

Life. Love. Legacy.™

422 William Mills Dr.
Stanardsville, VA 22973



NEWSLETTER

FEBRUARY 2026

THE HARBOR AT RENAISSANCE OF GREENE COUNTY



YOUR LEADERSHIP TEAM



Sandy Siler
Executive Director



Liesa Dodson
Harbor Marketing
Director



Erica Lovingood, LPN
Resident Services
Director



Amber Shoultz, LPN
Assistant Resident
Services Director



Hailey Siler
Life Enrichment
Coordinator



Iona Ralls
Business Office
Manager



Mary Morris
Housekeeping and
Laundry Director



Spencer Williams
Dietary Manager
Regional Director
of Operations



Amber Moran
Regional Director
of Operations

A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



After a long day, I found myself in the checkout line of a busy grocery store. Around me, the rhythmic beeps of scanners punctuated the shuffle of carts, while nearby, friends exchanged the familiar, half-hearted promise to "grab lunch soon"—a well-meaning refrain rarely fulfilled. In the next lane, an elderly gentleman was telling who I can only assume was his very young grandchild that when they got home, he'd "buy that wart off of her." I was utterly flummoxed, positively befuddled, and completely nonplussed—what on earth was this tomfoolery unfolding in the sacred ten-items-or-less express lane? I couldn't wait to reach my car and dive online—curious whether Pa-paw's claim had merit or if his imagination had simply taken flight.

The digital know-it-all, Google, told me the tradition: rub a copper penny over the wart, then bury it somewhere secret—some low-tech magic hoping the wart vanishes, carried away by the earth. It's a charming blend of faith, hope, and folk wisdom, a reminder of a time when healing was as much about intention and human connection as it was about medicine. And at the heart of it is intention, the deeply held belief that true healing begins in the heart and mind, nurtured by small acts of care and kindness.

Copper isn't just a shiny metal; it has natural antimicrobial properties, known for centuries to aid in healing. But beyond the science, this story—and others like it—holds something far more precious:

the power of storytelling and tradition. They are the threads that tie us to those who came before, the lessons and love passed down through generations.

In our fast-paced world, these stories risk fading away, lost in the shuffle of modern life. Yet they hold a quiet power—not just in what they teach us about healing or health, but in how they remind us to pause, listen, and share. To tell our own stories, to pass along the wisdom tucked into everyday moments, and to treasure the customs that shape who we are.

In our community, that spirit flourishes every day. Healing isn't always about grand cures; it's found in the smiles shared, the hands held, and the quiet presence beside someone who needs it most. Like the copper penny, these small acts carry a weight far greater than their size, weaving a fabric of care, connection, and hope.

As we move forward into this year, let's take time to share our stories—those old family traditions, those little-known remedies, those moments of kindness and resilience that define us. Because when we tell these tales, we keep the past alive, strengthen our bonds, and build a future rooted in love, respect, and community.

May this year bring stories shared, memories made, and healing found in the simple power of connection.

Warmly,

Sandra Siler



LIFE ENRICHMENT CORNER

Music plays a special role here at The Harbor, especially for our residents living with dementia. A familiar song can spark memories, encourage movement, bring comfort, and create moments of joy when words may fall short. Music has a unique way of reaching residents emotionally and helping them feel calm, connected, and engaged.

Because of its impact, we make it a priority to offer at least one music-based activity every day, and often more. From sing-alongs and live performances to quiet listening moments, music is woven into our daily life enrichment programming. These activities support emotional well-being and provide meaningful opportunities for residents to connect with one another and with staff.

Our residents especially love live music and meeting new people. Sharing these musical moments together often brings smiles, laughter, and a sense of community that is truly special to witness.

We warmly invite community members to consider volunteering by playing music for our residents. Whether you'd like to come regularly or just every now and again, your time and talent can make a meaningful difference. If you're interested, please call (434) 985-4481 and ask to speak with the Activities Department. We would love to hear from you.

Hailey Siler
Life Enrichment Coordinator

ARMCHAIR TRAVEL CLUB: PLOTTING THEIR ESCAPE TO MALI

STEP ONE: FIGURE OUT HOW TO GET THROUGH AIRPORT SECURITY.

COUNTING THE MINUTES UNTIL I CAN SAY 'I TRAVELED TO MALI' AT BINGO.

I HOPE NO ONE ASKS ME TO PRONOUNCE TIMBUKTU TWICE.



