



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

YOUR LEADERSHIP TEAM



Alana Sirmans
Executive Director



Jenn Brown
Sales & Marketing
Coordinator



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 | JANUARY 2026



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



There's a certain feeling that comes over you in a great old cathedral—something that hushes the world outside and draws you into a kind of quiet awe. Sunlight streams through stained glass, scattering blues and reds across smooth wood, intricate railings, and sometimes the gleaming pipes of an ancient organ, each sound echoing up into spaces shaped perfectly to carry music and prayer. It's hard to put into words, but you can almost feel the place hum inside your chest—a comfort, a stillness, a mysterious sense that something inside you is being soothed.

For centuries, we've chalked up the beauty of these buildings to faith and artistry. Yet, as science has peeled back more of the mystery, another truth emerges: their creators may have been working with a level of knowledge that still astounds us today. Many cathedrals were built to magnify certain sounds—low chanting, the deep swell of an organ, even a single clear bell—so that their vibrations linger long after the last note fades. Researchers are now finding that some of these sonic frequencies, by pure design or ancient intention, may even help calm our minds, steady our breath, and encourage a gentle kind of healing that everyone, regardless of background or belief, can sense.

It leaves me wondering—what else did those master builders understand about lifting spirits and fostering togetherness, knowledge that we're only now rediscovering? Perhaps it's not just the architecture or music, but the experience of being in a space built by many hands for the well-being of all. Maybe it's the simple fact that when people gather under a shared roof, supporting each other through silence or song, something in us finds a sense of belonging and peace.

We don't need stained glass or soaring arches to benefit from this ancient wisdom. Every day, in our own spaces—dining halls filled with laughter, patios humming with quiet conversations, even hallways lit by a friendly greeting—we create our own kind of resonance. The kindness, patience, and encouragement we offer ripple out, reaching further than we imagine and carrying a subtle, lasting comfort.

As we step into a new year, let's remember that we're all builders in our way—shaping environments with our choices and the warmth we share. May our community continue to be a place where hearts are lifted, spirits are steadied, and the gentle music of acceptance and care never fades.

Wishing you a harmonious and hopeful year ahead,

Alana Sirmans



MEET CLAIRE BIESBOER: A LIFE OF HEART, HORSES, AND HOME

Claire was born on September 24, 1957,

and raised in the close-knit town of Porter, Indiana. The youngest of five children born to Albert and Emily, she was quickly and affectionately nicknamed "Shorty" by her family. Her father worked at the local steel mill while her mother added a hint of magic to life working at the Enchanted Forest Amusement Park.

Claire's childhood was filled with the simple joys of small-town living. She grew up just a mile from Lake Michigan, learning to swim at an early age. Always active, Claire participated in gymnastics throughout her school years and proudly earned a bronze medal in floor exercises. At age 14, her father surprised her with a horse named Two Bit—sparking a lifelong passion for horseback riding that still brings her joy.

While in high school, Claire met the love of her life, Jerry, during an evening at a root beer stand. She knew right away he was "the one." After nearly two years of dating, Claire graduated from Chesterton High School in 1976, and the couple married that December, ready to start their future together.

Jerry took on work at the steel mill, and Claire embraced being a homemaker. The two raised their children, Jamie and Jesse, in a home filled with laughter and love. Claire fondly recalls her son Jesse's sense of humor—he always kept her laughing. The family also shared their home with a cherished Great Dane named Ali, who truly was a beloved companion.

Creativity has always been a part of Claire's life. Inspired by her sister, she picked up oil painting, and together, the two created over 200 artworks when Claire's brother purchased a nursing home in Texas—enriching the lives of many through their art. Claire also enjoys spending time in the kitchen cooking and baking, and she's a proud fan of the Indianapolis Colts and Chicago Cubs. Of all her hobbies, horse racing captures her imagination most.

Now proud grandparents to two granddaughters, Claire and Jerry look back on a life filled with love, laughter, and adventure. Over the past two years, Claire has brought this same warmth, creativity, and infectious joy to our Legacy family. We are grateful every day to have her in our community.

Celebrations & Milestones

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

RESIDENT BIRTHDAYS

- Jan. 1: Ann J.
- Jan. 8: Linda F.
- Jan. 11: Jack S.
- Jan. 21: Marilyn S.
- Jan. 21: Elizabeth W.
- Jan. 25: Bobby M.

