



Life. Love. Legacy.™
1934 Whiddon Mill Rd.
Tifton, Ga. 31793
(229) 386-2273

YOUR LEADERSHIP TEAM



Alana Sirmans
Executive Director



Mallory Thompson
Sales & Marketing
Director



Porshia Stone, LPN
Resident Services
Director



Misty McDuffie
SC Life Enrichment
Director



Chris Griffin
Maintenance
Director



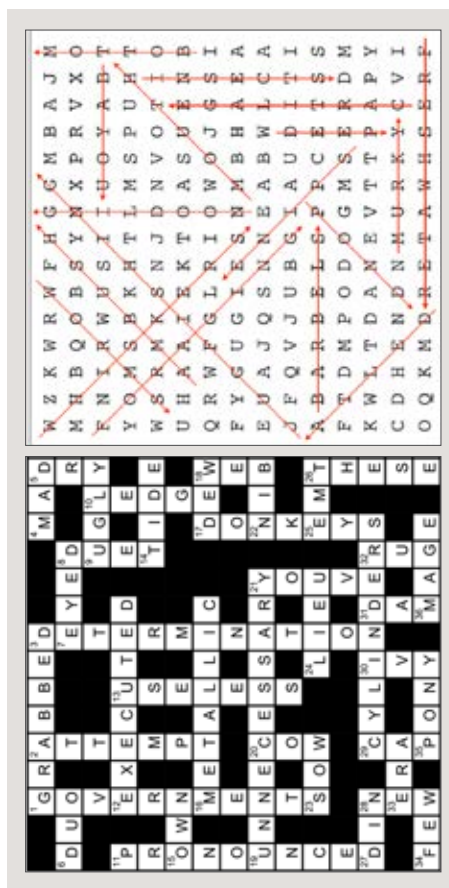
Barbara McLaren
Dining Services
Director



Cashonda Pittman
Staff Development
Coordinator



Josh Bennett
Chaplain



LEGACY VILLAGE OF TIFTON

NEWSLETTER | AUGUST 2026



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



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,

Alana Sirmans

Alana Sirmans
Executive Director

Celebrations & Milestones

Welcome home!

- Ann Barker
- Terrell Whitley
- Mildred Shepherd
- Virginia Pierce
- Martha Sears
- Loris Asmussen

Let's celebrate everyone marking a special moment this month!

RESIDENT BIRTHDAYS

- Aug. 18: Betty Hendley
- Aug. 20: David McMillan
- Aug. 30: Cindy Pleva

TEAM MEMBER BIRTHDAYS

- Aug. 13: Val Daniel
- Aug. 19: Felicia Boston

RESIDENT ANNIVERSARIES

- Sandra Chambers – 4 years
- Marolyn Saylor – 4 years
- Jack Stone – 2 years
- Ann Stone – 2 years
- Carolyn Barfield – 1 year

TEAM ANNIVERSARIES

- Chris Griffin – 16 years
- Desirae Jackson – 2 years
- Saneta Adderley – 3 years

SELECT REHAB STAYING FIT WITH VIRTU-SENSE



The Heart & Adventures of Martha Garrett

When you meet Martha Louise Garrett, you quickly sense a life shaped by care, adventure, and a deep appreciation for every moment. Born in Bowling Green, Kentucky, Martha's early years were rooted in family and tradition. She grew up in Louisville with her parents, Morton and Vera Gaddis. Her father worked as a crane operator, building bridges that carried people from place to place, while her mother made their home a center of warmth—her reputation as an amazing cook was well earned, and Martha grew up surrounded by the comforts of home-cooked meals and steady love.

Martha spent most of her school years in Louisville, finding her own joys and passions. She stayed active, playing basketball in high school, learning early the value of teamwork, perseverance, and fun. It was in Louisville that her story took a romantic turn. On New Year's Eve, when she was 21, Martha met George Garrett. Their connection was immediate, and together they built a life full of love and family. Raising two sons, they watched their family grow over the years, welcoming grandchildren who brought new light and laughter into their lives.

George's career in the military led the Garrett family on a series of adventures. For 23 years, they navigated the challenges and joys of military life, moving from place to place and collecting stories along the way. Even after his retirement from the military, George continued to serve as a computer programmer in Civil Service for

another 21 years, always guided by commitment and purpose. Martha, too, devoted herself to caring for others, working at the local hospital and offering compassion and support to all who needed it.

Their years abroad were especially memorable. While stationed in Germany, Martha found herself swept up in moments she never could have imagined—meeting the famous singing duo Peaches & Herb and even French President Charles de Gaulle during a parade. Travel became a thread woven through the fabric of their lives, each destination leaving a mark. Though many places held meaning, Holland stood out for Martha. She fell in love with its charming little shops, the vibrant tulip fields, and the gentle beauty of the countryside.

