Life. Love. Legacy.TM 422 William Mills Dr. Stanardsville, VA 22973

LEADERSHIP TEAN



Sandy Siler **Executive Director**



Liesa Dodson Harbor Marketing



Erica Lovingood, LPN Director



Amber Shoultz, LPN Assistant Resident Services Director



Spencer Williams Dietary Manager



Hailey Siler

Franklin Covington Maintenance



Iona Ralls Life Enrichment **Business Office**



Pedro Thompson Chaplain



Mary Morris Housekeeping and Laundry Director



Amber Moran Regional Director of Operations





A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



Christmas lights are twinkling, todo lists seem to keep growing, and sometimes it feels like the whole world is rushing to do and buy "more." But as December settles in, I find myself thinking about how

the heart of the holidays isn't found in all the hustle, but in the quiet, meaningful traditions we create and share.

It's easy to be swept up by the season—big store displays, the pressure to have the perfect gift, the calendar that fills itself. Yet when I look back on holidays past, what stands out aren't the gifts themselves, but the memories shaped by time spent together. We remember the homemade jar of jam given and received, the laughter at the kitchen table while baking cookies or making cards, and the small, thoughtful acts that showed care and connection.

This season, I encourage us all to find moments to return to those simpler joys. Maybe try your hand at an "old-fashioned" tradition—make something from scratch, whether it's jam, cookies, a warm scarf, or even a card written by hand and given with love. Better still, invite a friend or family member to join you in the making; the time spent side by side is often the greatest gift of all. These gifts, shared from the heart, are what we remember and carry with us

long after the wrapping paper is gone.

Amidst the busy days and competing demands, I hope you'll pause when you can—savor the music, take in the scent of pine, share a story, or sit quietly with someone you care about. Sometimes the most meaningful holiday "more" is simply more presence, more laughter, more kindness.

And if you're able, we would love for you to join us throughout December for the celebrations and fun we have planned here in our community. All of our upcoming events and activities can be found on the calendars inside—so you can easily find the moments that fit your schedule. Even if you can only drop in for a short hello or a cup of cocoa, you are always welcome—we know the month pulls people in many directions.

However you celebrate, and wherever you find yourself this December, I wish you peace, warmth, and all the joy that comes with moments shared and memories made. Here's to the simple things that matter most—this season and always.

Merry Christmas!

SandraSiler

Executive Director



LIFE ENRICHMENT CORNER

The holiday season is a time for joy, togetherness, and giving — and there's no better way to share that spirit than by spending time with our residents here at The Harbor. As the halls begin to twinkle with lights and the scent of pine fills the air, we invite you to join us in making this season

truly special for our community.

There are so many wonderful ways to volunteer and bring a little Christmas cheer to our residents, for example:

- ★ LEAD A HOLIDAY CRAFT ACTIVITY Help our residents create festive ornaments, cards, or decorations to brighten their rooms.
- ★ SHARE YOUR FAVORITE CHRISTMAS TREATS –
 Freshly baked cookies, fudge, or other holiday goodies are always a hit and spark wonderful memories.
- ★ BRING THE GIFT OF MUSIC Whether you play an instrument, sing carols, or just love to share a joyful tune, your music can lift hearts and fill The Harbor with holiday spirit.

Your time and kindness mean more than you may realize. Many of our residents light up when they see new faces and feel the love and warmth that volunteers bring. Even a simple conversation, a shared laugh, or a familiar song can make their day.

Let's make this Christmas season at The Harbor one to remember — filled with laughter, creativity, and the simple joys that make this time of year so special. If you're interested in volunteering or would like more information on ways to get involved, please contact the activities department at (434) 985-4481.

Hailey Siler Life Enrichment Coordinator

A SPLASH OF RED, A DASH OF JOY: RED HAT SOCIETY GATHERINGS









Welcome to our newest residents!

- · Donna Alexander
- · Ella Bailey
- · Rebecca Kidd

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

RESIDENT BIRTHDAYS

- · Dec. 9: Mary Burke
- · Dec. 14: Kenneth Reed
- · Dec. 14: Robert Finno
- · Dec. 17: Nancy Sandlin
- · Dec. 30: Eugene Byram

TEAM MEMBER BIRTHDAYS

- · Dec. 15: Jaeme Cloniger
- · Dec. 15: Haleigh Wheeler
- · Dec. 17: Heidi Vernon
- · Dec. 19: Shannon Gray
- · Dec. 20: Heather Taylor
- · Dec. 29: Iona Ralls

RESIDENT ANNIVERSARIES

- · Carey Hensley 4 years
- · Mary Nurke 3 years
- Mary Shifflett 2 years
- · Carolyn Hall 1 year
- · Dennis George 1 year

TEAM ANNIVERSARIES

- · Hailey Siler 3 years
- · Madison Covington 1 year
- · Kyleigh Ewers 1 year

Here's to friends, milestones, & memories!







