



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



Teresa Crawford
Housekeeping Director



Spencer Williams
Dining Services Director



Brett Davidson
Maintenance Director



Amber Moran
Regional Director of Operations

A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



As we welcome the month of May, I find myself reflecting on the rhythm of the seasons and the gentle ways they invite us to pause, look around, and appreciate what's right in front of us. May is a month of transition. Spring is in full bloom and summer's just around the corner, and it always seems to bring that sense of renewal into the halls of our community as well.

This sense of renewal is echoed in the special occasions we celebrate together this month. May is recognized nationwide as Older Americans Month, a time when we honor the achievements, wisdom, and resilience of our residents. Their stories, experiences, and laughter are the foundation that makes our community a home. Let's take a moment to recognize the unique gifts our residents share, and the way their lives inspire everyone around them, every single day.

We also look forward to Nurse Appreciation Week, May 6–12—a chance to express our heartfelt gratitude to the dedicated nurses whose compassion and steady hands shape our daily lives. Their care, patience, and kindness are the backbone of our community, and we are truly grateful for the difference they make.

All around us, nature reminds us of how life thrives when given a little warmth and attention. I see it in our gardens as new blossoms appear, in the friendships that continue to grow, and in the laughter that fills our common spaces. These everyday moments, shared together, are what make this season so special.

As May comes to a close, we will pause together on Memorial Day to remember and honor those who have served and sacrificed for our country. Their legacy lives on in the community we share and in the opportunities we have to gather in peace and friendship.

As always, we invite you to join us whenever you'd like—whether it's a group activity, a celebration, or a quiet moment of conversation. Each presence adds to the richness of our community.

Thank you for the joy, patience, and kindness you bring every day. Let's make the most of this beautiful season, together.

Warmly,
Sandra Siler
Sandy Siler
Executive Director



LIFE ENRICHMENT CORNER

Our monthly family dinner is just around the corner, and this May we're mixing things up! Instead of Thursday, we're gathering Friday, May 22nd. The day starts with a Memorial Day Cookout at noon, followed by a Luau-themed dinner—perfect for kicking off summer with good food, great company, and special memories.

Please RSVP at the front desk or call (434) 985-4481. We can't wait to celebrate with you!

NATIONAL NURSES WEEK

Each May, we pause to honor the incredible nurses who give so much every day. At The Harbor, we proudly celebrate our entire care team's compassion and dedication.

A special thank you to Nurse Erica for her leadership, and to our hospice nurses and Nurse Practitioners. Together, they form a caring circle that supports our residents through every moment.

Nursing is more than a job—it's a calling. Especially in dementia care, it requires patience, empathy, and deep understanding to provide comfort and connection.

From expert care to a simple smile, their impact is felt daily. They create a safe, respectful, and caring environment for our residents.

This week, we celebrate who our nurses are—selfless, compassionate, and extraordinary. Thank you, Erica and all our nursing team, for everything you do. Happy National Nurses Week!

Hailey Siler
Life Enrichment Coordinator

Celebrations & Milestones

Welcome to our newest residents!

- Mike DuVall
- Bernard Taylor
- Leitha Hansen
- Lois Grimes
- Glenn Sliker
- Harry Obst

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

RESIDENT BIRTHDAYS

- May 22: Mary Leake
- May 30: Mary Smith
- May 31: Brenda Richards

TEAM MEMBER BIRTHDAYS

- May 9: Hailey Siler
- May 12: Sandy Siler
- May 28: Amy Wright-Dyer
- May 31: Caitlin Ryder

TEAM ANNIVERSARIES

- Liesa Dodson-12 years
- Kimberly Snow-10 years
- Iona Ralls-5 years
- Jackie Perry-4 years
- Haleigh Wheeler-2 years
- Taylor Eppard Hoffman-2 years



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

IONA RALLS

If you've spent any time at the Harbor, chances are you've experienced the warmth, dedication, and quiet determination that make Iona Ralls such an essential part of our team.

