



The Harbor at Opelika

NEWSLETTER | JULY 2025

Message from your Administrator



Welcome to July! I hope this month brings you more smiles than mosquito bites and plenty of chances to connect with friends and neighbors.

Did you know July is peak season for fireflies in many parts of the country, and scientists still can't agree on exactly how fireflies synchronize their blinking lights?

In some places, entire fields of fireflies will flash in perfect unison, putting on a light show that even the world's best choreographers couldn't organize. Researchers have studied this mystery for decades, and while they understand the "how" (a mix of biology and environmental cues), the "why" is still up for debate. Some say it's about attracting mates, while others think it might help them avoid predators. Either way, it's a reminder that there's still a bit of magic left in nature—and sometimes, the best moments are the ones science hasn't quite figured out (kind of like why our socks disappear in the laundry).

Of course, July is also the month we celebrate Independence Day—a time to gather, reflect on freedom, and appreciate the spirit of community that brings us all together. Here's a little-known fact: the Continental Congress actually voted for independence on July 2nd, 1776, not the 4th! John Adams, one of our Founding Fathers, was so certain July 2nd would be the day we'd always remember that he refused to celebrate the Fourth for the rest of his life. The Declaration of Independence was adopted on July 4th, but most delegates didn't even sign it until August. Just goes to show, even history likes to keep us on our toes!

Whether you're watching fireworks, enjoying a favorite summer meal, or simply spending time with loved ones, I hope you find moments this month that remind you of the strength and resilience we share.

Our calendar is packed with activities and opportunities to learn, laugh, and make memories. Please take a look inside, keep the calendar handy, and join us whenever you can.

Thank you for another month of letting us be a part of your lives and for trusting us with your care—or the care of your loved ones. We're grateful, every single day.

Here's to a July full of wonder, connection, and maybe a little firefly delight.

Sincerely,

Sharon Lee

Your Administrative Team



Sharon Lee
Executive Director



Robyn Olive, RN
Resident Services
Director



Jennifer Derdoski
Life Enrichment
Coordinator



Lashandra Lumford
Dining Services
Director



Euel Partridge
Maintenance
Director

Happy Birthday!

RESIDENTS

1st Hugh McCarty
17th Denise Keirstead
21st Ron Cox
31st Carolyn Fox

TEAM MEMBERS

22nd Carolyn Johnson

Engine Trouble: Taxiing down the tarmac, the jetliner abruptly stopped, turned around and returned to the gate. After an hour long wait, it finally took off. A concerned passenger asked the flight attendant, "What was the problem?" "The pilot was bothered by a noise he heard in the engine," explained the flight attendant, "and it took us a while to find a new pilot."



Alzheimer's
Support Services

legacysl.net/
Alzheimers-Support



Meet Wanda Holt: A Life Rooted in Family, Fun, and Kindness



Born on November 1, 1936, Wanda Holt has lived a life full of love, laughter, and legacy. Married for over 50 wonderful years to her high school sweetheart, Jimmy Holt, the couple's journey began in their teenage years and blossomed into a lasting partnership. After Jimmy graduated from the University of Texas on a track scholarship, they settled in the Texas Panhandle, where Jimmy began his career in education before moving into a more fulfilling path in banking.

Together, they raised five sons—Jimmy, Ray and Dale (the twin brothers), and Tony and Bill (affectionately called “the younger boys” due to a notable age gap). With five boys under one roof, Wanda had her hands full, yet she always managed to keep her warm spirit and sense of humor intact. Outside of motherhood, Wanda enjoyed staying active and social. She was a member of a bridge club and a newcomers’ club, and loved golfing and playing racquetball with Jimmy. Family time was paramount, and weekends and summers often meant packing into the camper for trips to the mountains of New Mexico and Colorado, or exploring the wide landscapes of northern Texas. Holidays were always special in the Holt household. A cherished tradition was a family movie outing on Christmas Day. As the family grew, they alternated hosting Thanksgiving and Christmas, keeping everyone close no matter where they lived. One memorable Christmas, Wanda lovingly sent her usual tins of homemade

fudge to each of her sons scattered across the country. That year, though, something was different—none of the batches had sugar! The mishap became a treasured memory, bringing the boys together in laughter over long-distance phone calls. “Mom always ran interference for us with Dad,” recalls her son Tony. “Her sister had taught all of us to drive when we were about 10 or 11. When I was 13, she’d let me take the wheel during our 1.5-hour drives to the orthodontist. One time, I got pulled over—I didn’t see the highway patrol car. I had never heard Wanda use inappropriate language before—or really since—but when she saw the patrolman walking up, she muttered, ‘Well, s---, probably best to not tell your father about this.’ Thankfully, I got off with a warning!” Today, Wanda continues to bring joy and warmth to everyone she meets. Her gentle demeanor, sweet hugs, and infectious smile light up every room she enters. Whether it’s exercise class, arts and crafts, or watching a movie with friends, Wanda is an active and beloved member of our Harbor community.

