

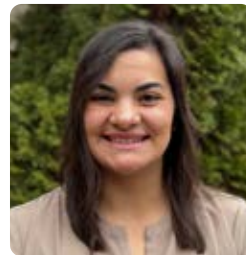
**YOUR
LEADERSHIP
TEAM**



Sharon Lee
Executive Director



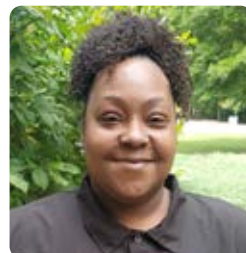
Ruth Paul, LPN
Resident Services
Director



Felecia Blood
Business Office
Manager



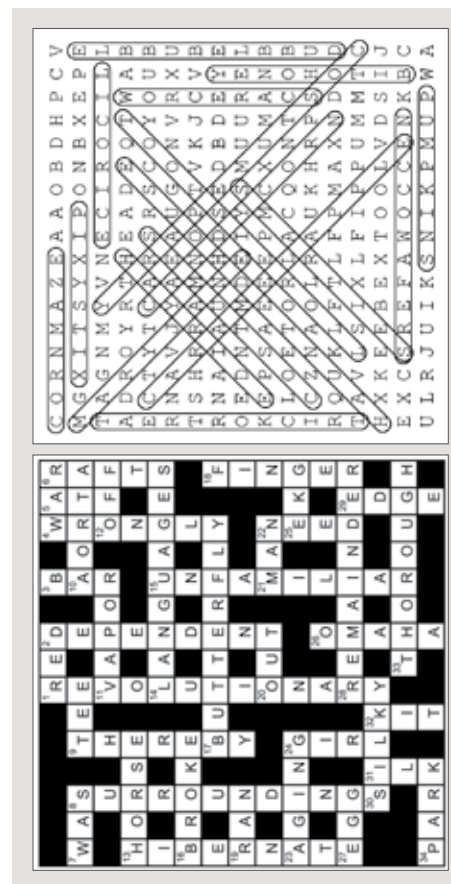
Brooklyn Ligon
Life Enrichment
Coordinator



Lashandra Lumford
Dining Services
Director



Euel Partridge
Maintenance
Director



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

October arrives with its own quiet invitation to slow down. The air turns crisp, leaves begin their colorful descent, and familiar sweaters find their way back into our daily routines. It's a season of change—but also one of remembrance, gratitude and renewed appreciation for the people around us.

At the heart of our work is a simple but meaningful mission: "To serve the Greatest Generation with honor, respect, faith and integrity." Living out that mission means seeing more than a room number, a care plan, or a daily schedule. We see the mother who once kissed scraped knees, the carpenter whose hands built homes, the teacher who encouraged generations of children, and the friend who never failed to show up when someone needed them. We take the time to know each person—their story, preferences, faith, humor, wisdom and the experiences that shaped them into who they are today. Each life holds hard-earned perspective, deeply held values, wisdom gathered through a lifetime of experience, and memories worthy of being known, shared, and honored.

There is something powerful about being known. We recognize familiar voices somewhere deep within us, connecting the sound almost instantly with memories, emotions, and a sense of identity. That may help explain why hearing someone say our name with warmth—or recognizing the voice of a person we trust—can make us feel more at ease. A familiar voice can bring comfort before the words themselves have even registered. Long before a conversation unfolds, something within us is already saying, "I know this person, and this person knows me." It's a small reminder that familiarity is more than recognition; it is one of the ways we experience connection, reassurance and belonging.

That sense of familiarity is built through small moments, repeated with genuine care: remembering how someone takes their coffee, knowing which song makes them smile, asking about the work they once loved, or taking time to hear a favorite story again—even when we've been fortunate enough to hear it before. It grows through shared laughter, a gentle greeting in the hallway, and noticing when someone seems a little quieter than usual. These details may appear ordinary, but together they create something meaningful. They tell a person: You are seen. You are known. You matter here. And perhaps just as importantly, they remind all of us that the time we spend getting to know one another is never wasted.

Thank you for allowing us to continue serving you and those you love. We're grateful for the trust you place in our communities and for the many ways you help make them feel like home. Please drop in and join us whenever you can for anything scheduled during October. Your presence is always welcome, and it means more than you may know.

Sincerely,
Sharon Lee



The Harbor at Opelika

NEWSLETTER | OCT 2026

Celebrations & Milestones

Welcome to our newest residents!

- Lana Harms
- Patsy Alverson
- Charlene Rallo
- Mike Preg

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

RESIDENT BIRTHDAYS

- Oct. 1: Marlin McNay

TEAM MEMBER BIRTHDAYS

- Oct. 7: Ta'Sandra Moore
- Oct. 15: Constance Taylor
- Oct. 16: Santana Dowdell
- Oct. 25: Raven Wright
- Oct. 26: Ja'Meria Johnson
- Oct. 27: Brooklyn Ligon
- Oct. 30: Carmalita Mincey

RESIDENT ANNIVERSARIES

- Edward Gootee—1 yr.
- Bonnie Williams—1 yr.

