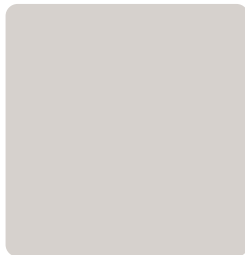


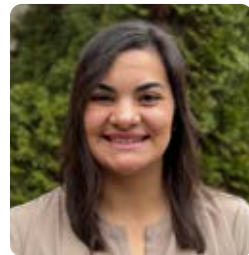
**YOUR
LEADERSHIP
TEAM**



Sharon Lee
Executive Director



Ruth Paul, LPN
Resident Services
Director



Felecia Blood
Business Office
Manager



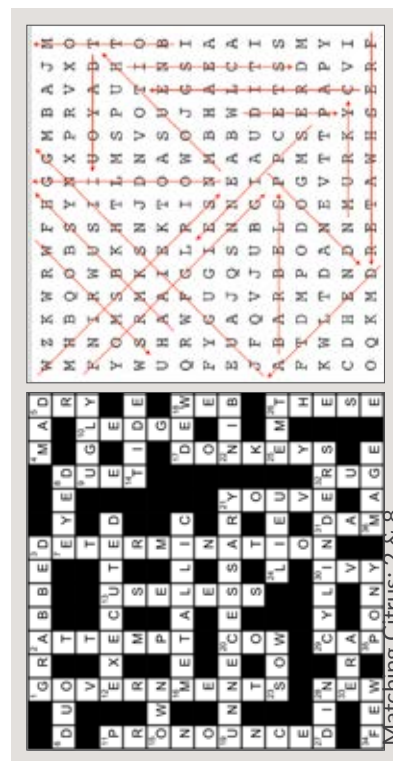
Brooklyn Ligon
Life Enrichment
Coordinator



Lashandra Lumford
Dining Services
Director



Euel Partridge
Maintenance
Director



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,
Sharon Lee
Sharon Lee
Executive Director



The Harbor at Opelika

NEWSLETTER | AUG 2026

Celebrations & Milestones

Welcome to our newest residents!
• Patricia Fernard

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

RESIDENT BIRTHDAYS
• Aug. 26: Golda Harrison
• Aug. 7: Raymond Price

TEAM MEMBER BIRTHDAYS
• Aug. 6: Lashandra Lumford
• Aug. 9: Brittany Milford
• Aug. 14: Elaine Coleman

RESIDENT ANNIVERSARIES
• Betty Smith – 1 yr.
• Bessie Godwin- 5 yrs.

TEAM ANNIVERSARIES
• Lilian Davis – 1 yr.
• Sharquena Foster – 1 yr.

ALZHEIMER'S SUPPORT SERVICES

LEGACYSL.NET/
ALZHEIMERS-SUPPORT



OPEN DOORS AND OPEN HEART: MEET *Kay Taunton*

There's an easy warmth to Kay Taunton that draws people in. Sit with her for five minutes and you'll find yourself swapping stories, learning about a life shaped by kindness, curiosity, and a love for the simple joys.

Kay's roots run deep in Red Hill, Alabama, where she grew up as the youngest of four. Her siblings blazed different trails—a nursing professor, a chemical engineer, a devoted matriarch—but for Kay, family has always been the touchstone. She learned early on that life's greatest treasures are the moments shared: laughter around the table, late-night conversations, the steady comfort of loved ones nearby.

Her journey carried her from Tallassee and Montgomery to Birmingham, then on through Virginia, Alexander City, Spartanburg, and finally, Auburn. Each stop brought new faces and friendships: the camaraderie of coworkers at GMAC Credit Union, the creative bustle of an ad-

vertising office, the meaning found in supporting the Boys Ranch, and the gentle pace of Southern towns that always seemed to feel like home.

Faith has never been far from Kay's heart. As a lifelong Baptist, she finds purpose and joy in her church community at First Baptist Opelika. Sundays bring the familiar rhythms of worship and fellowship—a reminder of the steadfast hope that's guided her through the years.

Some of her happiest days unfolded on the shores of Lake Martin, at the family's lake house where summers seemed to stretch on forever. "The uncles would hide the eggs," Kay recalls with a smile, thinking of the family's lively Easter tradition. Afterward, adults gathered inside for a meal while the kids took their food outside, the air alive with laughter and the promise of a game of softball. Waterskiing, sunshine, and the easy company of relatives and friends—these are the memories Kay carries with her, stitched into the fabric of who she is.