A Charlottesville local, born and raised, Iona's journey with us began while she was still a student at James Madison University, where she pursued her degree in English. Even then, her work ethic was clear—balancing her studies while serving as our weekend receptionist. From the very beginning, Iona showed a commitment to both her education and our community.

After graduating, Iona stepped into the role of Business Office Manager, where she has continued to grow and shine. In this position, she brings not only organization and professionalism, but also genuine compassion. She cares deeply about our residents, their families, and her fellow team members—something that never goes unnoticed.

Outside of work, Iona enjoys spending time at home cooking and baking with her partner. She proudly reports that she has finally mastered the perfect gooey, fudgy brownie—a skill we fully support and

would gladly taste-test anytime! Her home is also shared with her three beloved black cats: Ony, Nef, and Tev. As Iona puts it, they are "like little soot sprites who scream at me for food," and despite their antics, she wouldn't change them for the world.

When she finds a quiet moment, Iona expresses her creativity through drawing and painting, especially on mini canvases. She enjoys the sense of accomplishment that comes from completing a piece in just a few hours—a small but meaningful creative escape from her busy schedule.

And busy it certainly is. Between work and her social life, Iona continues to challenge herself academically. She is currently studying for the LSAT, with hopes of one day becoming a lawyer so she can help others in an even bigger way. Her drive to grow, learn, and serve is truly inspiring.

We are incredibly proud of Iona and all she has accomplished during her time at The Harbor. She exemplifies what it means to go the extra mile—not just through her work, but through the care, kindness, and heart she brings every single day.

Thank you, Iona, for everything you do. We are grateful to have you on our team!

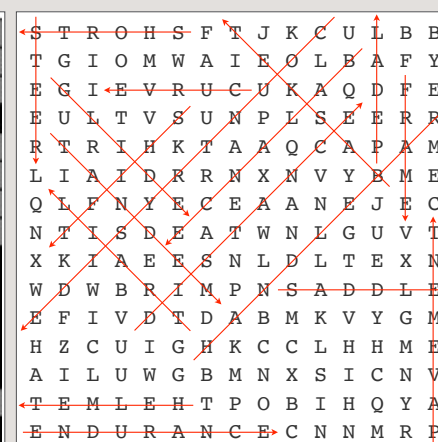
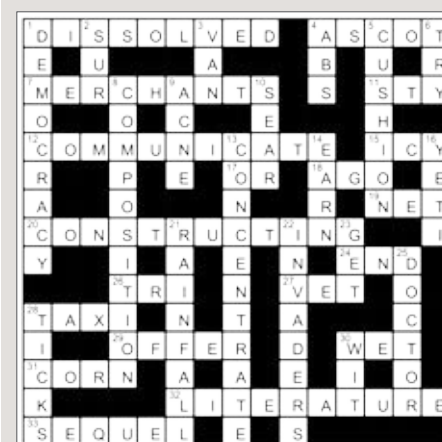
MAY HIGHLIGHTS

- 1st 2:30PM Hilltop Men's Club
- 6th 10AM Nurses Day Celebration
- 9th 10AM Petting Zoo
- 10th 1:30PM Mother's Day Celebration
- 15th 2:30PM Red Hat Ladies Social
- 19th 2:30PM Cooking Club
- 22nd NOON Memorial Day Cookout
- 4:30PM Luau Family Dinner
- 28th 2:30PM Birthday Bash



ALZHEIMER'S SUPPORT SERVICES

LEGACYSL.NET/ALZHEIMERS-SUPPORT



What the Heart Remembers

Sometimes, names and faces drift,
Like leaves upon a stream,
But laughter shared with gentle friends
Still means the world to me.

The world may spin a bit too fast,
And memories come and go,
But kindness, love and moments sweet
Are things I'll always know.

I find such joy in simple things—
A smile, a gentle touch,
The sunlight dancing on my skin,
The friends I love so much.

So meet me here, where laughter lives,
And let the worries fade,
For though my mind forgets at times,
My heart's not far away.

