

**YOUR  
LEADERSHIP  
TEAM**



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Executive Director



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Director



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Director



**A MESSAGE FROM YOUR ADMINISTRATOR**



After a long day, I found myself in the checkout line of a busy grocery store. Around me, the rhythmic beeps of scanners punctuated the shuffle of carts, while nearby, friends exchanged the familiar, half-hearted promise to “grab lunch soon”—a well-meaning refrain rarely fulfilled. In the next lane, an elderly gentleman was telling who I can only assume was his very young grandchild that when they got home, he’d “buy that wart off of her.” I was utterly flummoxed, positively befuddled, and completely nonplussed—what on earth was this tomfoolery unfolding in the sacred ten-items-or-less express lane? I couldn’t wait to reach my car and dive online—curious whether Pa-paw’s claim had merit or if his imagination had simply taken flight.

The digital know-it-all, Google, told me the tradition: rub a copper penny over the wart, then bury it somewhere secret—some low-tech magic hoping the wart vanishes, carried away by the earth. It’s a charming blend of faith, hope, and folk wisdom, a reminder of a time when healing was as much about intention and human connection as it was about medicine. And at the heart of it is intention, the deeply held belief that true healing begins in the heart and mind, nurtured by small acts of care and kindness.

Copper isn’t just a shiny metal; it has natural antimicrobial properties, known for centuries to aid in healing. But beyond the science, this story—and others like it—holds something far more precious: the power of storytelling and tradition. They are the threads that tie us to those who came before, the lessons and love passed down through generations.

In our fast-paced world, these stories risk fading away, lost in the shuffle of modern life. Yet they hold a quiet power—not just in what they teach us about healing or health, but in how they remind us to pause, listen, and share. To tell our own stories, to pass along the wisdom tucked into everyday moments, and to treasure the customs that shape who we are.

In our community, that spirit flourishes every day. Healing isn’t always about grand cures; it’s found in the smiles shared, the hands held, and the quiet presence beside someone who needs it most. Like the copper penny, these small acts carry a weight far greater than their size, weaving a fabric of care, connection, and hope.

As we move forward into this year, let’s take time to share our stories—those old family traditions, those little-known remedies, those moments of kindness and resilience that define us. Because when we tell these tales, we keep the past alive, strengthen our bonds, and build a



# The Harbor at Opelika

NEWSLETTER | FEB 2026

## Celebrations & Milestones

**Welcome to our newest residents!**

- Anne Brown
- John & Marlene McCollum

**Let’s celebrate everyone marking a special moment this month!**

**RESIDENT BIRTHDAYS**

- Feb. 3: Nita Phillips
- Feb. 10: Rena Henderson

**RESIDENT ANNIVERSARIES**

- Jimmy Pollard – 4 years
- Shelby McCarty – 4 years
- Kay Taunton – 1 year



What was  
your most  
memorable  
valentine’s  
day?

future rooted in love, respect, and community.

May this year bring stories shared, memories made, and healing found in the simple power of connection.

Warmly,

*Sharon Lee*  
Executive Director





Denise Keirstead: A Life Full of Family, Fun, & Song

Denise Keirstead calls Waltham, Massachusetts, her hometown, but her heart is full of stories and memories that stretch far beyond. Married for 55 years, Denise and her husband raised four children—Fred, Andy, Chris, and Erika—each spaced perfectly four years apart. Family is everything to her, and that love only grew with three grandchildren and now a great-grandbaby named Gemma, who brings endless joy.

As a busy mom, Denise was the ultimate sports fan, cheering on her kids through football, hockey, baseball, field hockey, and basketball games. Summers were sacred family time, spent at Mashnee Village in Cape Cod or soaking up the sun in Hyannis. The beach, pool, and cookouts are some of her fondest memories from those carefree days.

When her children started high school, Denise stepped back into the working world as a receptionist at Bentley College. She dedicated 15 years to that role before retiring, which gave her more time to enjoy her favorite places, especially Hyannis. Gardening and painting became favorite pastimes, and her son Chris fondly remembers a trip to visit him in Virginia when she bought four stone statues for her garden—so many, in fact, that she had to make several trips to bring them all home.

