



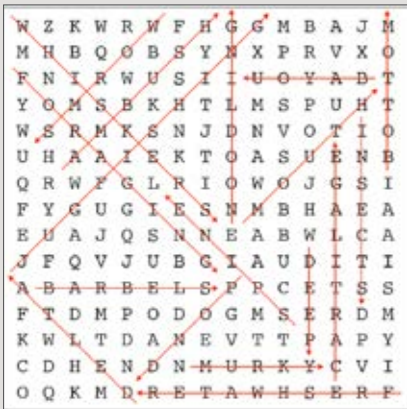
Life. Love. Legacy.™
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Beth Murphy, LPN
Executive Director



LeeAnne Proffitt
Administrative Assistant



RENAISSANCE ASSISTED LIVING NEWSLETTER | AUGUST 2026

Bringing you closer to the heart of Renaissance Assisted Living—
through stories, updates, and shared moments.

Life. Love. Legacy.™



August brings its own kind of turning point. The sunsets come a little earlier, school buses make their rounds, and there's that unmistakable hum of routines returning. Yet even as summer lingers at the edges, this season seems to ask us to slow down and pay attention—not just to what's changing, but to the steady goodness that's always been here.

With National Senior Citizen Day on the horizon, I find myself grateful for the quiet strength and deep wisdom that fill our community. It isn't just the celebrations or big milestones that shape us—it's the everyday moments when someone offers a listening ear, a steady hand, or a word of encouragement just when it's needed most.

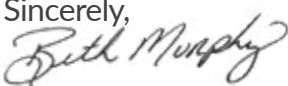
Most acts of kindness are woven into the fabric of daily life, easy to overlook because they feel so natural. But every now and then, someone does something truly unexpected—a gesture so genuine, so far beyond what's required, that it leaves a mark on everyone who witnesses it. These are the moments our Going the Extra Mile program was created to honor.

It's remarkable how these acts ripple outward. For the person on the receiving end, a single, unexpected kindness can create a sense of belonging that lingers long after. And for the giver, the reward is just as real—a quiet satisfaction, a reminder that compassion has a way of coming back around, even if there's no audience to applaud it.

The inspiration for Going the Extra Mile comes from the words of Jesus in the book of Matthew. In his time, it was law for Roman soldiers to ask civilians to carry their gear for a mile—a task no one relished. But Jesus urged, "If anyone forces you to go one mile, go with them two miles." Not out of obligation, but as an act of radical generosity. That's the spirit we celebrate: not just doing what's expected, but choosing to offer more, simply because you care.

If you catch someone in the act of true generosity—something that goes beyond the boundaries of their role or duty—I hope you'll consider sharing their story. Nomination forms can be found in the lobby, and every entry is a chance to shine a light on the quiet heroes who make this place feel like home. Each month, we recognize these acts, and at year's end, our honorees are considered for the Legacy Champion Award—a tribute to the legacy of kindness that defines us.

Thank you for letting us walk alongside you and serve this extraordinary community. Whether you're here for a visit, a story, or a smile, you are always welcome—and may this month bring you peace, joy, and the quiet blessings of belonging.

Sincerely,

Beth Murphy, LPN
Executive Director

ALZHEIMER'S SUPPORT SERVICES

LEGACYSL.NET/ALZHEIMERS-SUPPORT



Celebrations
& Milestones

RESIDENT BIRTHDAYS

• Aug. 8: Cassie Marrone

RESIDENT ANNIVERSARIES

• Joyce Bilely – 3 yrs.

SHINE A LIGHT ON GREATNESS!



Nominate Someone
Who's Going
the Extra Mile!

At Renaissance, we believe exceptional care deserves recognition. Our Going the Extra Mile Award honors team members who do something truly remarkable—those moments when someone goes out of their way to help, surprise or care for others in ways you don't see every day.

If you've noticed someone making a real difference—maybe they brightened your day, offered comfort when it mattered, or simply treated a loved one like family—we want to hear your story. Families, friends and visitors are all invited to nominate team members who go out of their way for our residents.

YOU KNOW YOU'RE "SEASONED" IF...

YOU WORE THESE IN THE 70s



SEASONEDTIMES.COM

AUGUST REFLECTIONS



LEE ANNE PROFFITT
Administrative Assistant

As we welcome the month of August, we are reminded that each new day is a gift from God and an opportunity to love, serve, and encourage one another. At Renaissance, we are grateful for another month to create meaningful moments with our residents, families, and staff while reflecting on the blessings that surround us.

World Lung Cancer Day – August 1

World Lung Cancer Day serves as an important reminder of the value of early detection, awareness, and supporting those whose lives have been impacted by lung cancer. Whether personally affected or supporting someone who has been, we pause to remember the strength and courage shown by so many. We encourage everyone to take a moment to learn about lung health, schedule recommended screenings when appropriate, and keep those battling illness in your prayers.