TEAM MEMBER BIRTHDAYS

- Jan. 16: Rachael Goff
- Jan. 17: Chris Griffin
- Jan. 18: Kawanda Pettiford
- Jan. 18: Nichole Tucker
- Jan. 27: Greg Bennett
- Jan. 30: Sharon Nichols

RESIDENT ANNIVERSARIES

- Claire Biesboer – 2 years
- John Haswell – 2 years
- Faye Odom – 1 year

TEAM ANNIVERSARIES

- Greg Bennett – 8 years
- Osjah Cherry – 1 year
- Donetha Newsome – 1 year

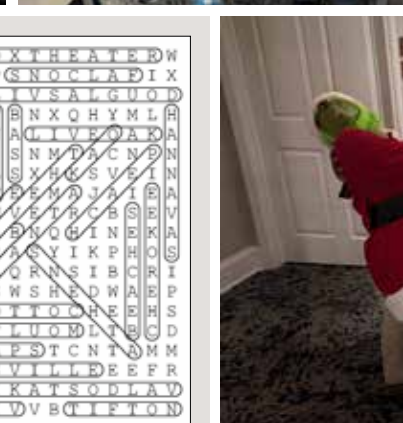
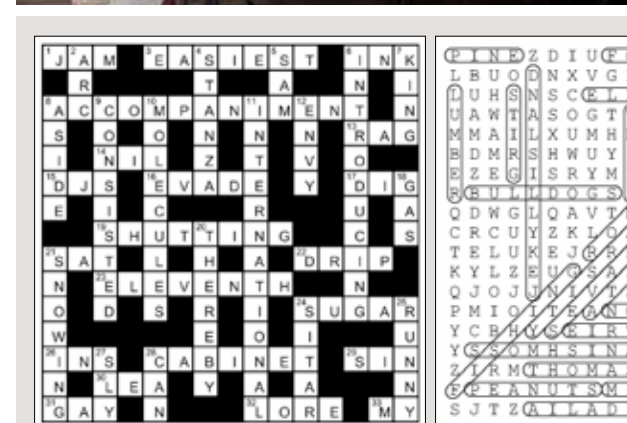
IF YOU LOVE WHAT WE DO, PLEASE LEAVE A REVIEW!



legacytifton.net/testimonies

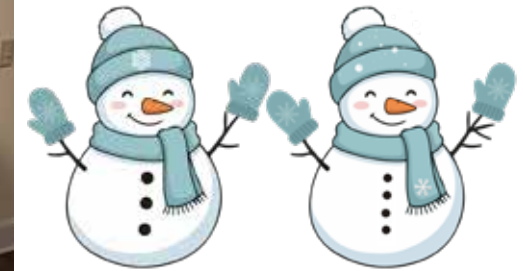
YOUR FEEDBACK HELPS OTHERS!

NATIONAL NOTHING DAY
JANUARY 16



CAN YOU SPOT THE 7 DIFFERENCES?

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Whoville
Holiday
Bash
with the
GRINCH

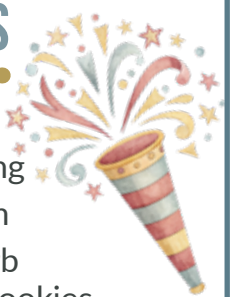


Family
Night
CHRISTMAS DINNER



DECEMBER HIGHLIGHTS

- Jan. 1 Bowl Days
- Jan. 9 Northern Lights Painting
Mouse Track Ice Cream
- Jan. 13 Tasty Tuesday with Barb
Moose on the Loose Cookies
- Jan. 19 MLK Day/Party Marty BINGO
- Jan. 20 Chopped Cooking Show
- Jan. 22 11:30am Personal Care Family Lunch
- Jan. 23 Shopping on the Town
- Jan. 30 Moose Birthday Mixer



GINGERBREAD
HOUSES with
Amanda



BIG SMILES,
BIGGER
BIDS! * * *
BUTTERBEANS, BIDDING,
& A WHOLE LOT OF FUN!



