

Your Administrative Team



Keesha McKnight
Executive Director



Kevin Jones
Sales & Marketing
Coordinator



Anna Hood, 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



Message From Your Executive Director



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.

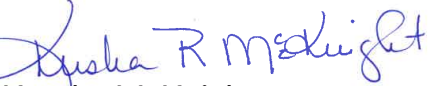
That's always been our focus, too. When Barry Ray and Bryan Cook founded Legacy Senior Living,

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,

Keesha McKnight
Executive Director



Julie VanHam: A World of Experience, A Heart for Home

Meet Julie VanHam—a woman whose life has spanned continents, eras, and adventures, yet who brings a calm and gentle presence to all who know her.

Julie was born in England to Connie and William Oakes, alongside her siblings Janet and John. Her earliest memories are shaped by the challenges of World War II. She recalls the thick English smog—so dense she sometimes couldn't see her own hand in front of her face—and the comfort of coal fires on cold days. For Julie, one of the brightest moments of childhood was the end of the war, a memory she still treasures.

In her twenties, Julie's journey took a dramatic turn. She moved to the United States with her first husband as part of the influx of engineers from Germany who came to work on America's burgeoning space program. With daughters Karen and Kristina in tow, the family eventually settled in Clearwater, Florida, where Julie's son, Matthew, was born. Family remains at the heart of Julie's life—she's now a proud grandmother of four and great-grandmother of two.

Julie's career was as varied and interesting as her

travels. After earning her high school diploma and an associate degree in Administration, she joined Honeywell as a secretary. There, she played a small but meaningful role in history, helping to test cutting-edge night vision technology for fighter pilot helmets. Julie counts passing the rigorous security clearance for this position among her proudest achievements. Later, she found fulfillment serving as a church administrator for several Episcopal churches.

It was at church where Julie met Anthony, the man who would become her beloved husband. Anthony, an Episcopal priest, and Julie shared twenty happy years together before his passing.

Since arriving at Legacy Village at Park Regency, Julie has embraced her new community with the same warmth and spirit she's shown throughout her life. She enjoys walking, playing bingo, and expressing her creativity through knitting, sewing, and embroidery. Julie is especially grateful for the sense of security and the lively array of daily activities that Legacy Village provides.

Spend a few moments with Julie, and you'll quickly discover a woman who has seen the world change, met challenges with quiet strength, and continues to find joy in every new chapter.

It's All
FUN & GAMES
in The Harbor



Chaplain's Corner



Greetings once again in the name of our Lord Jesus Christ.

Turning Sorrow into Joy!

Proverbs 15:13 – A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

Proverbs 17:22 – A merry heart does good like medicine: but a broken spirit drieth the bones.

There are many folks today whose spirits have been broken because of sorrows. They exist in sadness, sorrow, and even depression—even to the degree of wanting to give up on life itself. I want to encourage you today in the Lord. Many folks in the Bible faced similar circumstances, and they found help in a time of need.

Proverbs 12:25 – Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.

Psalms 107:20 – He sent his word, and healed them, and delivered them from their destruction.

My friends, don't lean on your own understanding. We are all limited, but God is unlimited, and His grace, mercy, strength, power, and joy are everlasting. Receive His most holy Word and let it heal and deliver you. Allow His Holy Spirit to break the spirit of heaviness and fill you with joy.

Chaplain Ricky McLaughlin

Pitchin' Pennies, Winnin' Smiles!

Game Day with Hayley of Georgia Hospice



Happy Birthday!

RESIDENTS

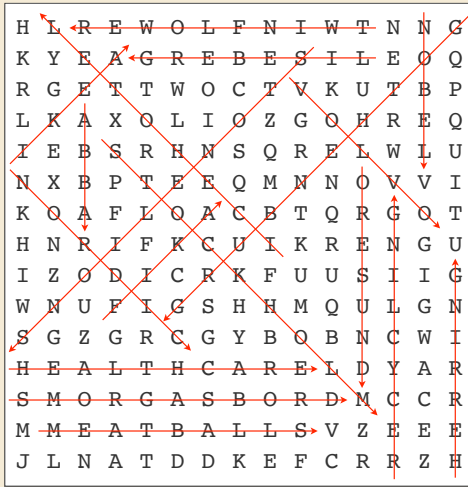
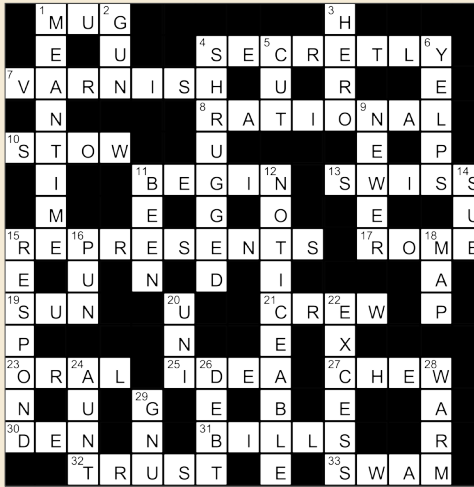
11th Bryan Harrell
15th Mary Plymale
30th Gloria Rogers