Though her marriage was brief and she never had children, Kay's sense of family is anything but small. She treasures her close relationships with siblings and extended family, and she's woven herself into the lives of neighbors and friends wherever she's lived.

Curiosity is Kay's constant companion. She's as likely to be found lost in a romance novel as she is cheering for her favorite teams with friends at The Harbor. She's at home in the water, a swimmer by nature, and still loves the thrill of a hike or the promise of a beach vacation—especially if it means Gulf Shores or Panama City. And while she's traveled far and wide, she still remembers the wonder of a Caribbean cruise, exploring the Bahamas and Grand Cayman, collecting new sights and stories to bring home.

At The Harbor, Kay is a gentle presence—a friend, a listener, a storyteller. Her life isn't measured by milestones or material things, but by the warmth she brings to every room and the way she turns ordinary days into something memorable. Spend a little time with Kay, and you'll discover what her family and friends have always known: that a generous spirit and a hopeful heart can make anywhere feel like home.



TEAM MEMBER SPOTLIGHT: **CONSTANCE COVINGTON**

We're excited to shine a spotlight on Constance Covington, a vibrant and caring presence at The Harbor for the past five years. With more than eight years of caregiving experience, Constance has made a lasting impression on residents and colleagues alike through her energy, warmth, and genuine heart for service.

Constance believes that caregiving is more than a job—it's a calling that requires both compassion and passion. As she puts it, "One must be compassionate and passionate about what you do. Have a heart towards all, and make sure the residents are safe and loved. They enjoy lots of companionship, and I love knowing that I'm helping someone who needs it." Her dedication is felt by everyone around her, and she goes out of her way to ensure every resident knows they are valued and cared for.

One memory that stands out for Constance is her bond with a resident she affectionately called "Mama." She recalls, "I remember

one sweet resident in particular, I checked on her often and even started calling her 'Mama.' She acted like I was her own child, too, even scolding me from time to time. It was so precious – what a sweet lady she was." It's these meaningful connections that fuel Constance's passion for her work.

A proud Opelika native, Constance graduated from Opelika High School in 2006 and is the devoted mother of three—her children are now 19, 18, and 17. She's guided by a desire to serve others and finds special purpose in working with older adults.

Outside of work, Constance is always on the move. She enjoys walking, shopping, and sampling new foods wherever she goes. Her love for travel recently took her to Jamaica, an adventure she absolutely loved and is still talking about. Whether she's exploring new places or brightening the halls at The Harbor, Constance's exuberance and laughter are contagious.

We're grateful to have Constance as part of our community. Her kindness, positivity, and dedication make every day brighter for residents and teammates alike.

YOU KNOW YOU'RE "SEASONED" IF...

YOU REMEMBER DIXIE RIDDLE CUPS



SEASONEDTIMES.COM

CAN YOU HEAR THAT?

An old man decided his old wife was getting hard of hearing. He called her doctor to make an appointment to have her hearing checked.

The doctor said he could see her in two weeks, and meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room and he says to himself, "I'm about 40 feet away; let's see what happens."

"Honey, what's for supper?" No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?" No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?" No response.

On to the kitchen door, only ten feet away. "Honey, what's for supper?" No response.

So he walks right up behind her. "Honey, what's for supper?"

"For the fifth time, CHICKEN!"



"THERE'S NOT A WORD YET, FOR OLD FRIENDS WHO'VE JUST MET."

Patricia may have just recently joined us, but she and Golda met and—just like that—they were old friends. Sometimes you don't need a lifetime of memories to feel at home with someone; all it takes is a spark of connection and a little kindness. Watching them together, you'd never guess they've only just met—some friendships are simply meant to be.



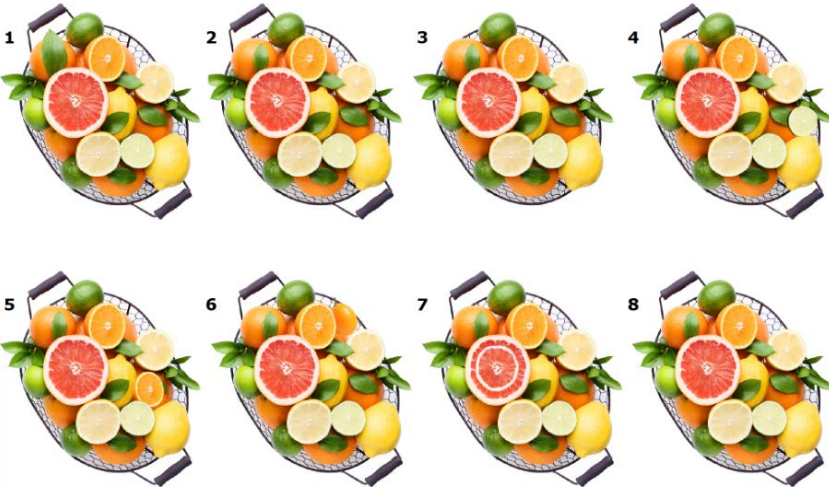
YOU KNOW YOU'RE "SEASONED" IF...

