

Your Administrative Team



Sharon Lee
Executive Director



Robyn Olive, RN
Resident Services
Director



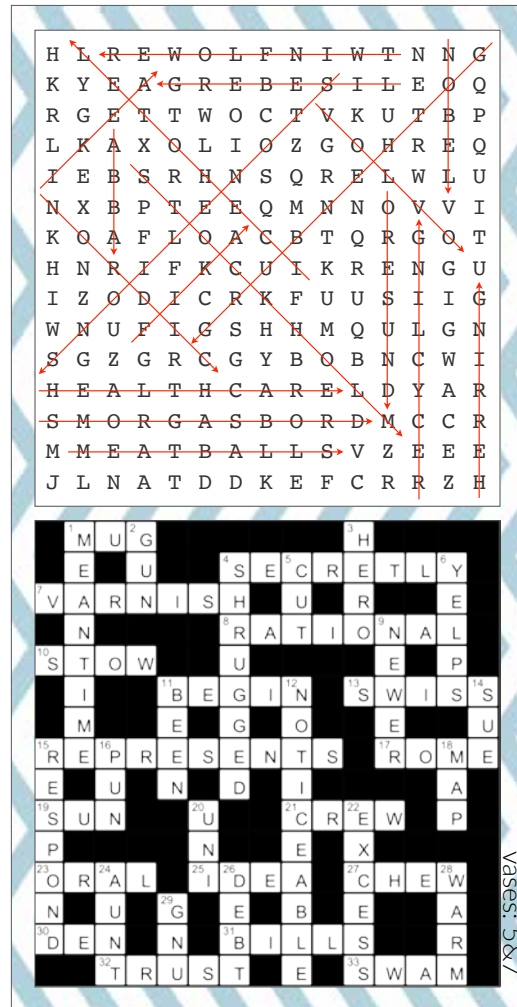
Jennifer Derdoski
Life Enrichment
Coordinator



Lashandra Lumford
Dining Services
Director



Euel Partridge
Maintenance
Director



A Message from your Administrator



It's September, and that means one of my favorite traditions is here: National Assisted Living Week! If you haven't heard the story, this week-long celebration was created nearly 30 years ago to honor the deep connections between residents, teams and families in communities just like ours. Each year brings a new theme—this year, it's "Ageless Adventure"—reminding us there's no expiration date on joy, curiosity, or a good laugh.

Here's a nugget of assisted living history you might not know: the very first modern assisted living facility in the country was Park Place in Portland, Oregon, opened by Dr. Karen Wilson in 1981. It was a game-changer—combining private rooms, around the clock care, community spaces, and real independence for residents. Oregon issued the first official assisted living license in 1988, so this whole movement isn't as old as you might think. But the heart of assisted living—respect, dignity, a sense of home—goes back much further.

That's always been our focus, too. When Barry Ray and Bryan Cook founded Legacy Senior Living, they did it as a ministry, believing that every senior deserves to be treated like family, and served with honor, respect, faith and integrity.

We've got a full slate of fun planned for National Assisted Living Week, and you're invited to join us—not just for the week of festivities, but any day you want to stop by. Our doors are always open to family, friends, and anyone who wants to share in the adventure.

As we head into another month, thank you for the trust you place in us. It's a privilege to care for our residents and to share in the stories, smiles, and moments that make this community truly feel like home.

Here's to another month of living fully, loving deeply, and maybe learning something new along the way.

Sincerely,

Sharon Lee

Sharon Lee
Executive Director



The Harbor at Opelika

NEWSLETTER | SEPT 2025

Happy Birthday!

RESIDENTS

7th Arlene Rivers
26th Mary Terry Graham

TEAM MEMBERS

14th Stacey Downing
25th Caroline Gibson



Happy Anniversary!

TO OUR RESIDENTS

1 YR Pam Talbott

Alzheimer's
Support Services

[legacysl.net/
Alzheimers-Support](https://legacysl.net/Alzheimers-Support)



HAPPY
FALL,
YA'LL!



