



Life. Love. Legacy.™

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LEGACY VILLAGE AT PLANTATION MANOR

NEWSLETTER | JULY 2025



Your Administrative Team



Carol Whitney
Executive Director



Betty Sawyer
Community
Ambassador



Aileen Devine
Sales & Marketing
Director



Dana Bass, LPN
Clinical Coordinator



Latisha Rooks
Resident Services
Director



Kathy Dailey
Dining Services
Director



Melissa Williams
Life Enrichment
Director



David Ostrander
Maintenance
Director



Whitney Holcombe
Business Office
Manager



Dave Dumas
Chaplain



As I settle into my first few weeks at Legacy Village at Plantation Manor, I can only describe the experience as truly refreshing. The talent and compassion of our team are remarkable—but what stands out even more is the warmth from our residents and families. There's a real sense of "Legacy love" here,

and I feel blessed to share in this wonderful home with you all each day.

My journey to senior living began while studying Exercise and Sports Science at the University of Georgia, where I worked with a cardiac rehab group serving seniors. I immediately fell in love with caring for older adults, and that passion has guided my career in a variety of roles, from Assisted Living Administrator to Regional Marketing Coordinator. Though I once tried early retirement, I simply couldn't stay away from the joy and fulfillment this work brings. To care for those who once cared for us is a true honor, and I am so grateful for the opportunity to serve the amazing residents and team members of Legacy Village.

Having called Thomasville home for the past 24 years, I'm excited to become even more engaged in our local community. When I'm not at Legacy Village, you'll find me enjoying time with my family—whether it's fly fishing with my husband Charlie, being "Gigi" to our four wonderful grandchildren, cheering on the Georgia Bulldogs, or supporting our local businesses downtown.

As we look forward to July, I'm especially excited to celebrate the Fourth with everyone—enjoying shaved ice, cool watermelon, and the company of friends old and new. I hope to see you soon at Legacy Village, and I welcome the chance to get to know each of you better in the coming weeks.

Thank you for the warm welcome and for allowing me to be a part of this incredible community. Here's to a summer full of connection, joy, and "Legacy love."

With gratitude,

Carol Whitney



Delivering a Legacy: Dr. Tom Reynolds' Lifelong Impact



If you've spent any time around Thomasville, chances are you've met someone whose life was touched by Dr. Tom Reynolds—sometimes literally from the very first moment. Born in Indiana in 1933, Dr. Reynolds made his way south after medical school at the University of Kentucky, searching for a place big enough for a bustling medical practice but small enough to feel like home. He found what he was looking for in Thomasville, where he opened his OBGYN practice in 1970 and spent 34 years delivering babies, supporting families, and becoming a quiet legend in the process.

Dr. Reynolds estimates he's delivered over 3,000 babies in his career—a number that's hard to wrap your head around until you realize how many residents and team members at Legacy Village at Plantation Manor recognize him as the doctor who brought their children or grandchildren into the world.

For some, the memories are even more profound. Kathy Dailey, now Legacy Village's Dining Services Director, remembers Dr. Reynolds not just as her physician but as her hero. During the delivery of her son, Kathy experienced a rare, life-threatening complication. As numbness crept up her body and she lost consciousness, Dr. Reynolds and his team sprang into action. Thanks to his skill and quick thinking, both Kathy and her baby survived a harrowing amniotic fluid embolism—a moment neither of them will forget. Even now, decades later, Kathy calls Dr. Reynolds her "Hero," and he calls her his "Angel." Her son Joseph, the baby Dr. Reynolds delivered that day, is now 34 with a family of his own.

Beyond his medical career, Dr. Reynolds built a full life with his wife, Patsy, to whom he was married for 35 years until her passing in 1999. Together they raised two children and now have two grandchildren. For the past two and a half years, Dr. Reynolds has been part of the Legacy Village family through the day stay program. It's a unique kind of full circle: the community he cared for so deeply now gets to care for him in return.

Dr. Reynolds' story is woven into the fabric of Thomasville, one delivery, one family, one act of kindness at a time. We're honored to have him with us, and even more honored to be part of the next chapter in his remarkable story.



Kathy's Korner

Peanut Butter Corn Chip Cookies

What you'll need:

- 2 c peanut butter
- 2 c corn syrup
- 2 c sugar
- 1 family-sized bag corn chips

What you'll do:

1. Place the first 3 ingredients into a large boiler and stir until creamy.
2. Pour over corn chips and stir til well coated.
3. Scoop with an ice cream scoop onto coated parchment paper and place in the refrigerator until firm. Enjoy!



