



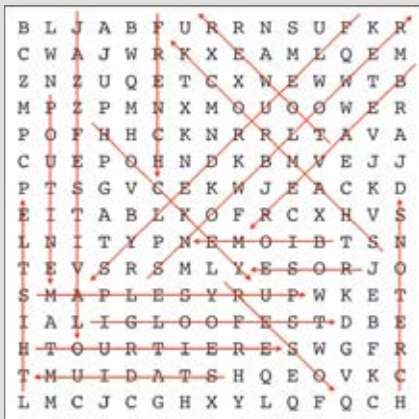
Life. Love. Legacy.™
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Stanardsville, VA 22973



Beth Murphy, LPN
Executive Director



LeeAnne Proffitt
Administrative Assistant



RENAISSANCE ASSISTED LIVING NEWSLETTER | SEPTEMBER 2026

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

Life. Love. Legacy.™



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.

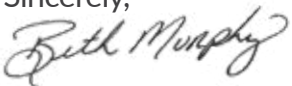
That's why National Assisted Living Week holds such special meaning for us each September. Each year, the week begins on Grandparents Day and this year carries the theme "Shining through the Years"—a celebration of the many decades of memories, music, and experiences that our residents bring to our community. 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,

Beth Murphy, LPN
Executive Director

Celebrate even the tiniest of victories—life's too short to NOT throw confetti for every small success.



Celebrations & Milestones

Welcome to our newest residents!

- David Estes
- Mike Healless

RESIDENT BIRTHDAYS

- Sept. 15: Emily Shotwell

TEAM MEMBER BIRTHDAYS

- Sept. 9: Jamie Reedy

RESIDENT ANNIVERSARIES

- Linda Austin – 2 yrs.

TEAM ANNIVERSARIES

- Lee Anne Proffitt–6 yrs.
- Tina Fugatt–1 yr.

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.



LEE ANNE PROFFITT
Administrative Assistant

A MONTH OF WELCOME, APPRECIATION & FAMILY

As September arrives, we are looking forward to a new month filled with fellowship, family, and gratitude here at The Renaissance. This month gives us several wonderful reasons to celebrate—from welcoming new members into our Renaissance family to honoring the hard work of generations past and recognizing the special love only grandparents can give.

Welcome to our Renaissance Family!

We are very excited to welcome Mike Healless and David Estes to The Renaissance!

Moving into a new home is a big transition, and we want Mike and David to know how happy we are to have them here. Our residents are so much more than the people we care for—they are part of our family. We hope they quickly find friendship, comfort, laughter, and a true sense of belonging within our community.

To Mike and David: Welcome home! We look forward to getting to know you, hearing your stories, sharing meals and activities together, and making many new memories with you.

"Therefore welcome one another as Christ has welcomed you, for the glory of God." — Romans 15:7

Honoring Labor Day

On Labor Day, we recognize the generations of hardworking men and women whose dedication helped build our families, communities, and country.

For many of our residents, hard work was simply a way of life. Their years were spent raising families, building careers, serving their communities, caring for others, and making sacrifices so the generations after them could have greater opportunities.

This Labor Day, we encourage everyone to take a moment to appreciate the incredible lives and accomplishments represented within the walls of Renaissance. Every

resident has a story, and behind many of those stories are decades of hard work, perseverance, faith, and love.

As Scripture reminds us:

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

We wish our residents, families, and staff a safe and blessed Labor Day!

Grandparents Day — Come Visit Your Grandparents!

Grandparents Day is Sunday, September 13, and we cannot think of a better reason to spend a little extra time with someone you love.

Grandparents hold such a special place in our families. They are our storytellers, teachers, prayer warriors, advice-givers, and keepers of family traditions. Their stories connect us to where we came from, and their love often leaves an impact that lasts for generations.

This Grandparents Day, we warmly encourage our families: Come visit your grandparents!

Bring the kids. Bring pictures. Sit together and share a cup of coffee. Ask Grandpa to tell that story you've already heard a hundred times. Let Grandma tell you how much you've grown. Take pictures together, give an extra-long hug, and make another memory.

The greatest gift you can bring doesn't come from a store—it is simply your presence and your time.

And if your loved one at Renaissance isn't technically a grandparent, come love on them anyway! Everyone deserves to feel remembered, valued, and surrounded by people who care.