No matter where life took them, Kentucky always called them home. Martha cherished the tradition of dressing up for the Kentucky Derby, savoring the excitement and elegance of those days. Now, she fills her time with the things she loves most—reading, sewing, listening to country music, and cheering on North Carolina football and basketball. Her days are filled with simple pleasures, but her spirit remains adventurous and her heart open.

Martha's life is a tapestry of memories, stitched together with kindness, curiosity, and a sense of joy. She has brightened every community she's been a part of, and here at Legacy Village of Tifton, she continues to inspire those around her. We are grateful for her presence, her stories, and the quiet strength that defines her journey.

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



Name that Tune

with Tonya Land of Home Instead



AIR HOCKEY SHOWDOWN! And the Winners Are...



CELEBRATING AMERICA



Nick Waters of *American Storytellers* shares the real-life adventures of the Abernathy Boys, two brothers whose courage and curiosity took them far from home.



ALZHEIMER'S
SUPPORT SERVICES

LEGACYSL.NET/
ALZHEIMERS-SUPPORT



LIFE ENRICHMENT

Connections


Sunshine & Citrus

This month's theme is **Sunshine & Citrus**, and we're soaking up all the bright, cheerful vibes! As everyone gets ready for the back-to-school season, we're gearing up for another fun-filled and busy month here at LVT.

Our team loves creating new and exciting activities, outings, and opportunities for our residents to enjoy. Be sure to check out this month's **Highlights** to see everything we have planned, you won't want to miss it!

We're also excited to participate in the **Walk to End Alzheimer's on Saturday, October 10th at 4:00 p.m.** at the **ABAC Front Circle**. There's no registration fee, so we would love for you to join our team or even start one of your own! Thanks to the generosity of our community, we've already raised a wonderful amount and will continue fundraising until the walk. If you'd like to make a donation, see me or Mallory—we'd also be happy to help you register for the event.

Looking for a meaningful way to give back? We'd love to have you **volunteer with us!** If you or someone you know is interested, please contact me at **229-386-2273**, and I'll be happy to help you get connected.

Here's to a bright month filled with sunshine, smiles, and making a difference together!

Happy August!
Misty McDuffie
Life Enrichment Director

AUGUST HIGHLIGHTS

Aug. 3	Hungry Hippo with Evangela
Aug. 4	Club 55, Communion with Paul Teter
Aug. 6	First Responders Lunch
Aug. 10	Balloon Painting
Aug. 13	Back to School Dessert, Pitching Pennys with Tonya
Aug. 14	Trip to Flint River Aquarium & Lunch
Aug. 20	Elvis
Aug. 28	Biscuit & Jelly making

AUG
11th

THE HARBOR
BURGERS & BINGO FAMILY NIGHT

4:30PM • RSVP: 229.386.2273

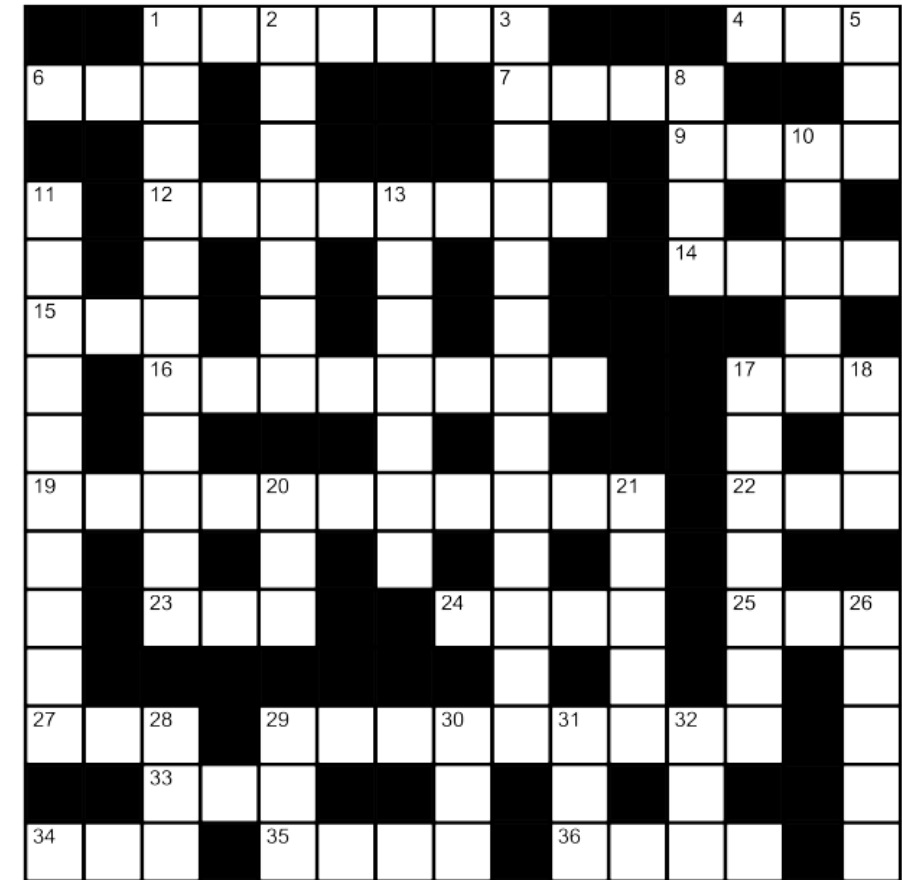


ACROSS

- 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.