We’re blessed to have her with us—her life is a shining example of kindness, family values, and the power of joy. She’s often visited by her five sons, and always happy to welcome a new friend. So come by, say hello, and maybe even tap your feet to some music—just like Wanda does.



In the early 1900s, it was popular to celebrate July 4th with “bicycle parades”—but the real showstoppers were the pigs. That’s right: in some towns, folks would dress up pigs in patriotic ribbons and race them down Main Street. Prizes were given for the fastest (and best-dressed) pig. Nothing says “freedom” quite like a pig in a bowtie running for glory!



Elizabeth White: Compassionate, Dedicated, and Full of Heart



Meet Elizabeth White—better known around The Harbor as Gracie. A 22-year-old from Mobile, Alabama, Gracie recently graduated from Auburn University with a major in Sociology and a minor in Spanish. She is currently applying to graduate school to pursue her master’s in physician assistant studies at the University of South Alabama.

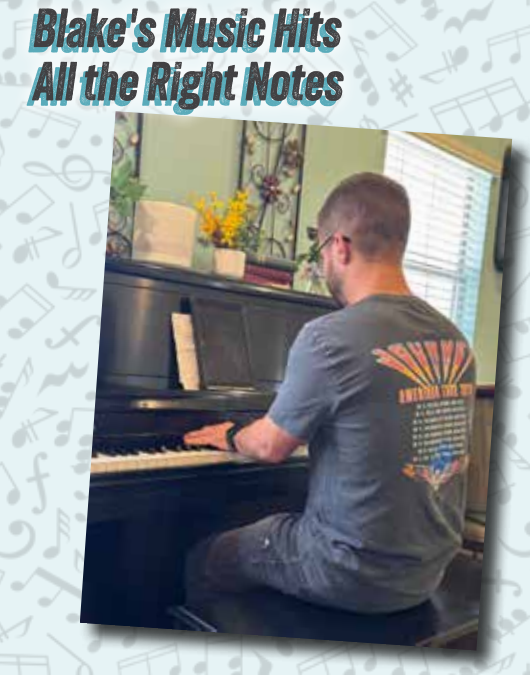
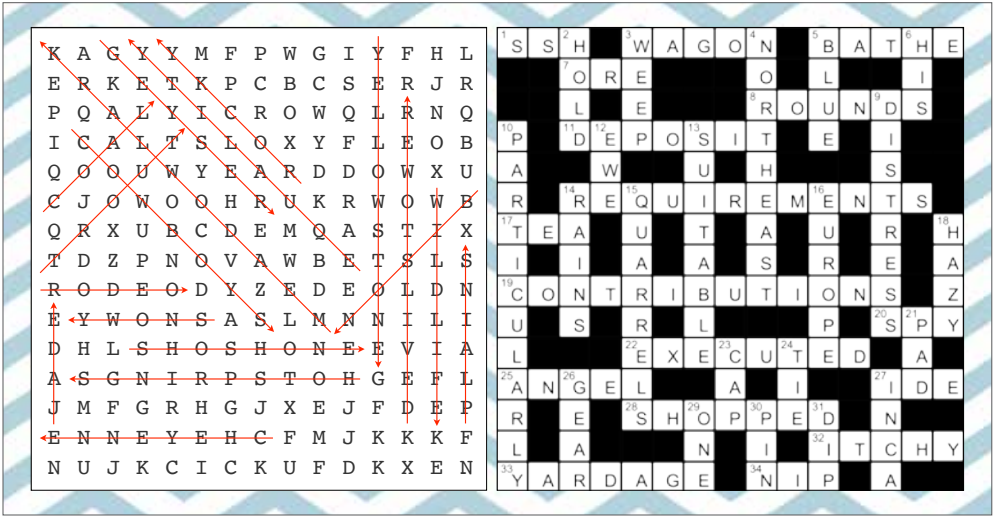
Gracie began her journey with The Harbor a year ago to fulfill the patient care hours required for her PA program. But what was supposed to be a short-term stop turned into a lasting connection. The environment and, more importantly, the residents—with their vibrant personalities and unforgettable stories, quickly captured her heart and inspired her to stay beyond her initial commitment.