ELVIS
IS IN
THE
BUILDING



ACROSS

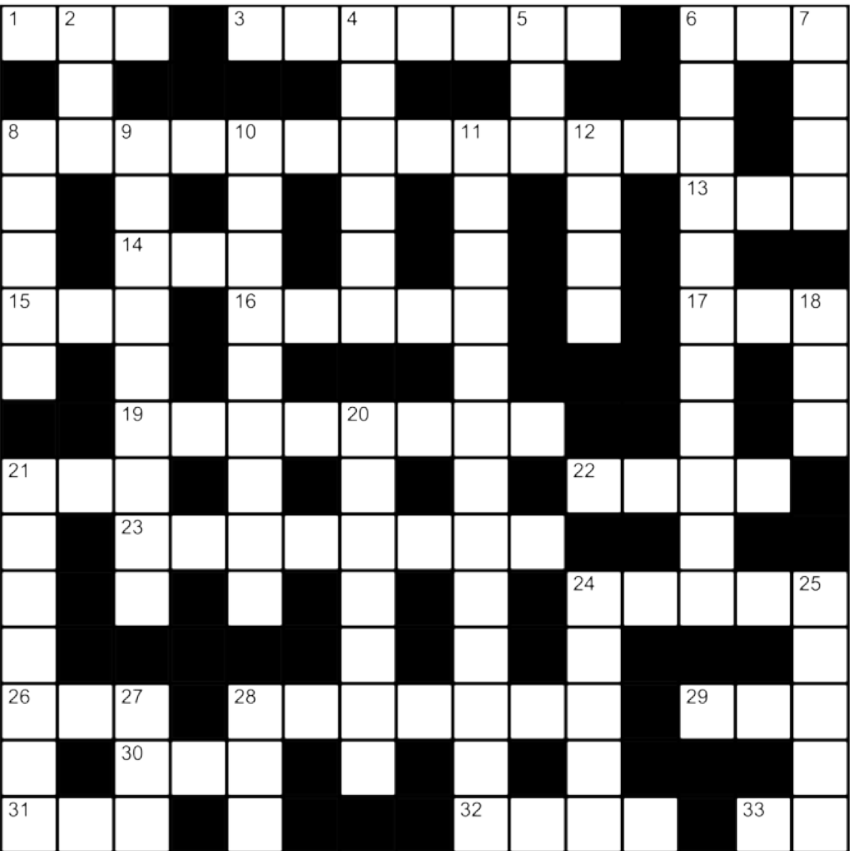
- 1. Preserves
- 3. Least difficult
- 6. Squid's defense
- 8. Music to support a solo instrument
- 13. Dust remover
- 14. None; zero
- 15. Disc jockeys, abbrev.
- 16. Give the slip
- 17. Archaeological site
- 19. Closing something
- 21. Warmed the bench
- 22. Slo-o-ow leak
- 23. At the _____ hour (in the nick of time)
- 24. Sucrose, for one
- 26. ___ and outs
- 28. Place to store china
- 29. Break a commandment
- 30. Meadow
- 31. In high spirits
- 32. Folk follower
- 33. "You Are __ Sunshine"

DOWN

- 2. Circle segment
- 4. Poem subsection
- 5. A character from *Casablanca*
- 6. Presenting
- 7. Double-decker checker
- 8. "All kidding ____"
- 9. Was made of

- 10. Groups of atoms
- 11. Global; multiple countries
- 12. "Green with ____"
- 18. Neon or helium, for example
- 20. As a result

- 21. Coming down in flakes
- 24. Stringed Indian instrument
- 25. Like the yolk of a poached egg
- 27. Cunning
- 28. Soup container in store



