

**YOUR  
LEADERSHIP  
TEAM**



**Sharon Lee**  
Executive Director



**Felecia Blood**  
Business Office  
Manager



**Jennifer Deroski**  
Life Enrichment  
Coordinator



**Lashandra Lumford**  
Dining Services  
Director



**Euel Partridge**  
Maintenance  
Director



**A MESSAGE FROM YOUR ADMINISTRATOR**

As we step into March and welcome the first signs of spring, I find myself reflecting on the power of renewal—not just in nature, but in our lives and community. This season reminds us that no matter the challenges we face, there is always room for growth, fresh beginnings, and brighter days ahead.

In senior living, care goes beyond routines and schedules. It's about creating moments of connection, kindness, and respect that make every day meaningful. Our teams are dedicated to honoring the unique stories and needs of each resident, fostering an environment where everyone is valued and truly at home.

March brings with it the promise of longer days and warmer sunshine, perfect for gathering, sharing smiles, and creating new memories together. We have a full calendar of activities and events designed to engage, inspire, and bring joy. Whether it's a lively group activity, a quiet moment of reflection, or simply time spent with friends and family, there's something for everyone to enjoy.

This month also offers a wonderful opportunity to embrace the spirit of renewal in our own lives. Whether it's trying something new, reconnecting with old friends, or simply savoring the small moments, spring invites us all to grow and refresh in meaningful ways.

I encourage everyone—residents, family members, and friends—to take part in the activities and events planned this season and to enjoy the warm, supportive spirit that makes our community such a special place. Doors and hearts are always open, and this season of renewal brings a wonderful opportunity to connect and grow together.

Thank you for trusting us to be part of your journey. Together, we create communities filled with warmth, care, and the kind of belonging that makes every day brighter.

With warmest regards,

*Sharon Lee*  
Sharon Lee



*Celebrations  
& Milestones*

**Welcome to our newest residents!**

- Clegg & Linda Green
- David & Rebecca Hamlet

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

**RESIDENT BIRTHDAYS**

- Mar. 1: Marlene McCollum
- Mar. 1: Penny Ellis
- Mar. 8: Chris Goutsos
- Mar. 11: Betty Smith

**TEAM MEMBER BIRTHDAYS**

- Mar. 3: Dakota Stewart
- Mar. 18: Toni Sukys
- Mar. 18: Johnnie McCray
- Mar. 2: Aaliyah Brooks

**TEAM ANNIVERSARIES**

- Carolyn Johnson – 6 years
- Machell Cunningham – 4 years
- JaMeria Johnson – 1 year



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[HARBORPELIKA.NET/NEWSLETTERS](https://HARBORPELIKA.NET/NEWSLETTERS)



LOVE AT EVERY TABLE! VALENTINE'S DAY LUNCHEON



may your troubles be less and your blessings be more.

Ever noticed that almost every family has that one recipe nobody can make quite like Grandma did?

Maybe the missing ingredient was never in the cupboard at all.



CARE CORNER WITH JAMISON

YOUR HEART: THE COWORKER YOU CAN'T REPLACE

Your heart is a remarkably loyal coworker. It shows up early, works late, never takes vacation, and somehow keeps pumping even when you feed it gas-station

snacks and mild stress seasoned with caffeine. Frankly, it deserves better.