"He heals the brokenhearted and binds up their wounds."
— Psalm 147:3

National Black Business Month

August is also National Black Business Month, a time to recognize and celebrate the countless Black entrepreneurs and business owners whose innovation, leadership, and perseverance strengthen our communities. Supporting local businesses helps build stronger neighborhoods, creates opportunities for future generations, and reflects the importance of uplifting one another through service and stewardship.

Whenever possible, we encourage everyone to shop local and support businesses making a positive impact in our community.

"Let each of you look not only to his own interests, but also to the interests of others." — Philippians 2:4

Happy Birthday, Cassie!

A very special birthday shout-out goes to our wonderful coworker, Cassie, who celebrates her birthday on August 8th!

Cassie is truly an incredible asset to Renaissance. Her dedication, compassion, and willingness to step in wherever she's needed make a lasting difference every single day. She consistently brings kindness, professionalism, and a positive attitude that blesses both our residents and fellow team members. We are so thankful to have her as part of our Renaissance family.

Please join us in wishing Cassie a very happy birthday and praying that God blesses her with a year filled with joy, good health, and abundant blessings.

"Whatever you do, work at it with all your heart, as working for the Lord." — Colossians 3:23

As we move through August together, may we continue to cherish each moment, care for one another with compassion, and remember that even the smallest acts of kindness can make an eternal difference. Thank you for helping make Renaissance a place where faith, love, and community flourish each day.

May God continue to bless each of you and your families throughout this beautiful season.

FACT-ISH

Believe It, Doubt It, Repeat It At Dinner

.....Truth? Nonsense? Don't take our word for it!

•An elephant's reaction to a human is like a human seeing a puppy.

•If glass is made of sand and concrete is made of sand, then skyscrapers are just really big sandcastles.

•You can look at any object or texture in a room, and your brain already knows what it feels like to lick it.

•There are 42 million kangaroos in Australia and only three million people in Jamaica. So, if the kangaroos were to invade Jamaica, each person would have to fight 14 kangaroos.

•Sloths can hold their breath longer than dolphins.

•The first black & white films used milk for rain scenes.

•Spiders will learn your routine to avoid seeing or being around you. If you see one or are near one, it's because you're out of your normal routine.

•You were only born with the fear of falling and loud noises. All the rest were learned.