Georgia

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



- | | |
|---------------|--------------|
| ATHENS | LIVE OAK |
| BASS | LUMBER |
| BEACHES | MOULTRIE |
| BULLDOGS | OAK |
| CHEROKEE | PEACH |
| COTTON | PEANUTS |
| DOUGLASVILLE | PINE |
| THE VARSITY | ROME |
| FALCONS | SAVANNAH |
| FISHING | SPANISH MOSS |
| FLINT | THOMASVILLE |
| FOX THEATER | TIFTON |
| GRITS | VALDOSTA KIM |
| JEKYLL ISLAND | VIDALIA |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 Devotion 1 12:00 Orange Bowl 4:00 Rose Bowl 8:00 Sugar Bowl <small>New Year's Day</small>	9:30 Lobby Chat 2 10:00 Devotion w/ Jeff 10:30 Exercise w/ Misty 1:00 Room Visits 2:00 Peach Party 3:00 Georgia Facts 5:30 ME TV 6:30 Evening Stroll Happy Birthday Georgia	9:30 Coffee Chat 3 10:00 Independent Devotion 10:30 Independent Exercise 1:00 Gather Friends for UNO 2:00 Snack Cart 3:00 Wood Search 5:30 ME TV 6:30 Evening Stroll
10:00 Church w/ Pepper 4 11:00 Weekly Events 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:30 Armchair Travels 6:30 Hallway Stroll	9:30 Mark FBC 5 10:00 Exercise w/ Misty 10:30 Coffee Chat 1:00 Happy Hour 2:00 Scenic Ride 3:00 DQ Stop 5:30 Simple C TV 6:30 Hallway Stroll	9:30 Lobby Chat 6 10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Room Visits 2:00 Communion w/ Paul 3:00 EZ Music Trivia 5:30 ME TV 6:30 Hallway Stroll	9:30 Lobby Chat 7 10:00 Devotion 10:30 Exercise 1:00 Rooms Visits 2:00 Devotion w/ Josh 2:30 BINGO 5:30 Armchair Travels 6:30 Hallway Stroll	9-1 8 Beauty Shop & Pretty Nails 2:00 Craft 3:00 Simple C 5:30 METV 6:30 Hallway Stroll	9:30 Lobby Chat 9 10:00 Devotion 10:30 Exercise 1:00 Alaska & Moose Trivia 2:00 Northern Lights Painting 3:00 Moose Track Ice Cream 5:30 ME TV 6:30 Hallway Stroll	9:30 Coffee Chat 10 10:00 Independent Devotion 10:30 Independent Exercise 1:00 Noodle Ball 2:00 Snack/Hydration 3:00 Puzzles 5:30 METV 6:30 Hallway
10:00 Church w/ Pepper 11 11:00 Weekly Events 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:30 Armchair Travels 6:30 Hallway Stroll	9:30 Mark FBC 12 10:00 Exercise w/ Misty 10:30 Coffee Chat 1:00 Happy Hour 2:00 Movie Matinee Cheaper by the Dozen 3:00 Movie Snacks 5:30 Simple C TV 6:30 Hallway Stroll Dozen Day	9:30 Coffee Chat 13 10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Room Visits 2:00 Tasty Tuesday w/ Barb Moose on the loose Cookies 3:00 Simple C Trivia 5:30 ME TV 6:30 Hallway Stroll	9:30 Lobby Chat 14 10:00 Devotion 10:30 Exercise 1:00 Happy Hour 2:00 Devotion w/ Josh 2:30 BINGO w/ Vicki 5:30 Simple C Pictures 6:30 Hallway