



**YOUR LEADERSHIP TEAM**



**Sandy Siler**  
Executive Director



**Liesa Dodson**  
Harbor Marketing Director



**Erica Lovingood, LPN**  
Resident Services Director



**Hailey Siler**  
Life Enrichment Coordinator



**Iona Ralls**  
Business Office Manager



**Mary Morris**  
Housekeeping and Laundry Director



**Spencer Williams**  
Dietary Manager



**Brett Davidson**  
Maintenance Director



**Amber Moran**  
Regional Director of Operations



**A MESSAGE FROM YOUR EXECUTIVE DIRECTOR**

As we step into March and welcome the first signs of spring, I find myself reflecting on the power of renewal—not just in nature, but in our lives and community. This season reminds us that no matter the challenges we face, there is always room for growth, fresh beginnings, and brighter days ahead.

In senior living, care goes beyond routines and schedules. It's about creating moments of connection, kindness, and respect that make every day meaningful. Our teams are dedicated to honoring the unique stories and needs of each resident, fostering an environment where everyone is valued and truly at home.

March brings with it the promise of longer days and warmer sunshine, perfect for gathering, sharing smiles, and creating new memories together. We have a full calendar of activities and events designed to engage, inspire, and bring joy. Whether it's a lively group activity, a quiet moment of reflection, or simply time spent with friends and

family, there's something for everyone to enjoy. This month also offers a wonderful opportunity to embrace the spirit of renewal in our own lives. Whether it's trying something new, reconnecting with old friends, or simply savoring the small moments, spring invites us all to grow and refresh in meaningful ways.

I encourage everyone—residents, family members, and friends—to take part in the activities and events planned this season and to enjoy the warm, supportive spirit that makes our community such a special place. Doors and hearts are always open, and this season of renewal brings a wonderful opportunity to connect and grow together.

Thank you for trusting us to be part of your journey. Together, we create communities filled with warmth, care, and the kind of belonging that makes every day brighter.

With warmest regards,

*Sandra Siler*



## LIFE ENRICHMENT CORNER

**Welcome Brett Davidson, Maintenance Director**  
We're excited to officially welcome Brett Davidson as our new Maintenance Director. From day one, Brett has jumped in with both feet—bringing a strong work ethic, a positive attitude, and genuine kindness that hasn't gone unnoticed.

Brett's dedication to keeping our community running smoothly is matched only by the care he shows to everyone around him. Whether he's tackling a project head-on or lending a helping hand, he approaches every task with professionalism and heart. It's clear he takes pride not only in his work but also in being part of our community.

We're grateful to have Brett on board and confident he'll continue to make a meaningful impact. Please join us in giving him a warm Harbor welcome!

### Brain Awareness Week: March 16-22

This March we're turning the spotlight on something very important—brain health. As a dementia care community, we know that keeping the brain engaged, supported, and celebrated can make a meaningful difference. What better way to do that than with a week full of fun?

Throughout the week, we'll host a variety of engaging activities designed to spark memories, encourage connection, and keep minds active. From games and creative projects to music, movement, and sensory experiences, each activity is thoughtfully planned to support cognitive health while bringing smiles and laughter along the way.

Brain Awareness Week is a wonderful reminder that caring for the brain can be enjoyable, social, and uplifting. We're excited to learn, play, and celebrate together as we continue our commitment to enriching the lives of our residents.

### National Certified Nurses Day: March 19

We proudly recognize the incredible nurses who go above and beyond every single day here at The Harbor. Your dedication, expertise, and compassionate care make a lasting difference in the lives of our residents and their families.

Certified nurses bring not only advanced knowledge and skill but also patience, kindness, and heart into everything they do. Especially in dementia care, your understanding, empathy, and steady presence mean more than words can express.

Thank you for your hard work, your passion for learning, and the warmth you bring to our Harbor family. We are truly grateful for each of you—today and every day. Please join us in celebrating our amazing nurses on March 19th at 10 a.m.

