



YOUR
LEADERSHIP
TEAM



Sandy Siler

Executive Director



Nola Ralls

Sales & Marketing Director



Erica Lovingood, LPN

Resident Services Director



Jennifer Covington

Resident Care Coordinator



Hailey Siler

Life Enrichment Coordinator



Iona Ralls

Business Office Manager



Teresa Crawford

Housekeeping Director



Spencer Williams

Dining Services Director



Brett Davidson

Maintenance Director



Zachary Shifflett

Chaplain



Amber Moran

Regional Director of Operations



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

There’s a story woven into nearly every family: parents who spent years pouring themselves into their children—driving to lessons and games, cheering from the stands, making sure everyone had what they needed. As time goes on, those children grow up, start families of their own, and the days fill up with new responsibilities. Then come grandchildren, and even great-grandchildren, and life gets busier still. It’s not that anyone means to drift apart, but as the seasons change, the parent who once held everything together can sometimes feel a little more alone.

That’s why National Assisted Living Week holds such special meaning for us each September. Each year, the week begins on Grandparents Day and this year carries the theme “Shining through the Years”—a celebration of the many decades of memories, music, and experiences that our residents bring to our community. When someone who spent a lifetime caring for others joins us here, they find themselves surrounded by new friends, compassionate team members, and a sense of belonging that can quickly brighten even the quietest days.

Research shows that these daily interactions—sharing meals, swapping stories, simply greeting a neighbor—

don’t just lift the spirit; they truly make a difference in health and happiness. Seniors who are socially connected are more likely to enjoy improved mood, better cognitive health, and a lasting sense of purpose. Even a single conversation can be a reminder that no one is ever truly alone.

As we mark National Assisted Living Week, we honor all those who have helped shape families and communities for generations. We thank you—residents, families, and team—for sharing your lives and legacies with us, and for allowing us to be part of your journey.

If you’re curious about the celebrations or opportunities to connect this month, you’ll find more information on our calendar or inside this newsletter. Whether you join us for a visit, a conversation, or simply a cup of coffee, you are always welcome.

Thank you for allowing us to continue serving you and your loved ones. May God bless you with peace, joy, and the reminder that every stage of life is worthy of love, attention, and connection.

Sincerely,

Sandy Siler
Executive Director



Hailey Siler
Life Enrichment
Coordinator

LIFE ENRICHMENT Connections

Let the Fun Begin! **National Assisted Living Week** is almost here, and we're ready to celebrate in style! Each day will have a different theme, so get your costumes and creativity ready—we'd love for everyone, including families and volunteers, to join the festivities. To make this week extra special, we'll host this month's Family Night on Thursday of that week, the 17th, and there's even more information about all the themed days and activities below. It's going to be a week full of laughter, connection and community spirit!

And speaking of creativity—have you heard about our new **Grand Builders Club**? Inspired by the joy and imagination that LEGO® building brings to our residents, this club is a place where everyone can come together, share stories, and let their creativity shine. Whether you're building a castle, a memory, or just enjoying the company, there's always something special happening when the blocks come out. The Grand Builders Club is open to all residents who love a little hands-on fun—and families can join in for LEGO events, too.

Stay tuned for more details, and don't miss out on the excitement. There's always something to look forward to here at The Harbor!

Hailey Siler
Life Enrichment Coordinator

NATIONAL ASSISTED LIVING WEEK



National Assisted Living Week is approaching, and we're going all out! Every day from Monday to Friday brings a new theme, a fresh reason to dress up, laugh, and celebrate what makes our community special. Join us at 2:00 pm for daily parties filled with good company and great moments, and be sure to stick around for our big Harbor Cookout on Friday—it's the perfect way to close out a week of fun. Come for the festivities, stay for the smiles. We can't wait to see you there!

Mon., Sept. 14 th	2pm Wild West Rodeo
Tues., Sept. 15 th	2pm Decades Disco
Wed., Sept. 16 th	2pm Harbor Superheroes Party
Thurs., Sept. 17 th	2pm Carnival Funhouse 4:30pm Family Night
Fri., Sept. 18 th	2pm Harbor Pride Cookout

Celebrations & Milestones

Welcome to our newest residents!