Happy Birthday!

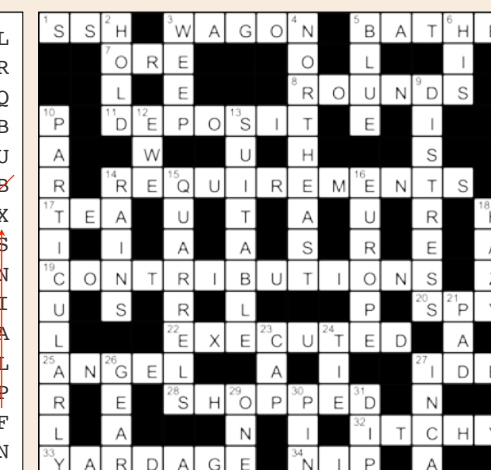
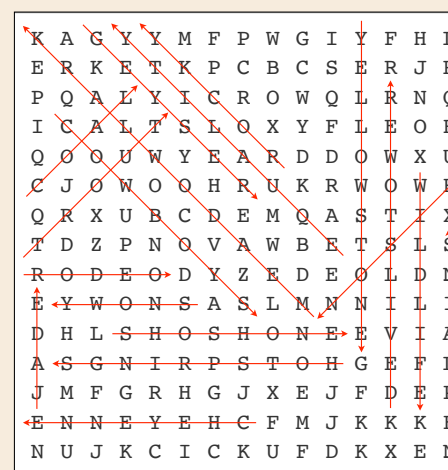
RESIDENTS

- 1st Linda Loyd
- 7th Richard Bolen
- 10th Rusty Wood
- 12th Paul Carpenter
- 20th Winnette Stinson

TEAM MEMBERS

- 25th Angel Mobley

WHO'S HAPPIER? OUR RESIDENTS OR AJ FROM RED HILLS PET THERAPY?





Chaplain's Corner

Pastor Dave Dumas



Genesis 15:7-11: Then God said to Abram, "I am the LORD, who brought you out of Ur of the Chaldeans, to give you this land to inherit it." And he said, "Lord GOD, how shall I know that I will inherit it?" So He said to him, "Bring Me a three-year-old heifer, a three-year-old female goat, a three-year-old ram, a turtledove, and a young pigeon." Then he brought all these to Him and cut them in two, down the middle, and placed each piece opposite the other; but he did not cut the birds in two. And when the vultures came down on the carcasses, Abram drove them away.

In this story, Abram is making an offering to the Lord. The vultures came down to take it, and Abram drove them away. When I read this I always think about the parable of the sower. In **Luke 8:5**, it says, "A sower went out to sow his seed. And as he sowed, some fell by the wayside; and it was trampled down, and the birds of the air devoured it." A vulture is a bird. If Abram hadn't driven away the vultures, they would have devoured his offering like they devoured the seed in **Luke 8**.

The parable of the sower is explained in **Luke 8:11-12**. Now the parable is this: The seed is the word of God. Those by the wayside are the ones who hear; then the devil comes and takes away the word out of their hearts, lest they should believe and be saved.

Abram's offering was his seed, and the vultures represented the enemy trying to steal his seed

offering. We see this in the parable of the sower. The sower sowed his seed, and the birds of the air devoured it. When Jesus explained the parable, He said the seed was the Word of God and the devil comes and takes away the Word out of their hearts. Abram was acting in obedience to God, which is worship. The first time the word worship is mentioned in the Bible is when Abraham (after the name change) takes his only son Isaac up on the mountain to sacrifice him. **Genesis 22:5** says, "And Abraham said to his young men, 'Stay here with the donkey; the lad and I will go yonder and worship, and we will come back to you.'"

The devil doesn't want you to obey God in any form or fashion, whether it is an act of obedience in giving, serving, or sharing the Word with someone. Whatever it is, when God puts a word in your heart, the devil will try to come and steal that word. By using thoughts of doubt and fear, the devil will tell you not to give (or not to give that amount), serve, or share the Word of God, but that's when you drive him away in Jesus' name.

II Corinthians 10:5-6 says, "Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled."

Driving away the devil with obedience,
Pastor Dave



Sew Much Nostalgia

There's something special about the hum of a sewing machine and the feel of fabric between your fingers. Thanks to a generous resident donation, our group gathered to brush up on old sewing skills—some for the first time in years. With a few reminders (and plenty of laughter), everyone pitched in to make clever elastic bookmarks. It was an afternoon filled with nostalgia, teamwork, and the simple joy of creating together.



