



Life. Love. Legacy.™
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Your Administrative Team



Sasha Prough
Executive Director



Megan Wade, LPN
Resident Services
Director-AL



Jordyn Galbreath
Business Office
Manager



Scarlett Feazell
Sales & Marketing
Director



Robbie Bell
Director of Activities
& Harbor Life
Enrichment Director

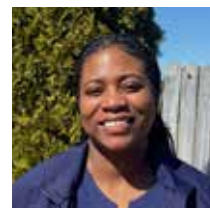


Michelle Lee
Dining Services
Director



Nat Ross
Maintenance
Director

Your Support Team



Bianca Thomas, LPN
Harbor Unit
Coordinator



Amy Atkins
AL Life Enrichment
Coordinator



Michael Yates
Chaplain



LEGACY VILLAGE OF JACKSONVILLE

NEWSLETTER | JULY 2025



Message From Your Executive Director



Welcome to July! I hope this month brings you more smiles than mosquito bites and plenty of chances to connect with friends and neighbors.

Did you know July is peak season for fireflies in many parts of the country, and scientists still can't agree on exactly how fireflies synchronize their

blinking lights? In some places, entire fields of fireflies will flash in perfect unison, putting on a light show that even the world's best choreographers couldn't organize. Researchers have studied this mystery for decades, and while they understand the "how" (a mix of biology and environmental cues), the "why" is still up for debate. Some say it's about attracting mates, while others think it might help them avoid predators. Either way, it's a reminder that there's still a bit of magic left in nature—and sometimes, the best moments are the ones science hasn't quite figured out (kind of like why our socks disappear in the laundry).

Of course, July is also the month we celebrate Independence Day—a time to gather, reflect on freedom, and appreciate the spirit of community that brings us all together. Here's a little-known fact: the Continental Congress actually voted for independence

on July 2nd, 1776, not the 4th! John Adams, one of our Founding Fathers, was so certain July 2nd would be the day we'd always remember that he refused to celebrate the Fourth for the rest of his life. The Declaration of Independence was adopted on July 4th, but most delegates didn't even sign it until August. Just goes to show, even history likes to keep us on our toes!

Whether you're watching fireworks, enjoying a favorite summer meal, or simply spending time with loved ones, I hope you find moments this month that remind you of the strength and resilience we share.

Our calendar is packed with activities and opportunities to learn, laugh, and make memories. Please take a look inside, keep the calendar handy, and join us whenever you can.

Thank you for another month of letting us be a part of your lives and for trusting us with your care—or the care of your loved ones. We're grateful, every single day.

Here's to a July full of wonder, connection, and maybe a little firefly delight.

Sincerely,

Sasha Prough



Mildred Burford — A Life of Care, Compassion & Community



If you've ever had the pleasure of chatting with Mildred Burford, you know she's never been one to shy away from a good conversation—or from lending a helping hand. Born September 21, 1930, in Ohatchee, Alabama, Mildred was the lively, inquisitive leader among her six siblings, always full of questions and quick to direct the daily adventures of their childhood.

After graduating as valedictorian from Ohatchee High School, Mildred set her sights on a career in nursing, earning her LPN from the Sylacauga School of Nursing. Her journey began at Anniston Memorial Hospital, where she quickly became a trusted presence—working as a floor nurse, charge nurse, and eventually night nursing supervisor.

Life changed for the better when Mildred married D.P. Burford, Jr. on July 6, 1951. With his encouragement and the support of her colleagues, Mildred returned to school, this time earning her RN. She brought that

dedication back to Anniston Memorial, where her nursing career flourished. Mildred was instrumental in opening the ICU Unit at Regional Hospital and played a key role in launching the ICU at Springfellow Hospital, paving the way for better critical care in her community.

After forty-five years of service, Mildred finally hung up her stethoscope—but her commitment to others never retired. Known for her compassion and tireless devotion, Mildred has touched countless lives, setting a standard for resilience, education, and selfless service that continues to inspire.

