



A Message from your Administrator



As the leaves start to change and the air turns crisper, it seems like life speeds up for everyone. Around here, fall is a season bustling with activity—festivals, family events, and traditions both old and new. For many, this time of year is a juggling act: kids settling into the school routine, calendars filling up with sports and lessons, and workplaces picking up the pace after summer. If you're part of the "sandwich generation," you know better than anyone what it means to be pulled in all directions at once, balancing the needs of growing children and supporting aging parents or grandparents, often while still managing careers and everything else life throws your way.

We know that when a loved one moves into our community, it's usually because families need a helping hand. What might come as a surprise is how often you'll hear from us, too, inviting you to join in for a meal, a festival, a musical performance, or just a moment to connect. We do this not to add to your already-full plate, but because we believe that staying connected, even in small ways, means everything to the people who live here—and to those who love them.

Still, we understand that you can't be everywhere at once. Sometimes, you're running from a school bake sale to a weekend tournament, and there just isn't enough of you to go around. Please know: we see you, we appreciate you, and we're grateful for every moment you share with us, even if it's just a phone call or a note sent in.

This month, as we roll out fall celebrations and family-friendly events, we hope you'll find a few minutes to join us when you can. Our doors are always open, and there's nothing better than seeing families come together, whether for a pumpkin craft, a game night, or just to laugh and swap stories. Maybe, just maybe, our little gatherings will make it a bit easier to spend time with your loved ones, all in one place.

Thank you for trusting us with someone so important to you. We're honored to be part of your extended family.

Sincerely,

Sharon Lee

Celebrations & Milestones

Welcome to our newest residents!

- Betty Smith
- Ernest Gazaway
- Penny Ellis

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

RESIDENT BIRTHDAYS

- Oct 14: Claire Mitchell
- Oct. 22: Camille Payne
- Oct. 27: June Hardy

TEAM MEMBER BIRTHDAYS

- Oct.5: Barbara Ashford
- Oct. 15: Constance Taylor
- Oct. 26: Ja'Meria Johnson

RESIDENT ANNIVERSARIES

- Camille Payne – 2 years

TEAM ANNIVERSARIES

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*Here's to new friends,
special milestones, &
more memories together!*

Your Administrative Team



Sharon Lee
Executive Director



Robyn Olive, RN
Resident Services
Director



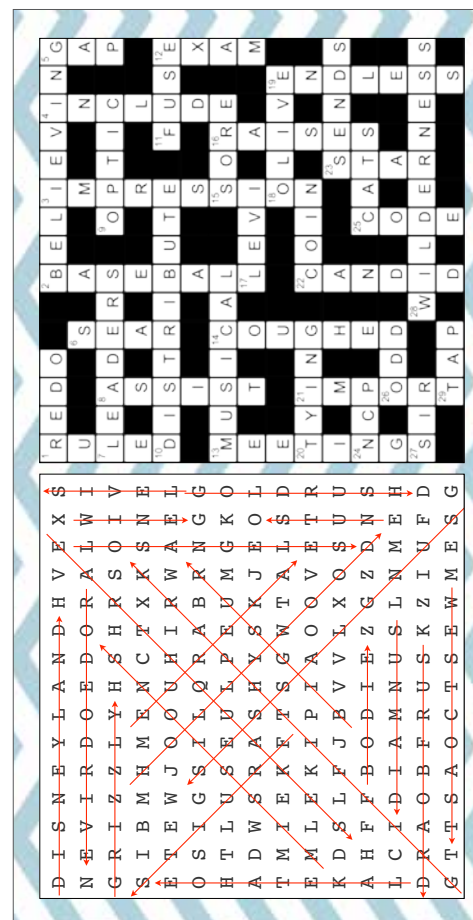
Jennifer Derdoski
Life Enrichment
Coordinator



Lashandra Lumford
Dining Services
Director



Euell Partridge
Maintenance
Director



A Lifetime of Love and Service: *The Thompsons' Remarkable Journey*



The Harbor is honored to spotlight Mr. and Mrs. Fred Thompson, a remarkable couple whose life together has been rich in love, service, and unforgettable stories. High school sweethearts from Montgomery,

Alabama, Fred and Delores Thompson married in 1958, shortly after Delores completed a year at the University of Alabama. Mr. Fred went on to dedicate an incredible 42 years, 8 months, and 17 days in combined service to the U.S. Air Force, serving in the Alabama Air National Guard, Air Reserves, and Civil Service. He served during the Vietnam era, the Berlin Crisis, and Desert Storm as a C-130 loadmaster, flying missions across the country and beyond.