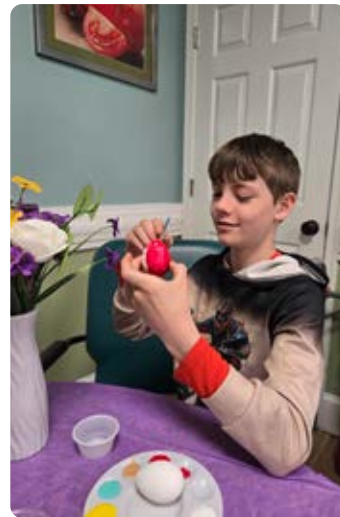




Bunny Sights & Easter Delights

Dyeing eggs, hunting treasures and raffle thrills—

Smiles WERE everywhere!



Where's Liesa? The Heartbeat of Local Support.

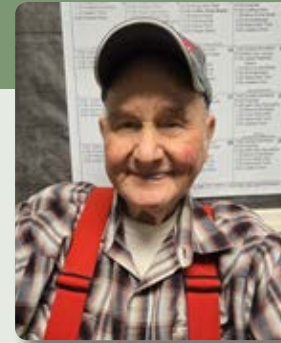
Liesa Dodson, Marketing Director at The Harbor, is your trusted resource for dementia support and can be reached at: **(540) 222-4263**

Greene Co. Alzheimer's Caregivers Support Group

WHEN: **Wednesday, May 6th 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, April 18th at 10am**
 WHERE: Generations Central at Culpeper Baptist Church
 NOTE: Meets the 3rd Monday of every month at 10am



VICTOR TAYLOR: STRENGTH, FAMILY & SIMPLE JOYS

Bernard Taylor—though everyone here just calls him Victor—has a way of making you feel at home, even if you've only just met. Born and raised in the small town of Culpeper, Virginia, Victor grew up in a house bustling with six siblings. It was there he learned the value of family, steady hands, and quiet strength—qualities that have shaped his life and the lives of those around him.

He's never considered himself much of a globe-trotter, but Victor always loved a good road trip—especially those long, unforgettable drives all the way out to California. These days, his adventures are simpler but every bit as sweet. He's happiest with a Western on TV, Bluegrass music playing in the background, and a slice of warm apple pie in hand.

Those early lessons became the foundation for a life well lived. Victor went on to build a loving family of his own, raising five children who grew up surrounded by his steady presence and gentle guidance. Today, he'll tell you with a twinkle in his eye that his thirteen grandchildren are his greatest accomplishment and greatest source of pride.

An outdoorsman at heart, Victor spent countless years hunting and soaking in the peace of the natural world. Even now, you'll often catch him outside, enjoying the sun on his face and the breeze in the air.

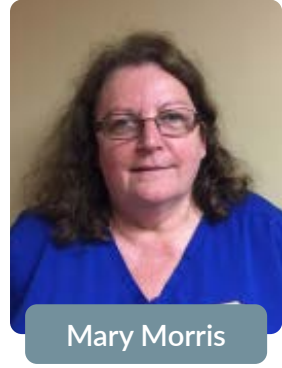
Victor is a proud Culpeper High School graduate and spent his working years as a dedicated Equipment Operator for Martin Marietta. Through years of hard work and commitment, he helped build and shape the world around him, then retired in 2002.

Victor doesn't need to say much—his bright smile and genuine kindness say it all. He's the kind of neighbor who always knows when someone needs a laugh and has a perfectly timed joke at the ready. His warmth, humility, and generous spirit make him a true treasure in our community.

We're grateful every day for the life, love and legacy Victor brings to The Harbor at Renaissance Assisted Living of Greene County. Thank you, Victor, for being exactly who you are—and for making our days a little brighter.

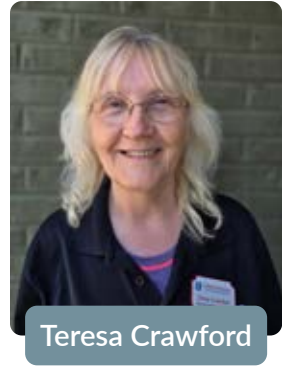


CONTINUING A TRADITION OF EXCELLENCE



Mary Morris

Last month, we said a fond farewell to our wonderful Housekeeping Director, Mary Morris, as she stepped into her well-deserved retirement. Mary was truly at the heart of our community—not just leading with skill and attention to detail, but also bringing warmth, kindness, and genuine care to everyone she worked with. The high standards she set and the culture of compassion she fostered continue to shape our team every day.