She and D.P. made the most of their fifty-five years of marriage, traveling, gardening, and delighting in their growing family—five children, eleven grandchildren, and a remarkable twenty-five great-grandchildren. At ninety-four, Mildred is still very much a part of life at Legacy Village, bringing warmth, wisdom, and a spark of curiosity wherever she goes.

We're honored to celebrate Mildred's extraordinary story, and grateful for the example she sets every day.

The Only Thing Sweeter than Ice Cream is Good Company!



Chaplain's Corner

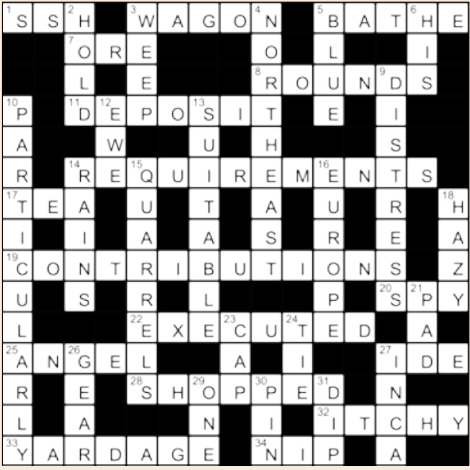
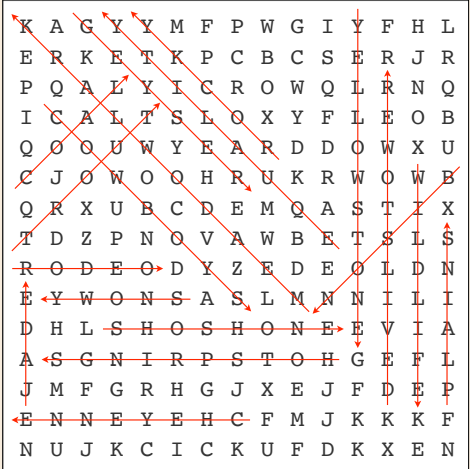
The month of July is a very important time for remembrance. Independence Day, also known as The Fourth of July, is a day that we celebrate with fireworks and barbecues. Cities and towns across America celebrate with parades and patriotic festivities.

On July 4, 1776, the Second Continental Congress ratified the Declaration of Independence declaring that thirteen colonies were no longer subject, or subordinate to the monarchy of Great Britain's King George, III. Therefore, the colonies were freed to become independent states.

The greatest "freedom" we will ever experience, is that which God offers us through His Son Jesus. In John's gospel 8:36, Jesus stated, "If the Son, therefore, shall make you free, ye shall be free indeed. Jesus set us "free" from a debt we could not afford to pay. Thank God for "freedom."

May God Bless,
Chaplain Mike

Puzzle Solutions



Happy Birthday

TEAM MEMBERS

- 3rd Quanda McGill
6th Mary Buzzard
8th Nancy Lipscomb
11th Grace Strano
13th Jennifer Leck
20th Faith Simmons
23rd Cearia Jenkins
23rd Paige Carroll
25th Carlita Neely





GATHERING IN GRATITUDE

Memorial Day Cookout



HALL OF FAMERS



A Fabulous Father's Day Line-up



Happy Birthday!



1st Mary Anne Hitt



5th Patricia Byrom

TEAM MEMBER Anniversaries

- 4 YRS Taylor Edwards
- 3 YRS Jordyn Galbreath
- 1 YR Mickayla Garcia
- Gracie Sparks

Thank You!

Alzheimer's Support Services

legacysl.net/Alzheimers-Support



In the early 1900s, it was popular to celebrate July 4th with "bicycle parades"—but the real showstoppers were the pigs. That's right: in some towns, folks would dress up pigs in patriotic ribbons and race them down Main Street. Prizes were given for the fastest (and best-dressed) pig. Nothing says "freedom" quite like a pig in a bowtie running for glory!



WALK DOWN MEMORY LANE



Q: What memory comes to mind when you think about your childhood?
A Learning to cook.

Q: Who taught you how to cook?
A My mother did. We would sing and dance around in the kitchen while we were cooking. We would make up silly songs and just laugh.