ALZHEIMER'S SUPPORT SERVICES

LEGACYSL.NET/
ALZHEIMERS-SUPPORT



Celebrations & Milestones

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

RESIDENT BIRTHDAYS

- Feb 7: Jeffrey Saunders
- Feb 11: Beverly Newman
- Feb 15: Laura Thacker
- Feb 16: Shirley Leake

TEAM MEMBER BIRTHDAYS

- Feb 12: Kyleigh Ewers
- Feb 24: Cheyenne Wynkoop
- Feb 27: Brittney Holt
- Feb 28: Tabitha Miskovsky

RESIDENT ANNIVERSARIES

- John McLain - 7 years
- Margit Holdsworth - 2 years
- Shirley Leake - 2 years
- Brenda Richards - 2 years
- Jeffrey Saunders - 1 year

TEAM ANNIVERSARIES

- Mary Morris - 19 years
- Jeanette Bulter - 12 years
- Teresa Crawford - 3 years
- Caitlin Ryder - 2 years



Jackie Perry FEBRUARY WINNER

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

This month, we are proud to recognize Jackie Perry as our Going the Extra Mile employee! Jackie

was nominated and chosen because of her unwavering reliability, her supportive nature, and her constant willingness to lend a hand wherever it's needed. She's a bright light in our community, always bringing positivity and warmth with her smile.

Jackie joined The Harbor's dining services team nearly four years ago as an aide, and since day one, she's proven herself to be a dependable and caring presence. Her dedication shines not only in her work but in the way she connects with residents, staff, and families alike.

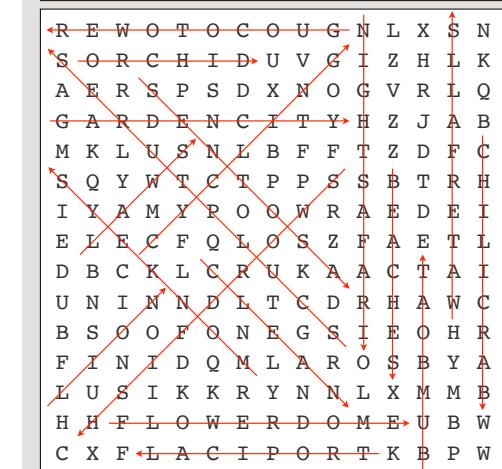
Beyond her professional role, Jackie is a devoted mother and grandmother, often sharing stories

about her family, who mean the world to her. She's a passionate football fan, cheering enthusiastically for The Washington Redskins and Virginia Tech College. At home, Jackie's beloved cat Groot keeps things lively, with plenty of mischievous antics that she loves to talk about.

Jackie's hard work is matched only by her kind heart. She's always ready to listen, offer support, or lend a shoulder to lean on. Her compassion extends across our entire community, making a meaningful difference every day.

Thank you, Jackie, for going above and beyond for our residents, staff, families, and community. We are truly grateful to have you as part of our team.

Submit your nominations in the lobby!



FAMILY NIGHT AT THE HARBOR HEATS UP WITH A CHILI COOK-OFF!





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

Greene Co. Alzheimer's Caregivers Support Group

WHEN: Wednesday, February 4th at 10am
WHERE: The Harbor at Renaissance
NOTE: Meets the 1st Wednesday of every month at 10am

Culpeper Alzheimer's Caregivers Support Group

WHEN: Monday, February 16th at 10am
WHERE: Generations Central at Culpeper Baptist Church
NOTE: Meets the 3rd Monday of every month at 10am

Caregiver Lunch at The Harbor

WHEN: Friday, February 20th at 1pm
WHERE: The Harbor at Renaissance
NOTE: Join us for a Caregiver Luncheon celebrating caregivers in our community. All current and former caregivers are welcome! For details, call Liesa.

Powerful Tools for Caregivers

WHEN: Tuesday, February 24th from 10:30am-Noon
WHERE: Warrenton Aquatic & Recreation Facility
NOTE: Caring for a loved one can be rewarding—but it's not always easy. Powerful Tools for Caregivers classes offer practical support, teaching you how to look after your own well-being, handle stress, and build confidence. You'll also discover helpful community resources and connect with others who truly understand the journey.

*Red Hat
Ladies*



A GATHERING OF GRACE AND GRIT



THE SCOOP

THE HARBOR PROM

Harbor Prom, one of our most beloved traditions, is almost here! Join us on February 12th at 2:00 p.m. for an afternoon of music, dancing, and celebration. Residents are pampered with hair styling, makeup, and elegant attire, making everyone feel confident and cared for. The room fills with laughter, delicious food, and unforgettable memories. Harbor Prom is all about joy, connection, and creating meaningful moments together—a day our community looks forward to year after year!