Raymond Price: A Journey of Service, Stories, and Smiles



At The Harbor, we're honored to have the remarkable Raymond "Ray" Price as part of our family. Born in Opelika, Alabama, Ray's life has been filled with adventure, service, and stories that span the globe.

As the son of a dedicated Army soldier, Ray moved often in his early years, living in Montgomery, Meridian (Mississippi), and even Japan. While in Japan, young Ray joined a group called The Singing Cowboys, performing on the radio—a highlight that still brings a smile to his face.



When Ray's father retired from the Army, the family settled in Houston, Texas, where his dad became a salesman for an orange juice company. Ray attended Meridian High School, running track (the mile relay and 100-yard dash) and playing football. He was active in his church, where he helped clean the basement—a favorite



hangout thanks to its ping pong tables. During high school, Ray also worked in the automotive department at Sears Roebuck.

Ray's journey continued after junior college, when he enlisted in the Navy and served as an electronics engineer aboard the USS Henry B. Wilson (DDG-7), a guided-missile destroyer. He spent time deployed in the Philippines during the Vietnam War. One story Ray recalls with a laugh involves being asked to climb a tall pole, despite his fear of heights:

"I couldn't finish the job once I got to the top. It took us a while to get down, and that CSM never asked me to do that again!" he says with a smile.

While stationed in San Diego, Ray and his fellow sailors often watched the Marines next door endure their grueling morning workouts—while the Navy's routines were, in his words, "a lot more relaxed." "I was happy I was in the Navy once I saw their daily regimen!" he chuckles.

Ray's adventures didn't stop there. During a visit to San Francisco, he met the Beach Boys before they became famous—though at the time, he admits, "I wasn't familiar with their music, so it was a unique experience."

After his military service, Ray returned to Houston and married his wife, Sharon. He also has a daughter, Alicia, from a previous marriage who lives in Washington State. Ray continued his career with the same orange juice company as his father, a job that eventually brought him and Sharon to Jackson, Mississippi. Later, he transitioned to a new career at an investment bank.

Eventually, Ray's parents retired and moved back to Opelika, and a few years later, Ray and Sharon followed—settling in the country next to his family's land.

Ray is a true treasure—full of wisdom, humor, and a generous spirit. Whether he's reminiscing about his Navy days or sharing stories from around the world, Ray brings warmth and joy to everyone around him.



Meet Leigha Werner: Bringing Heart and Energy to The Harbor



We are excited to shine a spotlight on one of our newest team members, Leigha Werner!

A native of Smiths Station, AL, Leigha graduated from Smiths Station High School in 2024 and soon began her professional journey with The Harbor. This

is her first caregiving role, and already, she has proven to be a true blessing to our residents.

Leigha was inspired to pursue caregiving by her mother, who works as a private sitter for a family. With that encouragement, Leigha stepped into this field with a heart full of compassion and a desire to make a difference. Outside of work, she enjoys riding four-wheelers, fishing, and roller skating — activities that reflect her fun and adventurous spirit.

She credits her success and confidence in the role to her trainer, Felicia. "She really showed me the ins and outs of what a competent and caring caregiver should be," Leigha shares. "I can do my job better with the knowledge and training I received from her."

One moment that especially stood out to Leigha was a touching interaction with a resident:

"I was helping her get ready for the day, and she said to me, 'I wouldn't know what to do if I didn't have y'all. Y'all are doing a great job.' It really pulled at my heartstrings."

At The Harbor, we deeply value the dedication and compassion of every team member. We are proud to have Leigha as part of our caregiving family and look forward to supporting her as she grows in her career.

Welcome to The Harbor, Leigha — we're so glad you're here!