Q: What was the first thing you learned how to cook?
A Makes me hungry just thinking about it! (Laughing) It was a Corduory Cake. It was so sweet and tasty. Have you ever had one? Oooh, it was (delicious)! It was an easy recipe. It was vanilla cake with vanilla icing.

Q: Is that your favorite kind of cake?
A Yes, and chocolate cake! (Laughing) We would cut us a slice as soon as it came out of the oven. It was so good and warm. After we ate our cake, then I had to clean up the kitchen and wash the dishes.

Q: How old were you when you learned how to do all those things?
A I don't remember, but I do recall that I had to stand in a chair at the sink to wash the dishes.

PETER THE PATRIOT



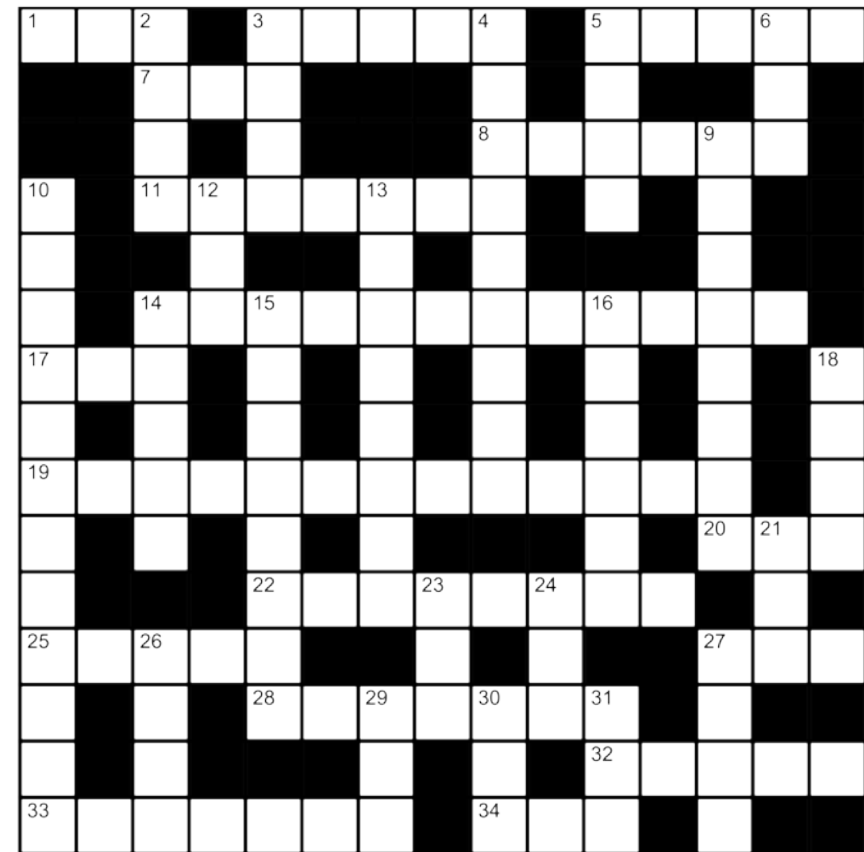
ACROSS

- 1. Often overheard in a library
- 3. Oregon Trail transportation
- 5. Get clean
- 7. Mineral yet to be processed
- 8. Pub orders
- 11. Withdrawal's opposite
- 14. Criteria
- 17. Caffeine source
- 19. Donations
- 20. Mole
- 22. Carried out
- 25. Heavenly host?
- 27. Integrated Drive Electronics, abbrev.
- 28. Made purchases
- 32. Like wool, to some
- 33. Distance gained by a football player
- 34. Small bite

DOWN

- 2. "I Want to ____ Your Hand," by the Beatles
- 3. Cry softly
- 4. In the United States, New England
- 5. Red + ____ = purple
- 6. He's a man of ____ word
- 9. Anguish, hardship
- 10. Especially
- 12. Lamb's mother
- 13. Appropriate
- 14. "When it _____, it pours!"
- 15. Disagreements