During his military service, Fred attended Alabama Christian College (now Faulkner University) through the GI Bill. His civilian career was equally accomplished, spending many years as a chemical salesman with Central Products, serving areas from Montgomery to Mississippi. Later, he worked in security and logistics at Jackson Hospital for 20 years, and even after retirement, enjoyed a two-year stint at Montgomery Zoo.

Mrs. Delores Thompson, once a Miss Atlanta pageant contestant in 1957, built a successful career as a bookkeeper with First National Bank

of Montgomery. She also maintained a loyal customer base for 53 years as an Avon representative — a testament to her warmth and dedication. Together, Fred and Delores raised three children — Jeffrey, Yvonne (deceased), and Craig — and are proud grandparents to seven grandchildren and two great-grandchildren.

Mr. Fred's service brought him into historical moments, including flying veterans to the 50th anniversary commemoration of Pearl Harbor, experiencing the eruption of Mt. St. Helens while at survival school in Washington, and being in Oklahoma City on the day of the 1995 federal building bombing, waiting on aircraft parts. He fondly remembers lighter times too — organizing trips for crews to Blue Angels and Thunderbirds air shows, always bringing joy to those around him.

Today, The Harbor is blessed by the presence of this charming and deeply devoted couple. Their kindness, wisdom, and stories are treasures to all who have the pleasure of meeting them. Stop by and say hello — you'll leave with a smile and a newfound appreciation for the incredible lives they've lived.



Happy Anniversary
**Terry & Melba
WOODALL**



**AUBIE BRINGS THE SPIRIT:
NAT'L ASSISTED
LIVING WEEK FUN** *more inside!*



Elaine Parker Returns: *Bringing Heart and Energy to The Harbor*



We are thrilled to welcome Ms. Elaine Parker back to The Harbor! With an impressive 28 years of experience in assisted living — serving in roles from Administrator to Activities, Dietary, and Care Staff —Elaine brings a wealth of knowledge, heart, and joy to our community.

Recently rejoining us as part of our dining services team, Elaine has quickly made mornings something to look forward to. After breakfast, she emerges from the kitchen with her trusty speaker, playing “It’s a Beautiful Morning” while dancing with the residents, creating smiles, laughter, and the perfect start to the day.

A passionate cook, Elaine is often found experimenting with new recipes to share as

delicious meals or snacks. Her creativity and warmth truly shine through every dish.

Originally from Beauregard, AL, she has strong family ties, including our very own maintenance director Euel, who is her cousin! Elaine is also the proud mother of two children, Brandi and Seth, and the doting grandmother of Ava and Carrie Lynn.

Known for her love of dressing up, singing, and dancing, Elaine brings joy not just to the residents but to our team and families alike. She says, “I often become friends with family members and staff, and even after we part ways from work, we still keep in touch.”

Though we are lucky to have her with us part-time, her impact is full-time. The Harbor is incredibly grateful to have such a compassionate, caring, and fun-loving team member on board. Welcome back, Ms. Elaine!



