

Your Administrative Team



Alana Sirmans
Executive Director



Jenn Brown
Sales & Marketing
Coordinator



Greta Stephens, RN
Resident Services
Director



Misty McDuffie
SC Life Enrichment
Director



Chris Griffin
Maintenance
Director



Cashonda Pittman
Staff Development
Coordinator



Josh Bennett
Chaplain



LEGACY VILLAGE OF TIFTON

NEWSLETTER | SEPTEMBER 2025



Message From Your Executive Director



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 "Season of Reflection"—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,

Alana

Alana Sirmans
Executive Director

Jimmy Phillips: Strength, Service, and a Heart Full of Family



Meet Mr. Jimmy Phillips—a man whose easy smile and love for family and sports have made him a beloved part of our Legacy community.

Jimmy was born on April 7, 1951, in Bainbridge, Georgia, to Luther and Martha Phillips. His roots are humble and

hardworking: his father put in long days at the Department of Transportation while his mother spent her hours at the Cotton Mill. When Jimmy was eight, the family made a couple of moves—first to Albany, then to Tifton, the place that would become home.

At Tift County High School, Jimmy found his place on the football field and the church softball diamond. He played with heart and forged friendships that have lasted a lifetime. After his 1970 graduation, he answered the call to service and joined the United States Marine Corps for a time, a chapter of his life that filled him with quiet pride.

Like his dad, Jimmy built his career at the Department of Transportation, where he became known for his dedication and steady presence. He retired in 2003, leaving behind not just years of service, but a legacy of hard work and dependability.

Jimmy's greatest story, though, began on a blind date. The moment he met Martha, he knew she was the one. Their love grew over five years of dating and blossomed into 34 years of marriage. Together, they've raised five children—three sons and two daughters—and their family has grown to include eleven grandchildren and two great-grandchildren. Jimmy lights up when he talks about them; nothing means more to him than time spent with the people he loves.

Sports have always been a passion for Jimmy. He's the guy who'll cheer on the Georgia Bulldogs and Atlanta Falcons with unwavering loyalty. Over the years, he competed in weightlifting, even racking up a collection of trophies during a 40-year run. (Ask him about the time he bench pressed 305 pounds—his pride in that achievement shines through!)

Jimmy is a proud, active member of Lenox Baptist Church and brings warmth, kindness, and a quiet strength to our community every day. We feel truly lucky to have him as part of our Legacy family.

If you see Jimmy around, don't hesitate to say hello. You'll quickly realize why he's so cherished here.



Lunch Bunch at Charles Seafood



Happy Birthday!

RESIDENTS

10th Lucile Delk
24th Clair Biesboer
28th Marie Barber
29th Judith Hamm

TEAM MEMBERS

11th Marquis Nichols
19th Cindy Richardson
23rd Alana Sirmans
28th Becky Brinkley
30th Mary Thomas

Happy Anniversary
TO OUR RESIDENTS

4 yrs Elizabeth Bowie
1 yr Harold Henderson



Fall Equinox FOLKLORE

Open your doors to good spirits: Folklore from parts of Europe

claims that spirits wander freely on the equinox, so people would open their doors and windows to let good energy in—or sweep the thresholds to drive bad energy out.

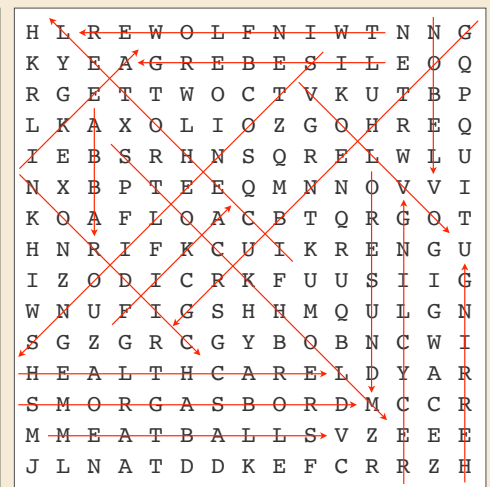
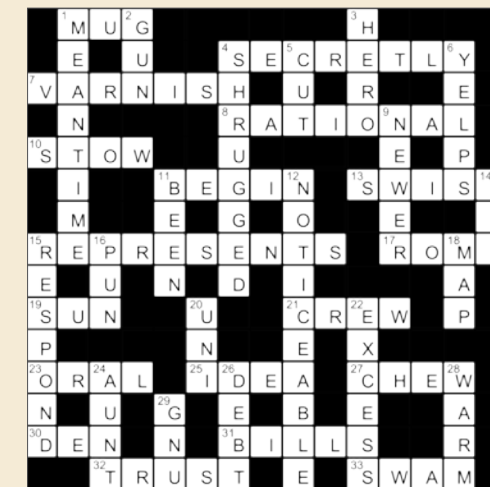
Plant garlic for protection: In some rural traditions, planting garlic bulbs on the autumn equinox is believed to keep your household safe from evil over the winter. Plus, you get tasty garlic in the spring—win-win.