TEAM ANNIVERSARIES

- Stacey Downing—5 yrs.
- Ruth Paul—5 yrs.
- Margaret Gleaton—4 yrs.
- Leigha Warner—2 yrs.





Rena Henderson FAITH, FAMILY AND A HEART FOR SERVICE

Rena Henderson's life has been shaped by faith, family and a generous heart for serving others. Whether she was working at the Chambers County Board of Education, playing the piano at church, preparing a table full of food or sewing late into the night for one of her children, Rena gave her time and talents with love.

Rena and her identical twin, Lena, were born on February 10, 1934, in Chambers County, Alabama. They joined an older brother, Cecil Jones, and grew up in a family where faith and hard work were part of everyday life. Their father was a carpenter whose work left a lasting mark on the family and their community.



where his daughters lived after they married.

In October 1948, Rena met Jesse Lee Henderson. Jesse was a World War II veteran who had served in the United States Army during the battles and campaigns of New Guinea, the Northern Solomons and Luzon. Their relationship grew into a lifelong partnership, and on June 28, 1952, Rena and Jesse were married.

Together, they raised four children, Mark, Gail, Max and Jan. Their marriage lasted 54 years, filled with family, faith and service, until Jesse's death in 2007. The legacy they built together has continued to grow and now includes nine grandchildren and three great-grandchildren.

Rena also built a long and respected career with the Chambers County Board of Education. She worked there for nearly 40 years, first serving as assistant to the superintendent and later as custodian of school funds. Known for her strong work ethic and careful attention to detail, she approached her responsibilities with the same dedication she brought to every part of her life. She retired in 1991 after decades of faithful service.

Faith was always at the center of Rena and Jesse's home. Both were deeply involved in their church and served in many different capacities through the years. Rena was the church pianist for many years and also served as financial secretary. Jesse served first as a deacon and later as an elder. Their service was not limited to formal roles. Jesse could often be found cutting the grass outside while Rena cleaned the inside of the church.

Their care for the community extended beyond the church walls. Rena and Jesse often walked the country roads around their community, picking up trash as they went.

It was a simple act, but one that reflected the way they lived: noticing what needed to be done and quietly doing it.

Many of Rena's hobbies began out of necessity and centered on caring for her family, church and friends. She and Jesse always kept a large garden that provided wonderful food for their household. Their children helped tend it, learning valuable lessons about responsibility, patience and hard work along the way. The garden often produced more than the family needed, and Rena and Jesse were always willing to share the plentiful harvest with others.

Rena loved to cook, and some of her children's fondest memories begin with the smell of breakfast filling the house early in the morning. Sausage or bacon would be cooking alongside biscuits, grits and eggs, giving everyone a warm and hearty start to the day.

Her table was also known for comforting family favorites. She made fried chicken with biscuits and gravy, fresh corn, lima beans and tomatoes. Other beloved meals included meatloaf with English peas and mashed potatoes as well as barbecue chicken with macaroni and cheese. There was always plenty to eat and usually enough left over to share.

Dessert was just as memorable. Rena made caramel cake, fruit cobblers, Mississippi Mud cake and banana pudding. Yet what people remember most was not simply the food. It was the way she welcomed them. Rena had a true gift for hospitality and knew how to make everyone feel at home. No one ever left her house hungry.

Sewing was another important part of Rena's life. She made many dresses for herself and her daughters while also patching and mending

KNOW WHAT WE LIKE MOST ABOUT AUBURN THERAPY DOGS' VISITS?



EVERYTHING!



MARGARET GLEATON
SEPTEMBER WINNER

We are proud to recognize Margaret Gleaton as the recipient of the Going the Extra Mile award for September.

Margaret was chosen for this honor because she consistently goes above and beyond in every aspect of her role. Reliable and dependable, she can always be counted on to complete her work with care and maintain a high standard of quality.

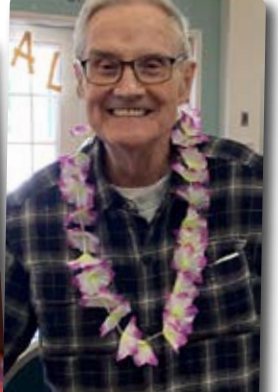
What truly sets Margaret apart is her willingness to step in

wherever she is needed. She often takes on responsibilities outside of her job title to support her colleagues and help the entire team succeed. No matter the challenge, Margaret responds with a positive attitude and a strong commitment to excellence.

Margaret's dedication, teamwork, and exceptional work ethic make her an invaluable member of The Harbor at Opelika. Her willingness to help without hesitation reflects the true meaning of going the extra mile.

Congratulations, Margaret, and thank you for everything you do for your team and our community!