Alzheimer's
Support Services



legacysl.net/
Alzheimers-support

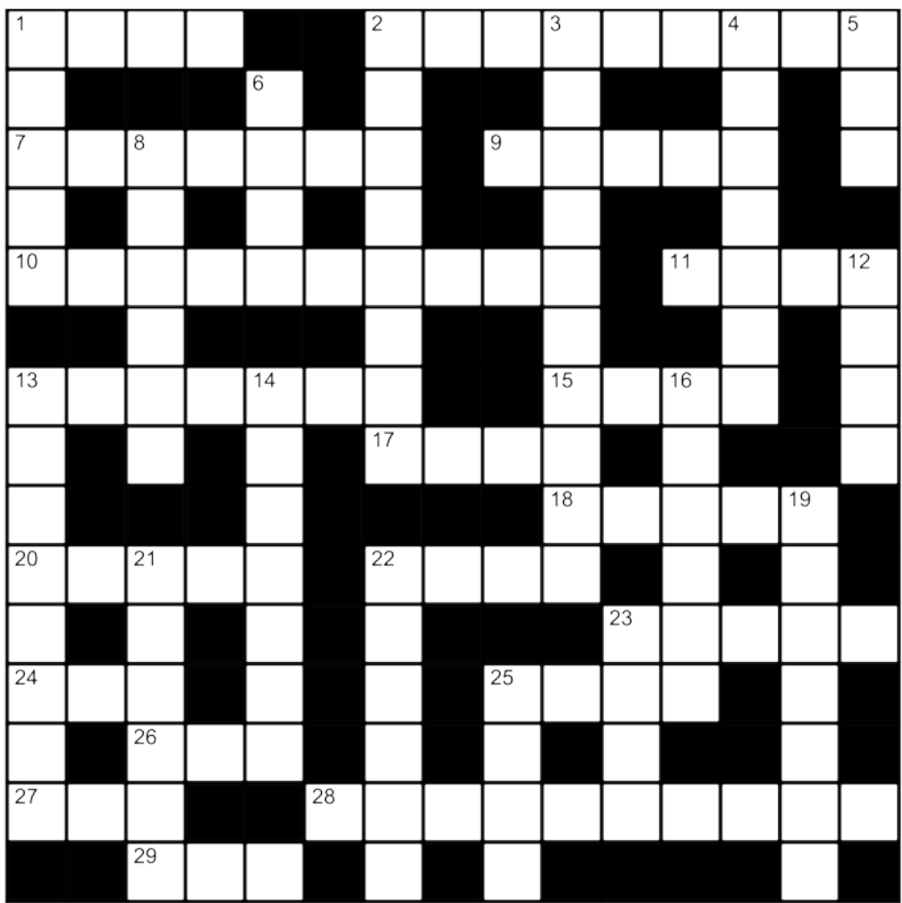
DO WHAT
YOU LOVE

ACROSS

1. Make over
2. "Seeing is ____."
7. Team captains are some
9. Vision-related
10. Hand out; dispense
11. Needed to ignite dynamite
13. Common Broadway offering with lots of singing
15. "I have ____ muscles after my workout."
17. ____ Strauss & Co. (jeans magnate)
18. Popeye's gal
20. ____ the knot; marrying
22. Piggy bank jingler
23. "That ____ shivers up my spine!"
24. North Celestial Pole, abbrev.
25. Felines
26. Peculiar
27. Knight's title
28. An untouched forest
29. Pub fixture

DOWN

1. 1. Reigned
2. Sport at which Willie Mays excelled
3. Comedic imitation
4. "Please ____ payment with your order."
5. Generation ____ (difference between ages)
6. Burn the surface of



8. Provide help
12. Test
13. Encounters
14. Cleared one's throat
16. Elevates
19. Infinite

21. Ship in from abroad
22. Straightforward in speech
23. "When You Wish Upon a ____"
25. Secret message

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

California Dreamin'

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

BIG SUR
BODIE
DISNEYLAND
EARTHQUAKES
EUREKA
FRUITS
GOLD RUSH

GRIFFITH PARK
GRIZZLY
HOLLYWOOD
LAKE TAHOE
LEVI'S
LOS ANGELES
MISSIONS

NUTS
RODEO DRIVE
SUNGLASSES
SUN-MAID
SURFBOARD
WEST COAST
WINE

GET TO KNOW SHARON: 20 Questions Edition

Ever wonder what makes Sharon tick? In honor of **National Boss's Day**, we put her in the hot seat and asked 20 fun and revealing questions. Here's your chance to get to know the person behind the job title!