"I'm not superstitious,
but I am a little stitious."



Michael Scott, *The Office*

crunchy leaves beneath our feet,
pumpkin spice in every treat.
sweaters cozy, skies so clear,
fall's the best time of the year!



FIELD DAY
FRENZY:

FUN,
FRIENDLY
FACES &
FRIENDLY
COMPETITION!



And the Winners Are...



Positive mind.
Positive Vibes.
Positive Life.

KICKING OFF 2025
NATIONAL ASSISTED
LIVING WEEK
WITH A BANG!

THIS YEAR'S THEME:
SEASON OF REFLECTION

LIFE ENRICHMENT CORNER



Family truly is at the heart of every cherished memory. As we approach this year's National Assisted Living Week, themed "Season of Reflection," we're excited to revisit some of the favorite activities our residents have enjoyed over the years. We hope you'll join us in making new memories together—ones that will last a lifetime.

We're also just a month away from our annual Alzheimer's Walk. If you'd like to walk with our team or start your own, please let me know—I'm happy to help you get set up! This year's walk will take place on October 11 at 4:00 PM in Downtown Tifton. Let's come together to support an important cause.

September 14-20 is National Housekeepers Week, and we want to recognize Greg, Mary, and Shontay for their dedication and care. They go above and beyond for our community every day. If you see them around, be sure to let them know how much you appreciate all they do. They truly are the heart of LVT.

Don't forget to like and follow us on Facebook and TikTok to stay connected and see what we're up to!

Thank you,
Misty McDuffie
Life Enrichment Director

SEPT
07

GRANDPARENT'S DAY SOCIAL, 1-3pm

CALLING ALL GRANDKIDS!
Join us for a heartwarming afternoon with your amazing grandparents at a special social made just for you. Enjoy a delicious sweet treats bar, endless games, and the very best conversations. Come ready to laugh, make unforgettable memories, and snap plenty of photos—we can't wait to see you there!

SEPT
08

REEL FUN & LAKESIDE LUNCH

We're off to Paradise Lake for a day of fishing and a picnic by the water! Cast your line—whoever reels in the biggest fish gets lunch on me!

SEPT
09

PARKS & PLAY: Virtual Adventure & Jacks

Grab your hiking gear—we're taking a virtual trip to America's National Parks! And while we're at it, let's see who remembers how to play Jacks (you might have to teach me!). Get ready for a day of exploring and classic fun!

SEPT
10

OLD TIME FUN AT THE AGRIRAMA

Put on your best old-timey outfit and join us for a tour and workshop at the Georgia Agrirama! We'll snap some classic photos and then break out the marbles—though I have to admit, I've never played before, so you'll probably beat me! Get ready for a day full of history, laughter, and friendly competition.

SEPT
11

BEACH BOUND: Jekyll Island Day

Pack your beach towel and sunscreen—we're off to Jekyll Island! Get ready to feel the sand between your toes and enjoy some of the best seafood around.

SEPT
12

ENCHANTED FOREST PROM

Step into a magical Enchanted Forest for our 2025 Prom! Enjoy DJ music, dancing, food, and photos—come dressed in your best as we celebrate and crown this year's Prom King and Queen. Voting begins August 12 at the front desk for your PC or Harbor favorites. Don't miss this unforgettable event!

SILLY
POSES & WILD
GUESSES: CHARADES
MAYHEM WITH
EVANGELA!