- 16. France's continent
- 18. Vague, as a memory
- 21. Hippie's hangout
- 23. Graduate's headwear
- 24. Windsor, for one
- 26. Equipment
- 27. Machu Picchu group
- 29. "The loneliest number"
- 30. Brooch
- 31. Party favorites: chips and ____



Wyoming

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



- | | | |
|--------------|-------------|-------------|
| BISON | GEYSER | RODEO |
| CHEYENNE | HOT SPRINGS | SHOSHONE |
| COAL | JADE | SNOWY |
| COWBOYS | MEADOWLARK | TROUT |
| DEVILS TOWER | PLAINS | WILDLIFE |
| EQUALITY | ROCKY | YELLOWSTONE |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July 2025</h1> <p>Assisted Living Calendar</p>		8:30 Morning Round-Up 1 10:00 Devotion w/ Mike Yates- SR 11:00 Sittercise-WR 2:00 LCR- DR 3:00 UNO-DR 4:00 One on Ones <small>Canada Day</small>	8:30 Morning Round-Up 2 9:45-12:15 – BOOK MOBILE 2:00 Manicures- SR Afternoon Beauty Shop!	8:30 Morning Round-Up 3 11:00 Tone it Up Thursday 2:30- BUNCO - AR 4:00 One on Ones Beauty Shop!	8:30 Morning Round-Up 4 11:00 Fitness Friday-WR 12:30 4 th of July Cookout- DR 1:30- Chit Chat Lobby 2:30 Independence Day Celebration w/ Alexander's - HARBOR 4:00 One on Ones <small>Independence Day (US)</small>	9:00 Hall Walkers 5 10:30 Self-Led Sittercise-WR 1:30 Chit-Chat 2:00 Saturday Cinema in the Sunroom 4:00 Lobby Lounging with friends Pat Byrom's Birthday!
9:00 Hall Walkers 6 10:30 Self-Led Sittercise-WR 11:30 Communion w/ Evin - SR 2:00 Church on TV - SR 3:00 Activity of Choice (Puzzles, Card Game etc.)- AR	8:30 Morning Round-Up 7 11:00 Move it Monday W/ Select Rehab- WR 1:30 Chit Chat- Lobby 2:00 Mitch Monday Bingo AR 3:30 One on Ones	8:30 Morning Round-Up 8 10:00 Devotion w/ Mike Yates- SR 11:00 Sittercise-WR 2:00 LCR- DR 3:00 UNO-DR 4:00 One on Ones	8:30 Morning Round-Up 9 10:00 – Bus Ride 2:00 Manicures- SR Afternoon Beauty Shop!	8:30 Morning Round-Up 10 11:00 Tone it Up Thursday 2:30- BUNCO - AR 4:00 One on Ones Beauty Shop!	8:30 Morning Round-Up 11 11:00 Fitness Friday-WR 1:30- Chit Chat Lobby 2:00 Bingo w/ Mike Yates -SR 4:00 One on Ones	9:00 Hall Walkers 12 10:30 Self-Led Sittercise-WR 1:30 Chit-Chat 2:00 Saturday Cinema in the Sunroom 4:00 Lobby Lounging with friends
9:00 Hall Walkers 13 10:30 Self-Led Sittercise-WR 2:00 Worship w/Connie Thompson - AR 3:00 Activity of Choice (Puzzles, Card Game etc.) AR	8:30 Morning Round-Up 14 11:00 Move it Monday W/ Select Rehab- WR 1:30 Chit Chat- Lobby 2:00 Mitch Monday Bingo AR 3:30 One on Ones	8:30 Morning Round-Up 15 10:00 Devotion w/ Mike Yates - SR 11:00 Sittercise-WR 2:00 FBC- J'ville- Devotion & Hymns-AR 4:00 One on Ones	8:30 Morning Round-Up 16 9:45-12:15 – BOOK MOBILE 10:00- Randall & Elaine- Devotion & Hymns- AR 2:00 Manicures- SR Afternoon Beauty Shop!	8:30 Morning Round-Up 17 11:00 Tone it Up Thursday 2:30- Watermelon Social 4:00 One on Ones Beauty Shop!	8:30 Morning Round-Up 18 11:00 Chair Aerobics w/ Centerwell-WR 1:30- Chit Chat Lobby 2:00 Bingo w/ Mike Yates -SR 4:00 One on Ones	9:00 Hall Walkers 19 10:30 Self-Led Sittercise-WR 1:30 Chit-Chat 2:00 Saturday Cinema in the Sunroom 4:00 Lobby Lounging with friends