TEAM MEMBERS

Happy Anniversary

TO OUR RESIDENTS

3 yrs Nadine Glass
2 yrs Francis Cope
1 yr Melvin Floyd





The Importance of Protein for Seniors

As we age, our bodies go through many changes. One of the most important nutrients for staying strong and healthy in later years is protein. While many people think protein is just for athletes or bodybuilders, it's actually essential for seniors, too.

Why Protein Matters

Maintains Muscle Strength: After the age of 50, people naturally lose muscle mass (a process called sarcopenia). Without enough protein, this loss speeds up, making it harder to stay active, walk, or even carry groceries. Protein helps preserve muscles, keeping seniors strong and independent.

Supports Bone Health: Protein works hand-in-hand with calcium and vitamin D to protect bones. Seniors who eat enough protein are less likely to suffer fractures or osteoporosis-related problems.

Aids in Recovery and Healing: Protein is vital for healing wounds, repairing tissues, and recovering from illness or surgery—common challenges for older adults.

Boosts Immune System: A strong immune system depends on proteins to make antibodies and fight off infections. Getting enough protein helps seniors stay healthier longer.

Keeps Energy Levels Stable: Unlike sugary snacks, protein provides steady energy. It prevents the fatigue and weakness that many seniors feel when their diets are low in nutrition.

High Protein Snacks

Greek Yogurt with Fruit
1 cup plain Greek yogurt = ~15–20g protein
Add fresh berries or honey for sweetness

Cheese & Whole Grain Crackers
String cheese or cheddar slices = 6–7g protein
Pair with fiber-rich crackers for balance

Hard-Boiled Eggs
1 egg = 6g protein
Easy to cook ahead and keep in the fridge

Peanut Butter or Almond Butter on Apple Slices
2 tbsp nut butter = ~7–8g protein
Adds fiber + healthy fats

Cottage Cheese with Pineapple or Peaches
1 cup low-fat cottage cheese = ~25g protein
Soft texture is great for those with dental issues

Tuna or Salmon Salad on Whole Wheat Toast
1 small can of tuna = ~20g protein
Mix with a little Greek yogurt or light mayo

Hummus with Veggie Sticks
½ cup hummus = ~10g protein
Serve with cucumber, carrot, or bell pepper strips

Protein Smoothie
Blend milk (or soy milk), protein powder, banana, and spinach
Easy to drink for those with smaller appetites

Edamame (Steamed Soybeans)
1 cup = ~17g protein
Sprinkle lightly with salt or sesame seeds

Turkey Roll-Ups
Slices of turkey breast wrapped around cheese or cucumber
2–3 slices = ~10–12g protein

MORE THAN DECORATION: HOW SHADOWBOXES CAN GUIDE, CONNECT, & SOOTHE

If you've visited our Harbor community, you may have noticed the unique shadow boxes displayed beside each resident's apartment door. These small displays are more than just decoration—they're a heartfelt way to help our residents feel at home, spark fond memories, and make their space truly their own.

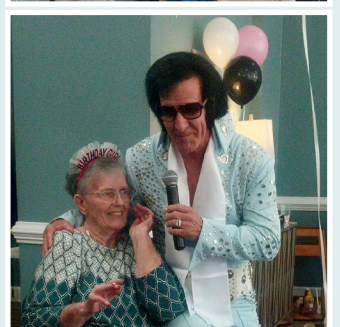
Shadow boxes are filled with personal treasures: family photos, favorite keepsakes, little mementos from past travels, or objects that hold special meaning. For residents living with memory loss, seeing these familiar items each day can be comforting and grounding. A well-chosen shadow box serves as both a gentle reminder of their life story and a cheerful welcome every time they return to their door.

These boxes also play an important practical role. Instead of relying on numbers or names, residents can look for something uniquely theirs—like a childhood photo, a beloved trinket, or a favorite color. This helps many residents find their way more confidently and feel a deeper sense of belonging.