- Keith Walker
- Maya Wynkoop
- Zella Martin

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

RESIDENT BIRTHDAYS

- Sept. 4: Linda Breeden
- Sept. 8: Diana Montague
- Sept. 12: Ellie Beck
- Sept. 18: Karla Young

TEAM MEMBER BIRTHDAYS

- Sept. 3: Elianna Dodson
- Sept. 11: Madison Covington
- Sept. 16: Courtney Leer
- Sept. 18: Jackie Perry
- Sept. 21: Brett Davidson
- Sept. 26: Ashley Welcher
- Sept. 28: Taylor Eppard-Hoffman
- Sept. 30: Coleen Hoffman

RESIDENT ANNIVERSARIES

- Robert Finno – 4 yrs
- Diana Montague – 2 yrs
- Walter Morris – 1 yr

TEAM ANNIVERSARIES

- Tyler Morris – 5 yrs
- Victoria Proffitt – 5 yrs
- Brittney Holt – 1 yr
- Ashley Welcher – 1 yr

SEPTEMBER ACTIVITY Highlights

- 4th 2:30pm Hilltop Men's Club
- 8th 2:30pm Grand Builder's Club
- 9th 10am Red Hat Ladies Social
- 17th 4:30pm Family Dinner
- 24th 2:30pm Birthday Bash



CINDY LAWSON SEPTEMBER WINNER

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

We are proud to recognize Cindy Lawson as our Going the Extra Mile Winner for the month of September!

Cindy was nominated for this recognition because of her deep compassion, steady dedication, and the exceptional care she brings to The Harbor at Renaissance. Since joining our community in June 2018, Cindy has set a high standard for what it means to truly care for others. She consistently goes above and beyond, making sure every resident feels not just safe and supported, but genuinely valued and loved. Cindy's approach to care goes far beyond attending to physical needs—she is committed to supporting residents emotionally, building meaningful connections, and creating a warm, welcoming environment where everyone feels at home.

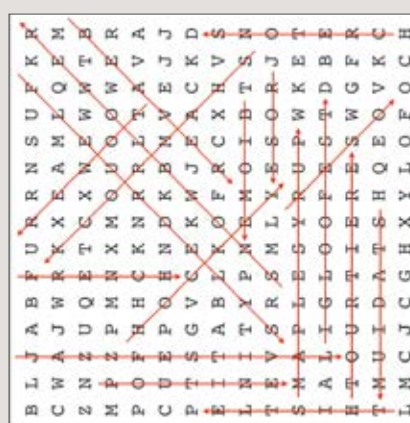
Her kindness and genuine love for our residents shine through in everything she does. Over the years, Cindy has built lasting relationships not only with those in her care, but also with their families, who deeply appreciate

the compassion and commitment she shows each day. Her positive attitude, reliable work ethic, and caring heart have also made her a favorite among her coworkers—she is someone others look to for support and guidance.

A proud Greene County native and graduate of William Monroe High School, Cindy manages to balance two jobs while always making time for the people who matter most. Outside of work, she finds joy in spending time with her grandchildren and relaxing to her favorite country and bluegrass music.

Cindy is truly an invaluable member of The Harbor family. We are incredibly grateful for her dedication, selflessness, and unwavering commitment to our residents—a true example of what it means to Go the Extra Mile.

Congratulations, Cindy, and thank you for making such a meaningful difference in the lives of our residents, their families, and your Harbor family every single day!



Celebrate the tiny victories.

CAN YOU IDENTIFY THESE POPULAR 70S TOYS?

The answers can be found on one of the calendars.



Blossoms & Blessings

AUGUST FAMILY NIGHT
WITH FLAVOR & FRIENDSHIP

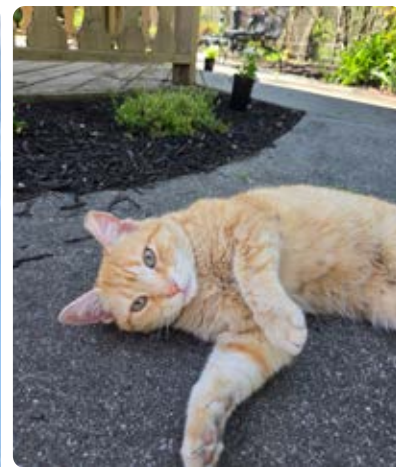
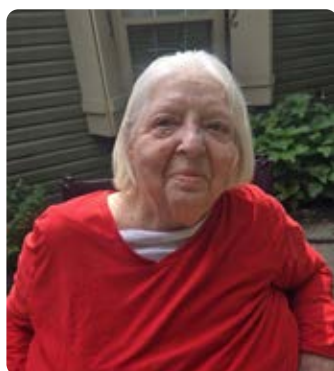