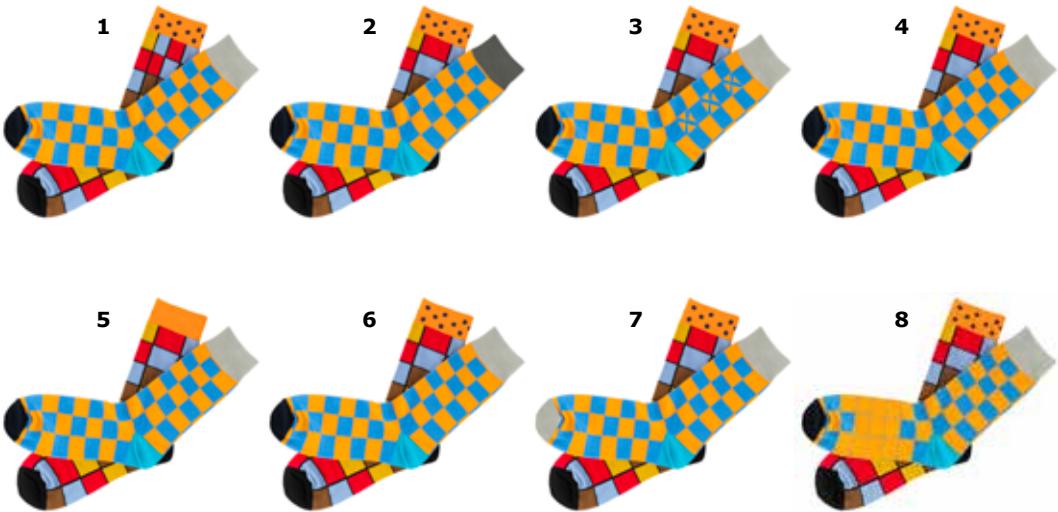
Denise has always embraced an active lifestyle, especially through tennis. These days, you'll find her bringing that same energy and joy to The Harbor, where she sings, dances, and lights up karaoke nights. She loves bird-watching in the peaceful backyard and enjoys a wide range of music—from the soulful sounds of Motown and Elvis to the electrifying riffs of AC/DC.

Denise's warmth, positivity, and playful spirit brighten every day at The Harbor. Her presence reminds everyone that life is meant to be lived fully, with love, laughter, and a little music to keep the soul dancing.



MATCHING SOCKS

Find the two pairs of socks that are exactly alike.



HAPPY VALENTINE'S DAY



Guest Chaplain's Corner

It is hard to believe that we are already looking at another month in this new year. I don't know about you, but I am thankful for the years God has allowed me to live and the love He has not only allowed me to express but also to receive. Which brings me to the reminder that we have entered the Love Month.

I say this because February 14 is Valentine's Day, a day to express love and affection to friends, family, and that special someone. With roots in ancient traditions in both Roman and early Christian history, it is a valid idea that should not be limited to a one-day celebration, but an everyday celebration.

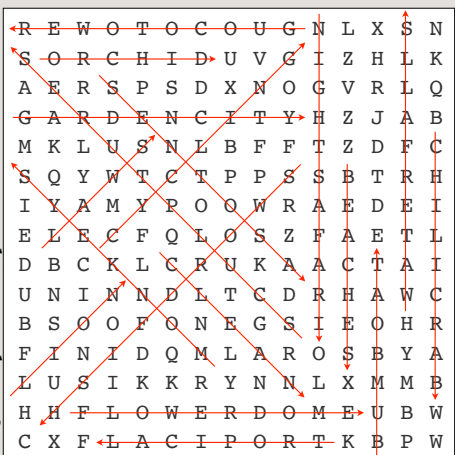
You can never say "I love you" too much or too often.

As a matter of fact, my faith is rooted in love—God's love for us, evidenced by His Son Jesus, who died on the cross to save us from our sin and was raised three days later, so that we might know that life everlasting is available. We appropriate this everlasting life by grace through faith, which is a gift of God.

True love is not something demanded or earned, but something freely given. As we think not more highly of ourselves, we will love others even when they are unlovable. Don't just say you love—show your love by giving of yourself in time and effort.

Chaplain Bob Sandifer  
The Harbor at Hickory Hill, Prattville, AL

SNIP & SHARE



...is all you need.





Machell Cunningham: Compassion in Every Moment

Originally from Opelika, Alabama, Machell Cunningham’s life journey has taken her from her Southern roots to Buffalo, New York, and back again. After marrying, she moved north with her husband for his

One memorable moment she shares is of a resident who often called her “Alice Fay,” believing she was a former neighbor. “I went right along with it and became Alice Fay each time it happened,” Machell laughs. Her philosophy is simple yet powerful: “As a caregiver, you need compassion, patience, and genuine care for the residents. I have always lived by that motto.”

At home, Machell shares her life with her best friend, her dog Taz, and is a devoted fan of the Buffalo Bills. At The Harbor, she’s often the spark behind dress-up days, the cheerleader at games, and the first to dive into a karaoke sing-along. Her empathy and enthusiasm make her a beloved presence among residents and staff alike.