9:00 Hall Walkers 20 10:30 Self-Led Sittercise-WR 2:00 Worship w/ Jacksonville Church of Christ - AR 3:00 Activity of Choice (Puzzles, Card Game etc.) AR	8:30 Morning Round-Up 21 11:00 Move it Monday W/ Select Rehab- WR 1:30 Chit Chat- Lobby 2:00 Mitch Monday Bingo AR 3:30 One on Ones	8:30 Morning Round-Up 22 10:00 Devotion w/ Mike Yates- SR 11:00 Sittercise-WR 2:00 LCR- DR 3:00 UNO-DR 4:00 One on Ones	8:30 Morning Round-Up 23 10:00 – Bus Ride 2:00 Manicures- SR Afternoon Beauty Shop!	8:30 Morning Round-Up 24 11:00 Tone it Up Thursday 2:30- BUNCO - AR 4:00 One on Ones Beauty Shop!	8:30 Morning Round-Up 25 10:00 Resident Council Meeting-AR 1:30- Chit Chat Lobby 2:00 – Crafts & Games w/ Mitch & Roxana 4:00 One on Ones	9:00 Hall Walkers 26 10:30 Self-Led Sittercise-WR 1:30 Chit-Chat 2:00 Saturday Cinema in the Sunroom 4:00 Lobby Lounging with friends
9:00 Hall Walkers 27 10:30 Self-Led Sittercise-WR 2:00 Worship w/Chaplain Mike Yates - AR 3:00 Activity of Choice (Puzzles, Card Game etc.) AR	8:30 Morning Round-Up 28 11:00 Move it Monday W/ Select Rehab- WR 1:30 Chit Chat- Lobby 2:00 Mitch Monday Bingo AR 3:30 One on Ones	8:30 Morning Round-Up 29 10:00 Devotion w/ Mike Yates- SR 11:00 Sittercise-WR 2:00 LCR- DR 3:00 UNO-DR 4:00 One on Ones	8:30 Morning Round-Up 30 9:45-12:15 – BOOK MOBILE 2:00 Manicures- SR Afternoon Beauty Shop!	8:30 Morning Round-Up 31 11:00 Tone it Up Thursday W/-WR 2:30- July Birthday Party - AR 4:00 One on Ones Beauty Shop!	<p><i>“Rejoice as summer should... Chase away sorrows by living.” - Melissa Marr</i></p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*** Harbor Beauty Shop Day 1 9:30 Bible Study w/ Mike 10:00 Gaithers & Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Tuesday Trivia, Cards, Puzzles, & Fidgets 2:30 Mary Anne Hitt Bday party 3:00 Paddle Balloon <small>Canada Day</small>	*** Harbor Beauty Shop-AM 2 9:30 Gaithers 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart 3:00 Movie & Manicures	9:30 Gaithers 3 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart/Book Club 3:00 Cards & LCR 4:00 Game Show	9:30 Holiday Cinema: 4 <i>ELVIS in "GI Blues"</i> 10:00 Snack 11:30 4 th of July Trivia 12:00 4th of July Cookout 2:30 4th of July Celebration w/ The Alexanders 3:00 Holiday Cinema: <i>Yankee Doodle Dandy</i> <small>Independence Day (US)</small>	9:30 Gaithers 5 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Saturday Cinema 2:30 Snack Cart 3:00 One-on-Ones 4:00 Bingo
9:30 Morning Snack 6 9:45 Gaithers 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Bible Trivia 2:30 Sunday Cinema 2:30 Snack Cart 4:00 One-on-Ones	9:30 Gaithers 7 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Name that Mystery Phrase 2:30 Snack Cart/Book Club 3:00 Bingo 4:00 Vintage TV	*** Harbor Beauty Shop Day 8 9:30 Bible Study w/ Mike 10:00 Gaithers & Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Tuesday Trivia, Cards, Puzzles, & Fidgets 2:30 Snack Cart/Book Club 3:00 Paddle Balloon 4:00 Game Show	*** Harbor Beauty Shop-AM 9 9:30 Gaithers 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart 3:00 Movie & Manicures	9:30 Gaithers 10 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart/Book Club 3:00 Cards & LCR 4:00 Game Show	9:30 Gaithers 11 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Scrabble / Name 3 2:30 Friday Social 3:00 Bingo 4:00 Vintage TV	9:30 Gaithers 12 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Saturday Cinema 2:30 Snack Cart 3:00 One-on-Ones 4:00 Bingo