- AMBUSH
- BARBELS
- BAYOU
- BOTTOM
- CARTILAGE
- DEEP
- DELTA
- FORAGING
- FRESHWATER
- INSECTS
- JUG FISHING
- MOUTH
- MURKY
- NOODLING
- POND
- SPINE
- WHISKERS
- WORMS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:00 Independent Devotion 1 10:30 Independent Exercise 12:00 Lunch 12:30 Room Rounds Hosted in The Harbor 1:00 Coke Floats & Simple C 2:00 Noodle Ball 3:00 Hydration/Color Pages
10:00 Church w/ Pepper 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 5:00 Dinner	2 9:30 Devotion w/ Mark FBC 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Hungry Hippo w/ Evangela 3:00 Simple C & Snacks 5:00 Dinner	3 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise w/ Gracie 11:30 Club 55 1:00 Room Rounds 2:00 Communion w/ Paul 3:00 Simple C Pictures 5:00 Dinner	4 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 5:00 Dinner	5 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 5:00 Dinner	6 9-1 Beauty Shop 12:00 Lunch 2:00 Manis & Music 3:00 Porch Chat 5:00 Dinner	7 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Movie Matinee 3:00 Popcorn & Coke 5:00 Dinner
10:00 Church w/ Pepper 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 5:00 Dinner	9 9:30 Devotion w/ Mark FBC 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Balloon Painting 3:00 Simple C & Snacks 5:00 Dinner	10 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise w/ Gracie 12:00 Lunch 1:00 Room Rounds 2:00 Movie & Popcorn 5:00 Dinner	11 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 5:00 Dinner	12 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 5:00 Dinner	13 9-1 Beauty Shop 12:00 Lunch 2:00 Pitch a Penny w/ Tonya 3:00 Porch Chat 5:00 Dinner 4-6 Back to School Dessert	14 9-3 Flint River Aquarium & Lunch
10:00 Independent Devotion 16 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 5:00 Dinner	17 9:30 Devotion w/ Mark FBC 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Butterbean Auction 3:00 Simple C & Snacks 5:00 Dinner	18 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise w/ Gracie 12:00 Lunch 1:00 Room Rounds 2:00 Senior Chef 3:30 The Carpenters 5:00 Dinner	19 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 5:00 Dinner	20 9-1 Beauty Shop 12:00 Lunch 2:00 Elvis is in the Building 3:00 Porch Chat 5:00 Dinner	21 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Folk Songs w/ Paul 3:00 Porch & Lemonade 5:00 Dinner	22 10:00 Independent Devotion 10:30 Independent Exercise 12:00 Lunch 12:30 Room Rounds Hosted in The Harbor 1:00 Popcorn & Coke 2:00 Ring Toss 3:00 Hydration/Crosswords
10:00 Independent Devotion 23 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 5:00 Dinner	24 9:30 Devotion w/ Mark FBC 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Jeopardy 3:00 Simple C Snacks 5:00 Dinner	25 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise w/ Gracie 12:00 Lunch 1:00 Room Rounds 2:00 Coke Floats 3:00 Craft Time 5:00 Dinner	26 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 5:00 Dinner	27 9-1 Beauty Shop 12:00 Lunch 2:00 Manis & Music 3:00 Porch Chat 5:00 Dinner	28 9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Biscuit & Jelly Making 3:00 Reminisce 5:00 Dinner	29 10:00 Independent Devotion 10:30 Independent Exercise 12:00 Lunch 12:30 Room Rounds Hosted in the Harbor 1:00 Cracker Jacks & RC 2:00 Volleyball 3:00 Hydration/TIC TAC TOE
10:00 Independent Devotion 30 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 5:00 Dinner	31 9:30 Devotion w/ Mark FBC 10:30 Exercise 12:00 Lunch 1:00 Room Rounds 2:00 Resident Birthday Party 3:00 High Striker 5:00 Dinner					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 						10:00 Gather & Newsletter 1 10:30 Devotion/Hymns 11:00 Exercise/game 11:30 Lunch 12:30 Room Rounds 1:00 Coke Floats & Simple C 2:00 Noodle Ball 3:00 Hydration/Color Pages