GROUNDHOG DAY

February brings the fun of Groundhog Day! On February 2nd, we join in the tradition, watching to see if Punxsutawney Phil predicts more winter or an early spring. At The Harbor, residents enjoy the excitement and conversation this lighthearted day inspires—giving us all something fun to celebrate together.

SUPERBOWL SUNDAY

Super Bowl Sunday is always a highlight at The Harbor! Residents gather to watch the big game, enjoy tasty snacks, and share in the excitement—whether they're cheering, debating plays, or just enjoying the festivities. It's a perfect day of football, food, and fun together.



Jim Bailey: Stories, Service, and Sweet Moments

This February, we are delighted to shine our resident spotlight on James Bailey, affectionately known to everyone as Jim. Jim's life story is rich with service, creativity, and a deep love for people—and we are so grateful

to have his light shining here at The Harbor each and every day.

Jim is originally from Santa Cruz County, California, and attended Campbell High School. A proud family man, he is the father of two children and a loving grandfather to two grandchildren. Family has always been an important part of Jim's life, and that warmth carries over into how he connects with others.

For 35 years, Jim worked as an electrician, a career that reflected his strong work ethic and dedication. He also served our country with great pride as a Sergeant in the United States Air Force. Jim often shares stories from his time in service, especially about two of his favorite destinations—Alaska and Guam—and his pride in serving is evident in every tale he tells.

Jim has many joys that bring a smile to his face. He has a sweet tooth, with ice cream being a clear favorite, and he never turns down a nice, hot cup of coffee. He enjoys listening to music and once loved spending time painting sailing ships, a hobby that reflected his appreciation for beauty and detail. Jim also enjoyed gardening and yard work, soaking up the sunshine while staying active outdoors.

A man of faith, Jim attended church most Sundays, and his values continue to shine through in his interactions. He enjoys watching the news and staying connected to the world around him. Above all else, Jim has always wanted to love and help people—a simple yet powerful goal that truly defines who he is.

Here at The Harbor, Jim especially enjoys devotions, music-based activities, and storytelling or historical discussions, where his love for sharing memories and listening to others truly comes alive.

We are incredibly thankful to have Mr. Bailey as part of our Harbor family. His kindness, stories, and gentle spirit enrich our community, and we are honored to care for him.

GET TO KNOW THE HARBOR'S HAIRSTYLIST, WENDIE EPPARD!



- **What fashion trend do you secretly miss?** Neon clothes and slouch socks
- **What's one thing you can't live without?** My kids
- **Where's a place you've never been but feel drawn to?** Bora Bora
- **What's a skill or hobby you've always wanted to learn?** Stained glass

- **What is the most important quality in a friend?** Loyalty
- **Cats or dogs?** Dogs over cats if I have to pick, from a non-animal lover
- **Farm or city?** City but for just the weekend
- **Comedy or horror?** Horror
- **Rain or Snow?** Rain or Snow? Yuck, I want 95 and sunny



VETERANS FROM THE LOCAL LEGION VISIT WITH THE HARBOR'S VETERANS

A Walk Down
**MEMORY
LANE**

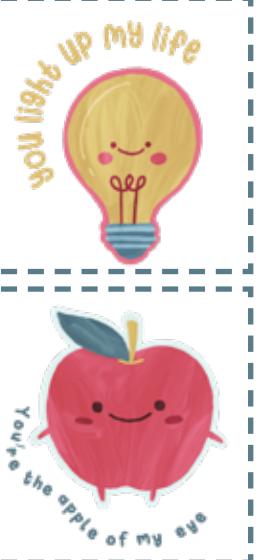
Tell us how you and your husband celebrated Valentine's Day!



Mary Louise:
If my husband is off work, we go out and eat. We clean up and get dressed nice. He buys me flowers, I love flowers. He also gets me chocolates and sometimes jewelry. We take the kids out with us. They love it.



Beverly Newman:
Valentines Day was always so good. We would spend time with family. Then we would dress up and go out for dinner together. He bought me rings and jewelry, and we played cards and games. He loves cards.