"Children's children are a crown to the aged, and parents are the pride of their children." — Proverbs 17:6

From all of us at Renaissance, we wish our residents and their families a beautiful September filled with love, fellowship, and God's blessings. We are grateful for every person who makes our community feel like home.

VINTAGE ADS

1. Pop-Rice Krispies; 2. Charmin; 3. Star-Texaco Star; 4. Folgers; 5. It-American Express; 6. Beef-Wendy's; 7. State Farm; 8. Walking-Yellow Pages; 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

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

Leaving a review is one of the best ways to help new families find the support, comfort and compassion they deserve. Scan the QR code to share your story.





ALZHEIMER'S SUPPORT SERVICES

LEGACYSL.NET/
ALZHEIMERS-SUPPORT

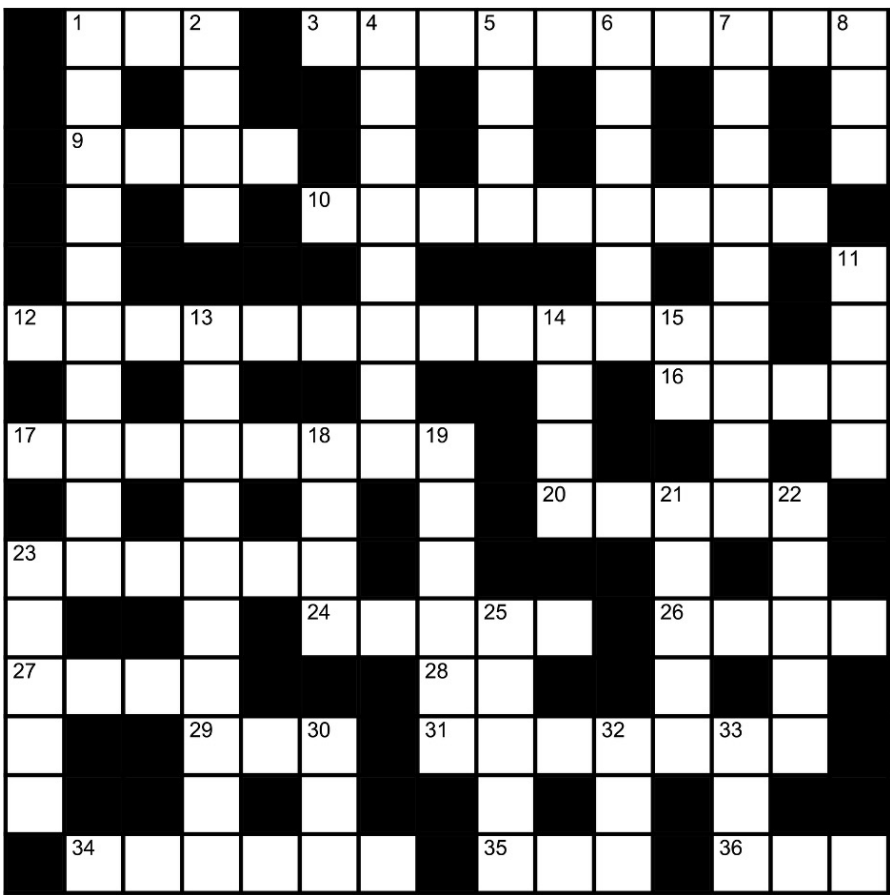
VINTAGE ADS

ACROSS

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

DOWN

- 1. The T in IT: Information _____
- 2. Molecule part
- 4. Of the armed forces
- 5. Butter alternative
- 6. Equal-sided rectangle
- 7. Double-crossing
- 8. Corn serving
- 11. Darkroom development
- 13. Study of the nature of existence and morality
- 14. A dangerous seductress
- 15. Vinyl record
- 18. Em, to Dorothy
- 19. Peter Pan lost his



- 21. 4:1, for example
- 22. Goes offstage
- 23. "I ___ I can, I ___ I can"
- 25. Cover story?
- 30. Roman numeral X = ___
- 32. Period
- 33. Kid's query