YOU WORE THESE IN THE 70s



SEASONEDTIMES.COM

Find the two baskets of citrus fruit that are exactly alike.



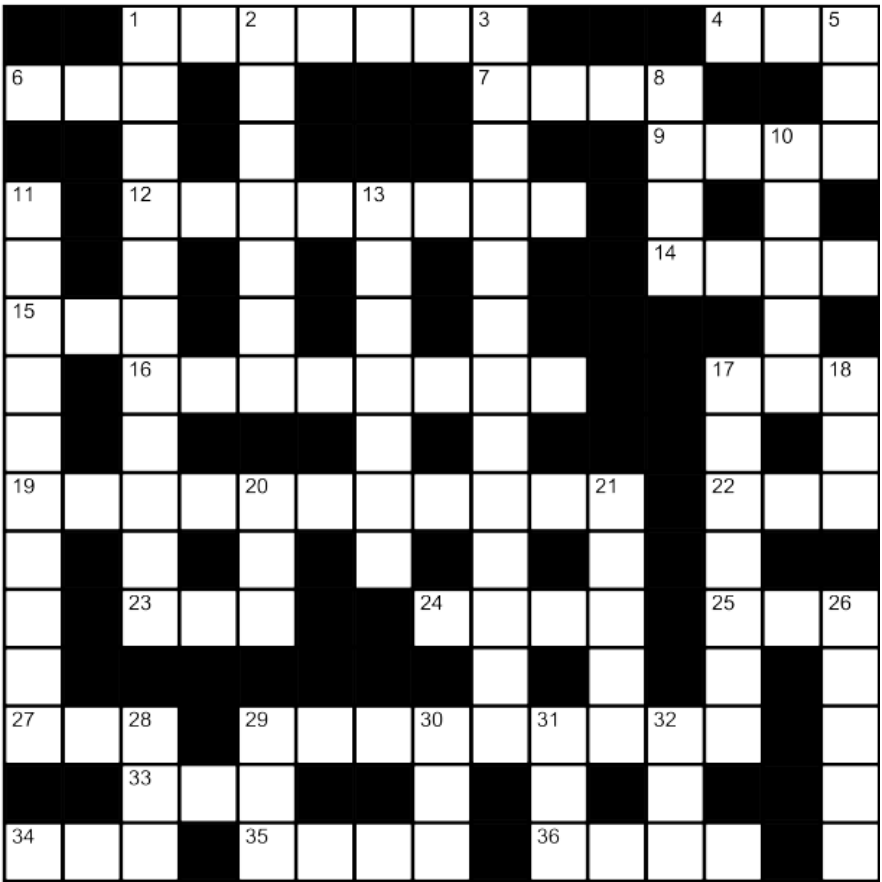
ACROSS

- 1. Seized, grasped
- 4. Irate
- 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

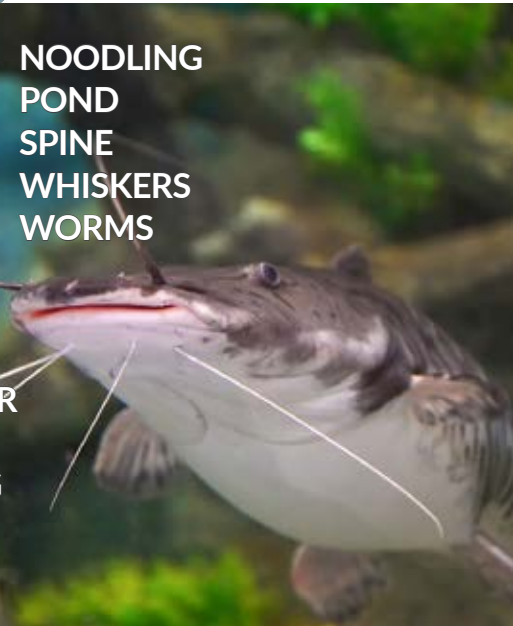


W	Z	K	W	R	W	F	H	G	G	M	B	A	J	M
M	H	B	Q	O	B	S	Y	N	X	P	R	V	X	O
F	N	I	R	W	U	S	I	I	U	O	Y	A	B	T
Y	O	M	S	B	K	H	T	L	M	S	P	U	H	T
W	S	R	M	K	S	N	J	D	N	V	O	T	I	O
U	H	A	A	I	E	K	T	O	A	S	U	E	N	B
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K	W	L	T	D	A	N	E	V	T	T	P	A	P	Y
C	D	H	E	N	D	N	M	U	R	K	Y	C	V	I
O	Q	K	M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