Stroll	9-1 15 Beauty Shop & Pretty Nails 2:00 Resident Council 3:00 Simple C Trivia 5:30 METV 6:30 Hallway Stroll	9:30 Lobby Chat 16 10:00 Devotion 10:30 Exercise 1:00 One on Ones 2:00 Folk songs w/ Paul 3:00 Connect 4 5:30 METV 6:30 Hallway	9:30 Lobby Chat 17 10:00 Independent Devotion 10:30 Independent Exercise 1:00 Ring Toss 2:00 Snack/Hydration 3:00 Word Search 5:30 METV 6:30 Hallway Stroll
10:00 Church on TV 18 11:00 Weekly Events 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:30 Armchair Travels 6:30 Hallway Stroll National Activity Week	9:30 Mark FBC 19 10:00 MLK Speech 10:30 Craft MLK Plaque 1:00 One on One Visits 2:00 Party Marty BINGO 3:00 Word Search 5:30 METV 6:30 Hallway Stroll Martin Luther King Jr. Day	9:30 Coffee Chat 20 10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Room Visits 2:00 Chopped Cooking Show 3:30 Carpenter's Concert 5:30 METV 6:30 Hallway Stroll	9:30 Lobby Chat 21 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Devotion w/ Josh 2:30 BINGO 5:30 Puzzles 6:30 Hallway Stroll	9-1 22 Beauty Shop & Pretty Nails 12:00 Family Lunch 2:00 Noodle Ball 3:00 Snack Cart/Hydration 5:30 METV 6:30 Hallway Stroll	9:30 Lobby Chat 23 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 Shop til we DROP 3:00 Sweet Treat in Town 5:30 METV 6:30 Hallway Stroll	9:30 Coffee Chat 24 10:00 Independent Devotion 10:30 Independent Exercise 1:00 Bean Bag Toss 2:00 Snack/ Hydration 3:00 Tic Tac Toe 5:30 METV 6:30 Hallway Stroll
10:00 Church on TV 25 11:00 Weekly Events 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:30 Armchair Travels 6:30 Hallway Stroll	9:30 Mark FBC 26 10:00 Exercise w/ Misty 10:30 Coffee Chat 11:30 Lunch in the Town 2:00 Movie Matinee (Snow Dogs) 3:00 Movie Snacks 5:30 Simple C TV 6:30 Hallway Stroll Australia Day (Observed)	9:30 Coffee Chat 27 10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Room Visits 2:00 Tea for Two Tea Party 3:00 Craft Mad Hatter Centerpieces 5:30 METV 6:30 Evening Stroll	9:30 Lobby Chat 28 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Devotion w/ Josh 2:30 BINGO 5:30 Color Pages 6:30 Hallway Stroll	9-1 29 Beauty Shop & Pretty Nails 2:00 Butterbean Auction 3:00 Independent UNO 5:30 ME TV 6:30 Hallway Stroll	9:30 Lobby Chat 30 10:00 Devotion 10:30 Exercise/Hydration 1:00 Floats w/ Friends 2:00 Moose Mixer Birthday Pin the Tail on the Moose 3:00 Moose Shoot 5:30 ME TV FUN AT WORK DAY	9:30 Lobby Chat 31 10:00 Independent Devotion 10:30 Independent Exercise 1:00 Hot Chocolate Bar 2:00 Movie Matinee 5:30 METV 6:30 Hallway Stroll