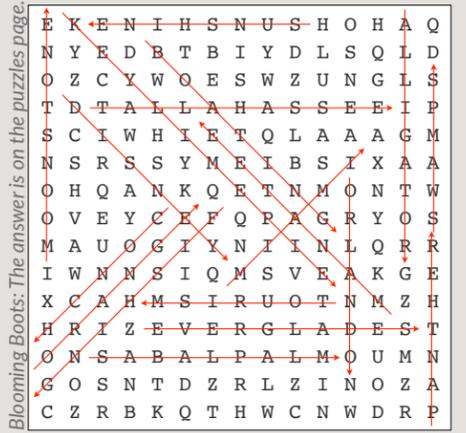
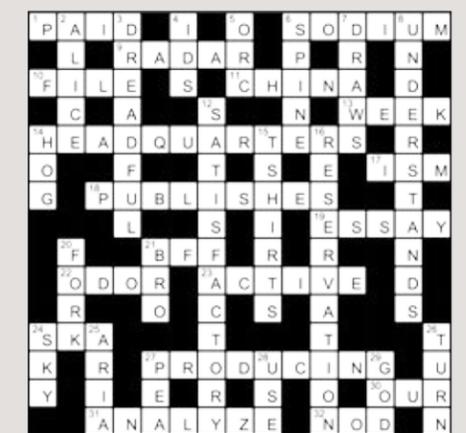
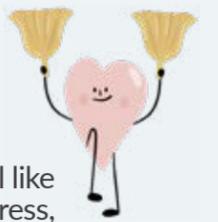
Heart health often sounds serious—and it is—but that doesn't mean it has to be humorless. Think of your heart as an overachieving intern: it thrives on movement, appreciates nutritious fuel, and becomes deeply concerned when your idea of exercise is reaching for the remote.

A short walk? Your heart cheers. A vegetable? Standing ovation. Eight hours of sleep? It writes a thank-you card.

On the flip side, too much stress makes your heart feel like it's stuck in rush-hour traffic—lots of pressure, no progress, and unpleasant honking. Taking time to relax, laugh, and breathe deeply helps it stay calm and collected, like a yoga instructor who pays their bills on time.

So treat your heart kindly. Move a little more. Eat a little better. Laugh as often as possible. Because one day, when you're dancing at a wedding, chasing a grandchild, or simply climbing stairs without negotiating first, your heart will quietly say, "See? I told you I had this."

Written by: Jamison Toepel, LPN  
Resident Services Director  
Renaissance Senior Living of Hilldale  
Madison, Wisc.



Blooming Boots: The answer is on the puzzles page.

MATCH THE BLOOMING BOOTS



What do you get when two leprechauns have a conversation?  
A lot of small talk.

Why do people wear shamrocks on St. Patrick's Day?  
Because real rocks are too heavy.

Knock, knock. Who's there? Clover. Clover who?  
Clover here & I'll tell you.

Knock, knock. Who's there? Irish stew. Irish stew, who?  
Irish stew in the name of the law.

Why did the leprechaun refuse to share his gold?  
Because he was a little short.

How old are leprechauns?  
Old enough to remember when rainbows were black and white.

What does it mean if you find a four-leaf clover?  
It means you have too much time to kill.



HAPPY ST. PATRICK'S DAY!

**ART IN BLOOM:  
MOMENTS THAT MATTER**

Did you know creative expression can boost mood and spark memories for those living with dementia?



**CHAPLAIN'S CORNER**

Did you know that in Alabama, sightings of hummingbirds in late February or early March can be signs of early spring—especially the Ruby-Throated

Hummingbird? I am excited to say I've read of sightings of these birds along the Gulf Coast, about three weeks ahead of schedule. It's time to get your hummingbird feeders up to snuff.

I don't know about you, but I rejoice when the stranglehold of winter is released. When new growth becomes evident and the birds chirp more excitedly, it feels like nature itself is announcing that spring is on the way.

Moments like these remind us that signs matter. In everyday life, signs often point us toward what is coming next. In Scripture, Jesus spoke about signs as well—not to frighten us, but to prepare and reassure us. He said, *"And this gospel will be preached in the whole world as a testimony to all nations, and then the end will come."* That's an end we can all look forward to, especially considering our increasingly confusing world. This is a promise we can cling to.

I like that phrase, "see that you are not troubled." Those words remind us that God is in control and makes provision for those who are His. The good news is that even if some may not yet know Him, it's not too late to become His.

"For God so loved the world that he gave his only begotten Son, that whosoever believes in him shall not perish but have eternal life."

Most people reading this article are in the winter phase of life. There have been good years and difficult years. The past need not control our present nor our future. The good news is spring is on the way. New life is abundant and free for all who would choose.