Teresa Crawford

Mary's legacy lives on in the strong, supportive team she built and in the countless people she encouraged and mentored. We remain deeply grateful for her years of service, and we wish her all the happiness and adventure in this next chapter.

Now, we are excited to announce Teresa

Crawford as our new Housekeeping Director. Teresa has been a valued member of our team for several years, consistently showing dedication, reliability, and a positive spirit that brightens our community. Her familiarity with our residents and her thoughtful leadership make her the perfect fit for this role.

We have every confidence that Teresa will continue the tradition of excellence Mary established, while also bringing her own fresh perspective and enthusiasm to the position. Please join us in congratulating Teresa as she steps into this new chapter—and in thanking Mary once again for all she has given to our community.

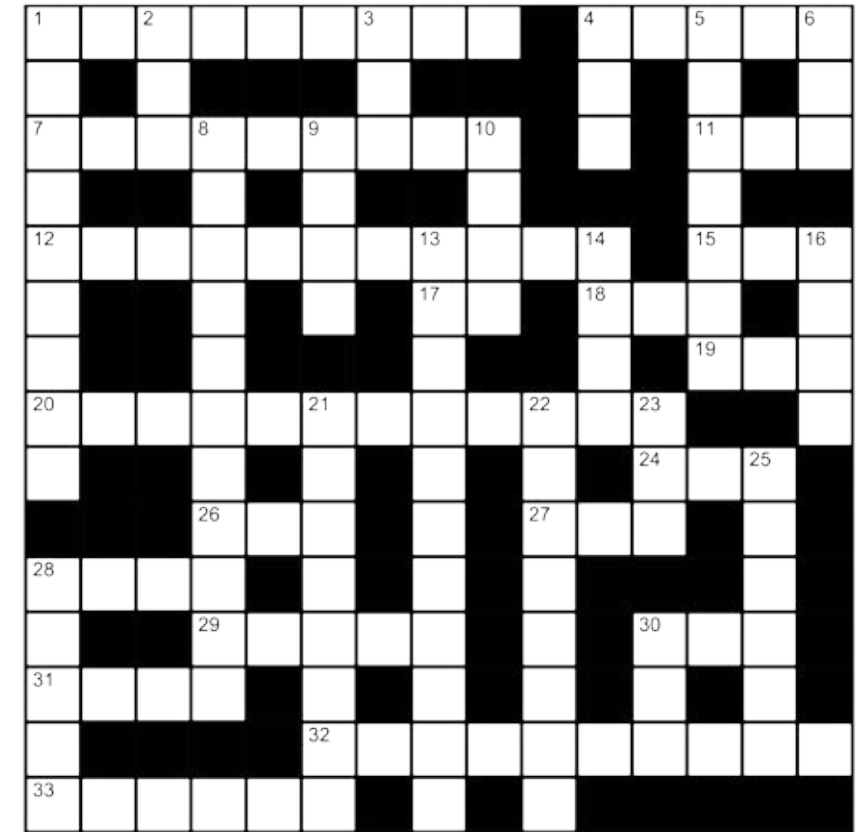
Congratulations to Teresa, and heartfelt thanks to Mary!