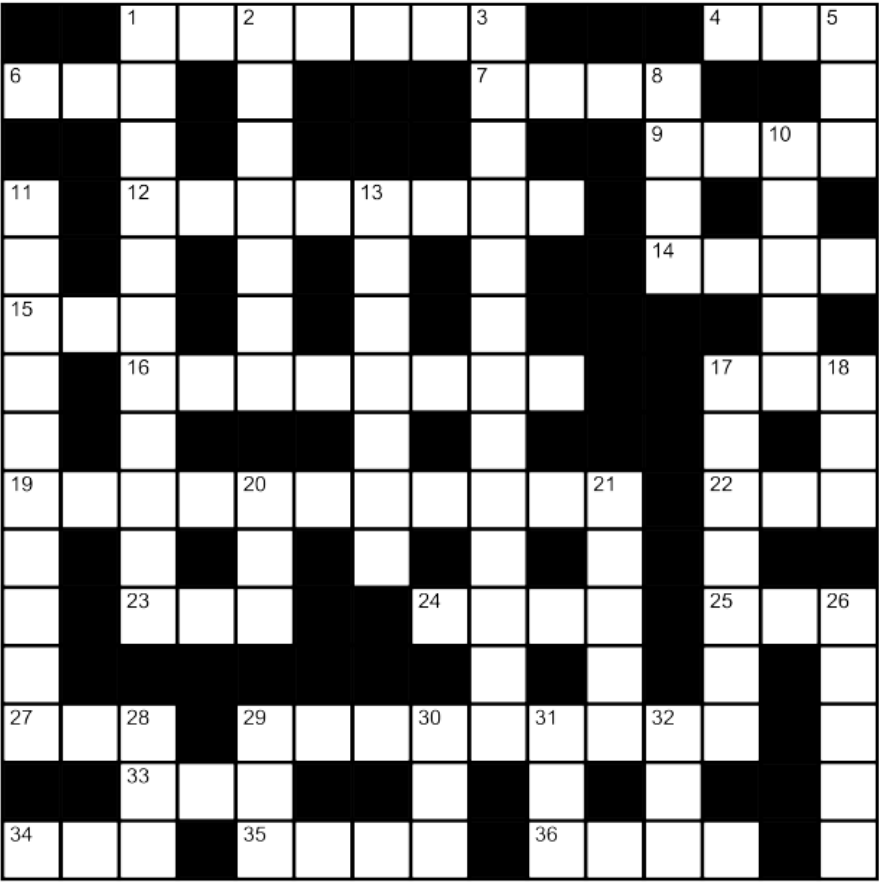
ACROSS

- 1. Seized, grasped
- 4. Irrate
- 6. The Dynamic ____
- 7. Gave the once-over
- 9. Hideous
- 12. ____ by lethal injection
- 14. It ebbs and flows
- 15. Hold title to
- 16. Like copper, iron, or tin, for example
- 17. Morning moisture
- 19. Not required
- 22. Pen point
- 23. Boar's mate
- 24. In ____ of (replacing)
- 25. CPR expert
- 27. R. Kipling's Gunga ____
- 29. Firing on all ____
- 33. A long, distinct period of history
- 34. Small number
- 35. Yankee Doodle rode one
- 36. Ancient sorcerer

DOWN

- 1. Administrating bodies
- 2. Make an effort; try
- 3. Fortitude, resolve
- 5. Like some humor or wine
- 8. A two-singer act
- 10. Pigeon's perch
- 11. Noticeable, conspicuous
- 13. Of no value
- 17. Mules
- 18. Spider's trap
- 20. Bearer of good moos?
- 21. "____ Lost That Loving Feeling," Righteous Brothers hit

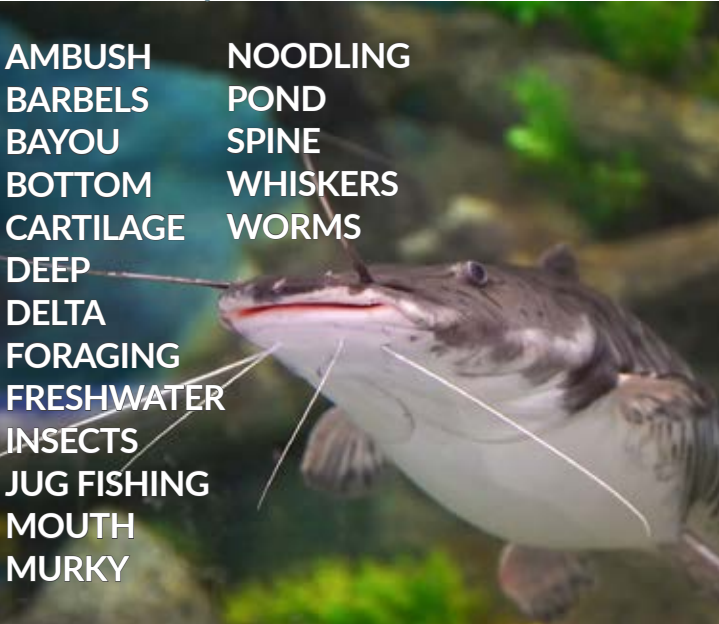
- 26. "One of ____ days, Alice..." (Hint: The Honeymooners)
- 28. Never been used
- 29. Type of toy gun
- 30. Batman foe: Poison ____
- 31. Beaver's work
- 32. Persian, for example



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

Catching Catfish

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



DAVID BOLDEN: The Quiet Strength Behind So Many Safe Landings

If you ever want to know what real dedication looks like, just spend a little time with David Bolden. He's one of those rare people whose hard work has touched countless lives, even if most folks never knew it. For years, David devoted himself to a government job with immense responsibility: making sure the equipment that guides air traffic controllers was always working, always reliable, so every plane could land safely. His work happened quietly, behind the scenes—and the ripple effect of his efforts reaches further than most of us could ever imagine.

But David's story goes so much deeper than his career. The people who know him best—family, friends, and now everyone at Renaissance—will tell you the same thing: David leads with kindness. He's the kind of person who makes you feel welcome from the moment you walk through the door. Dependable, generous, and quick to help, David's presence is like a warm light in any room.

Ask his family, and you'll hear stories of visits where David pulled out all the stops—buying the best steaks, making sure every guest felt at home, and paying

attention to all the little things that show someone they are truly cared for. Spending time at David's wasn't just about good food or great hospitality. It was about the way he treated you—like you belonged, like you were family, no matter what.

It's those little gestures, done quietly and without fanfare, that reveal David's true character. He's spent his life working hard, looking out for others, and making sure the people around him know they matter. His heart is open, his kindness is genuine, and he has a knack for turning ordinary moments into something special.

Those closest to David will tell you his kindness runs deep, but perhaps no one puts it better than his brother-in-law, who shared, "Though David is officially my brother-in-law, that title doesn't quite fit. Over the years, he's become much more like a true brother to me—someone I trust, admire, and can always count on."

