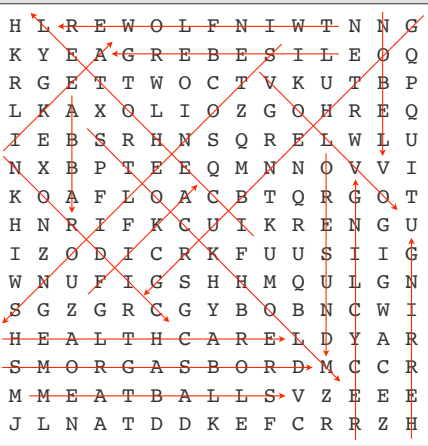
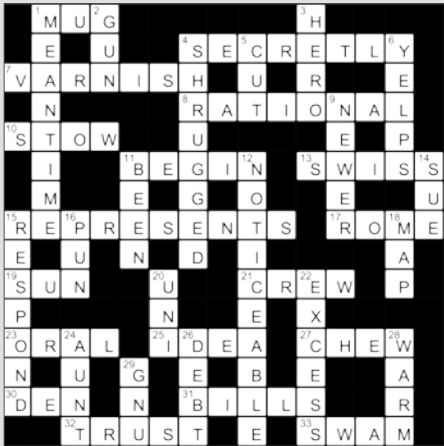


Life. Love. Legacy.™
(434) 985-4411
118 Williams Mill Dr.
Stanardsville, VA 22973



Beth Murphy, LPN
Executive Director



Vases: 587


R

RENAISSANCE
ASSISTED LIVING
of GREENE COUNTY

RENAISSANCE ASSISTED LIVING NEWSLETTER | SEPTEMBER 2025

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

Life. Love. Legacy.™



It's September, and that means one of my favorite traditions is here: National Assisted Living Week! If you haven't heard the story, this week-long celebration was created nearly 30 years ago to honor the deep connections between residents, teams and families in communities just like ours. Each year brings a new theme—this year, it's "Ageless Adventure"—reminding us there's no expiration date on joy, curiosity, or a good laugh.

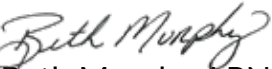
Here's a nugget of assisted living history you might not know: the very first modern assisted living facility in the country was Park Place in Portland, Oregon, opened by Dr. Karen Wilson in 1981. It was a game-changer—combining private rooms, around the clock care, community spaces, and real independence for residents. Oregon issued the first official assisted living license in 1988, so this whole movement isn't as old as you might think. But the heart of assisted living—respect, dignity, a sense of home—goes back much further.

That's always been our focus, too. When Barry Ray and Bryan Cook founded Legacy Senior Living, they did it as a ministry, believing that every senior deserves to be treated like family, and served with honor, respect, faith and integrity.

We've got a full slate of fun planned for National Assisted Living Week, and you're invited to join us—not just for the week of festivities, but any day you want to stop by. Our doors are always open to family, friends, and anyone who wants to share in the adventure.

As we head into another month, thank you for the trust you place in us. It's a privilege to care for our residents and to share in the stories, smiles, and moments that make this community truly feel like home.

Here's to another month of living fully, loving deeply, and maybe learning something new along the way.


Sincerely,

Beth Murphy, LPN
Executive Director

There's something timeless about a slow afternoon on the porch—good friends beside you, a gentle breeze in the air, and nowhere you need to be. These are the moments we remember, the ones that remind us to slow down, soak it all in, and truly enjoy the simple pleasures of life together.

Sometimes, all it takes is a rocking chair, a patch of sunshine, and the laughter of friends to make you feel like everything's just right with the world.

On days like these, we're reminded that the best memories are made in the quiet company of people we love, sharing stories and savoring the beauty all around us.




Happy Anniversary
TO OUR RESIDENTS

2 yrs

Judy Chudd

1 yr

Linda Austin

Mable Via

TO OUR TEAM MEMBERS

5 yrs

Lee Anne Proffitt

Happy Birthday!