Shadow boxes can also offer comfort and reassurance during challenging moments. In these times, pausing together at their shadow box and looking through its contents can gently redirect their attention. Talking about the familiar items and sharing stories often brings a sense of calm and connection, offering both comfort and a new focus.

If you haven't created a shadow box for your loved one yet, we encourage you to start thinking about what could go inside. It's a wonderful way to share pieces of their story and personality, and it often sparks conversation with staff, neighbors, and visitors. Many families find that working together to select photos or keepsakes becomes a meaningful experience in itself.

FAYE'S
ROCKIN'
BIRTHDAY
WITH
THE KING



If you'd like ideas or assistance, our team is always here to help. Together, we can make sure every resident's story is honored—one cherished memory at a time. ★

IDEAS FOR YOUR SHADOWBOX:

- ★ 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

CRUNCHY LEAVES BENEATH OUR FEET,
PUMPKIN SPICE IN EVERY TREAT.
SWEATERS COZY, SKIES SO CLEAR,
FALL'S THE BEST TIME OF THE YEAR!

BEACH BLANKET BINGO!

A Big Bash of Bubbles, Beverages, Beach Balls, Bathing Beauties, Big Grins & Blow-up Flamingos!

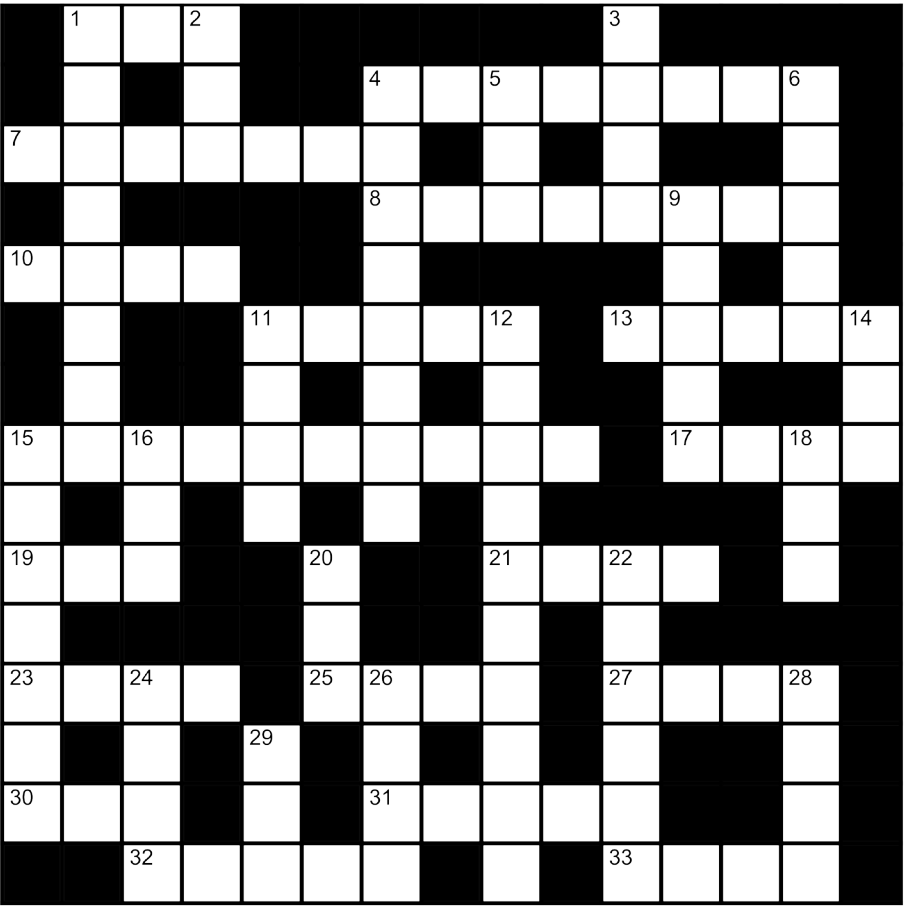


ACROSS

- 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

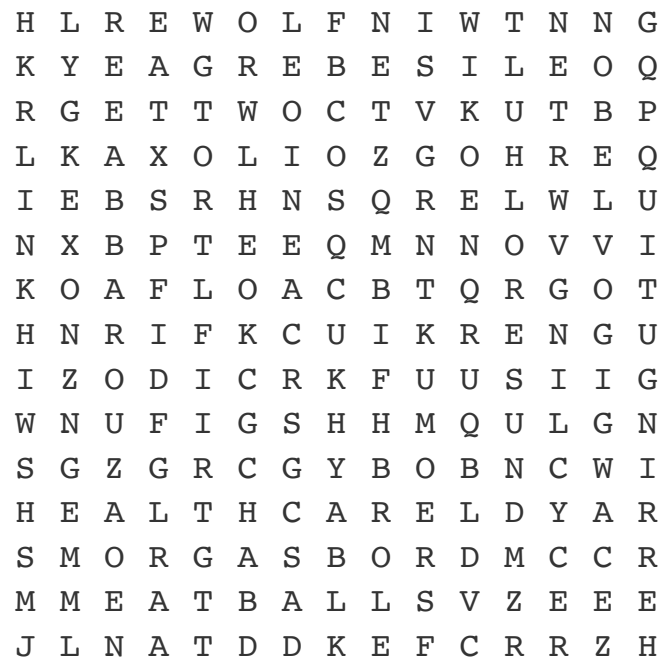


- 11. "___ there, done that"
- 12. Conspicuous, easily seen
- 14. Take to court
- 15. Give an answer
- 16. "Lettuce pray" is one
- 18. Navigator's need
- 20. Prefix for "verse" or "corn"
- 22. Surplus
- 24. Em, to Dorothy
- 26. Chapter 11 issue
- 28. Welcoming
- 29. African antelope

