



A Premier Memory Care Center

Life. Love. Legacy.™

1001 Fox Run Pkwy
Opelika, AL 36801



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

YOUR LEADERSHIP TEAM



Sharon Lee
Executive Director



Robyn Olive, RN
Resident Services Director



Felecia Blood
Business Office Manager



Jennifer Derdoski
Life Enrichment Coordinator



Lashandra Lumford
Dining Services Director



Euel Partridge
Maintenance 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



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

career, raising three children and welcoming three grandsons—one of whom is currently serving in the U.S. Air Force, with another on the way. Following her husband's passing, Machell returned home to Alabama to support her sister during a family health challenge.

With 28 years of caregiving experience, Machell has spent the last three years bringing her warmth and dedication to The Harbor. Before joining The Harbor, she spent 14 years working in a group home for adults with developmental disabilities and six years as a private caregiver for a patient with Lou Gehrig's disease.

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!

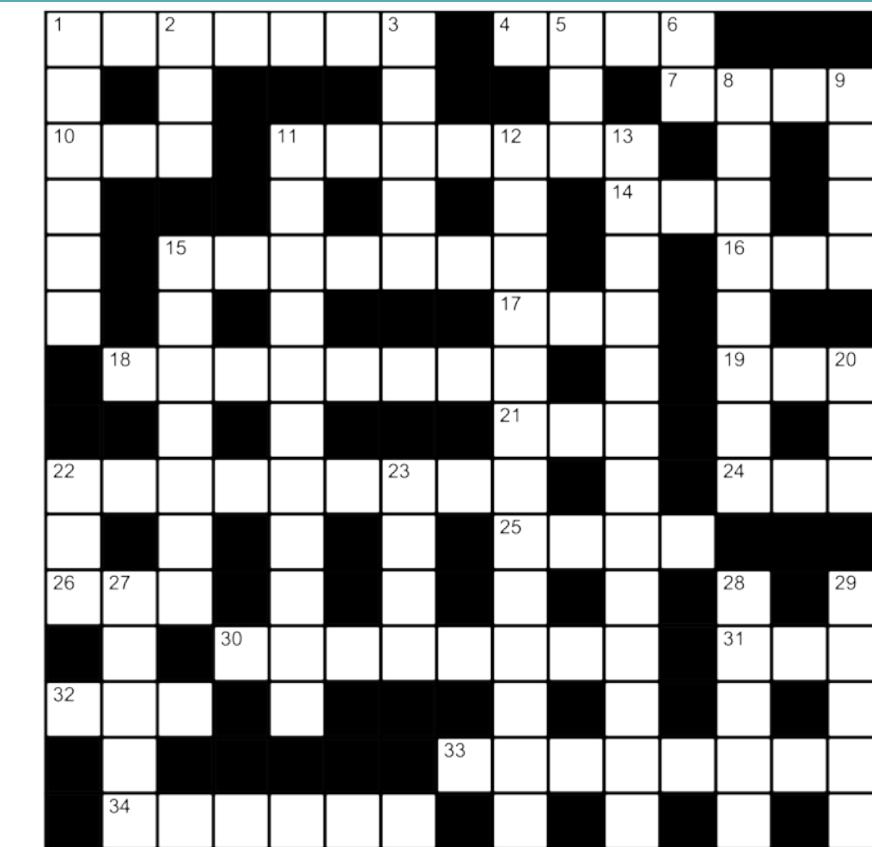


ACROSS

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. Chowed 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



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



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



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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:45 Manicures 4:30 Enjoy the View	1 9:00 Morning Greeting 10:00 Devotion 11:00 Crafting w/Toni 2:00 Bingo 4:00 Movie Time	2 9:00 Morning Greeting 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Crafting w/Toni 2:00 Bingo 4:00 Karaoke	3 1:00 Beauty Salon Opens 9:00 Devotion with Sam 10:00 Exercise 11:00 Tic Tac Toe 2:00 Crafting 3:30 Bingo 4:00 Music Time	4 9:00 Morning Greeting 10:00 Exercise 11:00 Kick Ball 2:00 Bingo 3:00 First Ladies YouTube 4:00 Music Time	5 9:30 Devotion with Sam 10:00 Exercise 11:00 In the News with Sam 2:00 Bingo 3:30 Popcorn and Movie	6 9:00 Morning Greeting 10:00 Exercise 11:00 Sunshine Giggles 2:00 Singing with Stan 4:00 Trivia
Tu B'Shevat Begins	Groundhog Day	9 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	10 1:00 Beauty Salon Opens 9:00 Morning Devotion 10:00 Weights Wednesday 11:00 Twister Toss 2:00 Bingo 4:00 Karaoke	11 9:00 Morning Greeting 10:00 Exercise 11:00 Bowling 2:00 Bingo 3:00 Valentine Cards 4:30 Movie Time	12 9:30 Devotion with Sam 10:00 Exercise 11:00 In The News with Sam 2:00 Valentine Party 3:30 Bingo	13 9:00 Morning Greeting 10:00 Exercise 11:00 Sunshine Giggles 2:00 Bingo 4:00 Porch Talks
9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:45 Super Bowl Sunday 4:30 One on One	8 9:00 Morning Greeting 10:00 Devotion 11:00 Exercise 2:00 Bingo 3:30 Smell the Roses 4:00 Memory Card Game	16 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	17 1:00 Beauty Salon Opens 9:00 Morning Devotion 10:00 Weights Wednesday 11:00 Crafting w/Toni 2:00 Fantastic Friends Tea 4:00 Karaoke	18 9:00 Morning Greeting 10:00 Providence Church Singing 11:00 In the News with Sam 2:00 Bingo 3:00 Name that Tune 4:00 Music Time	19 9:30 Devotion with Sam 10:00 Exercise 11:00 In the News with Sam 2:00 Bingo 3:00 Corn Hole Game 4:00 Music Time	20 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
15 9:00 Morning Greeting 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:45 Manicures 4:30 Enjoy the View	22 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	23 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	24 1:00 Beauty Salon Opens 9:00 Morning Devotion 10:00 Weights Wednesday 11:00 Country Melodies 12:30 Birthday Bash 2:00 Balloon Volleyball 3:30 Bingo 4:30 Movie Time	25 9:00 Morning Greeting 10:00 Exercise 11:00 In the News With Sam 2:00 Twister Toss 3:30 Popcorn and Movie	26 9:30 Devotion with Sam 10:00 Exercise 11:00 Sunshine Giggles 2:00 Bingo 4:00 Rocking to the Music	27 9:00 Morning Greeting 10:00 Exercise 11:00 Sunshine Giggles 2:00 Singing with Stan 4:00 Trivia
Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)						