Hailey Siler  
Life Enrichment Coordinator

## Celebrations & Milestones

### Welcome to our newest residents!

- Peggy Dearden
- John Crigler
- Allen Miller

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

#### RESIDENT BIRTHDAYS

- Mar. 1: Dora Cameron
- Mar. 17: Ella Bailey
- Mar. 22: Carey Hensley
- Mar. 24: Lawrence Fielding

#### TEAM MEMBER BIRTHDAYS

- Mar. 2: Jennifer Davis
- Mar. 20: Mary Morris
- Mar. 28: Spencer Williams
- Mar. 30: Amanda Brown

#### RESIDENT ANNIVERSARIES

- Margit Holdsworth – 2 years
- Kathryn Bledsoe – 1 year

## MARCH HIGHLIGHTS

- 5 2:30PM Hilltop Mens Club
- 13 2:30PM Red Hat Ladies Social
- 16-22 Brain Awareness Week
- 17 2:30PM St. Patrick's Day Party
- 19 10AM National Certified Nurses Day Celebration
- 19 4:30PM Family Dinner

**ALZHEIMER'S SUPPORT SERVICES**

LEGACYSL.NET/  
ALZHEIMERS-SUPPORT



## JENNIFER DAVIS MARCH WINNER

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

We're thrilled to celebrate Jennifer Davis as our March recipient of the Going the Extra Mile Award. Jennifer was nominated because she goes above and beyond for our residents every single day—with a level of care and kindness that sets the standard for everyone around her.

Since joining The Harbor three years ago, Jennifer has become the kind of team member everyone hopes for: steady, compassionate, and always willing to step in where she's needed. Her dedication is clear in the way she connects with residents and their families—never rushing, always listening, and making sure that each person feels truly seen and valued.

Jennifer's favorite part of her job? "Taking care of the residents," she says without hesitation. And it shows. The bonds she forms with those in her care

aren't just about meeting needs—they're about creating moments of joy and comfort, day in and day out.

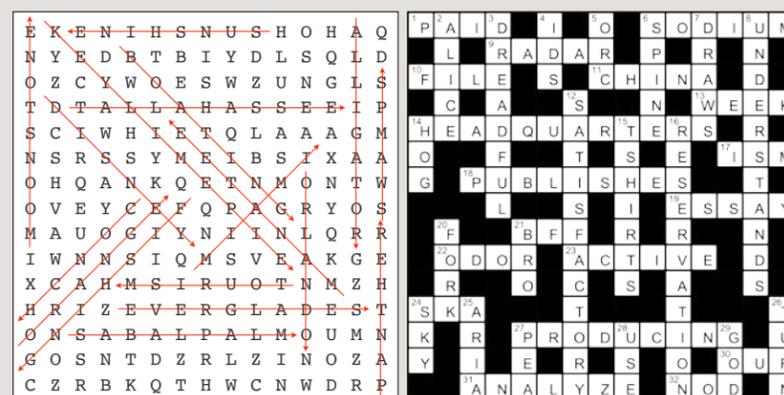
Outside of work, Jennifer's just as dedicated to her family and her hobbies. She loves cross stitching, word searches, curling up with a good book, and unwinding with classic TV—especially Scooby-Doo. Her home is full of love, with her husband, two children, two dogs, and two cats all competing for her attention (and she wouldn't have it any other way).

We're grateful for everything Jennifer brings to The Harbor—her heart, her work ethic, and her unwavering positivity. Thank you, Jennifer, for showing us what it means to go the extra mile. We're so proud to have you on our team.

## CHEERS TO HELLOS AND GOOBYES



We recently gathered to celebrate two important milestones at The Harbor: welcoming our new Maintenance Director, Brett, and bidding a fond farewell to our wonderful nurse, Amber. We're thrilled to have Brett join the Harbor family and look forward to all he'll bring to our community. At the same time, we're grateful for Amber's dedication and the care she's given to our residents, families, and staff. Though we'll miss her, we're cheering her on in her next chapter and are thankful for all she's done as part of our Harbor family.





**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, March 4th at 10am  
**WHERE:** The Harbor at Renaissance  
**NOTE:** Meets the 1<sup>st</sup> Wednesday of every month at 10am

**Culpeper Alzheimer's Caregivers Support Group**

**WHEN:** Monday, March 16th at 10am  
**WHERE:** Generations Central at Culpeper Baptist Church  
**NOTE:** Meets the 3<sup>rd</sup> Monday of every month at 10am

**Brain Health & Signs of Dementia**

**WHEN:** Wednesday, March 11th from 11am-Noon  
**WHERE:** Warrenton Manor Apartments, 663 Hastings Ln.  
**NOTE:** This session is designed to empower you with knowledge to help yourself and your loved ones maintain brain health and recognize when to seek help.