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00- Self Reflection 1 10:30- Music 11:00-Devotion w/ Ms. Hortman 2:00- Snack & Chat (Labor Day) 3:30- Bingo Wear your White Day!!! <small>Labor Day</small>	10:00- Self Reflection 2 10:30- Music 11:00- Devotion with Brother Ricky 2:00- Art w/ Meisha 3:30- Bingo	10:00- Self Reflection 3 10:30- Music 11:00- Devotion w/ Ms. Hortman 1:00 Exercise w/ Kaley 2:00- Piano w/ Parker 3:30- Bingo	10:00- Self Reflection 4 10:30- Music 11:00- Devotion w/ Pastor Stanley 2:00- Bible trivia w/ Debbie 3:30- Bingo	10:00- Self Reflection 5 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Bracelet making w/ Debbie 3:30- Bingo 4:15- Black-out	10:00- Self Reflection 6 10:30- Music 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo
9:30- PathFinders 7 11:00- Devotion 2:00- Family Movie 3:30- Bingo <small>Grandparents Day</small>	Assisted Living Week Up, Up and Away 8  10:00- Self Reflection 10:30- Music 11:00-Devotion w/ Ms. Hortman 1:00- Hot Air Balloon Art 2:00- Grandparents Day Social 3:30- Bingo	Assisted Living Week Italian Getaway 9  10:00- Self Reflection 10:30- Music 11:00- Devotion with Brother Ricky 1:00-Paint and Sip 2:00- A Taste of Italy 3:30- Bingo	Assisted Living Week Mexican Adventure 10  10:00- Self Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 1:00- Let's Make a Pinata 2:00- A Taste of Mexico 3:30- Bingo	Assisted Living Week Parisian Getaway 11  10:00- Self Reflection 10:30- Music 11:00- Visit w/Kerry & Michelle 1:00- Glamour Shots & Exploring Paris 3:30- Bingo	Assisted Living Week Hawaiian Luau 12  10:00- Self Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 1:00- Butterfly Garden & Art Exhibit 2:00- Hawaiian Luau 3:30- Bingo	10:00- Self Reflection 13 10:30- Music 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo
9:30- PathFinders 14 11:00- Devotion 2:00- Family Movie 3:30- Bingo	10:00- Self Reflection 15 10:30- Music 11:00-Devotion w/ Ms. Hortman 2:00- Bible Study with Myra 3:30- Bingo	10:00- Self Reflection 16 10:30- Music 11:00- Devotion with Brother Ricky 2:00- Art w/ Debbie 3:30- Bingo	10:00- Self Reflection 17 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Birthday Bash with Kristy 3:30- Bingo	10:00- Self Reflection 18 10:30- Music 11:00- Devotion w/ Jeff Carter 2:00- Penny Pitching w/ Haylee Ga Hospice 3:30- Bingo	Assisted Living Week 19 10:00- Self Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Ice Cream Floats 3:30- Bingo 4:15- Blackout	10:00- Self Reflection 20 10:30- Music 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo <small>Oktoberfest Begins</small>
9:30- PathFinders 21 11:00- Devotion 2:00- Family Movie 3:30- Bingo	10:00- Self Reflection 22 10:30- Music 11:00-Devotion w/ Ms. Hortman 2:00- Bible Study with Myra 3:30- Bingo <small>Rosh Hashanah Begins Autumn Begins</small>	10:00- Self Reflection 23 10:30- Music 11:00- Devotion with Brother Ricky 2:00- Tasty Tuesday 3:30- Bingo	10:00- Self Reflection 24 10:30- Music 11:00- Devotion w/ Matt Peek 1:00- Exercise w/ Kaley 1:00- Trip to Walmart 3:30- Bingo	10:00- Self Reflection 25 10:30- Music 11:00- Devotion w/Janet Hammock 2:00- Butter Bean Auction w/ Ashley @ Regency 3:30- Bingo	10:00- Self Reflection 26 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Trivia w/ Debbie 3:30- Bingo	10:00- Self Reflection 27 10:30- Music 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo
9:30- PathFinders 28 11:00- Devotion 2:00- Family Movie 3:30- Bingo	10:00- Self Reflection 29 10:30- Music 11:00-Devotion w/ Ms. Hortman 2:00- Bible Study with Myra 3:30- Bingo	10:00- Self Reflection 30 10:30- Music 11:00- Devotion with Brother Ricky 2:00-Resident Council Meeting 3:30- Bingo	<div>  <h1>September 2025</h1> <h2>Assisted Living</h2> </div>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Your Ageless Adventure Awaits	9:30-Happy Start Huddle 1 10:00- Sunrise shakers 10:30- Good ole Hymns 11:00- Piano w/Janice 1:30- Bounce & Catch 2:30-Art w/Sarah 3:30- Guess Who? 4:00- Would you rather Labor Day	9:30- Daily Goodness 2 10:00- Sunrise Shakers 10:30- Golden glow w/Kaley 11:00- Elvis Trivia 1:30- Telephone 2:30- Dancing and Music 3:30- Art w/ Sarah 4:00- Puzzles	9:30-Movements of Praise 3 10:00-Hymns & Hope 10:30-Green Oaks 11:00- Music 1:30-Daycare Station 2:00- Piano w/Parker 3:30- Rhythm and glow 4:00-Pass the question	9:30- Graceful Morning 4 10- PathFinders 10:30- Wiggles and Wellness 11:00- Music & Motion 1:30- Neat & Nice Station 2:30- Storytime 3:30- Popsicles and conversation on porch 4:00- Pass the question	9:30- Morning Meeting 5 10:00- Praise Break 10:30- Move & Grove 11:00- Good ole Hymns 11:30- Laugh with Me!!! 2:30- Art w/Sarah 3:30- Bingo 4:00- Memory challenge	9:30- Rise and Shine 6 10:00- Touch the Sky 10:30- Singing Hearts 11:00- Joyful Moves 2:30- Movie w/ Friends 3:30- Patio Games 4:00- Puzzles
9:30- Mindful Morning 7 10:00- Grace and gratitude 10:30- Hearts & Hymns 11:00- Joyful movers 2:30- Movie w/friends 3:30- Trivia 4:00-Puzzles Grandparents Day	AL week- Up, Up and Away 8 9:30-Happy Start Huddle 10:00- Sunrise shakers 10:30- Good ole Hymns 11:00- Piano w/Janice 1:00- Hot Air Balloon Art 2:00- Grandparent Day Social 3:30-Kitchen Station 4:00- Memory Challenge	AL Week- Italian Getaway 9 9:30- Daily Goodness 10:00- Sunrise Shakers 10:30- Golden glow w/Kaley 11:00- Memory Lane 1:00- Paint & Sip 2:00- Taste of Italy 3:30- Birdwatching 4:00- Pass the question	AL Week- Mexican Adventure 10 9:30-Movements of Praise 10:00-Hymns & Hope 10:30-Green Oaks 11:00-Make your own Music 1:00- Let's Make a Pinata 2:00- Taste of Mexico 3:30- Art w/Sarah 4:00- I Spy	AL Week- Parisian Getaway 11 9:30- Graceful Morning 10- PathFinders 10:30- Wiggles and Wellness 11:00- Music & Motion 1:00- Glamour Shots & Exploring Paris 2:30- Hymns w/ Mr. Andy 3:30- Popsicles on Porch 4:00-Guess Who?	AL Week- Hawaiian Luau 12 9:30- Morning Meeting 10:00- Praise Break 10:30- Move & Grove 11:00- Good ole Hymns 11:30- Laugh with Me!!! 1:00- Butterfly Garden & Art Exhibit 2:00 Hawaiian Luau	9:30- Rise and Shine 13 10:00- Touch the Sky 10:30- Singing Hearts 11:00- Joyful Moves 2:30- Movie w/ Friends 3:30- Patio Games 4:00- Puzzles