RESIDENTS

15th

Emily Shotwell

22nd

Adeline Beversdorf

29th

Joann Wattier

TEAM MEMBERS

1st

Tammy Pleasant

Be your own
kind of
BEAUTIFUL

A Walk Down
MEMORY
LANE
with
Jan Pelletier



September is National Self-Improvement Month. What advice would you give someone aiming for personal growth?

Focus on yourself. Take it step by step and put space between yourself and those who do not help you grow.



SEPT 03

Powerful Tools For Caregivers
WHEN: Wednesdays, Sept. 3, 10, 17 & 24, 2:00-3:30pm
WHERE: Culpeper Baptist Church
NOTE: Helping caregivers boost self-care, manage emotions, build confidence & access vital community resources. Contact Liesa for more information.

SEPT 15

Culpeper Alzheimer's Caregivers Support Group
WHEN: Mon., Sept. 15 at 10am, 3rd Monday each month
WHERE: Generations Central at Culpeper Baptist Church

COMING SOON!

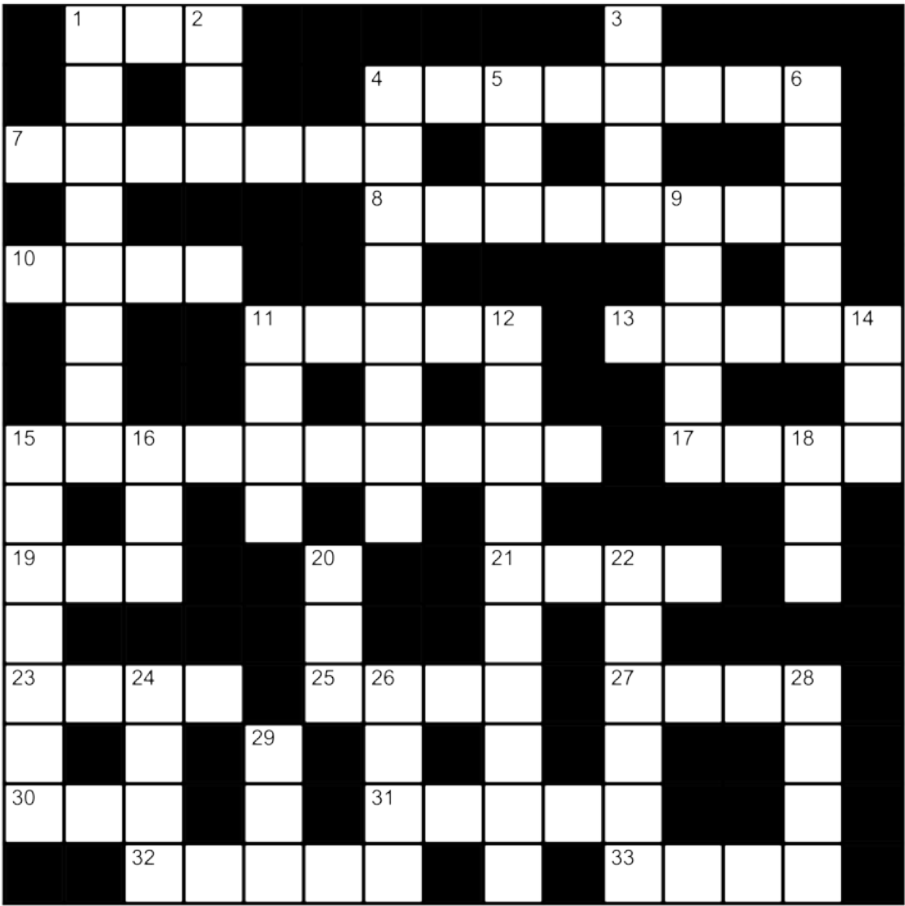
Chronic Disease Self Management
Every Thurs. from 1-3:30pm
Oct. 2nd-Nov. 6th @ Culpeper Baptist

ACROSS

- 1. The picture taken when arrested is called a ___ shot.
- 4. Covertly
- 7. Glossy wood coating
- 8. Sensible
- 10. Pack away
- 11. Start
- 13. Cheese choice
- 15. Symbolizes, stands for
- 17. Where the Vatican is
- 19. Overhead light?
- 21. Workers on a boat or film set
- 23. Word-of-mouth
- 25. Concept
- 27. Prepare to swallow
- 30. Animal house
- 31. Invoices to pay
- 32. Believe in
- 33. Did laps, say