While at Auburn, Gracie created many cherished memories, but her favorite remains the beloved Auburn tradition of rolling the trees at Toomer’s Corner. Outside of work, she enjoys dancing, reading romance and fantasy novels, and listening

to pop music. During karaoke nights, Gracie is always ready to hit the floor, dancing with the residents and sharing smiles. One of her favorite memories is watching a resident light up the porch with her moves. “She can move like she’s in her 40s,” says Gracie with a smile. “She’s the life of the party and makes you realize you’re only as old as your last dance move.”

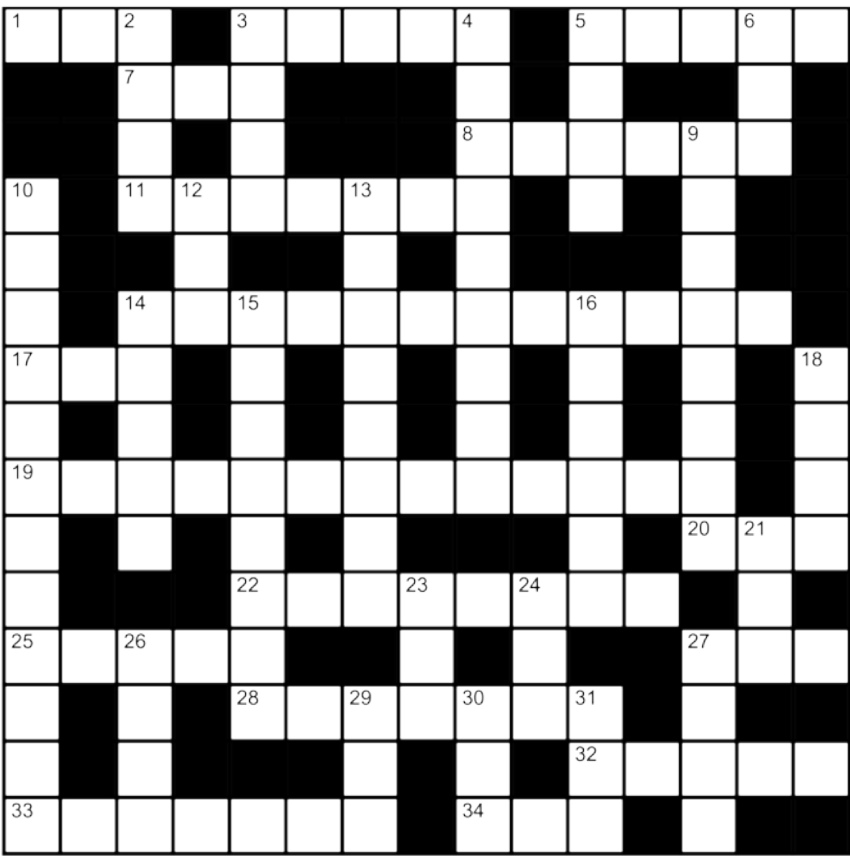
In addition to her work at The Harbor, Gracie has a strong background in volunteer service. She’s dedicated time to the Ronald McDonald House, Mercy Medical Center, and Storybrook Farms in Opelika. At Storybrook Farms, she spent her first year paired one-on-one with a child in the after-school program, forming a meaningful connection. In her second year, she stepped up as a lead, helping plan and coordinate activities for all the children involved.

Gracie’s quiet presence and kind heart make her a true treasure to our residents and team. Her journey in healthcare is just beginning, and we are honored to be a part of her story. Stop by The Harbor and meet the wonderful staff and residents who make this place so special—you’ll leave with a smile.