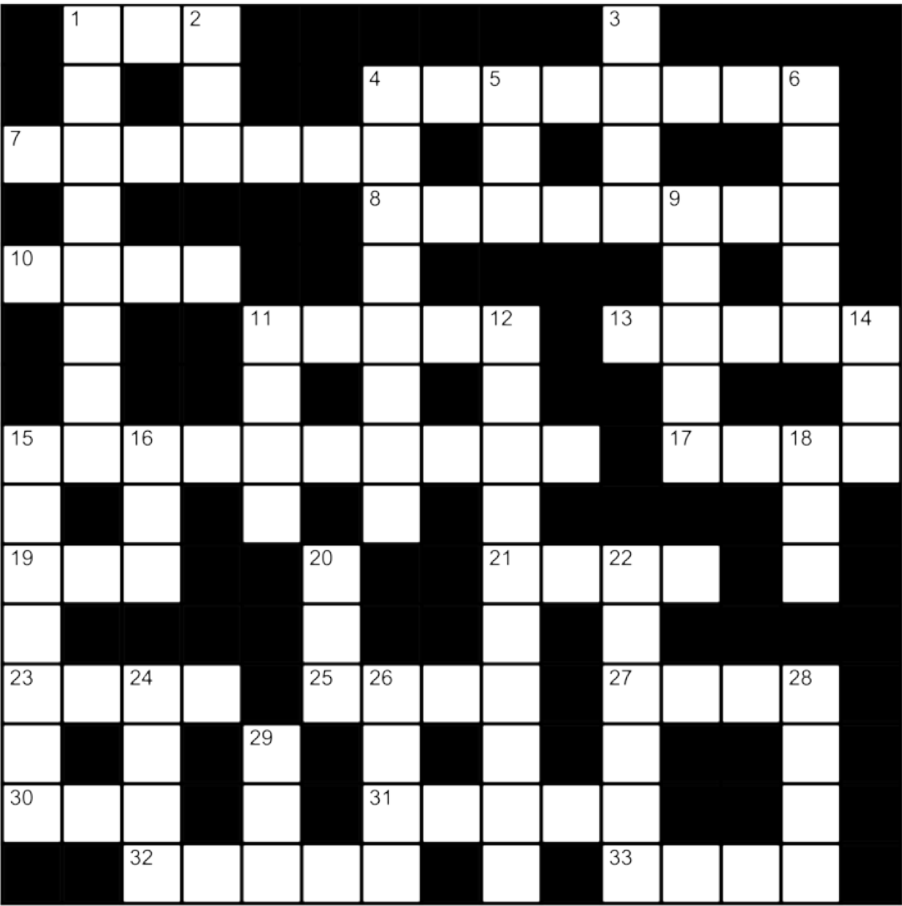


GAME
FACES ON:
MAKING
MEMORIES
AT THE
TABLE WITH
MARQUITA



- 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Season Of Reflection</p>	9:30 Rise & Shine Newsletter Time 10:00 Devotion 10:30 Exercise/Hydration 2:00 Movie Matinee (9 to 5) 3:00 Movie Snacks 5:30 AFV 6:00 Evening Stroll <small>Labor Day</small>	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 11:00 Club 55 2:00 Communion w/ Paul 3:00 Armchair Travels 5:30 Simple C Pictures 6:00 Evening Stroll	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 1:00 Culinary Meeting 2:00 Devotion w/ Pastor Josh 2:30 BINGO 5:30 Simple C Show 6:00 Evening Stroll	9:00-1 Beauty Shop & Pampered Hands 1:30 Devotion w/ Mark 2:00 Snacks/H2O 2:30 Bean Bag Toss 5:30 Puzzles 6:00 Evening Stroll	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 1:00 Happy Hour 2:00 Country Ride 3:00 DQ Stop 5:30 Simple C Music 6:00 Evening Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise/Hydration 1:00 Ring Toss 2:00 Snacks/H2O 3:00 Volleyball 5:30 Hee Haw 6:00 Evening Stroll
10:00 Church w/ Pepper 11:00 Independent Exercise 1-3 Grand Get-Together 3:00 Simple C Pictures 4:00 Porch Chat 5:30 Hallway Stroll National Assisted Living Week <small>Grandparents Day</small>	9:30 Rise & Shine 10-1 Fishing & Picnic at Paradise 2:00 Ole Time songs Diane 3:00 Simple C 5:30 AFV	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 2-4 Marbles and Old Time Photos at the Agrirama 5:30 Evening Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 2-4 Movie Matinee 8-4 Trip to Jekyll Island 5:30 Evening Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Word Search 2-4 Jacks and National Park Day 5:30 Evening Stroll	9-1 Prom Prep 2-4 Enchanted Forest Prom	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise/Hydration 1:00 Noodle Ball 2:00 Snacks/H2O 3:00 Connect 4 5:30 Simple C Music 6:00 Evening Stroll
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