00 Bird Watching 4:00 Supper 6:00 Good Evening with Simple C  Labor Day	7:00 Good Morning Simple C 9:45 Morning Exercise 10:30 Gospel Sing Along 11:00 Lunch 12:00 Movie or Magic Table 2:00 Flash Cards 4:00 Supper 6:00 Good Evening with Simple C	7:00 Good Morning Simple C 9:45 Morning Exercise 10:30 Gospel Sing Along 11:00 Lunch 12:00 Movie or Magic Table 2:00 Patio Sitting 3:00 Church 4:00 Supper 6:00 Good Evening with Simple C	7:00 Good Morning Simple C 9:45 Morning Exercise 10:30 Gospel Sing Along 11:00 Lunch 12:00 Movie or Magic Table 2:00 Hangman 4:00 Supper 6:00 Good Evening with Simple C	7:00 Good Morning Simple 9:45 Morning Exercise 10:30 Gospel Sing Along 11:00 Lunch 12:00 Movie or Magic Table 2:00 Nail Shop 3:00 Worship Service 4:00 Supper	7:00 Good Morning Simple C 9:00 Movie 10:00 Brain Games 11:00 Lunch 12:00 Town Theater 2:00 H2O 3:00 Music Hour 4:00 Supper 6:00 Good Evening with Simple C
7:00 Good Morning Simple C 9:00 Movie 11:00 Lunch 12:00 Movie or Magic Table 2:00 H2O 3:00 Singing to Hymns 4:00 Supper 6:00 Good Evening with Simple C  Grandparents Day						7:00 Good Morning Simple C 9:00 Movie 10:00 Brain Games 11:00 Lunch 12:00 Town Theater 2:00 H2O 3:00 Music Hour 4:00 Supper 6:00 Good Evening with Simple C
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