**Powerful Tools for Caregivers - Tuesdays thru Apr. 7**

**WHEN:** Tuesdays 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.



**HOPE FOR APPALACHIA: LIESA'S MISSION TO BRING HOPE, HELP & LOVE**

Many know Liesa as a trusted resource for dementia support, but fewer realize she and her husband lead the Virginia team for Hope for Appalachia, a faith-based nonprofit serving some of the poorest children in the Appalachian Mountains.

Each year, they coordinate donations and assemble "Hope Boxes" filled with essentials like toothbrushes, socks, school supplies, and toys—bringing not only physical help but also the love of Jesus and a message of hope.

From **March 23-27**, their team will deliver these boxes to children living in deep poverty in Kentucky. There's still time to donate assembled boxes or items to support this important mission, if you feel led to do so.

To learn more or get involved, visit Hope for Appalachia's Facebook Page: [facebook.com/HopeForAppalachiaVATeam](https://www.facebook.com/HopeForAppalachiaVATeam) or website: [hfivateam.com](https://www.hfivateam.com).



*A Walk Down*  
**MEMORY**  
**LANE**

How do you typically celebrate St. Patrick's Day?



**Linda Breeden:** *We try to wear something green and cook a good dinner. We didn't make a big deal out of it but still made sure we had fun and the kids had fun. Spent time with our family.*



**Mary Smith:** *I was a school teacher so it was a big deal for us. We had it in our lessons and activities. Always had to wear green cause the kids would pinch if you didn't. It was a fun time and we went home and ate good food with our families.*



**MEET DONNA ALEXANDER**  
*FAITH, FAMILY AND THE JOY OF EVERYDAY MOMENTS*

It's hard to imagine The Harbor without Donna Alexander. Her warmth, faith, and joyful spirit seem to fill every corner, making our community just a little brighter

day after day.

Donna's roots reach back to the wide, open spaces of Yellow Medicine County, Minnesota, where she grew up as the middle child between two brothers. Family has always been the heart of her world, and that love only grew stronger over time. Today, Donna is the proud mother of two children and an adoring grandmother to eight grandchildren, each one a source of immense joy.

After attending Echo High School, Donna went on to Business School, determined to build a foundation for a meaningful career. Her sharp mind and steady hand soon led her into the world of accounting, where she found purpose not just in numbers, but in serving others. She managed a bank and later took on the role of church financial manager—positions that allowed her to blend her skills with her deep sense of service and faith. Donna's dedication spanned decades, and she retired in 2010, leaving a legacy of hard work and integrity behind.

Donna's adventurous spirit has taken her to some

of the world's most beautiful places—Greece, Norway, and Ireland among them. But she's just as happy savoring the simple pleasures of home: a frosty Coke, a favorite sweet treat, or a cozy evening watching game shows, especially *Wheel of Fortune*. She loves the timeless charm of *Mary Poppins*, and her sweet tooth is always ready for a little indulgence.

Faith is the cornerstone of Donna's life. She's always been deeply involved in church, and she begins every morning with breakfast and a Bible devotion. As a resident at The Harbor at Renaissance of Greene County, she finds joy in spiritual gatherings, putting together puzzles, strolling outdoors, and joining in for a friendly game of Bingo. She also treasures historical stories and finds comfort in both Christian and classical music.

One of Donna's greatest joys is her beloved dog, Princess, who holds a truly special place in her heart.

We're grateful Donna chose to make her home with us at The Harbor. Her gentle presence, unwavering faith, and joyful spirit make our community a better place—and we look forward to seeing her sparkle light up our days for many more to come.



**SHINE A LIGHT ON OUTSTANDING CARE:  
NOMINATE A TEAM MEMBER TODAY!**

At The Harbor, going the extra mile means more than meeting expectations—it's about kindness, care, and making our community shine. Inspired by Matthew 5:41, our Going the Extra Mile Award celebrates team members who give a little more, brighten someone's day, or simply make The Harbor better by being themselves.