1. If you could only eat one food for the rest of your life, what would it be? **Tomatoes.**

2. What's the most unusual item in your wallet or purse right now? **Needle nose pliers and wire cutters.**

3. What's the worst haircut you've ever had? **Probably 1980 something when I went in for a trim of my long below the shoulders hair and came out with "short-at-the-ear" hair. I cried for weeks, including when my husband came home that day, I put a brown bag over my head because I hated it so much...NEVER done that again**

4. Which emoji do you use way too much? **❤️**

5. If you woke up tomorrow as an animal, what animal would you hope to be? **My husband's lap dog. He babies her all the time and can do NO wrong.**

6. If you could invent a holiday, what would it celebrate and how would you celebrate it **SPA DAY...spend all day pampering myself from head to toe**

7. What's the oddest job you've ever had (or would want to try)? **I worked in a fabric shop when I was 17...I can't even sew!**

8. What's the best trip you've ever taken? **Alaska**

9. What song always makes you dance or sing along? **Sweet Home Alabama.**

10. What's one thing you can't live without? **Hairspray.**

11. What's a book you think everyone should read? **The Notebook.**

12. Morning person or night owl? **Morning**

13. What's your favorite way to relax on the weekend? **Planting flowers in the spring.**

14. What's your go-to comfort food? **Tomato soup.**

15. Do you have any pets? Tell us all about them! **We have two spoiled dogs (babies), Prissy and Chloe. They rule our household. Prissy, especially, talks to me every afternoon and is not patient when it's dinner time. Since we live in the country on 44 acres, I have wildlife—DEER—I feed several every day and they wait for me to come out and give them a cup of corn (or they bump my bird feeders and knock the food out). They eat about 10 feet from my backdoor.**

16. What movie or TV show do you never get tired of, or can recite line by line? **Pretty Woman.**

17. What's the most adventurous thing you've ever done? **Zipline!**

18. If you could time travel, would you go to the past or the future and why? (Extra points for designating a particular year!) **PAST: Sept. 1, 2021 and Feb 3, 2023. One last conversation with my parents.**