Ashley Welcher * December Winner

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

This December, we are thrilled to shine our "Going the Extra Mile" spotlight on one of our wonderful newer

team members — Ashley Welcher! Ashley joined The Harbor family not long ago, but it feels like she's been part of our community forever. From the moment she walked through our doors, she brought with her a bright smile, a helping hand, and a heart full of compassion.

As a DCA here at The Harbor, Ashley has truly found her calling. Her passion for helping others is evident in every interaction — she's always the first to lend a hand, share a smile, or offer words of encouragement. Our residents adore her, our families trust her, and our team can always count on her to go above and beyond.

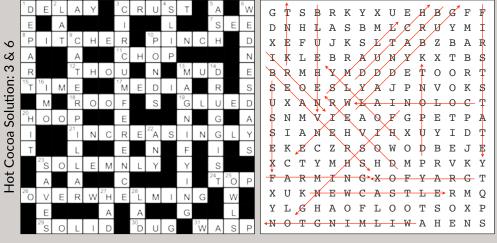
A proud mother of three, Ashley says her greatest

joy in life is taking care of her little family. She was raised right here in Madison County, and her roots and values shine through in everything she does. Whether she's at home cooking up something delicious, tidying up (which she actually enjoys!), or soaking up some sunshine while mowing the grass or fishing, Ashley brings warmth and care to every task she takes on.

Ashley, your heart of gold and unwavering passion for service make such a difference every single day. We are so thankful for the kindness, joy, and dedication you bring to our Harbor family. Please join us in congratulating Ashley Welcher, our December "Going the Extra Mile" honoree! Thank you for all that you do — we're so lucky to have you on our team.

Submit your nominations in the lobby!





CINNAMON STICK ORNAMENTS

WHAT YOU'LL NEED:

- 3 cinnamon sticks
- Twine or ribbon
- Optional: small pinecones, dried orange slices, or cloves

WHAT YOU'LL DO:

Tie three cinnamon sticks together in a bundle with twine or ribbon. Add a loop at the top for hanging. For extra holiday cheer, tuck in a pinecone, dried orange slice, or a few cloves.

These fragrant ornaments add a warm, festive touch to any

tree and fill your home with the scent of the season! Get even more creative and try different arrangements!





WINNER OF THE MONTH IS

JUSTICE EPPARD



CONGRATULATIONS TO JUSTICE EPPARD, OUR NOVEMBER GOLDEN TICKET WINNER AT THE HARBOR!

As our Director of First Impressions, Justice greets every family and guest with warmth, a welcoming smile, and a kind word. Her positive attitude and gracious spirit help set the tone for everyone who walks through our doors.

If you see Justice this month, be sure to congratulate her on a job well done!



LEGACYSL.NET/ ALZHEIMERS-SUPPORT



Where's Liesa? The Heartbeat of Local Support.

Liesa Dodson, Marketing Director at The Harbor, is your trusted resource for dementia support and can be reached at:

(540) 222-4263

Aging Together Dementia Conference

WHEN: Tuesday, December 2nd from 9am – 3pm
WHERE: Germanna Community College – Culpeper, VA
NOTE: Aging Together's Annual Conference presented by
Piedmont Dementia Education Committee. Featuring
keynote speaker Dr. George Bloom, PhD, University of
Virginia, & a special presentation on joyful caregiving
through humor by James Wasilewski. For more
information, contact Liesa or visit agingtogether.org.

Greene County Alzheimer's Caregivers Support Group

WHEN: Wednesday, December 3rd at 10am

WHERE: The Harbor at Renaissance

NOTE: Meets the 1st Wednesday of every month at 10am

Holiday Cookie Exchange

WHEN: Tuesday, December 9th at 2pm

WHERE: The Harbor at Renaissance of Greene County

NOTE: Everyone is invited to join us for our holiday cookie exchange! Bring four dozen cookies and leave with four dozen different types of cookies. See Liesa with any questions.