Simple Pleasures

THERE'S SOMETHING SPECIAL
ABOUT OUR COURTYARD—
LUSH PLANTS, BRIGHT
FLOWERS, & THE WARMTH OF
NEIGHBORS & FRIENDS...



EVEN COURTYARD
KITTY KNOWS IT'S THE
BEST PLACE TO BE!



MEET Kolo Hensley RIDING THROUGH LIFE AT FULL THROTTLE WITH A PUNCHLINE

When you hear laughter echoing down the halls at The Harbor, chances are Carey "Kolo" Hensley is nearby. Kolo doesn't just tell a joke—she delivers it with a sly grin and the twinkle of someone who knows how to stitch a little brightness into an ordinary day. She has a way of making you feel welcome, whether you're a new face or a familiar friend, and her warmth lingers long after the punchline lands.

Ask Kolo about her childhood and she'll lean in, eyes bright, ready to paint you a picture of Wisconsin winters. You can almost feel the cold bite of the air as she reminisces of skating and fishing with her father—her laughter bubbling up as she recounts a story, her face lighting up with the memory. There's a soft spot in her heart for those days, and she shares them like small treasures, passing along a little piece of joy to anyone willing to listen.

Kolo carries her memories of her late husband, Darrel, like a favorite photograph: cherished, well-worn, precious in every detail she recalls. Twenty-two years together left her with enough stories to fill a lifetime, and she revisits them often, her voice gentle when she speaks his name.

Popcorn and dill pickles—simple, satisfying, with a bit of zing, just like her sense of humor. Settle in with her for an episode of CSI or Law & Order and you'll see her at her happiest, piecing together clues, rooting for the underdog, and tossing out her own half-serious theories about whodunit.

Kolo's spirit is adventurous in the best way. She talks about camping trips and motorcycle rides with a spark that hints at a lifetime spent exploring and soaking in the world's small wonders. Dogs—any dog, really—bring an extra gleam to her eyes, and she never misses a chance to say hello to a furry friend.

If there's classic rock playing, Kolo's likely humming along. She finds comfort in music, but also in faith—always looking forward to a church service, a devotion, or a Bible study. These moments ground her, carving out quiet spaces in weeks that are otherwise filled with laughter and conversation.

Mostly, though, Kolo is known for making people laugh. She's the one with the quick comeback, the funny story, the smile that spreads down the hallway. She isn't just part of The Harbor family—she is part of what makes it feel like home.

Kolo, thank you for sharing your joy, your stories, and your heart. The Harbor is brighter because of you.



1. "Snap! Crackle! ____!"
2. "Please don't squeeze the ____."
3. "You can trust your car to the man who wears the ____."
4. "The best part of waking up is ____ in your cup."
5. "Don't leave home without ____."
6. "Where's the ____?"
7. "Like a good neighbor, ____ is there."
8. "Let your fingers do the ____."
9. "My bologna has a first name. It's ____."

10. "Betcha you can't eat just ____."
11. "____, take me away!"
12. "A little ____'ll do ya!"
13. "See the USA in your ____"
14. "Nothing says lovin' like something from the ____."
15. "Gee, your hair smells ____!"

Solutions:
1. Pop-Rice Krispies; 2. Charmin; 3. Star-Texaco Star; 4. Folgers; 5. It-terific-Gee Your Hair Smells Terrific Shampoo; 6. Beef-Wendy's; 7. State Farm; 8. Walking-Yellow American Express; 9. O-S-C-A-R-Oscar Mayer Bologna; 10. One-Lay's Potato Chips; 11. Calgon; 12. dab-Brylcreem; 13. Chevrolet; 14. oven-Pillsbury; 15. Terrific-Gee Your Hair Smells Terrific Shampoo



Erica Lovingood, LPN
Resident Services
Director

Nurse's Notes

A WEEK TO CELEBRATE WHAT MAKES US SPECIAL: NATIONAL ASSISTED LIVING WEEK

It's that time of year when communities everywhere take a moment to shine a light on the people and moments that make assisted living so unique. At The Harbor, we're joining in the celebration with a week of themed days, dress-up fun, and plenty of reasons to smile. (Be sure to check the schedule in this newsletter and join the festivities!)

