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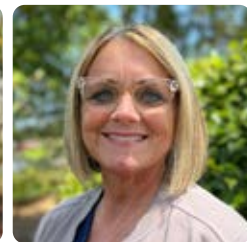
YOUR
LEADERSHIP
TEAM



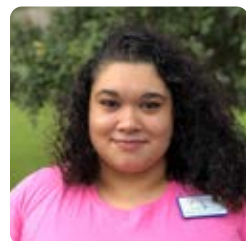
Chris Beckham
Executive Director



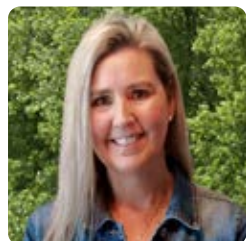
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Sales & Marketing
Director



Susan Bowen, LPN
Resident Services
Director



Alicia Beltran
Business
Office Manager



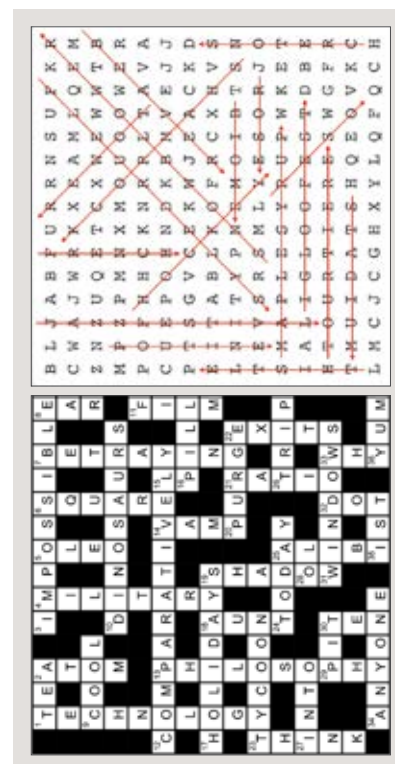
Debbie Pipkin
Life Enrichment
Director



Leighann Altman
Dining Services
Director



Ricky McLaughlin
Chaplain



LEGACY VILLAGE AT PARK REGENCY

NEWSLETTER | SEPTEMBER 2026



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



There's a story woven into nearly every family: parents who spent years pouring themselves into their children—driving to lessons and games, cheering from the stands, making sure everyone had what they needed. As time goes on, those children grow up, start families of their own, and the days fill up with new responsibilities. Then come grandchildren, and even great-grandchildren, and life gets busier still. It's not that anyone means to drift apart, but as the seasons change, the parent who once held everything together can sometimes feel a little more alone.

That's why National Assisted Living Week holds such special meaning for us each September. Each year, the week begins on Grandparents Day and this year carries the theme "Shining through the Years"—a celebration of the many decades of memories, music, and experiences that our residents bring to our community. When someone who spent a lifetime caring for others joins us here, they find themselves surrounded by new friends, compassionate team members, and a sense of belonging that can quickly brighten even the quietest days.

Research shows that these daily interactions—sharing meals, swapping stories, simply greeting a neighbor—

don't just lift the spirit; they truly make a difference in health and happiness. Seniors who are socially connected are more likely to enjoy improved mood, better cognitive health, and a lasting sense of purpose. Even a single conversation can be a reminder that no one is ever truly alone.

As we mark National Assisted Living Week, we honor all those who have helped shape families and communities for generations. We thank you—residents, families, and team—for sharing your lives and legacies with us, and for allowing us to be part of your journey.

If you're curious about the celebrations or opportunities to connect this month, you'll find more information on our calendar or inside this newsletter. Whether you join us for a visit, a conversation, or simply a cup of coffee, you are always welcome.

Thank you for allowing us to continue serving you and your loved ones. May God bless you with peace, joy, and the reminder that every stage of life is worthy of love, attention, and connection.

Sincerely,

Chris Beckham
Executive Director



Celebrations & Milestones

Welcome to our newest residents!