Family Christmas Lego Play

WHEN: Thursday, December 11th at 2:00pm

WHERE: The Harbor at Renaissance

NOTE: Everyone is invited to join us for joyful Lego play and reminiscing about favorite Christmas memories with family and friends.

Culpeper Alzheimer's Caregivers Support Group

WHEN: Monday, December 15th at 10am

WHERE: Generations Central at Culpeper Baptist Church NOTE: Meets the 3rd Monday of every month at 10am

Christmas Caroling with Liesa

WHEN: Friday, December 19th at 11am

WHERE: The Harbor at Renaissance

NOTE: Join us for Christmas caroling and sharing favorite songs and stories!



A Heart Full of Laughter & Light: Meet Laura Thacker

There's a new ray of sunshine lighting up The Harbor, and her name is Laura Thacker! Since joining our Harbor family in October, Laura has been spreading smiles, laughter,

and stories wherever she goes. She's quickly become a bright and beloved presence among us.

Born and raised in Orange, Virginia, Laura grew up surrounded by her four siblings. It's easy to see that her loving, family-centered spirit took root early on. She went on to graduate from Orange High School, where she played softball-her competitive spark and team spirit still shine bright today!

Laura spent many hardworking years with Comdial before retiring to embrace all the joys that come with family, faith, and a life well lived. She has two wonderful daughters, Laurinda and Lisa; two grandchildren; and two greatgrandchildren who keep her heart full and her stories lively!

When it comes to favorite things, Laura's list is as delightful as she is. She loves pizza, pancakes, and bacon—all best enjoyed with an ice-cold Pepsi. She's a big fan of TV Land classics, country and gospel music, and she lights up when talking about soccer, her family, or her many adventures.

Speaking of adventures, Laura has traveled to

places like Nashville, Myrtle Beach, Florida, and West Virginia—always ready for good company and a scenic view. She loves gardening, volunteering, and taking walks, and she has fond memories of canning and freezing food from her own garden to enjoy through the winter.

Animals have always held a special place in her heart, too—she still loves to talk about her dog Bandit and her childhood pup Tippy, two furry friends who left a lasting impression.

Faith and community are cornerstones of Laura's life. A proud Baptist, she finds comfort in prayer and joy in fellowship. Over the years, she's been deeply involved in her church and community—from women's groups and children's church to vacation Bible school and the Senior Center in Madison.

If you ask about special memories, her eyes light up as she shares sweet stories from her daughters' weddings or the days spent cheering at her grandson's soccer games, where she was affectionately known as "the grandmother of the team."

These days at The Harbor, Laura continues sharing her warmth and kindness with everyone she meets. Whether she's making staff and residents laugh, asking about your day, or joining in an activity, she brings a spark that truly brightens every corner. Laura Thacker is a woman full of heart, humor, and life—and we're so lucky to have her as part of our Harbor family.

DIY SALT DOUGH ORNAMENTS

WHAT YOU'LL NEED:

1 cup flour
1/2 cup salt
1/2 cup water

WHAT YOU'LL DO:

- 1. Mix the flour, salt, and water together until you have a smooth dough.
- 2. Roll it out about 1/4 inch thick. Use cookie cutters to cut out festive shapes like stars, trees, or bells. Don't forget to poke a small hole near the top for hanging!
- 3. Place the shapes on a baking sheet and bake at 250°F for 2-3 hours until hard and dry.
- 4. Once cool, decorate with paint, markers, or glitter, then thread a ribbon or string through the hole and hang on the tree!



& Walk Down



Tell us about your family's Christmas traditons!

It was all so hectic...in a good way of course. We would watch Christmas movies and played music together. We were the type of people to sleep in and open presents later into the morning."—Nancy Bagby

We would bake goodies together, especially cookies. Me and the girls would get dressed up for dinner. We would wake up early, put on Christmas music, open presents & eat a good dinner. I enjoyed going Christmas shopping with my husband.—Mary Burke

When I was younger, my father worked on a farm. So, we would open our presents but celebrate later in the day with a big dinner once he was home. When I had my own family, we took the kids to see Santa. We would wake up early on Christmas day to open presents.—Eugene Byram