TEAM MEMBER Anniversaries

1 YEAR OF SERVICE

Dangela Gilbert
Tara Green

Thank You!

SMILES ALL AROUND: KHA & AJ SHARE THE JOY OF PET THERAPY





Nurse's Notes with Dana Bass, LPN



No matter the season or weather, protecting your skin from sun damage is something you should keep in mind all year long. When your skin gets sun exposure, it's actually being hit with ultraviolet

(UV) radiation, which can cause all sorts of issues—from sunburn and wrinkles to skin spots, eye damage, and even skin cancer. In fact, skin cancer is the most common cancer in the U.S., with over 6 million new cases diagnosed every year and sadly, more than 8,000 deaths reported in 2024.

But here's the good news: you can lower your risk by taking a few simple steps. Everyone's skin, no matter the color, can get sunburned, so sunscreen is a must. Look for broad-spectrum sunscreens with an SPF of at least 15—that's the kind that helps protect you from both skin cancer and early signs of aging.

Along with sunscreen, try to avoid spending too much time in the sun during the peak hours of 10 a.m. to 2 p.m., when the rays are the strongest. Cover up with long sleeves, pants, a wide-brimmed hat, and don't forget your sunglasses! Apply sunscreen generously to all the spots that get missed easily—your nose, ears, neck, hands, feet, and lips. And remember, no sunscreen is perfect or waterproof, so be sure to reapply it every two hours, especially if you're swimming or sweating.

A quick heads-up: some medications can make your skin more sensitive to the sun, so chat with your doctor if you're not sure. And even on cloudy days, up to 80% of UV rays can sneak through the clouds, so don't skip the protection.

Speaking of sunglasses, make sure yours block 100% of UV rays. Sunlight bouncing off water, sand, or snow can really increase your exposure, which can harm your eyes over time. Kids need UV-protective sunglasses too—those fun toy ones just won't cut it.

So, enjoy your summer, soak up the good vibes, and keep your skin and eyes safe!

Flip Flops & Other Fun!



ACROSS

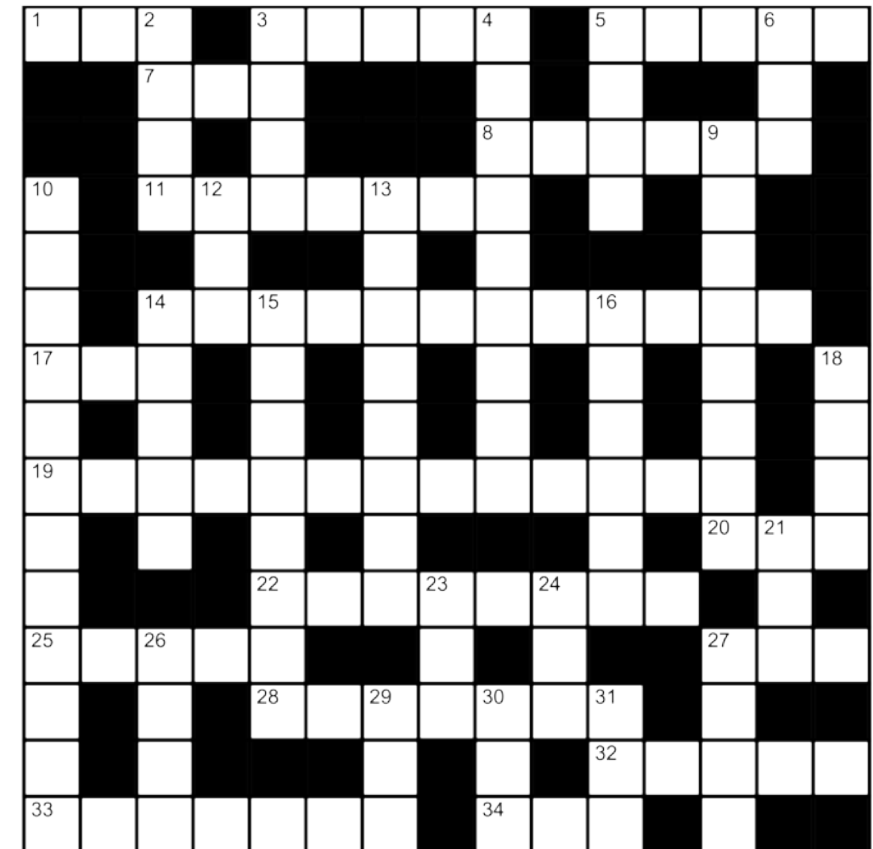
- Often overheard in a library
- Oregon Trail transportation
- Get clean
- Mineral yet to be processed
- Pub orders
- Withdrawal's opposite
- Criteria
- Caffeine source
- Donations
- Mole
- Carried out
- Heavenly host?
- Integrated Drive Electronics, abbrev.
- Made purchases
- Like wool, to some
- Distance gained by a football player
- Small bite