MEET BROOKLYN LIGON: Brooklyn Steps into the Role of Life Enrichment Coordinator

There's a new spark of energy at The Harbor at Opelika, and her name is Brooklyn Ligon. After seven years working in healthcare—and more than a year serving as a caregiver right here at The Harbor—Brooklyn steps into her new role as Life Enrichment Coordinator with a clear passion for people and possibilities.

Ask Brooklyn what keeps her going, and she'll tell you it's all about connection. Whether she's lending a hand as a caregiver or step-

ping up to help with events and activities, she's always found herself drawn to the moments that bring people together. Now, she's excited to turn that passion into new enrichment opportunities for residents, bringing fresh ideas and friendly enthusiasm to every day.

When she's not at The Harbor, Brooklyn is happiest at home with her husband, River, and their two dogs, Willow and Ellis. She looks forward to getting to know everyone here in deeper, more meaningful ways—and to creating moments of purpose, joy, and community that make this place truly feel like home.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 The Harbor at Opelika						9:30 Coffee & Conversation 10:00 Church on the big TV 10:45 Snack and Chat 11:00 Move and Groove 2:00 Finish the Phrase 3:00 Hydration Station 3:30 Kickball 4:30 Karaoke
9:30 Devotion 10:00 Morning Exercise 10:30 Snack and Chat 11:00 Balloon Tennis 2:00 Trivia 3:00 Craft 3:30 Hydration Station 4:00 Movie & Popcorn	2 9:30 Devotion 10:00 Trivia 10:30 Snack Cart 11:00 Beanbag Toss 2:00 Watermelon Time 3:00 Balloon Toss 3:30 Hydration Station 4:00 Movie Time	3 9:30 Devotion 10:00 Hymn Singalong 10:30 Hydration Station 11:0 Monthly Weights 2:00 Game Show 3:00 Snack and Chat 3:30 Balloon Volleyball 4:00 Karaoke	4 9:30 Devotion 10:00 Exercise 10:30 Snack and Chat 11:00 Beachball Kickball 2:00 EAMC Homecare Crafting 3:00 Hydration Station 3:30 Porch Time 4:30 Simple C	5 9:30 Devotion 10:00 Chair Exercise 10:30 Snack Chat 11:00 A to Z game 2:00 Beanbag Toss 3:00 Root Bear Float Snack 4:15 Movie Time	6 9:30 Devotion with Sam 10:00 Exercise with Sam 10:30 Snack and Chat Current Events with Sam 2:00 Beauty Shop Opens 2:15 Crafting with Gwen 3:00 Hydration Station 3:30 Balloon Toss 4:30 Word in Word	7 9:30 Devotion 10:00 Move and Groove 10:30 Snack and Chat 11:15 Porch Time 2:00 Bingo 3:00 Hydration Station 3:30 Beachball Kickball 4:30 Karaoke
9:30 Coffee & Conversation 10:00 Church on the big TV 10:45 Snack and Chat 11:00 Exercise 2:00 Balloon Volleyball 3:00 Hydration Station 3:30 Trivia 4:30 Movie marathon	9 9:30 Devotion 10:00 Morning Exercise 10:30 Snack and Chat 11:00 Penny Pitching Activity 2:00 Finish That Phrase 3:00 Smores Social 4:00 Balloon Volleyball 4:30 Simple C National Smores Day	10 9:30 Devotion 10:00 Morning Exercise 10:30 Snack and Chat 11:00 Beanbag Toss 2:00 Bingo w/ St. Micheals 3:00 Hydration Station 3:30 Balloon Volleyball 4:30 Simple C	11 9:30 Devotion 10:00 Hymn Singalong 10:30 Snack and Chat 11:00 Exercise 2:00 Birdhouses with Kesha 3:00 Lemonade Social 3:30 Trivia 4:30 Popcorn