**TEAM MEMBER
STEPHANIE'S BEST
FRIEND SPREADS SMILES**

NURSE'S NOOK ERICA LOVINGOOD, LPN, RSD
ALZHEIMER'S AND DEMENTIA CARE EDUCATION WEEK

Alzheimer's disease and other forms of dementia are progressive neurological conditions that affect memory, thinking, behavior, and the ability to perform everyday activities. As these conditions advance, individuals may experience confusion, difficulty communicating, changes in personality, and a loss of independence.

Because dementia impacts not only the person diagnosed but also their family and loved ones, compassionate and informed care is essential. Understanding the disease process helps caregivers respond with patience and empathy while creating a safe and supportive environment that preserves dignity and quality of life.

Dementia care focuses on meeting both the physical and emotional needs of the individual while adapting to changes over time. Effective care includes establishing consistent routines, ensuring proper nutrition and medical management, and providing meaningful activities that stimulate the mind and promote a sense of purpose. Equally important is emotional support—offering reassurance, maintaining social connections, and validating feelings even when memories fade. With the right education, resources, and support systems, caregivers can help individuals with Alzheimer's and dementia live as comfortably and fully as possible.

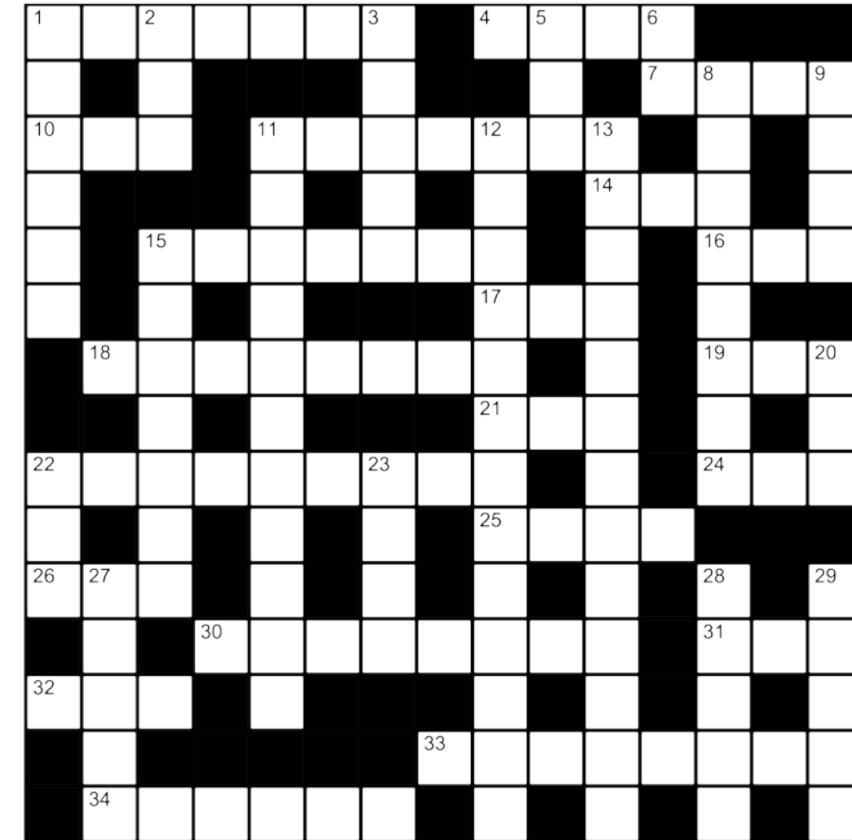
Great resources for Dementia and Alzheimer's are Alzheimer's Association, Alzheimers.gov, and the Alzheimer's Foundation of America. For those looking for support for themselves, or a loved one, Liesa Dodson hosts a Dementia support group here at The Harbor on the first Wednesday of each month at 10:00am.

ACROSS

1. Adult
4. Event attended by Cinderella
7. Goals
10. Auction unit
11. Aquatic athlete
14. Pointy-eared figure of fantasy
15. "Jeepers, creepers, where'd you get those ___?"
16. Electrical unit
17. Garage contents
18. To carry on
19. It's "the word" (Hint: keeping a secret)
21. Captain's journal
22. Teacher's superior
24. Doris ___ (Hint: "Que Sera, Sera")
25. A measure of land
26. Man's best friend
30. Most remote
31. E.T.'s craft
32. Caribou kin
33. Rushing
34. Render harmless

DOWN

1. Milky Way, for one	9. A petticoat's junction	22. Like two peas in a ___
2. Kind of bran	11. Amazing, sensational	23. Verse writer
3. 8:00 p.m. is ___-time TV	12. Mixed, varied	27. Applied lubricant
5. Chowed down	13. Chilling appliances	28. Something to face? (Hint: accept unpleasant consequences)
6. Pie a-__-mode	15. Readying a field, say	29. Karaoke choices
8. Well-versed	20. "___ I help you?"	