DOWN

- "I Want to ____ Your Hand," by the Beatles
- Cry softly
- In the United States, New England
- Red + ____ = purple
- He's a man of ____ word
- Anguish, hardship
- Especially
- Lamb's mother
- Appropriate
- "When it _____, it pours!"
- Disagreements

- France's continent
- Vague, as a memory
- Hippie's hangout
- Graduate's headwear
- Windsor, for one
- Equipment

- Machu Picchu group
- "The loneliest number"
- Brooch
- Party favorites: chips and ____



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

Wyoming

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




BISON
CHEYENNE
COAL
COWBOYS
DEVILS TOWER
EQUALITY

GEYSER
HOT SPRINGS
JADE
MEADOWLARK
PLAINS
ROCKY

RODEO
SHOSHONE
SNOWY
TROUT
WILDLIFE
YELLOWSTONE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>July 2025</div> <div>ASSISTED LIVING</div>		09:30-Exercise 1 10:00-Pet Therapy 10:00-Christian Friends 12:00-Lunch 01:00-Activity/Judy 02:00-Thank You Cards 03:00-States Game 04:00-Daily Chronicle Canada Day	09:30-Exercise 2 10:00-Devotional/Sing 11:00-Buzz Word 12:00-Lunch 01:30-Social Time 02:00-Craft 03:00-Worship/Newark 04:00-Daily Chronicle	09:30-Exercise 3 11:00-Family Feud 12:00-Lunch 01:30-Social Time 02:00-Dog Days 03:00-Suncatcher Craft 04:00-Daily Chronicle	09:00-Exercise/Catherine 4 10:00-Devotion/Sing 11:00-Bingo 12:00-Lunch 01:00-Social Time 02:00-4 th of July Fun 04:00-Daily Chronicle Independence Day (US)	10:00-Rummikube 5 11:00-Bingo 12:00-Lunch 01:30-Board Games 02:30-Social Time 03:30-Fresh Air Time 05:00-Supper
09:30-Worship/Eastside 6 10:30 Social Time 12:00-Lunch 01:30-Board Games 03:30-Sunday Service 05:00-Supper	09:30-Exercise 7 10:00-Devotional/Sing 11:00-Name 5 12:00-Lunch 01:30-Social Time 02:00-Lucky Day 03:00-Exercise/Catherine 04:00-Daily Chronicle	09:30-Exercise 8 10:00-Devotion/Sing 11:00-Buzz Word 12:00-Lunch 01:00-Activity/Judy 02:00-Country Ride 03:00-Coca Cola Day 04:00-Daily Chronicle	09:30-Exercise 9 10:00-Devotional 11:00- Finish The Phrase 12:00-Lunch 01:30-Social Time 02:00-Rock Around Clock 03:00-Jeopardy 04:00-Daily Chronicle	09:30-Exercise 10 10:00-Devotion/Sing 11:00-Family Feud 12:00-Lunch 01:30-Social Time 02:00-Big Creek Baptist 03:00-Hot Dog Trivia 04:00-Daily Chronicle	09:00-Exercise/Catherine 11 10:00-Devotion/Sing 11:00-Bingo 12:00-Lunch 01:00-Social Time 02:00-Make Own Sundae 03:00-EB White 04:00-Daily Chronicle	10:00-Rummikube 12 11:00-Bingo 12:00-Lunch 01:30-Board Games 02:30-Social Time 03:30-Fresh Air Time 05:00-Supper