and Movie	12 9:30 Devotion 10:00 Exercise 10:30 Snack and Chat 11:00 Balloon Tennis 2:00 Trivia 3:00 Hydration Station 3:30 Beanbag Toss 4:30 Simple C	13 9:30 Devotion with Sam 10:00 Exercise with Sam 10:30 Snack and Chat Current Events w/ Sam 2:00 Beauty Shop Opens 2:15 Tea Party with Gwen 3:00 Kickball 4:00 Movie Time National Creamsicle Day	14 9:30 Devotion 10:00 Move and Groove 10:30 Snack and Chat 11:00 Balloon Tennis 2:00 Trivia 2:30 Hydration Station 3:15 Heritage Church 4:00 Popcorn and Movie
9:30 Coffee & Conversation 10:00 Church on the big TV 10:45 Snack and Chat 11:00 Move and Groove 2:00 Finish the Phrase 3:00 Hydration Station 3:30 Kickball 4:30 Karaoke	16 9:30 Devotion 10:00 Morning Exercise 10:30 Snack and Chat 11:00 Balloon Tennis 2:00 Trivia 3:00 Craft 3:30 Hydration Station 4:00 Movie & Popcorn	17 9:30 Devotion 10:00 Trinity Church 10:30 Snack Cart 11:00 Beanbag Toss 2:00 Trivia 3:00 Balloon Toss 3:30 Hydration Station 4:00 Movie Time	18 9:30 Devotion 10:00 Chair Exercise 10:30 Snack and Chat 11:00 Kickball 2:00 Home Instead Activity 3:00 Ice Cream Treat 3:30 Finish the Phrase 4:30 Remember When National Soft Serve Ice Cream Day	19 9:30 Devotion 10:00 Move and Groove 10:30 Snack and Chat 11:00 Table Hockey 2:00 Cowboy Singers 3:00 Cheese & Cracker Social 3:30 Floral Craft 4:30 Movie Time	20 9:30 Devotion with Sam 10:00 Exercise with Sam 10:30 Snack and Chat Current Events w/ Sam 2:00 Beauty Shop Opens 2:15 Manicures and Movies 3:00 Lemonade Social 3:30 Porch Time	21 9:30 Devotion 10:00 Chair Exercise 10:30 Snack and Chat 11:00 Kickball 2:00 Beanbag Toss 3:00 Hydration Station 3:30 Finish the Phrase 4:30 Popcorn and Movie
9:30 Coffee & Conversation 10:00 Church on the big TV 10:45 Snack and Chat 11:00 Exercise 2:00 Balloon Tennis 3:00 Hydration Station 3:30 Current Events 4:30 Movie Time	23 9:30 Devotion 10:00 Chair Exercise 10:30 Snack Cart 11:00 Table Hockey 2:00 Aubie Pep Rally 3:00 Waffle Bar 3:30 Hydration Station 4:00 Balloon Volleyball National Waffle Day	24 9:30 Devotion 10:00 Trinity Church 10:30 Snack Cart 11:00 Beanbag Toss 2:00 Trivia 3:00 Balloon Toss 3:30 Hydration Station 4:00 Movie Time	25 9:30 Devotion 10:00 Trinity Church 10:30 Snack Cart 11:00 Beanbag Toss 2:00 Trivia 3:00 Balloon Toss 3:30 Hydration Station 4:00 Movie Time	26 9:30 Devotion 10:00 Move and Groove 10:30 Snack and Chat 11:00 Beanbag Tic Tac Toe 2:00 Bingo w/ Gentiva 3:00 Peach Treat 3:30 Kickball 4:30 Movie Time	27 9:30 Devotion with Sam 10:00 Exercise with Sam 10:30 Snack and Chat Current events w/ Sam 2:00 Beauty Shop Opens 2:15 Manicures and Movies 3:30 Hydration Station 4:00 Beanbag Toss	28 9:30 Devotion 10:00 Move and Groove 10:30 Snack and Chat 11:00 Kickball 2:00 Trivia 3:00 Hydration Station 3:30 Balloon Volleyball 4:30 Karaoke
9:30 Devotion 10:00 Church on the big TV 10:45 Snack and Chat 11:00 Exercise 2:00 Beanbag Toss 3:00 Crafting 3:30 Hydration Station 4:00 Movie and Popcorn	30 9:30 Devotion 10:00 Chair Exercise 10:30 Snack and Chat 11:00 Beanbag Tic Tac Toe 2:00 Bingo 3:00 Trail Mix Activity 3:30 Hydration Station 4:00 60's Singalong					