Life in a memory care community can feel like a Ferris wheel—constantly moving, with new faces and shifting perspectives. Machell’s calm, thoughtful approach creates a sense of family amid the daily changes. We’re grateful to have her on our team and invite you to stop by and meet her!

ALZHEIMER'S SUPPORT SERVICES

Take advantage of this complimentary support service, thoughtfully designed to complement the care we provide. Schedule your one-on-one phone or video session with Dr. Ron Harvard today.

LEGACYSL.NET/ALZHEIMERS-SUPPORT

DID YOU KNOW?

A hug that lasts eight seconds or more can lower stress, boost your mood, and even support your heart health? The longer the hug, the better the benefits!



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



ACROSS

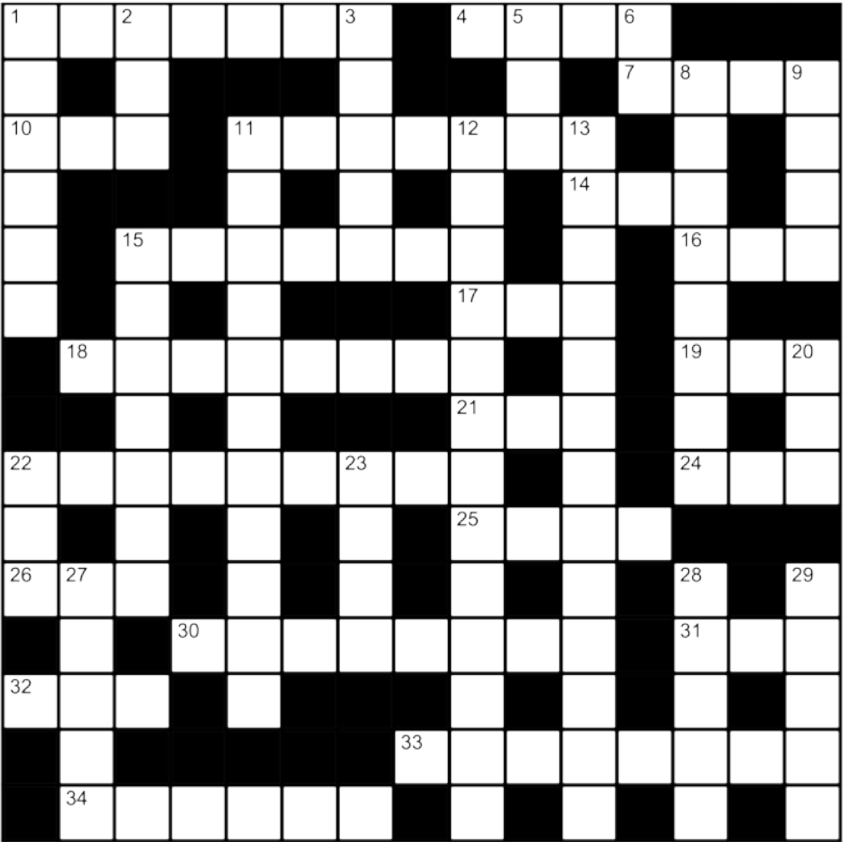
- 1. Adult
- 4. Event attended by Cinderella
- 7. Goals
- 10. Auction unit
- 11. Aquatic athlete
- 14. Pointy-eared figure of fantasy
- 15. “Jeepers, creepers, where’d you get those \_\_\_?”
- 16. Electrical unit
- 17. Garage contents
- 18. To carry on
- 19. It’s “the word” (Hint: keeping a secret)
- 21. Captain’s journal
- 22. Teacher’s superior
- 24. Doris \_\_\_ (Hint: “Que Sera, Sera”)
- 25. A measure of land
- 26. Man’s best friend
- 30. Most remote
- 31. E.T.’s craft
- 32. Caribou kin
- 33. Rushing
- 34. Render harmless

DOWN

- 1. Milky Way, for one
- 2. Kind of bran
- 3. 8:00 p.m. is \_\_\_\_-time TV
- 5. Chowd down
- 6. Pie a-\_\_-mode
- 8. Well-versed

- 9. A petticoat’s junction
- 11. Amazing, sensational
- 12. Mixed, varied
- 13. Chilling appliances
- 15. Readying a field, say
- 20. “\_\_\_ I help you?”