14 9:30- Mindful Morning 10:00- Grace and gratitude 10:30- Hearts & Hymns 11:00- Joyful movers 2:30- Movie w/friends 3:30- Trivia 4:00-Puzzles	15 9:30-Happy Start Huddle 10:00- Sunrise shakers 10:30- Good ole Hymns 11:00- Piano w/Janice 1:30-Elvis Hour 2:30-Art w/Sarah 3:30-Toss & Tell 4:00-Guess the item	16 9:30- Daily Goodness 10:00- Sunrise Shakers 10:30- Golden glow w/Kaley 11:00-Simple C 1:30- Toss and Tell 2:30-Patio Walk 3:30- Guess that animal 4:00- I Spy	17 9:30-Movements of Praise 10:00-Hymns & Hope 10:30-Greyen Oaks 11:00-50's,60's & Elvis' music 1:30- Neat and Tidy Station 2:30- Telephone 3:30- Sunny ball Toss 4:00- Remember When	18 9:30- Graceful Morning 10- PathFinders 10:30- Wiggles and Wellness 11:00- Music & Motion 1:30-Telephone 2:30- Daycare Station 3:30- Popsicles on the Porch 4:00- Trivia	19 9:30- Morning Meeting 10:00- Praise Break 10:30- Move & Grove 11:00- Good ole Hymns 11:30- Laugh with Me!!! 2:30- Art w/Sarah 3:30- Bingo 4:00- Memory challenge	20 9:30- Rise and Shine 10:00- Touch the Sky 10:30- Singing Hearts 11:00- Joyful Moves 2:30- Movie w/ Friends 3:30- Patio Games 4:00- Puzzles Oktoberfest Begins
21 9:30- Mindful Morning 10:00- Grace and gratitude 10:30- Hearts & Hymns 11:00- Joyful movers 2:30- Movie w/friends 3:30- Trivia 4:00-Puzzles	22 9:30-Happy Start Huddle 10:00- Sunrise shakers 10:30- Good ole Hymns 11:00- Piano w/Janice 1:30-Simple C 2:30- Art w/Sarah 3:30-Pass the question 4:00- Memory Lane Rosh Hashanah Begins Autumn Begins	23 9:30- Daily Goodness 10:00- Sunrise Shakers 10:30- Golden glow w/Kaley 11:00-Guess the price 1:30- Sunny Ball Toss 2:30- Patio Walk 3:30- Sounds of Nature 4:00-Puzzles	24 9:30-Movements of Praise 10:00-Hymns & Hope 10:30-Green Oaks 11:00- Music 1:30- Storytime 2:30- Would you Rather? 3:30- I Spy 4:00- Trivia	25 9:30- Graceful Morning 10- PathFinders 10:30- Wiggles and Wellness 11:00- Music & Motion 1:30- Remember This 2:30-Hymns w/ Mr. Andy 3:30-Popsicles on the Porch 4:00-Trivia	26 9:30- Morning Meeting 10:00- Praise Break 10:30- Move & Grove 11:00- Good ole Hymns 11:30- Laugh with Me!!! 2:30- Daycare Station 3:30- Bingo 4:00- Memory challenge	27 9:30- Rise and Shine 10:00- Touch the Sky 10:30- Singing Hearts 11:00- Joyful Moves 2:30- Movie w/ Friends 3:30- Patio Games 4:00- Puzzles
28 9:30- Mindful Morning 10:00- Grace and gratitude 10:30- Hearts & Hymns 11:00- Joyful movers 2:30- Movie w/friends 3:30- Trivia 4:00-Puzzles	29 9:30-Happy Start Huddle 10:00- Sunrise shakers 10:30- Good ole Hymns 11:00- Piano w/Janice 1:30- Daycare Station 2:30- Art w/Sarah 3:30- Sunny ball toss 4:00- Name that tune	30 9:30- Daily Goodness 10:00- Sunrise Shakers 10:30- Golden glow w/Kaley 11:00- Music 1:30-Simple C 2:30- Patio Walk 3:30- Patio Games 4:00- Trivia	 <div> <h1>September 2025</h1> <h2>The Harbor</h2> </div>			