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

MEET ME IN
Montreal

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



RODGER SHIFFLETT: Hard Work, Heart and Hometown Pride

Rodger Shifflett's story begins in Greene County, Virginia, where he was born on February 2, 1943. He grew up on a family farm as the oldest of five children, surrounded by the familiar rhythms of country life. His two brothers, Danny and Dale, and his two sisters, Angela and Diane, shared those early years, learning from parents who believed in honesty, hard work and the importance of sticking together. The lessons Rodger learned at home shaped him for life—family comes first, responsibility matters, and a strong work ethic is something you carry with you, no matter where you go. Those values served Rodger well in his long career at Sperry. For more than 30 years, he was a steady presence there, showing up day after day with the kind of loyalty and dedication you don't see as often these days. Rodger's commitment to serving something bigger than himself didn't stop when he left Sperry's doors. He also served his country as a member of the National Guard, a role that added another layer of

meaning to his story and spoke to his deep sense of duty. For Rodger, the heart of his life was the relationship he built with his wife, Dorris. Though they didn't have children, Rodger and Dorris created a life filled with love, shared routines, and the quiet comfort of companionship. The loss of Dorris was a heartbreak that still lingers, but the love they shared remains a treasured part of his story—something that time cannot take away. These days, Rodger finds happiness in life's quieter corners. He enjoys old movies, keeps up with sports, and never turns down a bowl of ice cream. Sometimes, the best moments are the simplest ones—a favorite film, a good game, and something sweet to end the day. Rodger is now a valued part of our Renaissance family, and it's a privilege to know the story behind the kind and familiar face we see each day. His life is a reminder of the things that matter: family, hard work, service, love, and a deep sense of belonging to Greene County. Rodger, thank you for sharing your life with us. We're so glad you're here at Renaissance Assisted Living. *The righteous man walks in his integrity; his children are blessed after him. Proverbs 20:7*

MEMORIAL

One Saturday morning, the pastor noticed little Johnny was staring up at the large plaque that hung in the foyer of the church. It was covered with names, and small American flags were mounted on either side of it. The seven-year-old had been staring at the plaque for some time, so the pastor walked up, stood by the boy, and said quietly, "Good morning, Johnny." "Good morning, Pastor Ron," replied the young man, still focused on the plaque. "Pastor, what is this?" Johnny asked. "Well, son, it's a memorial to all the young men and women who died in the service." Soberly, they stood together, staring at the large plaque. Little Johnny's voice was barely audible when he asked, "Which one, the Wednesday night or Sunday morning service?"



- 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 ___!"