But beyond the costumes and activities, this week is really about honoring our residents—their journeys, their personalities, and the warmth they bring to our halls. It's also a chance to recognize our devoted caregivers and to share what makes this kind of supportive senior care so meaningful.

Thank you to everyone—residents, families, and staff—for making The Harbor a place where compassion, respect, and connection truly matter. I feel lucky to be part of it, and I can't wait to celebrate with you all.

ALZHEIMER'S SUPPORT SERVICES

LEGACYSL.NET/
ALZHEIMERS
-SUPPORT

IF YOU LOVE WHAT WE DO,
PLEASE LEAVE A REVIEW!



YOUR FEEDBACK
HELPS OTHERS!



I can't help but think
that people today
would be much happier
if they listened to
music from the 60s
and 70s more often.

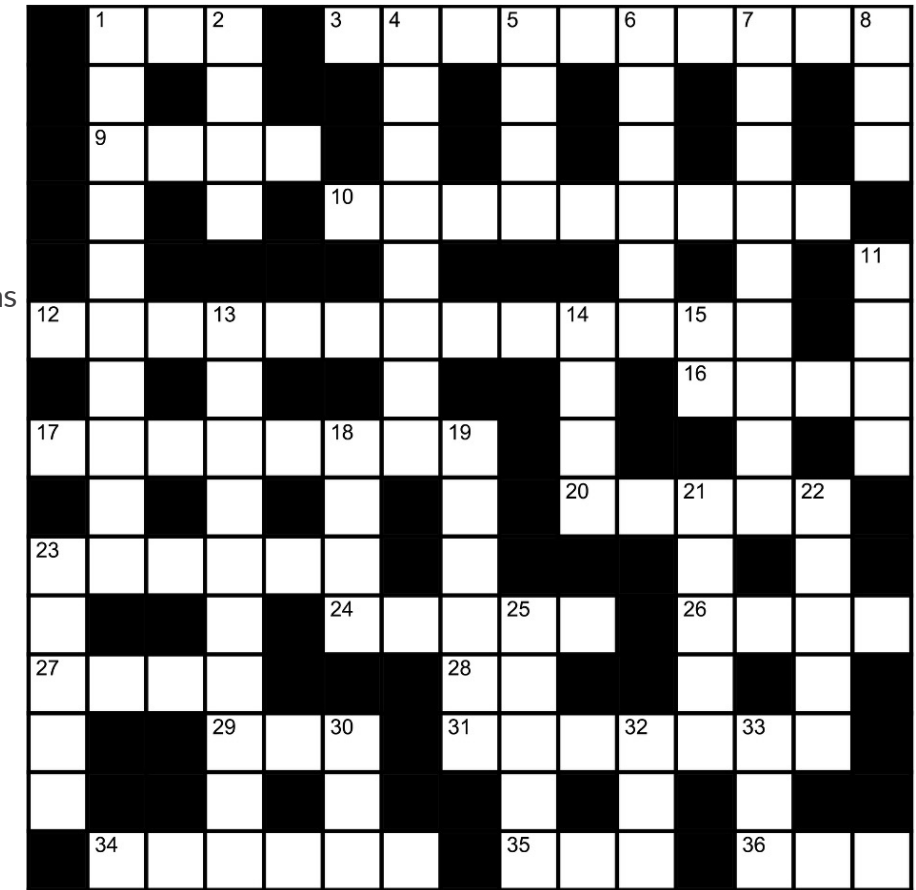


ACROSS

- Trade Expansion Act, abbrev.
- Incapable of being done
- Paul Newman film, ___ Hand Luke
- Extinct prehistoric reptiles
- By way of contrast; relatively
- Tablet or capsule, perhaps
- Christmas and New Year's
- To clear out or throw away unwanted items
- Business magnate
- It will end at midnight
- Excursion
- "What's gotten ___ you?"
- Offensive line, abbrev.
- Plum part
- Glass house features; picture _____
- Tom, Dick, or Harry
- Individual Study Time, abbrev.
- "Tasty!"