ACROSS

- 1. Melted
- 4. Fancy tie
- 7. Traders or dealers
- 11. Hog haven
- 12. Transmit information
- 15. Frigid
- 17. Either ___
- 18. Long ___ and far away
- 19. Fishing aid
- 20. Building or creating
- 24. Finale
- 26. Prefix meaning "three"
- 27. Dog doc
- 28. It's hailed by city dwellers
- 29. Proposal
- 30. Freshly painted
- 31. Maize
- 32. English major's subject
- 33. Film follow-up

DOWN

- 1. Government by the people
- 2. Used before name and charge
- 3. Vehicle with sliding doors
- 4. Stomach muscles, for short
- 5. Shock absorber?
- 6. Attempt
- 8. Musical arrangement
- 9. Teen affliction
- 10. Brand, in a way
- 13. Focus intently
- 14. Work for pay
- 16. Abominable Snowman
- 21. Wet-weather indicator
- 22. H. G. Wells' Martians are some
- 23. Figure out
- 25. Physician
- 28. The sounds of time passing?
- 30. Humorist's specialty



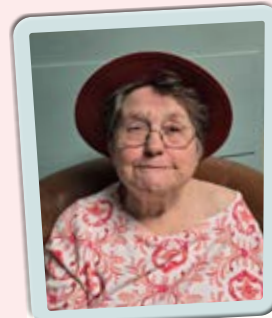
Behind every smile in our halts, is the nurse in this heart.

ERICA LOVINGOOD, LPN

NATIONAL NURSES WEEK
May 6-12

We Appreciate You!

A Walk Down MEMORY LANE



Mary Louise

Tell us your favorite things about

your mother. She can't be mean. She doesn't have a mean bone in her body. We really are lucky to have her as our mama. Everything good—she is. Mama raised us to do good just like she did. She's a great cook too; never made anything bad in my eyes. She's so loving and a good mama. She also loved sewing, that was her thing.

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

PEDAL POWERED

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

BALANCE	FRAME	SADDLE
BASKET	GLIDE	SHIFT
COUNTRYSIDE	HANDLEBAR	SHORTS
CURVE	HELMET	STEER
DISTANCE	PAVEMENT	TANDEM
ENDURANCE	PEDAL	TRAIL

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

Blue Ridge Parkway

								9:00 Guided Devotions 1 10:00 Exercise 11:00 Board Game Time 1:30 Music Sing-Along 2:30 Hilltop Men's Club 3:30 Paint by Numbers 6:00 Jukebox Hour May Day		10:00 Hymns 2 1:30 Purposeful Tasks 3:30 Name that Tune 6:00 Gospel Music			
9:00 Jukebox Hour 3 11:00 Guided Devotions 2:30 "Alphabet Soup" 6:00 Gospel Music		9:00 Guided Devotions 4 10:00 Outdoor Time 11:00 Group Discussion 1:30 Star War Watch Party 2:30 Shake loose a Memory 3:30 Let's Get Pampered 6:00 Jukebox Hour Star Wars Day		9:00 Jukebox Hour 5 10:00 Bingo with Keith 11:00 Trivia 1:30 Movie Party 2:30 Cinco de Mayo Party 3:30 Game Time 6:00 Gospel Music Cinco de Mayo		9:00 Guided Devotions 6 10:00 Nurses Celebration 11:00 Crafting Hour 1:30 Move to the Music 2:30 Aromatherapy 3:30 1 on 1 Hour 6:00 Jukebox Hour National Nurses Week		9:00 Jukebox Hour 7 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Trivia 3:30 Puzzle Hour 6:00 Gospel Music		9:00 Guided Devotions 8 10:00 Exercise 11:00 Board Game Time 1:30 Music Sing-Along 2:30 Historical Tales 3:30 Paint by Numbers 6:00 Jukebox Hour		10:00 Petting Zoo 9 1:30 Crafting Hour 3:30 Trivia 6:00 Gospel Music	
9:00 Jukebox Hour 10 11:00 Guided Devotions 1:30 Mother's Day Celebration 2:30 Puzzle Hour 6:00 Gospel Music Mother's Day National Skilled Nursing Care Week		9:00 Guided Devotions 11 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		9:00 Jukebox Hour 12 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 13 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		9:00 Jukebox Hour 14 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Trivia 3:30 Puzzle Hour 6:00 Gospel Music		9:00 Guided Devotions 15 10:00 Exercise 11:00 Board Game Time 1:30 Music Sing-Along 2:30 Red Hat Ladies Social 3:30 Paint by Numbers 6:00 Jukebox Hour Nascar Day		10:00 Hymns 16 1:30 Name that Tune 3:30 Purposeful Tasks 6:00 Gospel Music Armed Forces Day	
9:00 Jukebox Hour 17 11:00 Guided Devotions 2:30 "Alphabet Soup" 6:00 Gospel Music		9:00 Guided Devotions 18 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 Victoria Day (Canada)		9:00 Jukebox Hour 19 10:00 Bingo with Keith 11:00 Trivia 1:30 Movie Party 2:30 Cooking Club 3:30 Game Time 6:00 Gospel Music National Devil's Food Cake Day		9:00 Guided Devotions 20 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		9:00 Jukebox Hour 21 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Trivia 3:30 Puzzle Hour 6:00 Gospel Music Shavuot Begins		9:00 Guided Devotions 22 10:00 Exercise 12:00 Memorial Day Cookout 2:30 Music Sing-Along 4:30 Luau Family Dinner 6:00 Jukebox Hour		10:00 Hymns 23 1:30 Trivia 3:30 Crafting Hour 6:00 Gospel Music	
9:00 Jukebox Hour 24 11:00 Guided Devotions 2:30 Puzzle Hour 6:00 Gospel Music		9:00 Guided Devotions 25 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 Memorial Day		9:00 Jukebox Hour 26 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 27 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 28 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Birthday Bash 3:30 Puzzle Hour 6:00 Gospel Music National Senior Health & Fitness Day		9:00 Guided Devotions 29 10:00 Exercise 11:00 Board Game Time 1:30 Music Sing-Along 2:30 Historical Tales 3:30 Paint by Numbers 6:00 Jukebox Hour		10:00 Hymns 30 1:30 Purposeful Tasks 3:30 Name that Tune 6:00 Gospel Music	
9:00 Jukebox Hour 31 11:00 Guided Devotions 2:30 "Alphabet Soup" 6:00 Gospel Music													