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

**ACROSS**

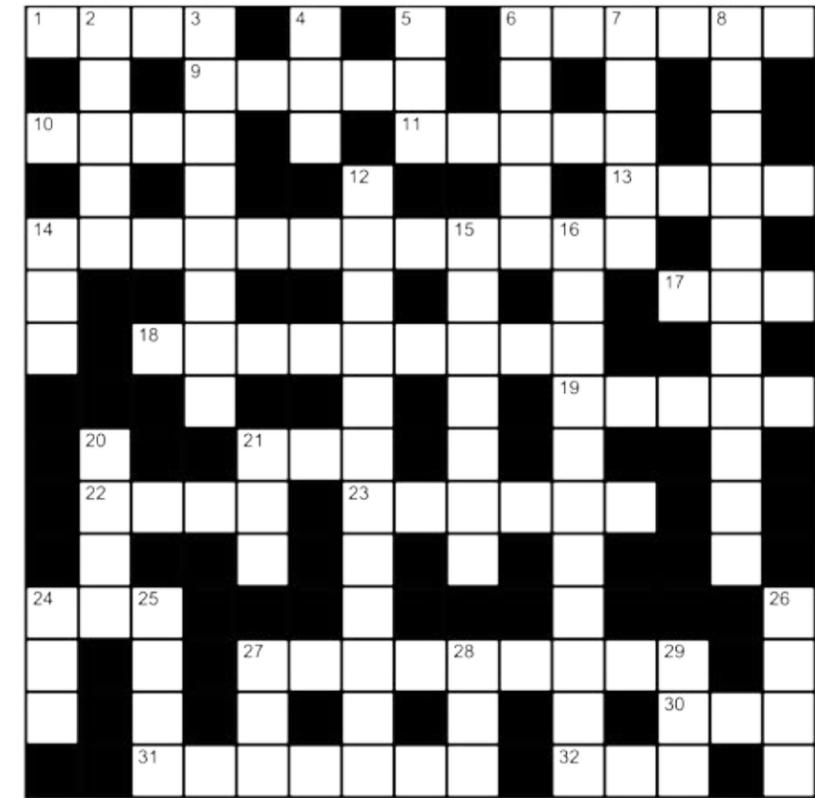
- 1. \_\_\_\_ back: reimbursed
- 6. Salt mineral
- 9. Weather bureau tool
- 10. Walk in a line: single \_\_\_\_
- 11. Fine dinnerware
- 13. TV Guide span
- 14. Company's central office
- 17. Suffix with ideal
- 18. Puts into print
- 19. English exam finale, often
- 21. Best friend forever, abb.
- 22. Skunk's defense
- 23. On the move
- 24. 1950s music genre from Jamaica
- 27. Bringing into being
- 30. Days of \_\_\_\_ Lives
- 31. Study in depth
- 32. Affirmative action?

**DOWN**

- 2. She falls down a rabbit hole
- 3. Awful; ghastly
- 4. Driver's license and others
- 5. Mythical monster
- 6. Another name for backbone
- 7. Makes a sketch
- 8. Comprehends; grasps
- 12. Adequate
- 14. "Living high on the \_\_\_\_"

- 15. Casual, short-sleeved tops
- 16. Dinner arrangement
- 20. Chopsticks alternative
- 21. Sis's male sibling
- 24. Wild blue yonder
- 25. Operatic solo

- 26. Card between "flop" and "river" in hold 'em
- 27. Cause of sleep disturbance for a princess
- 28. Operate
- 29. Zeus, for one



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

Blooming Boots: 3&5

*Florida*

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



- ALLIGATOR
- BOATING
- CONCH
- DISNEY
- EVERGLADES
- FISHING
- KEY LIME PIE
- MANATEE
- MIAMI
- MOONSTONE
- ORANGE
- ORLANDO
- PANTHER
- SABAL PALM
- SUNSHINE
- SWAMPS
- TALLAHASSEE
- TOURISM

Nobody ever finds the pot of gold at the end of the rainbow.