- ACROSS**
- 1. Often overheard in a library
 - 3. Oregon Trail transportation
 - 5. Get clean
 - 7. Mineral yet to be processed
 - 8. Pub orders
 - 11. Withdrawal's opposite
 - 14. Criteria
 - 17. Caffeine source
 - 19. Donations
 - 20. Mole
 - 22. Carried out
 - 25. Heavenly host?
 - 27. Integrated Drive Electronics, abbrev.
 - 28. Made purchases
 - 32. Like wool, to some
 - 33. Distance gained by a football player
 - 34. Small bite

- DOWN**
- 2. "I Want to ____ Your Hand," by the Beatles
 - 3. Cry softly
 - 4. In the United States, New England
 - 5. Red + ____ = purple
 - 6. He's a man of ____ word
 - 9. Anguish, hardship
 - 10. Especially
 - 12. Lamb's mother
 - 13. Appropriate
 - 14. "When it _____, it pours!"
 - 15. Disagreements



- 16. France's continent
- 18. Vague, as a memory
- 21. Hippie's hangout
- 23. Graduate's headwear
- 24. Windsor, for one
- 26. Equipment
- 27. Machu Picchu group
- 29. "The loneliest number"
- 30. Brooch
- 31. Party favorites: chips and ____

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

Wyoming

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



BISON

CHEYENNE

COAL

COWBOYS

DEVILS TOWER

EQUALITY

GEYSER

HOT SPRINGS

JADE

MEADOWLARK

PLAINS

ROCKY

RODEO

SHOSHONE

SNOWY

TROUT

WILDLIFE

YELLOWSTONE



Scents That Make Sense

Essential oils are popular for boosting mood and well-being, but not all oils deliver the same benefits. While many oils smell nice, only those with specific qualities stimulate the brain's olfactory system to relax or evoke happy memories.



When choosing essential oils, look for these on the label:

- Plant name included
- No synthetic additives or contaminants
- Grown without pesticides
- Extracted by steam or cold-pressing
- Stored in dark glass bottles to protect quality

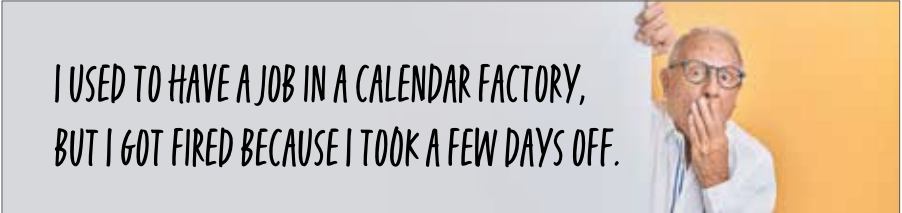
Though not regulated like medicines, quality tests exist:

- GC/MS tests check for fillers
- Experts use smell and taste to verify purity
- Gravity tests measure oil density

For people with dementia, especially during sundowning, the Alzheimer's Association suggests these scents:

- **Lemon:** calming, aids sleep, and soothes digestion
- **Lavender:** reduces agitation and anger
- **Peppermint:** energizing but gentle
- **Rosemary:** helps improve appetite
- **Bergamot and ylang ylang:** may ease insomnia and lift moods for both patients and caregivers