- Marvin Harrell
- Dorothy Mims
- James Hullett
- Leonard Longsdorf
- Evelyn Sheppard
- Shirley Lipsey
- Roberta Sinclair

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

RESIDENT BIRTHDAYS

- Sept. 11: Bryan Harrell **40**

RESIDENT ANNIVERSARIES

- Nadine Glass—4 yrs
- Jerry Merritt—1 yr
- Patricia Herold—1 yr

TEAM ANNIVERSARIES

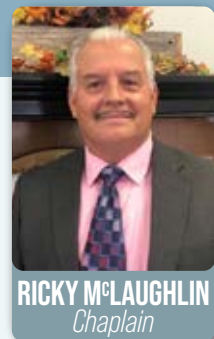
- Shatedra Cotton—1 yr



FOUR PAWS,
STYLE QUEEN
& ONE BIG
HEART



AJ THE
THERAPY
DOG AND KHA
MCDONALD
BRING HAPPY
TRAILS AND
WAGGING
TAILS TO OUR
HOME



CHAPLAIN'S CORNER

PRAISING GOD FOR HIS LIMITLESS GREATNESS

Greetings once again in the name of our Lord Jesus Christ. This month, I would like to encourage you with this thought: Think about the greatness of our God. What can we offer Him in response to such greatness?

The greatness of God means limitless perfection, supreme majesty, and eternal existence. There is none equal to Him—in wisdom, power, holiness, authority, faithfulness, or love. He has no beginning and no end. He has always been, and He will always be.

Great is the Lord, and greatly to be praised; and His greatness is unsearchable. (Psalm 145:3 NKJV)

Scripture declares that praise is what we should offer for His greatness:

Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty firmament! Praise Him for His mighty acts; Praise Him according to His excellent greatness! Praise Him with the sound of the trumpet; Praise Him with the lute and harp! Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! Praise Him with loud cymbals; Praise Him with clashing cymbals! Let everything that has breath praise the Lord. Praise the Lord! (Psalm 150:1-6 NKJV)

Praise is what we do because of His love and care for us. Imagine what kind of world this would be if, instead of complaining about everything, we used our time and voices to give God praise. Let us continue to praise God for all His greatness!





One Starry Night GALA

The Walk to End Alzheimer's brings together more than 600 communities nationwide each year, supporting the Alzheimer's Association—the world's largest fundraiser for Alzheimer's care, support, and research. At Legacy Village at Park Regency, we've joined the cause with a series of bi-weekly fundraisers, from bake sales and jewelry sales to raffles and more. Many of the featured items are lovingly handcrafted by our residents, while others are generously donated by community members.

On August 13, we hosted our very first "One Starry Night Art Gala," a special evening showcasing artwork and crafts created by residents, volunteers, and team members. The gala's theme was inspired by the late Pearl Collins, a beloved Legacy Village resident whose own handcrafted piece echoed Vincent van Gogh's iconic "Starry Night." With the help of several dedicated volunteers—including Alyiah from CRMC Home Health & Hospice—we created a collection of unique art pieces, each putting a personal spin on "One Starry Night." These works, along with other crafts, were auctioned off in our silent auction, with every dollar raised supporting the Alzheimer's Association.

We were especially delighted to feature the talents of Julie Corona, Activities Assistant at The Harbor, who transformed residents' original designs—whether drawings, paintings, or other mediums—into beautiful crocheted pieces. Caregivers, team members, and residents all joined in the creative fun.

Mark your calendars: on Saturday, October 3, 2026, we're hosting a community Yard Sale to continue our fundraising efforts. We hope you'll join us for a day of fun and giving back!



Mary Jane Nicholson Bracelets, Braves and a Lifetime of Laughter

Editor's Note: Mary Jane Nicholson passed away peacefully in the days leading up to this newsletter being published. With the blessing of her family, we share this tribute to honor her life and the joy she brought to Legacy Village. We hold her loved ones in our thoughts, and Mary Jane will be deeply missed by all who knew her.