The Secret to a Long Marriage

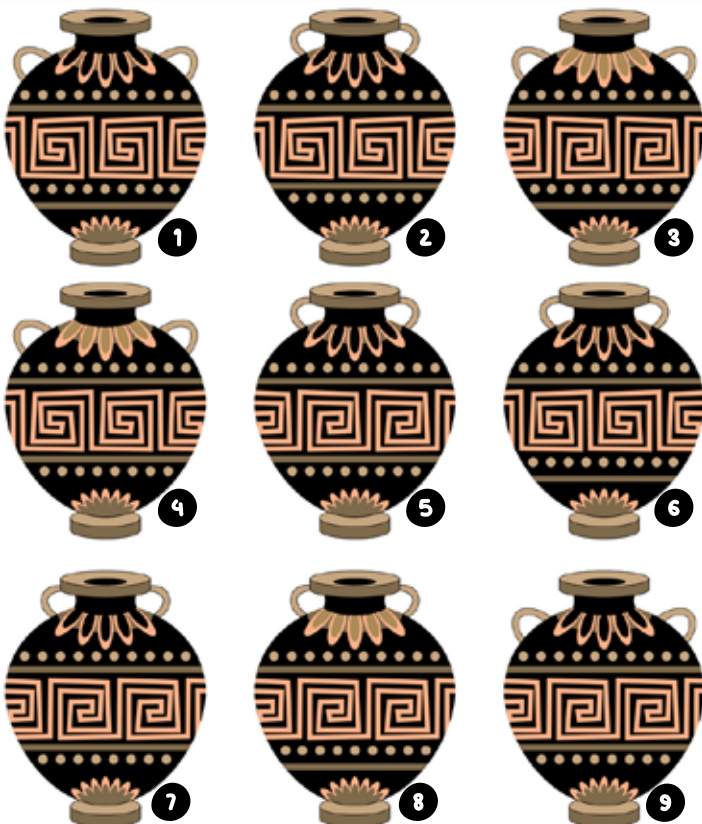
A couple was celebrating their golden wedding anniversary. Their domestic tranquility had long been the talk of the town. A local newspaper reporter was inquiring as to the secret of their long and happy marriage.

"Well, it dates back to our honeymoon," explained the man. "We visited the Grand Canyon and took a trip down to the bottom of the canyon by pack mule. We hadn't gone too far when my wife's mule stumbled. My wife quietly said, 'That's once.' We proceeded a little further and the mule stumbled again. Once more my wife quietly said, 'That's twice.' Hadn't gone a half mile when the mule stumbled the third time. My wife quietly removed a revolver from her pocket and shot the mule dead. I started to yell at her for her treatment of the mule when she looked at me and quietly said, 'That's once.'"



TWIN VASES

Find the only two vases that match each other



ACROSS

1. The picture taken when arrested is called a ___ shot.

4. Covertly

7. Glossy wood coating

8. Sensible

10. Pack away

11. Start

13. Cheese choice

15. Symbolizes, stands for

17. Where the Vatican is

19. Overhead light?

21. Workers on a boat or film set

23. Word-of-mouth

25. Concept

27. Prepare to swallow

30. Animal house

31. Invoices to pay

32. Believe in

33. Did laps, say

DOWN

1. Until then, in the ___

2. "Glue" or "staple" follower

3. "My ___!" (said to one who saved your kitten)

4. Raised shoulders to show lack of interest

5. Film director's cry

6. Reacts to a stubbed toe

9. More modern

11. "___ there, done that"

12. Conspicuous, easily seen

14. Take to court

15. Give an answer

16. "Lettuce pray" is one

18. Navigator's need

20. Prefix for "verse" or "corn"

22. Surplus

24. Em, to Dorothy

26. Chapter 11 issue

28. Welcoming

29. African antelope

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

Sojourn in Sweden

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

ABBA
FIKA
GOTHENBURG
HEALTH CARE
HERRING
ICE HOTEL

IKEA
LISEBERG
MEATBALLS
NOBEL
NORDIC
ÖRESUND

RECYCLING
SMORGASBORD
STOCKHOLM
STONE LIONS
TWIN FLOWER
VOLVO

CUP CHALLENGE

CHRISTMAS IN JULY TWINNING!