DOWN

- 1. Until then, in the ___
- 2. "Glue" or "staple" follower
- 3. "My ___!" (said to one who saved your kitten)
- 4. Raised shoulders to show lack of interest
- 5. Film director's cry
- 6. Reacts to a stubbed toe
- 9. More modern



- 11. "___ there, done that"
- 12. Conspicuous, easily seen
- 14. Take to court
- 15. Give an answer
- 16. "Lettuce pray" is one
- 18. Navigator's need
- 20. Prefix for "verse" or "corn"
- 22. Surplus
- 24. Em, to Dorothy
- 26. Chapter 11 issue
- 28. Welcoming
- 29. African antelope

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

Sojourn in Sweden

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

ABBA
FIKA
GOTHENBURG
HEALTH CARE
HERRING
ICE HOTEL

IKEA
LISEBERG
MEATBALLS
NOBEL
NORDIC
ÖRESUND

RECYCLING
SMORGASBORD
STOCKHOLM
STONE LIONS
TWIN FLOWER
VOLVO

Emily Shotwell: A Heart as Warm as Country Cooking

Emily Shotwell is the kind of person who makes you feel instantly at home. Her smile is the first thing you notice—bright, genuine, and quick to appear. Spend a few minutes with her, and you'll understand why everyone at The Renaissance looks forward to crossing her path. Emily's laughter bubbles up easily, and she's always ready with a witty comeback or a story that leaves you grinning.

Emily's story begins in the small, spirited town of Madison, Virginia, where she was one of seven siblings in a house that never ran short on love or laughter. Those early years shaped her outlook: family first, kindness always, and there's no such thing as too much fun around the dinner table.

Hard work has always been Emily's way. After graduating from Madison County High School, she poured her heart into raising her own two daughters and spent an incredible forty years nurturing children as a Home Daycare Provider. Her love—steady, patient, and overflowing—has touched generations, including her grandchildren, who are the apples of her eye.

Emily is no stranger to adventure, either. She's wandered the beaches of Hawaii, marveled at

Arizona's canyons, soaked in Maine's sea breezes, and stretched out under Florida's sun. Every trip gave her new stories, but her heart is happiest at home—tending her garden, sharing a home-cooked meal, and sipping a Club Soda or Ginger Ale on the porch.

She's got a legendary sweet tooth (cookies, ice cream, pie—you name it, she's game!) and a soft spot for the drama of soap operas and the fun of game shows. She still loves to reminisce about growing up on a farm, where she never shied away from hard work or muddy boots.

Faith is the steady thread in Emily's tapestry. A lifelong Rose Park United Methodist Church member, she's never missed a Sunday and now treasures attending services with her daughter and joining Bible studies at The Renaissance. Her mornings start with a cozy cup of decaf tea or coffee, a little local news, and a lot of heart.

To know Emily is to be reminded of the joy that comes from a life steeped in love, laughter, and a healthy dash of adventure. She's more than a resident—she's the warmth in our halls and the sunshine in our days. We are so grateful for Emily Shotwell, whose heart is as generous as her smile is bright.

