



Life. Love. Legacy.™

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LEGACY VILLAGE AT PARK REGENCY

NEWSLETTER | JANUARY 2026



YOUR LEADERSHIP TEAM



Keesha McKnight
Executive Director



Kevin Jones
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Coordinator



Erica Riley, LPN
Resident Services
Director



Alicia Beltran
Business
Office Manager



Debbie Pipkin
Life Enrichment
Director



Leighann Altman
Dining Services
Director



David Ostrander, III
Maintenance
Director



Ricky McLaughlin
Chaplain



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

There's a certain feeling that comes over you in a great old cathedral—something that hushes the world outside and draws you into a kind of quiet awe. Sunlight streams through stained glass, scattering blues and reds across smooth wood, intricate railings, and sometimes the gleaming pipes of an ancient organ, each sound echoing up into spaces shaped perfectly to carry music and prayer. It's hard to put into words, but you can almost feel the place hum inside your chest—a comfort, a stillness, a mysterious sense that something inside you is being soothed.

For centuries, we've chalked up the beauty of these buildings to faith and artistry. Yet, as science has peeled back more of the mystery, another truth emerges: their creators may have been working with a level of knowledge that still astounds us today. Many cathedrals were built to magnify certain sounds—low chanting, the deep swell of an organ, even a single clear bell—so that their vibrations linger long after the last note fades. Researchers are now finding that some of these sonic frequencies, by pure design or ancient intention, may even help calm our minds, steady our breath, and encourage a gentle kind of healing that everyone, regardless of background or belief, can sense.

It leaves me wondering—what else did those master builders understand about lifting spirits and fostering togetherness, knowledge that we're only now rediscovering? Perhaps it's not just the architecture or music, but the experience of being in a space built by many hands for the well-being of all. Maybe it's the simple fact that when people gather under a shared roof, supporting each other through silence or song, something in us finds a sense of belonging and peace.

We don't need stained glass or soaring arches to benefit from this ancient wisdom. Every day, in our own spaces—dining halls filled with laughter, patios humming with quiet conversations, even hallways lit by a friendly greeting—we create our own kind of resonance. The kindness, patience, and encouragement we offer ripple out, reaching further than we imagine and carrying a subtle, lasting comfort.

As we step into a new year, let's remember that we're all builders in our way—shaping environments with our choices and the warmth we share. May our community continue to be a place where hearts are lifted, spirits are steadied, and the gentle music of acceptance and care never fades.

Wishing you a harmonious and hopeful year ahead,

Debbie R. McKnight



KNIT-WIT Bash

THE CUTEST UGLY CHRISTMAS SWEATER PARTY EVER.



109 REASONS TO SMILE

A happy crowd gathered to celebrate Pearl Collins and her remarkable 109th birthday parade! Special thanks to everyone who joined in—and to our dedicated Life Enrichment Director, Debbie Pipkin, whose energy and care turned this event into a memory for the ages.



CAN YOU SPOT THE DIFFERENCES?

Look closely—there are seven changes hiding between these two pictures. How many can you find?



Celebrations & Milestones

Welcome to our newest residents!

- Linda Plymel
- Donald Lee Hart
- Elinor Kay Green
- Sharlene Cannon
- Walter Johnson

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

RESIDENT BIRTHDAYS

- Jan. 13: Joyce Laabs
- Jan. 16: Vickie Harrell
- Jan. 27: Don Parker
- Jan. 27: Bennett Willis
- Jan. 30: Jerry Merritt

TEAM MEMBER BIRTHDAYS

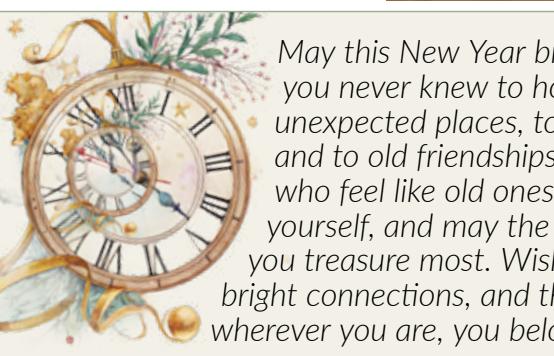
- Jan. 21: Sharonda White
- Jan. 24: Sylvia Carter
- Jan. 25: Belinda Gay
- Jan. 28: Heather Kimsey

**IF YOU LOVE WHAT WE DO,
PLEASE LEAVE A REVIEW!**



legacymoultrie.net/testimonies

YOUR FEEDBACK HELPS OTHERS!