10:00 Church w/ Pepper 2 11:00 Weekly Events 11:30 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 4:30 Dinner	9:30 Devotion w/ Mark FBC 3 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Rounds 2:00 Hungry Hippo w/ Evangela 3:00 Simple C & Snacks 4:30 Dinner	9:30 Rise & Shine 4 10:00 Devotion 10:30 Exercise w/ Gracie 11:30 Club 55 1:00 Room Rounds 2:00 Communion w/ Paul 3:00 Simple C Pictures 4:30 Dinner	9:30 Rise & Shine 5 10:00 Devotion 10:30 Exercise 11:30 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 4:30 Dinner	9-1 6 Beauty Shop 11:30 Lunch 2:00 Manis & Music 3:00 Porch Chat 4:30 Dinner	9:30 Rise & Shine 7 10:00 Devotion 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Rounds 2:00 Scenic Ride 3:00 DQ Stop 4:30 Dinner	10:00 Devotion/Hymns 8 10:30 Exercise/game 11:30 Lunch 12:30 Room Rounds 1:00 Sundaes & Name That 2:00 Volleyball 3:00 Hydration/Crosswords 4:30 Dinner
10:00 Church w/ Pepper 9 11:00 Weekly Events 11:30 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 4:30 Dinner	9:30 Devotion w/ Mark FBC 10 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Rounds 2:00 Balloon Painting 3:00 Simple C & Snacks 4:30 Dinner	9:30 Rise & Shine 11 10:00 Devotion 10:30 Exercise w/ Gracie 11:30 Lunch 1:00 Room Rounds 2:00 Movie & Popcorn 4:30 Burgers & Bingo Family	9:30 Rise & Shine 12 10:00 Devotion 10:30 Exercise 11:30 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 4:30 Dinner	9-1 13 Beauty Shop 11:30 Lunch 2:00 Pitch a Penny w/ Tonya 4:30 Dinner 4-6 Back to School Dessert	9-3 14 Flint River Aquarium & Lunch	10:00 Devotion/Hymns 15 10:30 Exercise/game 11:30 Lunch 12:30 Room Rounds 1:00 Cookies & 1940's Quiz 2:00 Parachute Pop 3:00 Hydration/Word Search 4:30 Dinner
10:00 Church on TV 16 11:00 Weekly Events 11:30 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 4:30 Dinner	9:30 Devotion w/ Mark FBC 17 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Rounds 2:00 Butterbean Auction 3:00 Simple C & Snacks 4:30 Dinner	9:30 Rise & Shine 18 10:00 Devotion 10:30 Exercise w/ Gracie 11:30 Lunch 1:00 Room Rounds 2:00 Senior Chef 3:30 The Carpenters 4:30 Dinner	9:30 Rise & Shine 19 10:00 Devotion 10:30 Exercise 11:30 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 4:30 Dinner	9-1 20 Beauty Shop 11:30 Lunch 2:00 Elvis is in the building 3:00 Porch Chat 4:30 Dinner	9:30 Rise & Shine 21 10:00 Devotion 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Rounds 2:00 Folk Songs w/ Paul 3:00 Porch & Lemonade 4:30 Dinner	10:00 Devotion/Hymns 22 10:30 Exercise/game 11:30 Lunch 12:30 Room Rounds 1:00 Popcorn & Cokes 2:00 Ring Toss 3:00 Hydration/Crosswords 4:30 Dinner
10:00 Church on TV 23 11:00 Weekly Events 11:30 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 4:30 Dinner	9:30 Devotion w/ Mark FBC 24 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Rounds 2:00 Jeopardy 3:00 Simple C Snacks 4:30 Dinner	9:30 Rise & Shine 25 10:00 Devotion 10:30 Exercise w/ Gracie 11:30 Lunch 1:00 Room Rounds 2:00 Coke Floats 3:00 Craft Time 4:30 Dinner	9:30 Rise & Shine 26 10:00 Devotion 10:30 Exercise 11:30 Lunch 1:00 Room Rounds 2:00 Devotion w/ Josh 2:30 BINGO 4:30 Dinner	9-1 27 Beauty Shop 11:30 Lunch 2:00 Manis & Music 3:00 Porch Chat 4:30 Dinner	9:30 Rise & Shine 28 10:00 Devotion 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Rounds 2:00 Biscuit & Jelly Making 3:00 Reminisce 4:30 Dinner	10:00 Devotion/Hymns 29 10:30 Exercise/game 11:30 Lunch 12:30 Room Rounds 1:00 Cracker Jacks & RC 2:00 Volleyball 3:00 Hydration/TIC TAC TOE 4:30 Dinner
10:00 Church on TV 30 11:00 Weekly Events 11:30 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Puzzles 4:30 Dinner	9:30 Devotion w/ Mark FBC 31 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Rounds 2:00 Resident Birthday Party 3:00 High Striker 4:30 Dinner					