If you ever wandered down the hallway at Legacy Village on a quiet afternoon, you likely heard Mary Jane Nicholson's laughter floating out from her room—warm, unmistakable, and full of the same energy she brought to those dusty Georgia fields as a child. Step inside, and you would find her hands busy stringing beads for another bracelet, the TV tuned to the Braves game, and a story always ready on her lips.

Mary Jane's story began in a wood-framed house in Ellenton, Georgia, on November 30, 1947. She was the middle of three sisters, and the Castleberry girls didn't know the meaning of boredom. Softball games in the yard lasted until the daylight faded, and "kick-the-can" was serious business. She always laughed about the day her swing got a little wild and her younger sister caught the wrong end of a softball bat. Her dad, Benjamin, wasn't amused, but the sisters found a way to turn even scoldings into memories worth retelling.

School days meant Ellenton School, and later Moultrie High, where Mary Jane's favorite class was science—she never minded getting her hands dirty if it meant an experiment. After the bell

rang, the walk home led straight to the kitchen, where the smell of her mother's macaroni and cheese or chicken and dumplings promised comfort no matter how the day had gone.

As she grew up, Mary Jane spent a decade working in factories, sewing shirts and undergarments—steady hands, quiet pride, and the hum of machines a constant in her early adult life. It was during those years that a young man named Ray started showing up at her kitchen window, their conversations as sweet as the honeysuckle outside. He lived just across the street, but it didn't take long before he was part of her world for good. They were married on October 23, 1968—a love story that lasted 57 years.

Ray served his country in the United States Air Force, with deployments that took him as far as Vietnam and Germany. Mary Jane and their first daughter Trudy joined him overseas for eight months, building a life together wherever they landed. He retired from service in 1972, but their shared adventures continued with the arrival of two more children: Carol and Mitch.

Mary Jane's family was her greatest joy—her children, seven grandchildren, and four great-grandchildren were the heart of her world. She celebrated every milestone, her smile growing even bigger with each new addition.

At Legacy Village, Mary Jane became the unofficial welcome committee. She made bracelets for friends, called out "Bingo!"

with a grin, and caught every Atlanta Braves game she could. She only made it to the stadium once, back in the '80s, but she always remembered the rush of the crowd and the crack of the bat. Her face would light up at any mention of the Braves.

She gave away her handmade bracelets as gifts—small tokens of kindness, each one carrying a piece of her story. If you asked for advice, she was quick to share: "If you get hurt, go to the doctor—don't wait to make that appointment!" And she always offered this bit of wisdom: "If you have someone special, tell them you love them. Every single day."

Mary Jane welcomed everyone with warmth, a ready smile, and, if there was a game on, a spot on the couch. Her kindness and laughter will be remembered by all who were fortunate enough to know her.