It's a privilege to have David as part of our Renaissance family. His story is a reminder that sometimes the most remarkable lives are lived quietly, through steady work, loyal friendship, and a heart that's always open to others. David, thank you for all the ways you lift up those around you. You are, without a doubt, one of a kind.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Zach and Amanda Shifflett from Spring Hill Baptist- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 9:30 Rise & Connect 10:00 Sunrise Bulletin 1:30 Stronger Memory: Reading/ Hydration 2:00 Roll-a-Beach Ball 3:00 Snack & Hydration 3:45 Shuffle Board	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Ice Cream Social 10:30 Let's just Leave it to Beaver 11:30 Visit with ASC 12:00 Lunch 12:30 Ring Toss/Cornhole Renaissance 1:30 Water Painting 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Tabletop Games	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise & Gardening 10:00 Crafting with Elsie 11:00 Site Council Meeting 12:00 Lunch 12:30 Word Search and Crosswords Renaissance 11:30-12:00 Reverand Dan 1:00 Common Threads/ Hydration 2:00 Corn Hole 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Evening Melodies	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Cruise Ship 12:00 Lunch 12:30 Adult Coloring Renaissance 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:45 Ring Toss 5:30 Classic TV Shows	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Zach and Amanda Shifflett from Spring Hill Baptist- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 9:30 Breakfast Club 10:00 Morning Headlines 10:30 Chair Exercises/ Hydration 11:00 Friendly Feud 1:30 Stronger Memory: Reading/ Hydration 2:00 Under the Sea Silhouette Art 3:00 Snack & Hydration 3:45 Indoor Fishing 5:30 Classic TV Shows	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Visit with Springhill Church 11:00 Cards & Board Games on the Lido Deck! 12:00 Lunch 12:30 Adult Coloring Renaissance 1:00 True or False/ Hydration 2:00 Drum Circle 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Guided Sensory Mediation	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise with Minna 10:00 Central Virginia Watercolor Guild 11:00 Word Wednesday 12:00 Lunch 12:30 Ring Toss/Cornhole Renaissance 11:30-12:00 Reverand Dan 1:00 Individual Engagement/ Hydration 1:30 Ker Plunk 2:00 Creative Expression: Sandy Keepsakes 3:00 Snack & Hydration 3:45 Water Balloon Toss 5:30 Read Aloud Story Session	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:30 Underwater Adventure 12:00 Lunch 12:30 Word Search and Crosswords Renaissance 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 World Cup Bingo 3:00 Popcorn Social & Hydration 3:45 Skee Ball 5:30 Tabletop Games	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Zach and Amanda Shifflett from Spring Hill Baptist- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 9:30 Morning Company Corner 10:00 Daybreak Digest 10:30 Chair Exercises/ Hydration 11:00 Jeopardy 1:30 Stronger Memory: Reading/ Hydration 2:00 Sensory Station 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Evening Melodies	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Cruisin' on The Love Boat 11:00 Nutrition Jeopardy 12:00 Lunch 12:30 Word Search and Crosswords Renaissance 1:00 Individual Engagement/ Hydration 1:30 Charades 2:00 Tie-Dye Accessories! 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Read Aloud Story Session	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise with Minna 10:00 Word Wednesday 11:00 TRIAD 12:00 Lunch 12:30 Adult Coloring Renaissance 11:30-12:00 Reverand Dan 1:00 Twister Trivia/ Hydration 2:00 Seas the Day Craft 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Travel Video Night	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 BINGO 12:00 Lunch 12:30 Ring Toss/Cornhole Renaissance 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Finish the Phrase 4:00 Balloon Pass 5:30 Guided Sensory Mediation	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 - Zach and Amanda Shifflett from Spring Hill Baptist- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 9:30 Start the Day Social 10:00 Daily Chronicle 10:30 Chair Exercises/ Hydration 11:00 Spin it to Win it! 1:30 Stronger Memory: Reading/ Hydration 2:00 Nature Printing 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Guided Sensory Mediation	Jaba 9:15 Opening/ Brain teasers 9:30 Exercise/ Walking Club 10:00 Visit with Emerson Electric 11:00 Cranium Crunches 12:00 Lunch Renaissance 1:00 Color & Sticker by Number/ Hydration 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Travel Video Night	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise & Gardening 10:30 Movie Day 12:00 Lunch 12:30 Ring Toss/Corn Hole Renaissance 11:30-12:00 Reverand Dan 1:30 Would You Rather?- Summer Edition 2:00 Culinary Club with Cassie: Banana Pudding 3:00 Snack & Hydration 5:30 Classic TV Shows	Jaba 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Happy Birthday Virginia 11:00 Hydrangea Bubble Wrap Craft 12:00 Lunch 12:30 Word Search and Crosswords Renaissance 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 3:00 Snack & Hydration 3:45 Water Balloon Toss 5:30 Evening Melodies	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
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