- 22. Like two peas in a \_\_\_
- 23. Verse writer
- 27. Applied lubricant
- 28. Something to face? (Hint: accept unpleasant consequences)
- 29. Karaoke choices



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

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



BEACHES	GARDEN CITY	ORCHID
BUMBOAT	GUOCO TOWER	SCULPTURES
CHILI CRAB	LAWS	SENTOSA
CLEAN	LION	SWORDFISH
CYCLING	MONKEYS	TROPICAL
FLOWER DOME	NIGHT SAFARI	WATERFALLS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:45 Manicures 4:30 Enjoy the View  Tu B'Shevat Begins	9:00 Morning Greeting 10:00 Devotion 11:00 Crafting w/Toni 2:00 Bingo 4:00 Movie Time  Groundhog Day	9:00 Morning Greeting 10:00 Hymn Singing w/Trinty Methodist Church 11:00 Crafting w/Toni 2:00 Bingo 4:00 Karaoke	<b>1:00 Beauty Salon Opens</b> 9:00 Devotion with Sam 10:00 Exercise 11:00 Tic Tac Toe 2:00 Crafting 3:30 Bingo 4:00 Music Time	9:00 Morning Greeting 10:00 Exercise 11:00 Kick Ball 2:00 Bingo 3:00 First Ladies YouTube 4:00 Music Time	9:30 Devotion with Sam 10:00 Exercise 11:00 In the News with Sam 2:00 Bingo 3:30 Popcorn and Movie	9:00 Morning Greeting 10:00 Exercise 11:00 Sunshine Giggles 2:00 Singing with Stan 4:00 Trivia
9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:45 Super Bowl Sunday 4:30 One on One	9:00 Morning Greeting 10:00 Devotion 11:00 Exercise 2:00 Bingo 3:30 Smell the Roses 4:00 Memory Card Game	9:00 Morning Greeting 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Who Sang It? 2:00 Hop Along Game 4:00 Romantic Music	<b>1:00 Beauty Salon Opens</b> 9:00 Morning Devotion 10:00 Weights Wednesday 11:00 Twister Toss 2:00 Bingo 4:00 Karaoke	9:00 Morning Greeting 10:00 Exercise 11:00 Bowling 2:00 Bingo 3:00 Valentine Cards 4:30 Movie Time	9:30 Devotion with Sam 10:00 Exercise 11:00 In The News with Sam 2:00 Valentine Party 3:30 Bingo	9:00 Morning Greeting 10:00 Exercise 11:00 Sunshine Giggles 2:00 Bingo 4:00 Porch Talks  Valentine's Day
9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:45 Manicures 4:30 Enjoy the View	9:00 Morning Greeting 9:45 Devotion 10:00 Exercise 11:00 Name That President 2:00 Mardi Gras Party 3:00 Dance to the Music 4:00 Movie Time  Presidents' Day (U.S.)	9:00 Morning Greeting 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 2:00 Bingo with SVDP 4:00 Movie Time  Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	<b>1:00 Beauty Salon Opens</b> 9:00 Morning Devotion 10:00 Weights Wednesday 11:00 Crafting w/Toni 2:00 Fantastic Friends Tea 4:00 Karaoke	9:00 Morning Greeting 10:00 Providence Church Singing 11:00 Exercise 2:00 Bingo 3:00 Corn Hole Game 4:00 Music Time	9:30 Devotion with Sam 10:00 Exercise 11:00 In the News with Sam 2:00 Bingo 3:00 Name that Tune 4:00 Balloon Volleyball	9:00 Morning Greeting 10:30 Auburn Therapy Dogs 11:00 Sunshine Giggles 2:00 Singing with Stan 3:15 Heritage Baptist Church 4:00 Porch Talks
9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:45 Manicures 4:30 Enjoy the View	9:00 Morning Greeting 9:45 Devotion 10:00 Exercise 11:00 Beach Ball Fun 2:00 Ping Pong 3:00 Dance To The Music 4:00 Movie Time	9:00 Morning Greeting 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 2:00 Bowling 3:00 Art w/Toni 4:00 Music Time	<b>1:00 Beauty Salon Opens</b> 9:00 Morning Devotion 10:00 Weights Wednesday 11:00 Crafting w/Toni 2:00 Bingo 4:00 Karaoke	9:00 Morning Greeting 10:00 Exercise 11:00 Country Melodies 12:30 Birthday Bash 2:00 Balloon Volleyball 3:30 Bingo 4:30 Movie Time	9:30 Devotion with Sam 10:00 Exercise 11:00 In the News With Sam 2:00 Twister Toss 3:30 Popcorn and Movie	9:00 Morning Greeting 10:00 Exercise 11:00 Sunshine Giggles 2:00 Bingo 4:00 Rocking to the Music