DOWN

- The T in IT: Information ____
- Molecule part
- Of the armed forces
- Butter alternative
- Equal-sided rectangle
- Double-crossing
- Corn serving
- Darkroom development
- Study of the nature of existence and morality
- A dangerous seductress
- Vinyl record
- Em, to Dorothy
- Peter Pan lost his
- 4:1, for example
- Goes offstage
- "I ____ I can, I ____ I can"
- Cover story?
- Roman numeral X = ____
- Period
- Kid's query



A Walk Down MEMORY LANE

As a teacher, how did your first year
compare to your last year?



Beverly: Oh, it was all so lovely. It was new and exciting at first. I hated to go 'cause I love it so much. I don't have anything bad to say about my experience. I loved the first year I was teaching and the last year I did it too.

Linda: The first year was just as good as the last. It was all bittersweet, but I really loved what I did. It was always a great time with the kids and I wouldn't change any of it. I was sad to go my last year but excited as well.

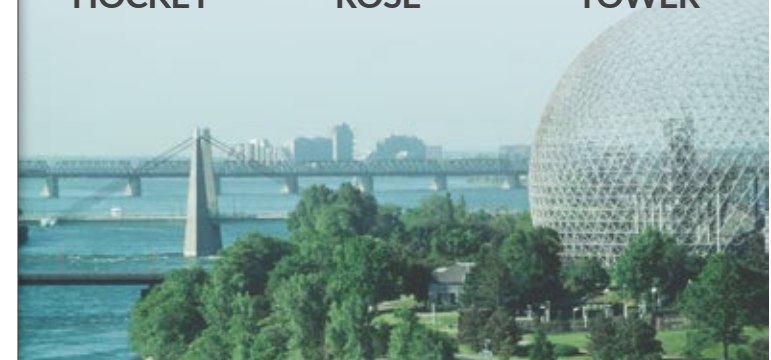


MEET ME IN Montreal

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

BEAVER	IGLOOFEST	SHAMROCK
BIOME	JAZZ FESTIVAL	SNOWBLOWER
CRETONS	MAPLE SYRUP	STADIUM
FLEUR-DE-LYS	POUTINE	THISTLE
FRENCH	RESO	TOURTIÈRE
HOCKEY	ROSE	TOWER

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Daily Chronicles 9:30 Guided Devotions 10:00 Bingo with Keith 11:00 Walking Club 1:30 1 on 1 Hour 2:00 Snack Cart 2:30 Scrabble Slam 3:30 Puzzle Hour 6:00 Jukebox Hour	9:00 Daily Chronicles 9:30 Guided Devotions 10:00 Shake Loose a Memory 11:00 Chair Yoga 1:30 SimpleC Activity 2:00 Snack Cart 2:30 Just Roll with It 3:30 Crafting Hour 6:00 Gospel Music	9:00 Daily Chronicles 9:30 Guided Devotions 10:00 Coffee Shop Social 11:00 Cornhole 1:30 Magazines & Melodies 2:00 Snack Cart 2:30 Call to Mind Game 3:30 Let's Get Pampered 6:00 Jukebox Hour	9:00 Daily Chronicles 9:30 Guided Devotions 10:00 Hall of Fame: Stevie Wonder 11:00 Outdoor Time 1:30 SimpleC Activity 2:00 Snack Cart 2:30 Hilltop Mens Club 3:30 The Ungame 6:00 Gospel Music National Food Bank Day	10:00 Daily Chronicles 10:30 Hymn Singing 1:30 Finish the Phrase 3:30 Connect 4 6:00 Gospel Music
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The Harbor at Renaissance, 422 William Mills Dr, Stanardsville, Va, 22973. Activities last approximately 30 minutes to an hour. Outdoor activities are weather permitted.

70s Toys: 1. Etch A Sketch; 2. Stretch Armstrong; 3. Simon; 4. Slinky; 5. Operation; 6. Speak & Spell; 7. Six Million Dollar Man; 8. Weeble Wobble; 9. Pet Rock; 10. Spirograph; 11. Merlin; 12. Lite-Brite

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