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



BEACHES	GARDEN CITY	ORCHID
BUMBOAT	GUOCOTOWER	SCULPTURES
CHILI CRAB	LAWS	SENTOSA
CLEAN	LION	SWORDFISH
CYCLING	MONKEYS	TROPICAL
FLOWER DOME	NIGHT SAFARI	WATERFALLS



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

Blue Ridge Parkway



9:00 Jukebox Hour 11:00 Guided Devotions 2:30 "Alphabet Soup" 6:00 Gospel Music Tu B'Shevat Begins	1 9:00 Guided Devotions 10:00 Snowball Fight 11:00 Group Discussion 1:30 Game Show Time 2:30 Shake loose a Memory 3:30 Let's Get Pampered 6:00 Jukebox Hour Groundhog Day	2 9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 Reading Group 1:30 Movie Party 2:30 Reminiscing 3:30 Game Time 6:00 Gospel Music National Golden Retriever Day	3 9:00 Guided Devotions 10:00 Exercise 11:00 Crafting Hour 1:30 Move to the Music 2:30 Aromatherapy 3:30 1 on 1 Hour 6:00 Jukebox Hour National Golden Retriever Day	4 9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Historical Tales 3:30 Puzzle Hour 6:00 Gospel Music National Golden Retriever Day	5 9:00 Guided Devotions 10:00 Cup Pong 11:00 Paint by Numbers 1:30 Music Sing-Along 2:30 Trivia 3:30 Game Time 6:00 Jukebox Hour National Golden Retriever Day	6 10:00 Hymns 1:30 Purposeful Tasks 3:30 Name that Tune 6:00 Gospel Music National Golden Retriever Day	7 10:00 Hymns 1:30 Purposeful Tasks 3:30 Name that Tune 6:00 Gospel Music National Golden Retriever Day
9:00 Jukebox Hour 11:00 Guided Devotions 2:30 Super Bowl Special 6:00 Gospel Music Super Bowl Sunday	8 9:00 Guided Devotions 10:00 Sittercise 11:00 Group Discussion 1:30 Game Show Time 2:30 Book Club w/ Amanda 3:30 Let's Get Pampered 6:00 Jukebox Hour Super Bowl Sunday	9 9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 Trivia 1:30 Movie Party 2:30 Reminiscing 3:30 Game Time 6:00 Gospel Music Super Bowl Sunday	10 9:00 Guided Devotions 10:00 Exercise 11:00 Crafting Hour 1:30 Move to the Music 2:30 Tour of Antarctica 3:30 Name that Tune 6:00 Jukebox Hour Super Bowl Sunday	11 9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 2:00 Harbor Prom 6:00 Gospel Music Super Bowl Sunday	12 9:00 Guided Devotions 10:00 Balloon Tennis 11:00 Paint by Numbers 1:30 Music Sing-Along 2:30 Trivia 3:30 Game Time 6:00 Jukebox Hour Valentine's Day	13 10:00 Hymns 1:30 Sweet Tooth Social 3:30 Trivia 6:00 Gospel Music Valentine's Day	14 10:00 Hymns 1:30 Sweet Tooth Social 3:30 Trivia 6:00 Gospel Music Valentine's Day
9:00 Jukebox Hour 11:00 Guided Devotions 2:30 "Alphabet Soup" 6:00 Gospel Music Presidents' Day (U.S.)	15 9:00 Guided Devotions 10:00 Snowball Fight 11:00 Group Discussion 1:30 Game Show Time 2:30 Shake loose a Memory 3:30 Let's Get Pampered 6:00 Jukebox Hour Presidents' Day (U.S.)	16 9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 Lunar New Year History 1:30 Movie Party 2:30 Mardi Gras Party 3:30 Game Time 6:00 Gospel Music Presidents' Day (U.S.)	17 9:00 Guided Devotions 10:00 Exercise 11:00 Crafting Hour 1:30 Move to the Music 2:30 Aromatherapy 3:30 Name that Tune 6:00 Jukebox Hour Presidents' Day (U.S.)	18 9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Historical Tales 4:30 Family Dinner: Lunar New Year 6:00 Gospel Music Presidents' Day (U.S.)	19 9:00 Guided Devotions 10:00 Cup Pong 11:00 Paint by Numbers 1:30 Music Sing-Along 2:30 Red Hat Ladies Social 3:30 Game Time 6:00 Jukebox Hour Presidents' Day (U.S.)	20 10:00 Hymns 1:30 Name that Tune 3:30 Purposeful Tasks 6:00 Gospel Music Presidents' Day (U.S.)	21 10:00 Hymns 1:30 Name that Tune 3:30 Purposeful Tasks 6:00 Gospel Music Presidents' Day (U.S.)
9:00 Jukebox Hour 11:00 Guided Devotions 2:30 Puzzle Hour 6:00 Gospel Music National Margarita Day	22 9:00 Guided Devotions 10:00 Sittercise 11:00 Group Discussion 1:30 Game Show Time 2:30 Shake loose a Memory 3:30 Let's Get Pampered 6:00 Jukebox Hour National Margarita Day	23 9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 Trivia 1:30 Movie Party 2:30 Reminiscing 3:30 Game Time 6:00 Gospel Music National Margarita Day	24 9:00 Guided Devotions 10:00 Exercise 11:00 Crafting Hour 1:30 Move to the Music 2:30 Aromatherapy 3:30 1 on 1 Hour 6:00 Jukebox Hour National Margarita Day	25 9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Birthday Bash 3:30 Puzzle Hour 6:00 Gospel Music National Margarita Day	26 9:00 Guided Devotions 10:00 Balloon Tennis 11:00 Paint by Numbers 1:30 Music Sing-Along 2:30 Trivia 3:30 Resident Council 6:00 Jukebox Hour National Margarita Day	27 10:00 Hymns 1:30 Trivia 3:30 Crafting Hour 6:00 Gospel Music National Margarita Day	28 10:00 Hymns 1:30 Trivia 3:30 Crafting Hour 6:00 Gospel Music National Margarita Day