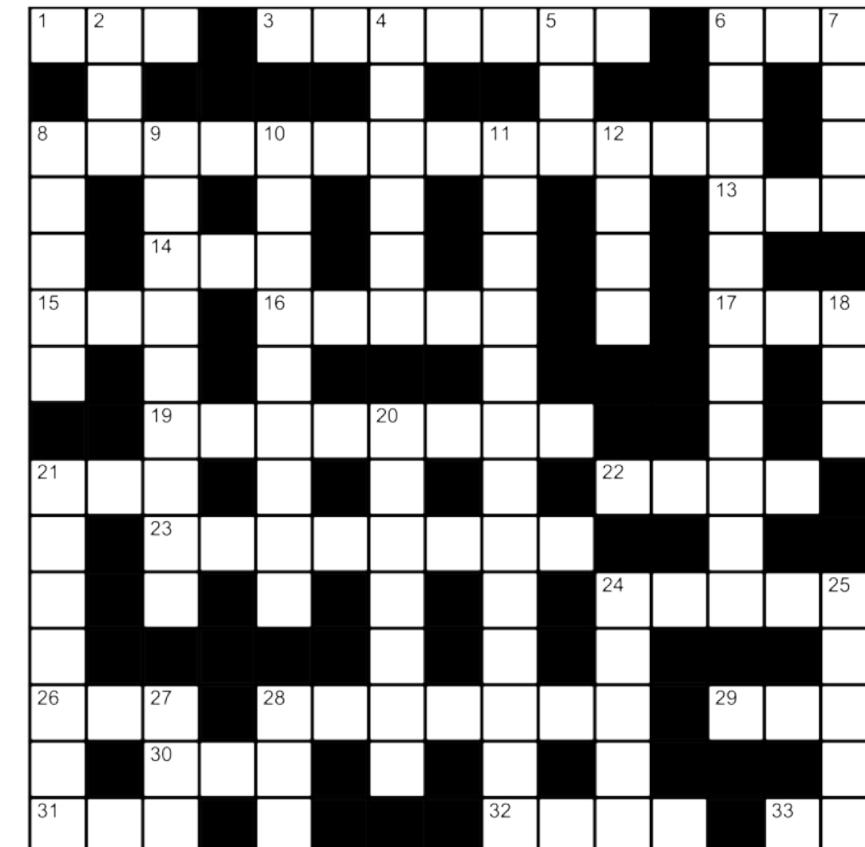
May this New Year bring you surprising delights—the kind you never knew to hope for. Here's to finding laughter in unexpected places, to small victories you didn't see coming, and to old friendships that grow even richer and new friends who feel like old ones. May you discover new strengths in yourself, and may the little, ordinary moments be the ones you treasure most. Wishing you a year full of gentle surprises, bright connections, and the comforting knowledge that, wherever you are, you belong.

ACROSS

1. Preserves
3. Least difficult
6. Squid's defense
8. Music to support a solo instrument
13. Dust remover
14. None; zero
15. Disc jockeys, abbrev.
16. Give the slip
17. Archaeological site
19. Closing something
21. Warmed the bench
22. Slo-o-ow leak
23. At the _____ hour (in the nick of time)
24. Sucrose, for one
26. ___ and outs
28. Place to store china
29. Break a commandment
30. Meadow
31. In high spirits
32. Folk follower
33. "You Are __ Sunshine"

DOWN

2. Circle segment
4. Poem subsection
5. A character from *Casablanca*
6. Presenting
7. Double-decker checker
8. "All kidding ____"
9. Was made of
10. Groups of atoms
11. Global; multiple countries
12. "Green with ____"
18. Neon or helium, for example
20. As a result
21. Coming down in flakes
24. Stringed Indian instrument
25. Like the yolk of a poached egg
27. Cunning
28. Soup container in store

*Georgia*

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



ATHENS	LIVE OAK
BASS	LUMBER
BEACHES	MOULTRIE
BULLDOGS	OAK
CHEROKEE	PEACH
COTTON	PEANUTS
DOUGLASVILLE	PINE
THE VARSITY	ROME
FALCONS	SAVANNAH
FISHING	SPANISH MOSS
FLINT	THOMASVILLE
FOX THEATER	TIFTON
GRITS	VALDOSTA KIM
JEKYLL ISLAND	VIDALIA



Jahuary 2026

Assisted Living

New Year's Day

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

The Harbor

The Harbor