19. What's something that always makes you laugh? **My granddaughter's laughter.**

20. Describe your perfect day. **A beautiful, sunny day riding my motorcycle (no helmet in Florida, no interstate) with the wind blowing in my hair OR riding in the boat with the wind in my hair.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:00 Morning Greeting 1 10:00 Snacks and Sun 11:00 Weights Wednesday <u>1:00 Beauty Salon Opens</u> 2:00 Rockin the Crafts 3:00 Bingo 4:00 National Park Trivia Yom Kippur Begins	9:00 Morning Greeting 2 10:00 Exercise 11:00 News Outdoors 2:00 Picture Bingo 3:00 Singo 4:00 Simple C Animals “World Farm Animal Day”	9:00 Morning Greeting 3 10:00 Exercise 11:00 Mickey Crafts 2:00 Chalk Art -HOSA 3:00 Mickey Mouse Club 4:00 Disney Music Karaoke “Mouseketeer Day”	9:00 Morning Greeting 4 10:00 Fun in the Sun 10:30 Exercise 11:00 Creative Corner 2:00 Singing with Stan 4:00 Manicures
9:00 Morning Greeting 5 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:00 Story Time w/Toni 4:00 Rocking w/Friends	9:00 Morning Greeting 6 10:00 Clouds in the Sky 11:00 Devotion w/Jenn 2:00 Deutsch Snacks-HOSA 3:00 Ein Bisschen Deutsch 4:00 Travelogue-Kologne “German American Day” Sukkot Begins	9:00 Morning Greeting 7 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 2:00 Sunflower Craft 3:00 Simple C Trivia 4:00 Music Therapy	9:00 Morning Greeting 8 10:00 Snacks and Sun 11:00 Weights Wednesday <u>1:00 Beauty Salon Opens</u> 2:00 Snacks and Sun-HOSA 3:00 Elvis Bingo 4:00 Diners Drive Ins & Dives “Fluffernutter Day”	9:00 Morning Greeting 9 10:00 Bridges Church B/S 11:00 Table Hockey 2:00 Bird Houses w/ SE Hospice (Kesha) 3:00 Scavenger Hunt 4:00 Fall Leaves Simple C	9:00 Morning Greeting 10 10:00 Exercise 11:00 Mask the Staff 2:00 Mask Decorating-HOSA 3:00 Find Jenn 4:00 Zorro Movie “Zorro Day”	9:00 Morning Greeting 11 10:00 Fun in the Sun 11:00 Exercise 2:00 Songs w/Dr. Phillip 3:30 Manicures
9:00 Morning Greeting 12 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:00 Hydration Station 4:00 Music Therapy	9:00 Morning Greeting 13 10:00 Clouds in the Sky 11:00 Devotion w/Jenn 2:00 Columbus Crafts 3:00 Sailing into Bingo 4:00 History of Columbus “Columbus Day” Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:00 Morning Greeting 14 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 2:00 Apple Tree Craft 3:00 Fall Breezes 4:00 Salem Trivia Claire Mitchell Birthday Simchat Torah Begins	9:00 Morning Greeting 15 10:00 Snacks and Sun 11:00 Weights Wednesday <u>1:00 Beauty Salon Opens</u> 1:30 Fall Truck Craft 2:00 Apple Stamping-HOSA 3:00 William & John concert 4:00 One on Ones	9:00 Morning Greeting 16 10:00 Providence Baptist Church 11:00 Apple Crafts 2:00 Tillman Country Boys 3:30 Reminiscing on the Porch 4:00 Music on the Porch	9:00 Morning Greeting 17 10:00 Exercise 11:00 Stain Glass Craft 2:00 Fall Tea 3:00 Outdoor Scavenger Hunt 4:00 Smell the Leaves	9:00 Morning Greeting 18 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 19 10:00 Morning Worship 11:00 Exercise 2:00 Manicures 3:00 Bingo 4:00 Music Therapy	9:00 Morning Greeting 20 10:00 Clouds in the Sky 11:00 Devotion w/Jenn 2:00 Exercise-HOSA 3:00 News on the Porch 4:00 One on Ones	9:00 Morning Greeting 21 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Crafts w/Abigail 2:00 Bingo w/SVDP 3:30 Apple Tree Craft 4:00 Fall Breezes	9:00 Morning Greeting 22 10:00 Flu Clinic 11:00 Weights Wednesday <u>1:00 Beauty Salon Opens</u> 2:00 Crafts w/Heidi 3:00 Tic Tac Toe 4:00 Simple C Fall Colors Camille Payne Birthday	9:00 Morning Greeting 23 10:00 Exercise 11:00 Cool Breezes 2:00 Pumpkin Painting w/Enhabit 3:00 Pumpkin Spice Bingo 4:00 Pumpkin Trivia “Pumpkin Day”	9:00 Morning Greeting 24 10:00 Exercise 11:00 Pink Art 2:00 Bowling-HOSA 3:00 UNO 4:00 All things Pink Stories “Pink Day”	9:00 Morning Greeting 25 10:00 Hydration Station 11:00 Creative Corner 2:00 Exercise 3:00 AK Orchestra 4:00 Porch Talks
9:00 Morning Greeting 26 10:00 Morning Worship 11:00 Exercise 2:00 Manicures 3:00 Bingo 4:00 Music Therapy	9:00 Morning Greeting 27 10:00 Clouds in the Sky 11:00 Devotion w/Jenn 2:00 Orange Crafts-HOSA 3:00 Name that 4:00 All things Orange Trivia “Wear Orange Day” June Hardy Birthday	9:00 Morning Greeting 28 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 11:30 History of St. Jude 2:00 Lady Liberty Trivia 3:00 Ellis Island Bingo 4:00 Movie Time “St. Jude Day”	9:00 Morning Greeting 29 10:00 Snacks and Sun 11:00 Weights Wednesday <u>1:00 Beauty Salon Opens</u> 2:00 Mummy Wrap Up 3:00 Apple Snacks 4:00 Monster Mash Sing Along “Monster Mash Day”	9:00 Morning Greeting 30 10:00 Exercise 11:00 Staff Pumpkin Carving 1:30 Vote for Jack! 2:00 Ghost Scavenger Hunt 3:00 Chilling with Ghosts 4:00 Light the Pumpkins “Jack O’lantern Day”	9:00 Morning Greeting 31 10:00 Exercise 11:00 Musical Chairs 1:30 Costume Competition 2:00 Trick or Treat-HOSA 3:30 Snow White Movie “Halloween” Halloween	Staff Birthdays: Barbara Ashford 10-5 Constance Taylor 10-15 Ja’Meria Johnson 10-26