The Harbor at Renaissance, 422 William Mills Dr, Stanardsville, Va, 22973. Activities last approximately 30 minutes to an hour. Outdoor activities are weather permitted.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

Skyline Drive



10:00 Hymns 1:30 Purposeful Tasks 3:30 Name that Tune 6:00 Gospel Music	1 9:00 Guided Devotions 10:00 Snowball Fight 11:00 Group Discussion 1:30 Game Show Time 2:30 Shake loose a Memory 3:30 Let's Get Pampered 6:00 Jukebox Hour	2 9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 Reading Group 1:30 Movie Party 2:30 Reminiscing 3:30 Game Time 6:00 Gospel Music	3 9:00 Guided Devotions 10:00 Exercise 11:00 Crafting Hour 1:30 Move to the Music 2:30 Aromatherapy 3:30 1 on 1 Hour 6:00 Jukebox Hour	4 9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Historical Tales 3:30 Puzzle Hour 6:00 Gospel Music	5 9:00 Guided Devotions 10:00 Cup Pong 11:00 Paint by Numbers 1:30 Music Sing-Along 2:30 Trivia 3:30 Game Time 6:00 Jukebox Hour	6 9:00 Jukebox Hour 11:00 Guided Devotions 2:30 "Alphabet Soup" 6:00 Gospel Music	7
Tu B'Shevat Begins	Groundhog Day	National Golden Retriever Day					
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Super Bowl Sunday						Valentine's Day	
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	Presidents' Day (U.S.)	Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)					
10:00 Hymns 1:30 Trivia 3:30 Crafting Hour 6:00 Gospel Music	22 9:00 Guided Devotions 10:00 Sittercise 11:00 Group Discussion 1:30 Game Show Time 2:30 Shake loose a Memory 3:30 Let's Get Pampered 6:00 Jukebox Hour	23 9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 Trivia 1:30 Movie Party 2:30 Reminiscing 3:30 Game Time 6:00 Gospel Music	24 9:00 Guided Devotions 10:00 Exercise 11:00 Crafting Hour 1:30 Move to the Music 2:30 Aromatherapy 3:30 1 on 1 Hour 6:00 Jukebox Hour	25 9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Birthday Bash 3:30 Puzzle Hour 6:00 Gospel Music	26 9:00 Guided Devotions 10:00 Balloon Tennis 11:00 Paint by Numbers 1:30 Music Sing-Along 2:30 Trivia 3:30 Resident Council 6:00 Jukebox Hour	27 9:00 Jukebox Hour 11:00 Guided Devotions 2:30 Puzzle Hour 6:00 Gospel Music	28
National Margarita Day						National Retro Day	