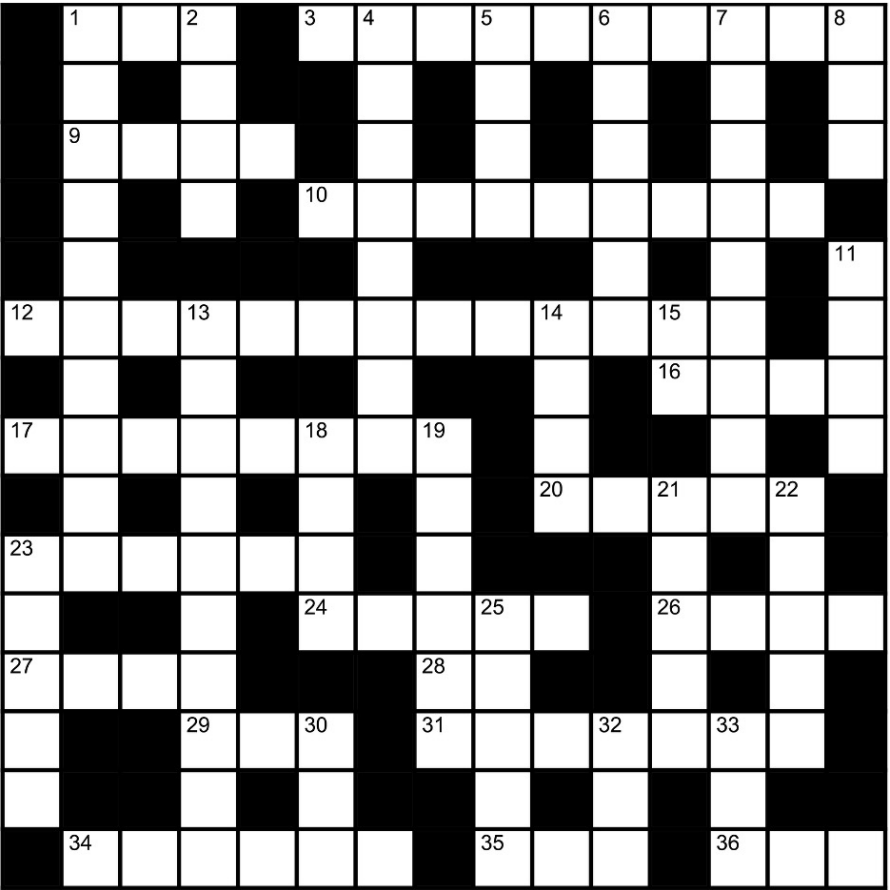




WALK TO END
ALZHEIMER'S
FUNDRAISING

- ACROSS**
- 1. Trade Expansion Act, abbrev.
 - 3. Incapable of being done
 - 9. Paul Newman film, ___ Hand Luke
 - 10. Extinct prehistoric reptiles
 - 12. By way of contrast; relatively
 - 16. Tablet or capsule, perhaps
 - 17. Christmas and New Year's
 - 20. To clear out or throw away unwanted items
 - 23. Business magnate
 - 24. It will end at midnight
 - 26. Excursion
 - 27. "What's gotten ___ you?"
 - 28. Offensive line, abbrev.
 - 29. Plum part
 - 31. Glass house features; picture _____
 - 34. Tom, Dick, or Harry
 - 35. Individual Study Time, abbrev.
 - 36. "Tasty!"

- DOWN**
- 1. The T in IT: Information ____
 - 2. Molecule part
 - 4. Of the armed forces
 - 5. Butter alternative
 - 6. Equal-sided rectangle
 - 7. Double-crossing
 - 8. Corn serving
 - 11. Darkroom development
 - 13. Study of the nature of existence and morality
 - 14. A dangerous seductress
 - 15. Vinyl record
 - 18. Em, to Dorothy
 - 19. Peter Pan lost his
 - 21. 4:1, for example
 - 22. Goes offstage
 - 23. "I ___ I can, I ___ I can"
 - 25. Cover story?
 - 30. Roman numeral X = ____
 - 32. Period
 - 33. Kid's query



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

MEET ME IN
Montreal

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

- | | | |
|--|--|--|
| BEAVER
BIOME
CRETONS
FLEUR-DE-LYS
FRENCH
HOCKEY | IGLOOFEST
JAZZ FESTIVAL
MAPLE SYRUP
POUTINE
RESO
ROSE | SHAMROCK
SNOWBLOWER
STADIUM
THISTLE
TOURTIÈRE
TOWER |
|--|--|--|