ALL SMILES FOR RON:
CELEBRATING HIS BIRTHDAY
WITH
FAMILY
BY HIS
SIDE

MEMORY BOXES BRING COMFORT AND CONNECTION TO YOUR LOVED ONE'S DAILY LIFE.

We know how comforting it can be for residents living with dementia to connect with the people, places, and memories that matter most. That's why we're inviting families to help us create Memory Boxes—a simple, heartfelt way to help your loved one feel seen, supported, and at home.

Each Memory Box is a small collection of personal treasures: perhaps a favorite photo, a special keepsake, a postcard from a meaningful trip, or a little memento that tells a piece of your loved one's story. When a resident feels anxious, overwhelmed, or just needs a moment of connection, our Life Enrichment Coordinator can bring out their Memory Box. Looking through these familiar items together often sparks conversation, soothes worries, and gently redirects attention toward happy memories and calming thoughts.

Memory Boxes are also a wonderful way for our team members to get to know each resident as an individual, and the process of putting one together is a special opportunity for families to reflect on joyful times and celebrate their loved one's personality. For safekeeping, each Memory Box will be kept securely in the Life Enrichment Coordinator's office. We'll provide the boxes to make participation easy, but you're welcome to use your own if you prefer. Our hope is that every resident can have a Memory Box ready to spark a smile or offer comfort whenever it's needed.

If you'd like ideas or a little help getting started, we're always here for you. Even the smallest item can make a big difference—let's work together to help every resident feel at home, one cherished memory at a time.

SHADOW BOX IDEAS:

- Family photos
- Favorite small keepsakes
- Childhood mementos
- Travel souvenirs
- Hobby items (golf ball, knitting piece, etc.)