TWIN VASES

Find the only two vases that match each other

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Renaissance 1 8:00-9:00 Rise and Shine with Inspirational music and Devotionals 12:00 Lunch 2:00-3:00 Adult Coloring 3:00-4:00 Puzzle Hour Labor Day	Jaba 2 9:15 Opening/Brain Teasers 9:30 Exercise/ Walking club 10:00 Music with Joe Tucker 11:30 Visit with ASC/ Members Choice 12:00 Lunch 12:30 Word Search and Crosswords Renaissance Alternative Activity 9:00-10:00 Nail Spa 2:00-3:00 Board Games	Jaba 3 9:15 Opening/ Brain Teasers 9:30 Exercise with Minna 10:00 Site Council Meeting 10:30 Word Wednesday 12:00 Lunch 12:30 Word Search and Crosswords Renaissance Alternative Activity 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan	Jaba 4 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 BINGO 12:00 Lunch 12:30 Ring Toss/ Corn Hole/ Word Search Renaissance Alternative Activity 2:00-3:00 Coffee and Social Hour 3:00-4:00 Picnic in the Parlor!	Renaissance 5 8:00-9:00 Rise and Shine with Inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 6 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 7 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonsville Church of God 12:00 Lunch 2:00-3:00 JENGA! Grandparents Day	Renaissance 8 8:00-9:00 Rise and Shine with Inspirational music and Devotionals 12:00 Lunch 2:00-3:00 Whack a Mole! (with balloons) 3:00-4:00 Coffee and social gathering	Jaba 9 9:15 Opening/ Brain Teasers 9:30 Exercise/ Walking Club 10:00 Visit with Springhill Baptist Church 11:30 Who Am I? 12:00 Lunch 12:30 Word Search and Crosswords Renaissance Alternative Activity 9:00-10:00 Nail Spa 2:00-3:00 Board Games	Jaba 10 9:15 Opening/ Brain Teasers 9:30 Exercise with Minna 10:00 Word Wednesday/ Cards 11:00 Birch Tree Yarn Painting 12:00 Lunch 12:30 Adult Coloring Renaissance Alternative Activity 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan	Jaba 11 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 Game Day 12:00 Lunch 12:30 Ring Toss/ Corn Hole Renaissance Alternative Activity 2:00- 3:00 Tricky Puzzle Hour 3:00-4:00 Adult Coloring	Renaissance 12 8:00-9:00 Rise and Shine with Inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 13 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 14 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonsville Church of God 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 15 8:00-9:00 Rise and Shine with Inspirational music and Devotionals 12:00 Lunch 2:00-4:00 Movie and Popcorn	Jaba 16 9:15 Opening/ Brain Teasers 9:30 Exercise/ Walking 10:00 Generation Trivia (AC September) 11:00 Visit with Piper Ivy Preschool 12:00 Lunch 12:30 Word Search and Crosswords Renaissance Alternative Activity 9:00-10:00 Nail Spa 2:00-3:00 Board Games	Jaba 17 Day of Caring Fall Ball and Celebration of Jaba's 50 th year!! Renaissance Alternative Activity 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan	Jaba 18 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 BINGO 12:00 Lunch 12:30 Ring Toss/ Corn Hole Renaissance Alternative Activity 2:00-3:00 Crafting Hour 3:00-4:00 Movie and Popcorn	Renaissance 19 8:00-9:00 Rise and Shine with Inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 20 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games Oktoberfest Begins
Renaissance 21 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonsville Church of God 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 22 8:00-9:00 Rise and Shine with Inspirational music and Devotionals 12:00 Lunch 2:00-3:00 Whack a Mole! (with balloons) 3:00-4:00 Coffee and social gathering Rosh Hashanah Begins Autumn Begins	Jaba 23 9:15 Opening/ Brain Teasers 9:30 Exercise/ Walking Club 10:00 Music with 4 Hits and a Miss 12:00 Lunch 12:30 Word Search and Crosswords Renaissance Alternative Activity 9:00-10:00 Nail Spa 2:00-3:00 Board Games	Jaba 24 9:15 Opening/ Brain Teasers 9:30 Exercise with Minna 10:00 MOVIE MATINEE 12:00 Lunch 12:30 Word Search and Crosswords Renaissance Alternative Activity 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan	Jaba 25 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 AUCTION DAY! 12:00 Lunch 12:30 Ring Toss/ Corn Hole Renaissance Alternative Activity 2:00-3:00 Adult Coloring 3:00-4:00 Baking Club	Renaissance 26 8:00-9:00 Rise and Shine with Inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 27 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 28 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonsville Church of God 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 29 8:00-9:00 Rise and Shine with Inspirational music and Devotionals 12:00 Lunch 2:00-4:00 Movie and Popcorn	Jaba 30 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 Food Fun; Let's make foldable wraps 11:00 Jeopardy 12:00 Lunch Renaissance Alternative Activity 9:00-10:00 Nail Spa 2:00-3:00 Board Games	<div>  </div>			