9:30 Morning Snack 13 9:45 Gaithers 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Bible Trivia 2:30 Sunday Cinema 2:30 Snack Cart 4:00 One-on-Ones	9:30 Gaithers 14 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Name that Mystery Phrase 2:30 Snack Cart/Book Club 3:00 Bingo 4:00 Vintage TV	*** Harbor Beauty Shop Day 15 9:30 Bible Study w/ Mike 10:00 Gaithers & Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Tuesday Trivia, Cards, Puzzles, & Fidgets 2:30 Snack Cart/Book Club 3:00 Paddle Balloon 4:00 Game Show	*** Harbor Beauty Shop-AM 16 9:30 Gaithers 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart 3:00 Movie & Manicures	9:30 Gaithers 17 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart/Book Club 3:00 Cards & LCR 4:00 Game Show	9:30 Gaithers 18 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Scrabble / Name 3 2:30 Friday Social 3:00 Bingo 4:00 Vintage TV	9:30 Gaithers 19 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Saturday Cinema 2:30 Snack Cart 3:00 One-on-Ones 4:00 Bingo
9:30 Morning Snack 20 9:45 Gaithers 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Bible Trivia 2:30 Sunday Cinema 2:30 Snack Cart 4:00 One-on-Ones	9:30 Gaithers 21 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Name that Mystery Phrase 2:30 Snack Cart/Book Club 3:00 Bingo 4:00 Vintage TV	*** Harbor Beauty Shop Day 22 9:30 Bible Study w/ Mike 10:00 Gaithers & Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Tuesday Trivia, Cards, Puzzles, & Fidgets 2:30 Snack Cart/Book Club 3:00 Paddle Balloon 4:00 Game Show	*** Harbor Beauty Shop-AM 23 9:30 Gaithers 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart 3:00 Movie & Manicures	9:30 Gaithers 24 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart/Book Club 3:00 Cards & LCR 4:00 Game Show	9:30 Gaithers 25 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Scrabble / Name 3 2:30 Friday Social 3:00 Bingo 4:00 Vintage TV	9:30 Gaithers 26 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Saturday Cinema 2:30 Snack Cart 3:00 One-on-Ones 4:00 Bingo
9:30 Morning Snack 27 9:45 Gaithers 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Bible Trivia 2:30 Sunday Cinema 2:30 Snack Cart 4:00 One-on-Ones	9:30 Gaithers 28 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Name that Mystery Phrase 2:30 Snack Cart/Book Club 3:00 Bingo 4:00 Vintage TV	*** Harbor Beauty Shop Day 29 9:30 Bible Study w/ Mike 10:00 Gaithers & Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Tuesday Trivia, Cards, Puzzles, & Fidgets 2:30 Snack Cart/Book Club 3:00 Paddle Balloon 4:00 Game Show	*** Harbor Beauty Shop-AM 30 9:30 Gaithers 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart 3:00 Movie & Manicures	9:30 Gaithers 31 10:00 Snack 10:30 Courtyard 12:00 Lunch 1:30 Bible Devo 1:45 Sittercise 2:00 Board Games 2:30 Snack Cart/Book Club 3:00 Cards & LCR 4:00 Game Show	<div>   </div>	