09:30-Worship/Eastside 13 10:30 Social Time 12:00-Lunch 01:30-Board Games 03:30-Sunday Service 05:00-Supper	09:30-Exercise 14 10:00-Devotional/Sing 11:00-Name 5 12:00-Lunch 01:30-Social Time 02:00-Name That Tune 03:00-Exercise/Catherine 04:00-Daily Chronicle	09:30-Exercise 15 10:00-Pet Therapy 11:00-Clothing Drive 12:00-Lunch 01:00-Activity/Judy 02:00-Christmas! 03:00-Gummie Worms 04:00-Daily Chronicle	09:30-Exercise 16 10:00-Devotional 11:00-Word Games 12:00-Lunch 01:30-Social Time 02:00-Hula Hoop Day 03:00-Orville Redenbacher 04:00-Daily Chronicle	09:30-Exercise 17 10:00-Devotion/Sing 11:00-Family Feud 12:00-Lunch 01:30-Social Time 02:00-Everett 03:00-Sister Cities 04:00-Daily Chronicle	09:00-Exercise/Catherine 18 10:00-Devotion/Sing 11:00-Bingo 12:00-Lunch 01:00-Social Time 02:00-World Listening 03:00-Coloring 04:00-Daily Chronicle	10:00-Rummikube 19 11:00-Bingo 12:00-Lunch 01:30-Board Games 02:30-Social Time 03:30-Fresh Air Time 05:00-Supper
09:30-Worship/Eastside 20 10:30 Social Time 12:00-Lunch 01:30-Board Games 03:30-Sunday Service 05:00-Supper	09:30-Exercise 21 10:00-Devotional/Sing 11:00-Make Someone Smile 12:00-Lunch 01:30-Social Time 02:00-Ice Cream Day 03:00-Exercise/Catherine 04:00-Daily Chronicle	09:30-Exercise 22 10:00-Devotion/Sing 10:00-Pet Therapy 12:00-Lunch 01:00-Activity/Judy 02:00-Carol Nelms 02:00-Fun With Words 04:00-Daily Chronicle	09:30-Exercise 23 10:00-Devotional 11:00-Crosswords 12:00-Lunch 01:30-Social Time 02:00-Dress Up Day 03:00-Cornhole 04:00-Daily Chronicle	09:30-Exercise 24 11:00-Family Feud 12:00-Lunch 01:30-Social Time 02:00-Self Care Day 03:00-Tell an Old Joke 04:00-Daily Chronicle	09:00-Exercise/Catherine 25 10:00-Devotion/Sing 11:00-Bingo 12:00-Lunch 01:00-Social Time 02:00-Cornhole 03:00-Table Games 04:00-Daily Chronicle	10:00-Rummikube 26 11:00-Bingo 12:00-Lunch 01:30-Board Games 02:30-Social Time 03:30-Fresh Air Time 05:00-Supper
09:30-Worship/Eastside 27 10:30 Social Time 12:00-Lunch 01:30-Board Games 03:30-Sunday Service 05:00-Supper	09:30-Exercise 28 10:00-Devotional/Sing 11:00-Lunch Out 12:00-Lunch 01:30-Art in the Park 02:00-Lena Horne 03:00-Exercise/Catherine 04:00-Daily Chronicle	09:30-Exercise 29 10:00-Devotion/Sing 10:00-Pet Therapy 11:00-Name 5 12:00-Lunch 01:00-Activity/Judy 02:00-Getting to Know You 02:00-Sharing Treasures 04:00-Daily Chronicle	09:30-Exercise 30 10:00-Devotional 11:00-Buzz Word 12:00-Lunch 01:30-Social Time 02:00-Country Ride 03:00-Sharing Friendship 04:00-Daily Chronicle	09:30-Exercise 31 11:00-Family Feud 12:00-Lunch 01:30-Social Time 02:00-Avacado day 03:00-Health Talk 04:00-Daily Chronicle		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		09:00-Devotion 1 10:00-Christian Friends 10:00-Pet Therapy 11:30-Lunch 02:00-FinishThe Rhyme 03:30-Coloring 04:30-Dinner 06:30-Social Walk <small>Canada Day</small>	09:00-Devotion 2 09:30-Chair Fitness 10:00-Snack 10:30-Ball Toss 11:30-Lunch 03:00-Worship/Newark 04:30-Dinner 06:30-Yoga Stretches	09:00-Devotion 3 09:30-Chair Fitness 10:00-Snack 10:30-Bean Bag Toss 11:30-Lunch 02:00-Craft 04:30- Dinner 06:30-Social Walk	09:00-Exercise w/ Catherine 4 10:30-Noodle Ball 11:30-Lunch 02:00-Movie 03:30-What's Next 04:30- Dinner 06:30-Yoga Stretches <small>Independence Day (US)</small>	09:00- Devotion 5 09:30-Chair Fitness 10:30-Kick Ball 11:30-Lunch 02:00-Finish the Rhyme 03:30- Sing with Me 04:30-Dinner