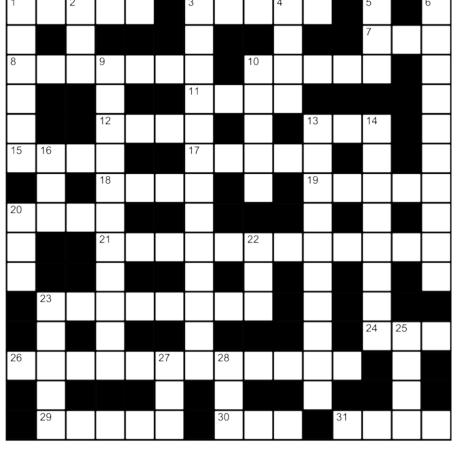


ACROSS

- 1. Traveler's headache
- 3. Pizza feature
- 7. Envision
- 8. Baseball player or large jug
- me! I must be dreaming!"
- 11. Word after karate or pork
- 12. "Wherefore art ____ Romeo?"
- 13. Kind of pie
- 15. Jim Croce's "___ in a Bottle"
- 17. Broadcasters & news people are some
- 18. It may be pitched
- 19. Pasted together
- 20. Hula ____ (it gets around)
- 21. More and more
- 23. How to swear?
- 24. Apex
- 26. Completely overpowering
- 29. ____ as a rock (well built)
- 30. ___ up, unearthed 31. Mud dauber, for one

DOWN

- 1. Leave; go away
- 2. Global positioning meas.
- 3. Distance around the Earth, say
- 4. "Mom, please sign my permission for the school trip."
- 5. Cigar residue
- 6. Midweek days
- 9. Butterfly-to-be
- 10. Koi containers



13. Increasing (optically)

14. Pharmacist

16. In My Opinion, abbrev.

20. Billboard listing

22. " questions?"

23. Reserves

25. Birds in barns 27. "I've been !"

(fooled)

28. Little shaver

Delaware

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



DOVER DUPONT DUTCH **FARMING FISHING**

HOLLY **KENT** LADYBUG **NEW CASTLE SMALL SUSSEX**





G T S B R K Y X U E H B G F F





NATIONAL CHRISTMAS CARD DAY

December is a time for joy, reflection, and sharing love — and what better way to do that than through a heartfelt holiday card? On December 9th, the nation celebrates National Christmas Card Day, a special reminder to spread cheer and connect with the people who mean the most to us.

Here at The Harbor, we're keeping this wonderful tradition alive! Once our beautiful holiday decorations are hung all merry and bright, we'll take festive Christmas photos of our residents. These cheerful snapshots will be mailed to families as a special holiday greeting — a keepsake filled with love, warmth, and holiday spirit.

Christmas cards have long been a symbol of connection, especially during this meaningful season. Whether near or far, a simple card can brighten someone's day and remind them how loved they are. For our residents, it's a joyful way to share their holiday smiles and let their families know they're thought of during this special time of year. As the lights twinkle and carols fill the air, we're reminded that the true beauty of the holidays lies in the simple moments — a smile, a kind word, a picture sent with love.

NATIONAL GO CAROLING DAY

The holiday season is here, and there's no better way to celebrate than with the joyful sound of carols filling the halls of The Harbor! Every December, we look forward to this special time of year when music, laughter, and love bring warmth to our community.

December 20th is National Go Caroling Day, a day dedicated to the timeless tradition of sharing holiday songs with friends and neighbors. Caroling has been a cherished custom for centuries — a simple yet meaningful way to connect with others and spread joy through song.

This month, The Harbor will be hosting several groups of local church carolers who will visit our community throughout December. Their beautiful voices and heartfelt performances are sure to brighten our residents' days and bring back fond holiday memories. We invite everyone to tap their toes, hum along, and maybe even join in on a few classic favorites!

Music has a special way of bringing people together — especially during the holidays. Whether it's "Silent Night," "Jingle Bells," or "Joy to the World," each tune carries the spirit of togetherness, love, and peace that make this season so magical. So as we celebrate National Go Caroling Day, let's embrace the joy of music, share a smile, and remember that the greatest gifts of all are kindness, connection, and community. From all of us at The Harbor, we wish you a Merry Christmas and a season filled with harmony and happiness!

I call this look 'unbothered by background activity.'



No one ever stops me for a photo op...

KENNY MEETS THE NEWEST MEMBER OF THE HARBOR'S TEAM



Beneath every strong exterior is a heart that softens around the littlest loves.



The greatest gifts aren't wrapped in paper, but in kindness, understanding, and time shared together.