If you've noticed someone who stands out, whether through a small act of kindness or by always offering a helping hand, we'd love to hear about it. **Nomination forms are in the front lobby—just fill one out and drop it in the box.**

Help us honor those who walk that second mile with us every day.





ACROSS

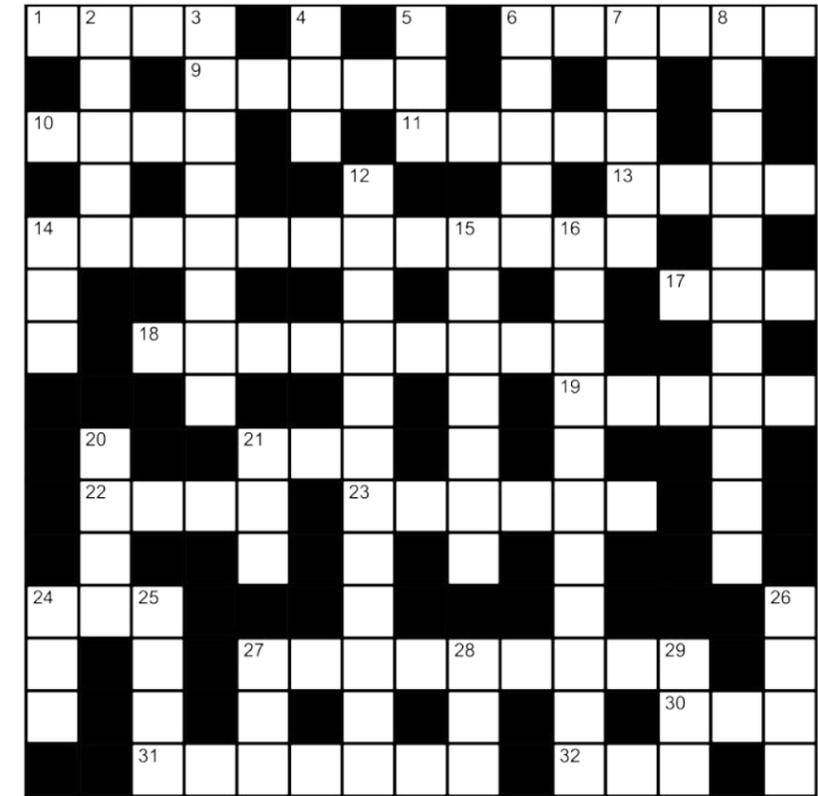
- 1. \_\_\_ back: reimbursed
- 6. Salt mineral
- 9. Weather bureau tool
- 10. Walk in a line: single \_\_\_
- 11. Fine dinnerware
- 13. TV Guide span
- 14. Company's central office
- 17. Suffix with ideal
- 18. Puts into print
- 19. English exam finale, often
- 21. Best friend forever, abb.
- 22. Skunk's defense
- 23. On the move
- 24. 1950s music genre from Jamaica
- 27. Bringing into being
- 30. Days of \_\_\_ Lives
- 31. Study in depth
- 32. Affirmative action?

DOWN

- 2. She falls down a rabbit hole
- 3. Awful; ghastly
- 4. Driver's license and others
- 5. Mythical monster
- 6. Another name for backbone
- 7. Makes a sketch
- 8. Comprehends; grasps
- 12. Adequate
- 14. "Living high on the \_\_\_"

- 15. Casual, short-sleeved tops
- 16. Dinner arrangement
- 20. Chopsticks alternative
- 21. Sis's male sibling
- 24. Wild blue yonder
- 25. Operatic solo

- 26. Card between "flop" and "river" in hold 'em
- 27. Cause of sleep disturbance for a princess
- 28. Operate
- 29. Zeus, for one



E K E N I H S N U S H O H A Q  
 N Y E D B T B I Y D L S Q L D  
 O Z C Y W O E S W Z U N G L S  
 T D T A L L A H A S S E E I P  
 S C I W H I E T Q L A A A G M  
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 G O S N T D Z R L Z I N O Z A  
 C Z R B K Q T H W C N W D R P