	09:00- Devotion 6 09:30-Chair Fitness 10:30- Corn Hole 11:30-Lunch 02:00-Guess the Veggie 03:30-Sunday Service 04:30-Dinner	09:00-Devotion 7 10:30- Ring Toss 11:30-Lunch 02:00- Manicures 03:00- Exercise w/ Catherine 04:30-Dinner 6:00-Story Reading	09:00-Devotion 8 09:30-Chair Fitness 10:30-Bean Bag Toss 11:30-Lunch 02:00-Name 5 Game 03:30-Simple C 04:30-Dinner 06:30-Social Walk	09:00-Devotion 9 09:30-Chair Fitness 10:30-Balloon Ball 11:30-Lunch 02:00- Mr. Nelms 03:30-Sing-A-Long 04:30- Dinner 06:30-Yoga Stretches	09:00-Devotion 10 09:30-Chair Fitness 10:30-Noodle Ball 11:30-Lunch 02:00-Big Creek Baptist 03:00-Simple C 04:30- Dinner 06:30-Social Walk	09:00-Exercise w/ Catherine 11 10:30-Ball Toss 11:30-Lunch 02:00-Simple C 03:00-Craft 04:30-Dinner 06:30-Yoga Stretches
	09:00- Devotion 13 09:30-Chair Fitness 10:30- Kick Ball 11:30-Lunch 02:00-Word Game 03:30-Sunday Service 04:30-Dinner	09:00-Devotion 14 10:30-Bean Bag Toss 11:30-Lunch 02:00-Math 03:00- Exercise w/ Catherine 04:30-Dinner 6:00-Story Reading	09:00-Devotion 15 09:30-Chair Fitness 10:00-Pet Therapy 11:30-Lunch 02:00-Cornhole 02:30-Trivia 04:30-Dinner 06:30-Social Walk	09:00-Devotion 16 09:30-Chair Fitness 10:30-Ring Toss 11:30-Lunch 02:00-Simple C 03:00-Art 04:30-Dinner 06:30-Yoga Stretches	09:00-Devotion 17 09:30-Chair Fitness 10:30-Balloon Ball 11:30-Lunch 02:00-Everett 03:00-Simple C 04:30-Dinner 06:30-Social Walk	09:00-Exercise w/ Catherine 18 10:30-Opposites 11:30-Lunch 02:00-Simple C 03:30-Sing w/ Me 04:30-Dinner 06:30-Yoga Stretches
	09:00- Devotion 20 09:30-Chair Fitness 10:30- Corn Hole 11:30-Lunch 02:00-Guess the Veggie 03:30-Sunday Service 04:30-Dinner	09:00-Devotion 21 10:30-Ring Toss 11:30-Lunch 02:00-Manicures 03:00- Exercise w/ Catherine 04:30-Dinner 6:00-Story Reading	09:00-Devotion 22 09:30-Chair Fitness 10:30-Bean Bag Toss 11:30-Lunch 02:00-Carol Nelms 04:30-Dinner 06:30-Social Walk	09:00-Devotion 23 09:30-Chair Fitness 10:30-Balloon Ball 11:30-Lunch 02:00-5 Senses 03:30-Sing-A-Long 04:30-Dinner 06:30-Yoga Stretches	09:00-Devotion 24 09:30-Chair Fitness 10:30-Noodle Ball 11:30-Lunch 02:00-Craft 03:00-Simple C 04:30- Dinner 06:30-Social Walk	09:00-Exercise w/ Catherine 25 10:30-Noodle Ball 11:30-Lunch 02:00-Reba 03:30-Sing w/ Me 04:30-Dinner 06:30-Yoga Stretches
	09:00- Devotion 27 09:30-Chair Fitness 10:30- Kick Ball 11:30-Lunch 02:00-Word Game 03:30-Sunday Service 04:30-Dinner	09:00-Devotion 28 10:30-Ring Toss 11:30-Lunch 02:00-Manicures 03:00- Exercise w/ Catherine 04:30-Dinner 6:00-Story Reading	09:00-Devotion 29 09:30-Chair Fitness 10:30-Bean Bag Toss 11:30-Lunch 02:00-Carol Nelms 04:30-Dinner 06:30-Social Walk	09:00-Devotion 30 09:30-Chair Fitness 10:30-Balloon Ball 11:30-Lunch 02:00-5 Senses 03:30-Sing-A-Long 04:30-Dinner 06:30-Yoga Stretches	09:00-Devotion 31 09:30-Chair Fitness 10:30-Noodle Ball 11:30-Lunch 02:00-Craft 03:00-Simple C 04:30- Dinner 06:30-Social Walk	