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 Devotion 1 12:00 Orange Bowl 4:00 Rose Bowl 8:00 Sugar Bowl <small>New Year's Day</small>	9:30 Rise & Shine 2 10:00 Devotion w/ Jeff 10:30 Exercise w/ Misty 1:00 Room Visits 2:00 Peach Party 3:00 Georgia Facts 5:30 METV 6:30 Evening Stroll	10:00 Devotion 3 10:30 Exercise 1:00 Noodle Ball 2:00 Snack/Hydration 3:00 Word Search 5:30 METV 6:30 Hallway Stroll
10:00 Church w/ Pepper 4 11:00 Weekly Events 1:00 Snack/Hydration 2:00 BINGO 3:00 Simple C 5:30 Armchair Travels 6:30 Hallway Stroll	9:30 Mark FBC 5 10:00 Exercise/Misty 10:30 Game Time 1:00 Happy Hour 2:00 Movie Matinee (Cheaper by the Dozen) 3:00 Movie Snacks 5:30 Simple C Name That 6:30 Hallway Stroll	9:30 Rise & Shine 6 10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Room Visits 2:00 Communion w/ Paul 3:00 EZ Music Trivia 5:30 Hee Haw 6:30 Hallway Stroll	9:30 Wake up Game 7 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Devotion w/ Josh 2:30 BINGO 5:30 Armchair Travels 6:30 Hallway Stroll	9-1 8 Beauty Shop & Pretty Nails 2:00 Craft 3:00 Simple C Trivia 5:30 METV 6:30 Hallway Stroll	9:30 Rise & Shine 9 10:00 Devotion 10:30 Exercise 1:00 Alaska & Moose Trivia 2:00 Northern Lights Painting 3:00 Moose Track Ice Cream 5:30 Lone Ranger 6:30 Hallway Stroll	10:00 Devotion 10 10:30 Exercise 1:00 Ring Toss 2:00 Snack/Hydration 3:00 Word Search 5:30 METV 6:30 Hallway Stroll
10:00 Church w/ Pepper 11 11:00 Weekly Events 1:00 Snack/Hydration 2:00 BINGO 3:00 Simple C 5:30 Armchair Travels 6:30 Hallway Stroll	9:30 Mark FBC 12 10:00 Exercise 10:30 Game Time 1:00 Happy Hour 2:00 Scenic Ride 3:00 DQ Stop 5:30 The Golden Girls 6:30 Hallway Stroll	9:30 Rise & Shine 13 10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Room Visits 2:00 Tasty Tuesday w/ Barb Moose on the loose Cookies 3:00 Simple C Trivia 5:30 METV 6:30 Hallway Stroll	9:30 Rise & Shine 14 10:00 Exercise 10:30 Devotion 1:00 Room Visits 2:00 Devotion w/ Josh 2:30 BINGO w/ Vicki 5:30 Simple C 6:30 Hallway Stroll	9-1 15 Beauty Shop & Pretty Nails 2:00 Fun & Games 3:00 Snack Social 5:30 METV 6:30 Hallway Stroll	9:30 Wake Up Game 16 10:00 Devotion 10:30 Exercise 1:00 Snack/Hydration 2:00 Folk songs w/ Paul 3:00 Connect 4 5:30 METV 6:30 Hallway Stroll	10:00 Devotion 17 10:30 Exercise 1:00 Bean Bag Toss 2:00 Snack/Hydration 3:00 Tic Tac Toe w/ Friends 5:30 METV 6:30 Hallway Stroll
10:00 Church on TV 18 11:00 Weekly Events 1:00 Snack/Hydration 2:00 BINGO 3:00 Simple C 5:30 Armchair Travels 6:30 Hallway Stroll	9:30 Mark FBC 19 10:00 MLK Day Speech 10:30 Craft MLK Plaque 1:00 Room Visits 2:00 Party Marty BINGO 3:00 Simple C Armchair Travels 5:30 ME TV 6:30 Hallway Stroll <small>Martin Luther King Jr. Day</small>	9:30 Rise & Shine 20 10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Room Visits 2:00 Chopped Cooking Show 3:30 Carpenter's Concert 5:30 The Golden Girls 6:30 Hallway Stroll	9:30 Rise & Shine 21 10:00 Exercise 10:30 Devotion 1:00 Room Visits 2:00 Devotion w/ Josh 2:30 BINGO 5:30 Simple C 6:30 Hallway Stroll	9-1 22 Beauty Shop & Pretty Nails 2:00 Thursday Fun Day 3:00 Color Pages 5:30 Andy Griffith Show 6:30 Hallway Stroll	9:30 Wake Up Game 23 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Shop til we Drop 3:00 Sweet Treat up Town 5:30 METV 6:30 Hallway Stroll	10:00 Devotion 24 10:30 Exercise 1:00 Ball Toss 2:00 Snack/Hydration 3:00 Word Search 5:30 METV 6:30 Hallway Stroll
10:00 Church on TV 25 11:00 Weekly Events 1:00 Snack/Hydration 2:00 BINGO 3:00 Simple C 5:30 Armchair Travels 6:30 Hallway Stroll	9:30 Mark FBC 26 10:00 Exercise 10:30 Hot Chocolate Chat 11:30 Lunch on the Town 1:00 Room visits 2:00 Movie Matinee (Snow Dogs) 5:30 ME TV 6:30 Hallway Stroll <small>Australia Day (Observed)</small>	9:30 Morning game 27 10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Room Visits 2:00 Tea for Two Tea Party 3:00 Craft Mad Hatter Centerpiece 5:30 ME TV 6:30 Hallway Stroll	9:30 Rise & Shine 28 10:00 Exercise 10:30 Devotion 1:00 Room Visits 2:00 Devotion w/ Josh 2:30 BINGO 5:30 Simple C 6:30 Hallway Stroll	9-1 29 Beauty Shop & Pretty Nails 2:00 Butterbean Auction 3:00 Noodle Ball 5:30 Hee Haw 6:30 Hallway Stroll	9:30 Rise & Shine 30 10:00 Devotion 10:30 Exercise 1:00 One on One 2:00 Moose Mixer Birthday Pin the Tail on the Moose 3:00 Moose Shoot 5:30 ME TV	10:00 Devotion 31 10:30 Exercise 1:00 Ring Toss 2:00 Snack/Hydration 3:00 Word Search 5:30 METV 6:30 Hallway Stroll