The answers can be found on the last page.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		JABA 9:30 Opening/Brain Teasers 9:45 Exercise/Walking Club 10:00 Crafting with Elsie 11:00 Turn the Page Tuesday 12:00 Lunch 12:30 Word Search and Crosswords Renaissance 9:30 Breakfast Club 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Common Threads 2:00 Skip-Bo Card Game! 3:00 Snack & Hydration	JABA 9:30 Opening/Brain Teasers 9:45 Exercise with Minna 10:00 Blue Zones—The Journey Begins 10:30 Group Discussion 11:00 Site Council Meeting 12:00 Lunch 12:30 Word Search and Crosswords Renaissance 11:30-12:00 Reverand Dan	JABA 9:30 Opening/Brain Teasers 9:45 Exercise/Walking Club 10:15 BINGO 12:00 Lunch 12:30 Adult Coloring Renaissance 9:30 Breakfast Club 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Common Threads 2:00 Skip-Bo Card Game! 3:00 Snack & Hydration	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-Predaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 9:30 Morning Company Corner 10:00 Today's Gazette 10:30 Ballroom Dancing / Hydration 1:30 Stronger Memory: Reading/ Hydration 2:00 Slice of Summer Door Wreaths	JABA 9:30 Opening/Brain Teasers 9:45 Exercise/Walking Club 10:00 UVA Students Presentation 11:30 Visit with ASC 12:00 Lunch 12:30 Adult Coloring Renaissance 9:30 Morning Greetings 10:00 Today's Gazette 10:30 Balloon Swatters /Hydration 11:30 Fill the Category 1:00 Individual Engagement/ Hydration 1:30 Connect; 2:00 Balloon Volleyball 3:00 Snack & Hydration	JABA 9:30 Opening/Brain Teasers 9:45 Exercise with Minna 10:00 Blue Zones—An Unexpected Discovery 10:30 Group Discussion 11:00 Word Wednesday 12:00 Lunch 12:30 Ring Toss/Cornhole Renaissance 11:30-12:00 Reverand Dan	JABA 9:30 Opening/Brain Teasers 9:45 Exercise/Walking Club 10:00 Cranium Crunches 11:00 Hitchcock Scavenger Hunt 12:00 Lunch 12:30 Word Search and Crosswords Renaissance 9:30 Morning Greetings 10:00 Today's Gazette 10:30 Balloon Swatters /Hydration 11:30 Fill the Category 1:00 Individual Engagement/ Hydration 1:30 Connect 4 2:00 Balloon Volleyball 3:00 Snack & Hydration	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-Predaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 9:30 Coffee & Good Mornings 10:00 Sunrise Bulletin 10:30 Chair Exercises/ Hydration 11:00 Spin it to Win it! 1:30 Stronger Memory: Reading/ Hydration 2:00 Creative Expression: Flower eis 3:00 Snack & Hydration	JABA 9:30 Opening/Brain Teasers 9:45 Exercise/Walking Club 10:00 Sense-sational Summer Citrus Baskets 11:00 Exploring the Everglades 12:00 Lunch 12:30 Word Search and Crosswords Renaissance 11:00 Around the World Trivia 1:00 Friendly Feud/ Hydration 2:00 Jellyfish Suncatcher Craft 3:00 Snack & Hydration	JABA 9:30 Opening/Brain Teasers 9:45 Exercise with Minna 10:00 Blue Zones—The End of Blue Zones? 10:30 Group Discussion 11:00 TRIAD 12:00 Lunch 12:30 Adult Coloring Renaissance 11:30-12:00 Reverand Dan	JABA 9:30 Opening/Brain Teasers 9:45 Exercise/Walking Club 10:00 Commemorating the 250th Anniversary of our Country with the Women's Club of Greene Co. 12:00 Lunch 12:30 Ring Toss/Cornhole Renaissance 9:30 Morning Company Corner 10:00 Daybreak Digest 10:30 Hockey Ball/ Hydration 11:00 Guess in 3 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Balloon Toss 3:00 Fact or Fiction	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-Predaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 9:30 Tabletime Chat 10:00 Daily Chronicle 10:30 Chair Exercises/ Hydration 11:00 Wisdom Wheel 1:30 Stronger Memory: Reading/ Hydration 2:00 Giant UNO! 3:00 Snack & Hydration	JABA 9:30 Opening/Brain Teasers 9:45 Exercise/Walking Club 10:00 4 Hitts and a Miss 11:00 Nutrition Jeopardy 12:00 Lunch 12:30 Adult Coloring Renaissance 9:30 Start the Day Social 10:00 Memory Lane News 10:30 Echoes of Nature: Fairy Tale Animal; 1:00 Individual Engagement/ Hydration; 1:30 Ker Plunk 2:00 Resident Council; 3:00 Snack & Hydration	JABA 9:30 Opening/Brain Teasers 9:45 Exercise with Minna 10:00 Blue Zones—The Future of Longevity 10:30 Group Discussion 11:00 Word Wednesday 12:00 Lunch 12:30 Ring Toss/Corn Hole Renaissance 11:30-12:00 Reverand Dan	JABA 9:30 Opening/Brain Teasers 9:45 Exercise/Walking Club 10:15 BINGO 12:00 Lunch 12:30 Adult Coloring Renaissance 9:30 Rise & Connect 10:00 Daily Chronicle 10:30 Football Pass / Hydration 11:00 Scattergories 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Creative Expression: Felt Polaroid Magnets 3:00 Snack & Hydration	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-Predaching, 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 Jeopardy! 1:30 Stronger Memory: Reading/ Hydration 2:00 Tropical Stained Glass Art 3:00 Snack & Hydration	JABA 9:30 Coffee & Game Shows 10:00 Morning Stretch 11:00 Jeopardy 12:00 Lunch 1:00 Move around Renaissance 9:30 Rise & Connect 10:00 Daybreak Digest 10:30 Chair Exercises/ Hydration 11:00 Friendly Feud 1:30 Stronger Memory: Reading/ Hydration 2:00 Sweet Creations: Mini Funfetti Muffins 3:00 Snack & Hydration	JABA 9:30 Coffee & News 10:00 Morning Stretch 11:00 Mandala Coasters Painting 12:00 Lunch 1:00 Move around Renaissance 11:30-12:00 Reverand Dan	September 2026 Renaissance Assisted Living		