- Beloved postcards or greeting cards
- Awards, ribbons, or pins
- Special notes, poems, drawings or artwork
- Favorite book cover or music CD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Harbor at Opelika	9:00 Morning Greeting 1 10:00 Rocking w/Friends 11:00 Worship Music 2:00 Bingo 3:00 Exercise 4:00 Music Therapy Labor Day	9:00 Morning Greeting 2 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Senior Cise 2:00 Lemonade Chats 3:00 Corn Hole 4:00 Memory Game	9:00 Morning Greeting 3 10:00 Snacks and Sun 11:00 Weights Wednesday 1:00 Beauty Salon Opens 1:30 Foot Doctor 2:00 Bingo w/HOSA 3:00 Hydration Station 4:00 Karaoke	9:00 Morning Greeting 4 10:00 Bible Study w/ Bridge Church 11:00 Crafts w/Jenn 2:00 Walking Club 3:00 Scavenger Hunt 4:00 Go Find Jennifer...	9:00 Morning Greeting 5 10:00 Chatting w/Friends 11:00 Exercise 2:00 Travel to Ireland 4:00 Irish Dancing w/ Celtic Traditions Irish Heritage Day	9:00 Morning Greeting 6 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 7 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:00 Story Time w/Toni 4:00 Rocking w/Friends Arlene Rivers' Birthday <small>Grandparents Day</small>	9:00 Morning Greeting 8 10:00 Clouds in the Sky 11:00 Scavenger Hunt w/Staff 2:00 Fishing Pond w/HOSA 3:00 Chuck a Duck 4:00 USA Music Time Camo Day National Assisted Living Week	9:00 Morning Greeting 9 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Music Trivia 2:00 Name That 3:00 Back to 1999 4:00 Camera Time Back to the '90s National Assisted Living Week	9:00 Morning Greeting 10 10:00 Snacks and Sun 11:00 Weights Wednesday 1:00 Beauty Salon Opens 2:00 Aubie Visit!!! 3:00 Touchdown Bingo 4:00 Simple C Spirit Trivia Team Spirit Day National Assisted Living Week	9:00 Morning Greeting 11 10:00 Country Music/Porch 11:00 Staff Boot Scootin' 2:00 Line Dancing How To 4:00 Here Lassie Western Day National Assisted Living Week	9:00 Morning Greeting 12 10:00 Mousercise 11:00 Balloon Volleyball 2:00 Disney Bingo w/HOSA 3:00 Wonderful World of Disney 4:00 Secretariat Movie/popcorn Disney Day National Assisted Living Week
9:00 Morning Greeting 14 10:00 Morning Worship 11:00 Exercise 2:00 Bingo 3:00 Hydration Station 4:00 Music Therapy	9:00 Morning Greeting 15 10:00 Clouds in the Sky 11:00 Worship Music 2:00 Corn Hole w/HOSA 3:00 Wack the Cup 4:00 Karaoke	9:00 Morning Greeting 16 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 2:00 Bingo w/SVDP 3:30 Tour of Mexico 4:00 Toss the Sombrero Mexican Independence Day	9:00 Morning Greeting 17 10:00 Snacks and Sun 11:00 Weights Wednesday 1:00 Beauty Salon Opens 2:00 Country Concert/ WW-JP 4:00 Country Fitness Country Music Day	9:00 Morning Greeting 18 10:00 Providence Baptist Church 11:00 The Plane the Plane 2:00 AF Bingo 3:00 Make Paper Planes 4:00 Planes take flight Air Force Birthday	9:00 Morning Greeting 19 10:00 Kick Ball on the Porch 11:00 Exercise 2:00 Bingo w/HOSA 3:00 Story Telling 4:00 Lemonade Chats	9:00 Morning Greeting 20 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 <small>Oktoberfest Begins</small>
9:00 Morning Greeting 21 10:00 Morning Worship 11:00 Exercise 2:00 Manicures 3:00 Bingo 4:00 Music Therapy	9:00 Morning Greeting 22 10:00 Clouds in the Sky 11:00 Devotion w/Jenn 2:00 Harold & the Purple Crayon 3:00 Memory Game 4:00 Autmn Simple C Purple Day <small>Rosh Hashanah Begins Autumn Begins</small>	9:00 Morning Greeting 23 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 2:00 Pretzel/Cider snack 3:00 Simple C Oktoberfest 4:00 YouTube Fest time Oktoberfest	9:00 Morning Greeting 24 10:00 Snacks and Sun 11:00 Weights Wednesday 12:30 Birthday Bash 1:00 Beauty Salon Opens 2:00 Teatime 4:00 Art Therapy	9:00 Morning Greeting 25 10:00 Exercise 11:00 Stacking Cup Game 2:00 Bridge Church/ Lizzie Hill 3:00 Balloon Volleyball 4:00 Sounds of Fall	9:00 Morning Greeting 26 10:00 Exercise 11:00 Leafy crafty fun 1:00 Ice Cream Truck 2:00 Bingo w/HOSA 3:00 Sunshine in my eyes 4:00 Simple C Fall Colors Mary Terry Graham's Birthday Fall Foliage Day	9:00 Morning Greeting 27 10:00 Hydration Station 11:00 Creative Corner 2:00 Exercise 3:00 AK Orchestra 4:00 Porch Talks
9:00 Morning Greeting 28 10:00 Morning Worship 11:00 Exercise 2:00 Manicures 3:00 Bingo 4:00 Music Therapy	9:00 Morning Greeting 29 10:00 Clouds in the Sky 11:00 Devotion w/Jenn 2:00 Singing w/the Birds & HOSA 3:30 UNO 4:00 Memory Game	9:00 Morning Greeting 30 10:00 Hymn Singing w/Trinity Methodist Church 11:00 Exercise 2:00 Rocking w/Friends 3:30 Little Women Movie Little Women Day	<div> <h1>September 2025</h1> <p>Grandparents add extra love to the home.</p> </div>			

Staff Birthdays: Stacey Downing 9-14, Caroline Gibson 9-25