GRATEFUL GATHERINGS THANKSGIVING WITH FAMILY & FRIENDS



















VETERANS DAY AT THE HARBOR



HONORING THE COURAGE AND SACRIFICE OF THOSE WHO SERVED











BEHIND THE SCENES OF SANTA'S REINDEER MAGIC

Did you know scientists have spent years trying to figure out just exactly how Santa's reindeer fly? Research suggests the secret might be the tiny propulsion jets in their hooves powered by a magical blend of holiday cheer, sugar plum fairy dust and a special snack left out by families everywhere.

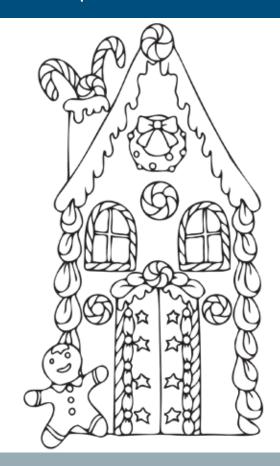
To make sure Dasher, Dancer and the gang stay energized all night, sprinkle this magic

MAGIC REINDEER FOOD

Mix together:

- # 1 cup oats
- * ½ cup birdseed
- A sprinkle of glitter or colored sugar

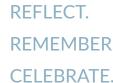
reindeer food outside your home on Christmas Eve! It's both their fuel and a reminder that kindness and belief make the magic real.



MATCHING HOT COCOA

FIND THE TWO HOT COCOA IMAGES THAT ARE EXACTLY ALIKE.





















В	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
* (9:00 Guided Devotions 1 11:00 Snow Ball Fight 1:30 Music Sing-Along 3:30 Pass the Memory Ball 6:00 Jukebox Hour	9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 Reading Group 1:30 Shake loose a Memory 2:30 Paint by Numbers 3:30 Aromatherapy 6:00 Gospel Music	9:00 Guided Devotions 10:00 Let's Get Pampered 11:00 Game Show Time 1:30 Group Discussion 2:30 Puzzle Hour 3:30 Movie Party 6:00 Jukebox Hour	10:00 Cookie Decorating 1:30 Move to the Music 2:30 Table Talk 3:30 Reminiscing 6:00 Gospel Music	9:00 Guided Devotions 10:00 Cup Pong 11:00 Christmas Craft 1:30 Let's Get Pampered 2:30 Movie Party 6:00 Jukebox Hour	9:00 Legacy Church Activity 1:30 Puzzle Hour 3:30 Game Show Time 6:00 Gospel Music	6
-	9:00 Jukebox Hour 7	9:00 Guided Devotions 8	9:00 Jukebox Hour	9:00 Guided Devotions 10	National Cookie Day 9:00 Jukebox Hour	9:00 Guided Devotions	12 10:00 Hymns	40
	11:00 Guided Devotions	10:00 Sittercise 11:00 Historical Tales 1:30 Group Discussion 2:30 Game Show Time 3:30 Purposeful Tasks 6:00 Jukebox Hour	10:00 Bingo with Keith 11:00 Christmas Cards 1:30 Shake loose a Memory 2:30 Puzzle Hour 3:30 Crafting Hour 6:00 Gospel Music	9:00 Guided Devotions 10:00 Exercise 11:00 Trivia 1:30 Aromatherapy 2:30 Reminiscing 3:30 1 on 1 Hour 6:00 Jukebox Hour	10:00 Exercise 11:00 Ornament Craft 2:00 LEGO Christmas Event 3:30 Game Time 6:00 Gospel Music	10:00 Balloon Tennis 11:00 Name that Tune 1:30 Table Talk 2:30 Paint by Numbers 3:30 Resident Council 6:00 Jukebox Hour	1:30 Trivia 3:30 Magazine Finds 6:00 Gospel Music	13
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	11:00 Guided Devotions	10:00 Snow Ball Fight 11:00 Pen Pals 1:30 ED Led Activity 2:30 Book Club w/ Amanda 3:30 Crafting Hour 6:00 Jukebox Hour	10:00 Bingo with Keith 11:00 Christmas History 1:30 Marketing Led Activity 2:30 Christmas Craft 3:30 Paint by Numbers 6:00 Gospel Music	10:00 Nursing Led Activity 1:30 Gingerbread House Building 2:30 Wright Brothers History 3:30 Christmas Movie Party 6:00 Jukebox Hour	10:00 Exercise 11:00 Christmas Short Storie 1:30 B.O.M Led Activity 4:30 Family Dinner 6:00 Gospel Music	10:00 Cup Pong	1:30 Caroling 3:30 Purposeful Tasks 6:00 Gospel Music	20
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