Florida

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



- ALLIGATOR
- BOATING
- CONCH
- DISNEY
- EVERGLADES
- FISHING
- KEY LIME PIE
- MANATEE
- MIAMI
- MOONSTONE
- ORANGE
- ORLANDO
- PANTHER
- SABAL PALM
- SUNSHINE
- SWAMPS
- TALLAHASSEE
- TOURISM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Hymns 1:30 Purposeful Tasks 3:30 Name that Tune 6:00 Gospel Music <b>1</b>	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  Purim Begins	9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 National Anthem History 1:30 Movie Party 2:30 Reminiscing 3:30 Game Time 6:00 Gospel Music  National Anthem Day	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	9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds <b>2:30 Hilltop Men's Club</b> 3:30 Puzzle Hour 6:00 Gospel Music	9:00 Guided Devotions 10:00 Balloon Tennis 11:00 Game Time 1:30 Music Sing-Along 2:30 Trivia 3:30 Paint by Numbers 6:00 Jukebox Hour	9:00 Jukebox Hour 11:00 Guided Devotions 2:30 "Alphabet Soup" 6:00 Gospel Music
10:00 Hymns 1:30 Crafting Hour 3:30 Trivia 6:00 Gospel Music  Daylight Saving Time Begins	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	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	9:00 Guided Devotions 10:00 Exercise 11:00 Crafting Hour 1:30 Move to the Music 2:30 Tour of Ireland 3:30 Name that Tune 6:00 Jukebox Hour	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 Plant a Flower Day	9:00 Guided Devotions 10:00 Cup Pong 11:00 Game Time 1:30 Music Sing-Along <b>2:30 Red Hat Ladies Social</b> 3:30 Paint by Numbers 6:00 Gospel Music	9:00 Jukebox Hour 11:00 Guided Devotions 2:30 Puzzle Hour 6:00 Gospel Music
10:00 Hymns 1:30 Name that Tune 3:30 Purposeful Tasks 6:00 Gospel Music <b>15</b>	9:00 Guided Devotions 10:00 Sittercise 11:00 Group Discussion <b>1:30 Brain Awareness Week</b> 2:30 Shake loose a Memory 3:30 Let's Get Pampered 6:00 Jukebox Hour	9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 St. Patricks Discussion <b>1:30 Brain Awareness Week</b> <b>2:30 St Patrick's Party</b> 3:30 Game Time 6:00 Gospel Music  St. Patrick's Day	9:00 Guided Devotions 10:00 Exercise 11:00 Crafting Hour <b>1:00 Brain Awareness Week</b> 2:30 Aromatherapy 3:30 Name that Tune 6:00 Jukebox Hour	9:00 Jukebox Hour <b>10:00 Nurses Celebration</b> 11:00 Table Talk 1:30 Magazine Finds 2:30 Historical Tales <b>4:30 Family Dinner</b> 6:00 Gospel Music  National Certified Nurses Day	9:00 Guided Devotions 10:00 Balloon Tennis 11:00 Game Time <b>1:30 Brain Awareness Week</b> 2:30 Trivia 3:30 Paint by Numbers 6:00 Jukebox Hour  Spring Begins	9:00 Jukebox Hour 11:00 Guided Devotions 2:30 "Alphabet Soup" 6:00 Gospel Music
10:00 Hymns 1:30 Trivia 3:30 Purposeful Tasks 6:00 Gospel Music <b>22</b>	9:00 Guided Devotions 10:00 Snowball Fight 11:00 Group Discussion 1:30 Game Show Time 2:30 Cooking Club 3:30 Let's Get Pampered 6:00 Jukebox Hour	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	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	9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds <b>2:30 Birthday Bash</b> 3:30 Puzzle Hours 6:00 Gospel Music	9:00 Guided Devotions 10:00 Cup Pong 11:00 Game Time 1:30 Music Sing-Along 2:30 Trivia 3:30 Paint by Numbers 6:00 Jukebox Hour	9:00 Jukebox Hour 11:00 Guided Devotions 2:30 Puzzle Hour 6:00 Gospel Music
10:00 Hymns 1:30 Palm Sunday Discussion 3:30 Crafting Hour 6:00 Gospel Music  Palm Sunday	9:00 Guided Devotions 10:00 Outdoor Time 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 Take a Walk in the Park Day	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	<h1>March 2026</h1> <p>Blue Ridge Parkway</p>			

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

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