END OF SUMMER LUAU

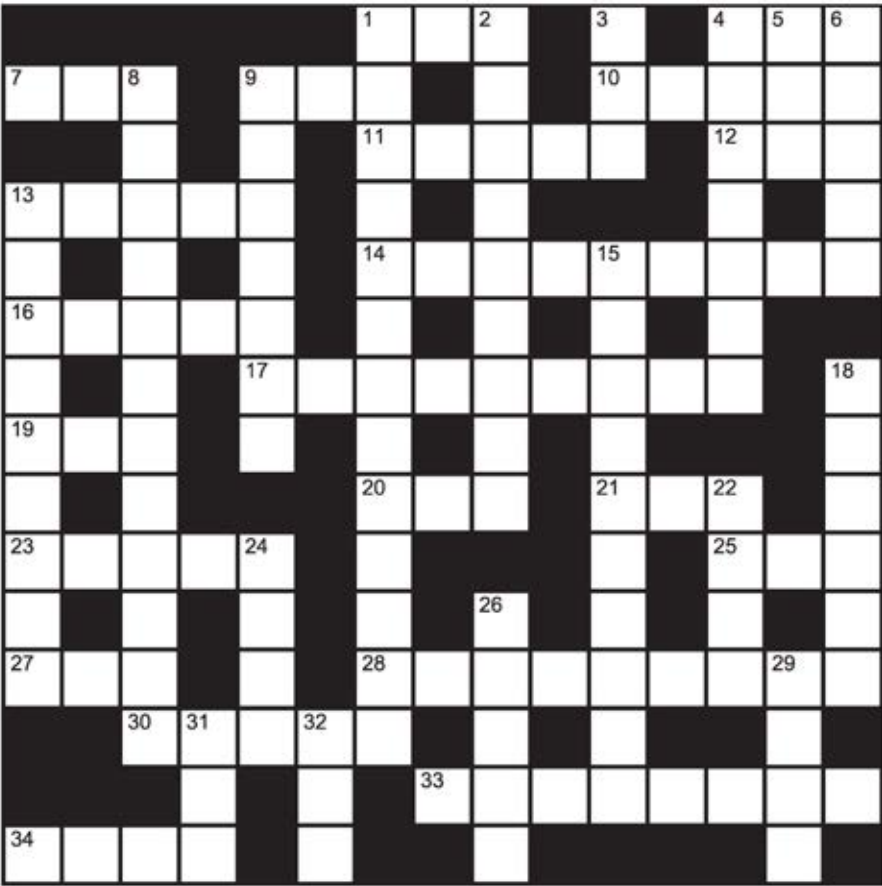


ACROSS

- 1. Royal carpet color
- 4. Huge conflict
- 7. "Jeremiah _____ a bullfrog..."
- 9. Driving range accessory
- 10. Major artery in the body
- 11. Fog or mist, for example
- 12. Light switch setting
- 13. Mr. Ed, for one
- 14. French, English, and Spanish are some
- 16. Without any money to spend
- 17. Mothlike insect
- 19. Sprinted, for example
- 20. "Strike three; you're _____!"
- 21. Male
- 23. Getting older
- 25. Cardiologist's test, abbrev.
- 27. Grade A item
- 28. What's left
- 30. Like corn tassels
- 33. In-depth
- 34. Place for picnicking

DOWN

- 1. American ____ War; "shot heard round the world"
- 2. Unable to do without
- 3. Tavern
- 4. Not in the right way
- 5. Automotive Transmission Fluid, abbrev.
- 6. Castaways' transports
- 8. Environment
- 9. Shakespeare: "And ____ hangs a tale"



- 13. Sleep through winter
- 15. Not known; strange
- 18. Can be used for pointing
- 22. A friend in _____
- 24. Lass
- 26. Mutual of ____'s Wild Kingdom
- 29. Sharp part of a sword
- 31. Kind, type
- 32. "Break me off a piece of that ____ Kat Bar!"

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

AN OLD-FASHIONED
Halloween

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

- | | |
|---------------|----------------|
| BIT O HONEY | LICORICE |
| CANDY CORN | MARY JANE |
| CARAMEL APPLE | NECCO WAFERS |
| CORN MAZE | PIXY STIX |
| COSTUME PARTY | PUMPKINS |
| COSTUMES | SCARECROW |
| DUBBLE BUBBLE | SMARTIES |
| HAUNTED HOUSE | TOOTSIE ROLL |
| HAYRIDE | TRICK OR TREAT |



clothes for her sons. Her children remember the sacrifices behind those handmade garments. Many nights, Rena gave up sleep and sewed well into the early morning hours to finish an evening gown or beauty pageant dress. This was long before the ease of online shopping, and if her children needed something special, Rena used her own hands, skill and time to create it for them.

Through every season, Rena has shown her love through action. She worked hard, cared faithfully for her family, served her church and welcomed others into her home with a full table and an open heart.

The meals she prepared, clothes she stitched, music she played and countless hours she gave to others all tell the same story: Rena's greatest joy has always been caring for the people around her.

Rena often says that she is blessed. With four children, nine grandchildren, three great-grandchildren and a lifetime rich in faith, family and service, she truly is. Just as

surely, all those who have been fed, encouraged, welcomed and loved by Rena Henderson have been blessed by her too.



FALL
TREATS,
FAMILY
TIME



COMEDIAN
JACK BARRON
HAD US IN
STITCHES!

—and not the kind
that require a nurse!



LEGACYSL.NET/
ALZHEIMERS-SUPPORT