Brands like Plant Therapy and Rocky Mountain Oils offer quality oils without breaking the bank.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Morning Greeting 1 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Snacks and Sun 2:00 Bingo 4:00 Rocking w/Friends Hugh McCarty's Birthday <small>Canada Day</small>	8:30 Beauty Salon Opens 2 9:00 Morning Greeting 10:00 Weights Wednesday 11:00 Water balloon fun 2:00 Outside Games 4:00 The Harbor Parade	9:00 Morning Greeting 3 10:00 Red/White/Blue Crafts 11:00 Card Slide Game 1:30 Ladder Ball Game 2:30 Music on the Porch 4:00 Back to the Future Movie/Popcorn "Back to the Future"	9:00 Morning Greeting 4 10:00 Exercise 11:00 Viewing Parades 2:00 Bingo 3:00 Hydration Station 4:00 Basking in the Rays <small>Independence Day (US)</small>	9:00 Morning Greeting 5 10:00 Exercise 10:30 Manicures 11:00 Fun in the Sun 2:00 Singing with Stan 4:00 Porch Talks
9:00 Morning Greeting 6 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 4:00 Manicures	9:00 Morning Greeting 7 10:00 Devotion w/Jenn 11:00 Outside Musings 2:00 Bingo 4:00 Music Therapy	9:00 Morning Greeting 8 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Bowling Milk Jugs 2:00 Cow Coloring Competition 3:00 Milk and Cookies 4:00 Jokes on the Porch "Cow Day"	8:30 Beauty Salon Opens 9 9:00 Morning Greeting 10:00 Weights Wednesday 11:00 Hydration Station 2:00 Simple C Trivia 3:00 Bingo 4:00 Karaoke Fun	9:00 Morning Greeting 10 10:00 Exercise 11:00 Moon Crafting 1:30 Chalk Art 2:00 Tillman Country Boys 3:00 Hydration Station 4:00 Basking in the Rays "Full Moon Day"	9:00 Morning Greeting 11 10:00 Exercise 11:00 Kick Ball 2:00 Ladder Ball Game 3:00 Slurpee's on the Porch 4:00 Sweating to the Oldies "Slurpee Day"	9:00 Morning Greeting 12 10:00 Exercise 11:00 Fun in the Sun 1:30 Manicures 2:30 Bingo 4:00 Porch Talks
9:00 Morning Greeting 13 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 4:00 Rocking w/Friends	9:00 Morning Greeting 14 10:00 Devotion w/Jenn 11:00 Walking Club 2:00 Kick Ball 3:00 Ladder Ball on the Porch 4:00 Shark Week Sighting! "Shark Day"	9:00 Morning Greeting 15 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Crafts w/Abigail 2:00 Bingo 3:00 Bird Watching 4:00 Movie/Popcorn	8:30 Beauty Salon Opens 16 9:00 Morning Greeting 10:00 Weights Wednesday 11:00 Hydration Station 2:00 Bingo 3:00 Snacks and Sun 4:00 Singing w/Dr. Phillip	9:00 Morning Greeting 17 10:00 Exercise 11:00 Balloon Volleyball 2:00 Corn Hole 3:00 Bingo w/Darren 4:00 Cool Down-Popsicle Denise Keirstead's Birthday	9:00 Morning Greeting 18 10:00 Exercise 11:00 Library Friends 2:00 Elvis Tunes 3:00 Game Time 4:00 Chilling w/Friends	9:00 Morning Greeting 19 10:30 Auburn Therapy Dogs 11:30 Fun in the Sun 2:00 Singing with Stan 3:15 Singing w/Heritage Baptist Church 4:00 Porch Talks
9:00 Morning Greeting 20 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:00 Hydration Station 4:00 Music Therapy	9:00 Morning Greeting 21 10:00 Devotion w/Jenn 11:00 Fishing Pond 2:00 Ping Pong 3:00 Bingo 4:00 Outside Fun Ron Cox's Birthday	9:00 Morning Greeting 22 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Simple C 2:00 SVDP Bingo 3:00 Fruitalicious Snacks 4:00 Hear the Birds "Mango Day"	8:30 Beauty Salon Opens 23 9:00 Morning Greeting 10:00 Styling the Ladies 11:00 Basking in the Sun 2:00 Photo Booth Time 4:00 Sunny Days "Gorgeous Grandma Day"	9:00 Morning Greeting 24 10:00 Exercise 11:00 Rocking w/Friends 2:00 Tea Party w/Anna Kate 3:30 Scavenger Hunt 4:00 Coloring Therapy	9:00 Morning Greeting 25 10:00 Exercise 11:00 Christmas Crafts 2:00 Christmas Sing Along 4:00 Peppermint Ho-Ho "Christmas in July"	9:00 Morning Greeting 26 10:00 Exercise 11:00 Coloring Corner 2:00 Hydration Station 3:00 AK Orchestra 4:00 Porch Talks
9:00 Morning Greeting 27 10:00 Morning Worship 11:00 Exercise 2:00 Manicures 3:00 Bingo 4:00 Music Therapy	9:00 Morning Greeting 28 10:00 Devotion w/Jenn 11:00 Crafting w/Jenn 2:00 Bingo 3:00 UNO 4:00 Hot-Hot-Hot Seniors	9:00 Morning Greeting 29 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Hydration Station 2:00 Smores w/Jenn 3:00 Corn Hole 4:00 Jokes on the Porch	8:30 Beauty Salon Opens 30 9:00 Morning Greeting 10:00 Weights Wednesday 11:00 Music and Sun 12:30 Birthday Bash w/Centerwell 2:00 Bingo 3:00 Pen Pal Time "International Friendship Day"	9:00 Morning Greeting 31 10:00 Exercise 11:00 Card Slide Game 2:00 Cup Stack Game 3:00 Foxy Bingo 4:00 Basking in the Sun Carolyn Fox's Birthday	Team Birthdays: July 22nd Carolyn Johnson 	