Maybe that's because the best things in life—memories, laughter, and a good cup of coffee—can't be stashed in a pot or counted by coins.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Coffee & Conversation <b>1</b> 10:00 Church on the Big TV 10:45 Snack and Chat 11:00 Chair Exercises 2:00 Manicures and Movies 3:30 Hydration Station 3:30 Popcorn and Movies	9:15 Devotion <b>2</b> 10:00 Exercise 10:30 Snack and Chat 11:00 Game Show 2:00 Balloon Volleyball 3:30 Hydration Station 4:00 Manicures & Movies  Purim Begins	9:15 Devotion <b>3</b> 10:00 Hymn Singing with Trinity Methodist Church 11:00 Snack and Chat 11:30 Simon Says 2:00 National Anthem Day 3:30 Hydration Station 4:30 National Anthem Trivia	9:15 Devotion <b>4</b> 10:00 Exercise 10:30 Snack and Chat 11:00 Porch Rockers <b>1:00 Beauty Shop Opens</b> 2:30 Podiatrist Visit 3:00 Hydration Station 4:00 Movie Time	9:15 Devotion <b>5</b> 10:00 Exercise 10:30 Snack and Chat 11:00 Karaoke 2:00 Bingo 3:00 Hydration Station 3:30 Crafting 4:30 Movie Time	9:30 Devotion with Sam <b>6</b> 10:00 Exercise with Sam 10:30 Snack and Chat Current Events w/Sam 2:00 Bingo 3:00 Balloon Tennis 4:00 Karaoke	9:30 Devotion <b>7</b> 10:00 Snack and Chat 10:15 Balloon Tennis 11:00 Porch Time 2:00 Bingo 3:15 Hydration Station 4:00 Movie Time
9:30 Coffee & Conversation <b>8</b> 10:00 Church on the Big TV 10:45 Snack and Chat 11:00 Chair Exercises 2:00 Bingo 3:00 Therapeutic Coloring 3:30 Hydration Station 4:00 Movie and Popcorn  Daylight Saving Time Begins	9:15 Devotion <b>9</b> 10:00 Exercises 10:30 Snack and Chat 11:00 Courtyard and Sunshine 2:00 Trivia 3:00 Hydration Station 3:30 Music and Dancing 4:30 Simple C	9:30 Devotion <b>10</b> 10:00 Hymn Singing with Trinity Methodist Church 11:00 Snack and Chat 11:30 Exercise 2:00 Tongue Twisters 3:00 Word in Word 3:30 Hydration Station 4:00 Arts and Crafts	9:30 Devotion <b>11</b> 10:00 Exercise 10:30 Snack and Chat 11:00 Porch Rockers <b>1:00 Beauty Shop Opens</b> 2:00 Johnny Appleseed Day 3:00 Taste the Apples 4:00 One on Ones 4:30 Movie Time	9:30 Devotion <b>12</b> 10:00 Exercise 10:15 Snack and Chat 10:30 What is Girl Scout 2:00 Bingo 3:00 Hydration Station 3:30 Girl Scout Cookies 4:00 Karaoke on the Patio  <b>NATIONAL GIRL SCOUT DAY</b>	9:30 Devotion with Sam <b>13</b> 10:00 Exercise with Sam 10:30 Snack and Chat Current Events w/Sam 2:00 Bingo 3:00 Hydration Station 4:00 Game Show 4:45 Movie Time	9:30 Devotion <b>14</b> 10:00 Exercise 10:30 Snack and Chat 11:00 Puzzle Club 2:00 Rocking to the Music 3:00 Hydration Station 3:30 Therapeutic Coloring 4:30 Classic TV