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

Skyline Drive

<p>10:00 Hymns 1:30 Purposeful Tasks 3:30 Name that Tune 6:00 Gospel Music</p>				<p>9:00 Guided Devotions 10:00 Outdoor Time 11:00 Group Discussion 1:30 Star Wars Watch Party 2:30 Shake loose a Memory 3:30 Let's Get Pampered 6:00 Jukebox Hour</p> <p style="text-align: center;">Star Wars Day</p>				<p>9:00 Jukebox Hour 10:00 Bingo with Keith 11:00 Trivia 1:30 Movie Party 2:30 Cinco de Mayo Party 3:30 Game Time 6:00 Gospel Music</p> <p style="text-align: center;">Cinco de Mayo</p>				<p>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</p> <p style="text-align: center;">National Nurses Week</p>				<p>9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Trivia 3:30 Puzzle Hour 6:00 Gospel Music</p>				<p>9:00 Guided Devotions 10:00 Exercise 11:00 Board Game Time 1:30 Music Sing-Along 2:30 Historical Tales 3:30 Paint by Numbers 6:00 Jukebox Hour</p> <p style="text-align: center;">May Day</p>				<p>9:00 Jukebox Hour 11:00 Guided Devotions 2:30 "Alphabet Soup" 6:00 Gospel Music</p>			
				<p>10:00 Hymns 1:30 Mother's Day Celebration 3:30 Trivia 6:00 Gospel Music</p> <p style="text-align: center;">Mother's Day National Skilled Nursing Care Week</p>				<p>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</p>				<p>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</p>				<p>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</p>				<p>9:00 Jukebox Hour 10:00 Exercise 11:00 Table Talk 1:30 Magazine Finds 2:30 Trivia 3:30 Puzzle Hour 6:00 Gospel Music</p>				<p>9:00 Guided Devotions 10:00 Exercise 11:00 Board Game Time 1:30 Music Sing-Along 2:30 Red Hat Ladies Social 3:30 Paint by Numbers 6:00 Jukebox Hour</p> <p style="text-align: center;">Nascar Day</p>			
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