9:30 Coffee & Conversation <b>15</b> 10:00 Church on the Big TV 10:45 Snack and Chat 11:00 Chair Exercises 2:00 Bingo 3:00 Therapeutic Coloring 3:30 Hydration Station 4:00 Movie and Popcorn	9:15 Devotion <b>16</b> 10:00 Exercises 10:30 Snack and Chat 11:00 Porch Rockers 2:00 Bingo 3:00 Hydration Station 3:30 Music and Dancing 4:30 Movie Time	9:30 Devotion <b>17</b> 10:00 Hymn Singing with Trinity Methodist Church 11:00 Snack and Chat 11:30 Exercise 2:00 Shamrock Cookies 3:00 Lucky Charm Craft 3:30 Leprechaun Hunt 4:30 Movie Time  St. Patrick's Day	9:30 Devotion <b>18</b> 10:00 Exercise 10:30 Snack and Chat 11:00 Bean Bag Toss <b>1:00 Beauty Shop Opens</b> 2:00 Bingo 3:00 Hydration Station 3:30 Painting w/Watercolors 4:30 Movie Time	9:30 Devotion <b>19</b> 9:45 Exercise 10:00 Providence Baptist Church 11:00 Snack and Chat 2:00 Bowling 3:00 Hydration Station 3:30 Simon Says 4:30 Simple C	9:30 Devotion with Sam 10:00 Exercise with Sam 10:30 Snack and Chat Current Events w/Sam 2:00 Digging in the Dirt 3:00 Hydration Station 3:30 Courtyard Cornhole 4:30 Trivia on the Patio  Spring Begins	9:30 Devotion <b>21</b> 10:15 Auburn Therapy Dogs 11:00 Snack and Chat 2:00 Bingo 3:00 Hydration Station 3:15 Heritage Baptist Church 4:30 Movie Time
9:30 Coffee & Conversation <b>22</b> 10:00 Church on the Big TV 10:45 Snack and Chat 11:00 Chair Exercises 2:00 Bingo 3:00 Therapeutic Coloring 3:30 Hydration Station 4:00 Movie and Popcorn	9:15 Devotion <b>23</b> 10:00 Chair Exercises 10:30 Snack and Chat 11:00 Family Feud 2:00 Chip and Dip Tasting 3:00 Hydration Station 3:30 Karaoke 4:30 Simple C	9:30 Devotion <b>24</b> 10:00 Hymn Singing with Trinity Methodist Church 11:00 Snack and Chat 11:30 Exercise 2:00 Bingo 2:30 Hydration Station 3:00 Name That Tune 4:00 Simple C	9:30 Devotion <b>25</b> 10:00 Exercise 10:30 Snack and Chat 11:00 Simple C <b>1:00 Beauty Shop Opens</b> 2:00 Bingo 3:00 Hydration Station 3:30 Courtyard Cornhole 4:30 Rocking to the Music	9:30 Devotion <b>26</b> 10:00 Exercise 10:30 Snack and Chat 11:00 Trivia 2:00 Twister 3:00 Short Stories 3:30 Hydration Station 4:00 Simple C	9:30 Devotion w/Sam <b>27</b> 10:00 Exercise w/Sam 10:30 Snack and Chat Current Events w/Sam 2:00 Bingo 3:00 Dancing to the Beat 3:30 Hydration Station 4:00 One on Ones <b>WEAR A HAT DAY</b>	9:00 Devotion <b>28</b> 9:30 Snack and Chat 10:00 Therapeutic Coloring 11:00 Walking Club 2:00 Saturday Matinee 2:30 Hydration Station 3:00 Korean Church 4:00 Movie Time
9:30 Coffee & Conversation <b>29</b> 10:00 Church on the Big TV 10:30 Snack and Chat 11:00 Chair Exercises 2:00 Bingo 3:00 Therapeutic Coloring 3:30 Hydration Station 4:00 Movie and Popcorn  Palm Sunday	9:15 Devotion <b>30</b> 10:00 Exercise 10:30 Snack and Chat 11:00 Porch Rockers 2:00 The Price is Right 3:30 Hydration Station 4:00 Manicures & Movie	9:30 Devotion <b>31</b> 10:00 Hymn Singing with Trinity Methodist Church 11:00 Snack and Chat 11:30 Porch Time 2:00 Bean Bag Toss 3:30 Hydration Station 4:00 Karaoke	<h1>March 2026</h1> <p>When Weather permits, we will be on the Patio</p>			