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Assisted Living		1 9:30- Self-Reflection 10:00- Exercise 11:00- Devotion w/ Brother Ricky 2:00- Art w/ Art Center 3:30- Bingo	2 9:30- Self-Reflection 11:00- Devotion 1:00- Balloon Ball 2:00- Shell Art w/ Debbie 3:30- Bingo “Salon Day”	3 9:30- Self- Reflection 11:00- Devotion w/ Pastor Stanley 2:00- Penny Pitching 3:30- Bingo 6:00- PathFinders	4 9:30- Self-Reflection 11:00- Devotion 1:00- Movie 2:00- Snack Attack 3:30- Bingo 4:15- Black-out	5 9:30- Self-Reflection 11:00- Quiet Time 1:00- SL Board Games 3:30- Bingo w/Penny Games & Art Supplies available for SL Activities
	6 9:30- PathFinders 10:30- Self-Reflection 11:00- Quiet Time 2:00- Movie 3:30 – Bingo w/ Penny Games & Art supplies available for SL Activities	7 10:00- Self-Reflection 11:00- Devotion 1:00- Snack Attack 1:30- Movie 3:30- Bingo Labor Day	8 9:30- Self-Reflection 10:00- Exercise 11:00- Devotion w/ Brother Ricky 2:00- Tasty Tuesday 3:30- Bingo	9 9:30- Self-Reflection 11:00- Devotion 1:00- Balloon Ball 3:30- Bingo “Salon Day”	10 9:30- Self- Reflection 11:00- Devotion w/ Kerry & Michelle 2:00- Music w/ Roger Quick 3:30- Bingo 6:00- PathFinders	11 9:30- Self-Reflection 11:00- Devotion 1:00- Movie 2:00- Snack Attack 3:30- Bingo 4:15- Black-out Rosh Hashanah Begins
	13 9:30- PathFinders 10:30- Self-Reflection 11:00- Quiet Time 2:00- Movie 3:30 – Bingo SL Games & Art supplies available for SL Activities Grandparents Day	AL Week- Wizard of Oz 14 10:00- Self- Reflection 11:00- Devotion 1:00- Musical Slipper 2:00- Games and Refreshments in Dining room 3:30- Bingo	AL Week- Breakfast at Tiffany’s 15 9:30- Self-Reflection 10:00- Pastries & Coffee Bar in Dining Room 11:00- Devotion w/ Brother Ricky 2:00- Chocolate Making 3:30- Bingo	AL Week- Wild, Wild West 16 9:30- Self-Reflection 11:00- Devotion 2:00- “Dirty Lemonade Bar & Refreshments” in Dining Room 2:30- Music & Games in DR 3:30- Bingo “Salon Day”	AL Week- End of Summer 17 9:30- Self- Reflection 11:00- Devotion w/ Pastor Carter 2:00- Smoothies & Games in Dining Room 4:30- Family Night- Luau	AL Week- Back to Future 18 9:30- Self-Reflection 11:00- Devotion 1:00- Movie 2:00-Retro Snacks and Games in Dining Room 3:30- Bingo 4:15- Black-out Oktoberfest Begins
	20 9:30- PathFinders 10:30- Self-Reflection 11:00- Quiet Time 2:00- Movie 3:30 – Bingo w/ Penny Games & Art supplies available for SL Activities Yom Kippur Begins	21 10:00-Self-Reflection 11:00- Devotion 1:00- Snack Attack 2:00- Bible Study w/ Myra 3:30- Bingo	22 9:30- Self-Reflection 10:00- Exercise 11:00- Devotion w/ Brother Ricky 2:00- New Resident Ice Cream Social 3:30- Bingo Autumn Begins	23 9:30- Self-Reflection 11:00- Devotion 1:00- Balloon Ball 3:30- Bingo “Salon Day”	24 9:30- Self- Reflection 11:00- Devotion w/ Pastor Carter 2:00- Butter Bean Auction 3:30- Bingo 6:00- PathFinders	25 9:30- Self-Reflection 11:00- Devotion 1:00- Movie 2:00- Snack Attack 3:30- Bingo 4:15- Black-out Sukkot Begins
	27 9:30- PathFinders 10:30- Self-Reflection 11:00- Quiet Time 2:00- Movie 3:30 – Bingo SL Games & Art supplies available for SL Activities	28 10:00-Self-Reflection 11:00- Devotion 1:00- Snack Attack 2:00- Bible Study w/ Myra 3:30- Bingo	29 9:30- Self-Reflection 10:00- Christian Friends in Dining Room 11:00- Devotion w/ Brother Ricky 2:00- Resident Council 3:30- Bingo	30 9:30- Self-Reflection 11:00- Devotion w/ Pastor Peek 1:00- Balloon Ball 3:30- Bingo “Salon Day”	 September 2026	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 The Harbor		1 9:30- Morning Check-in 10:00- Devotion 10:30- Games 12:00- Music with Brother Ricky 1:00- Simple C 2:30- Snack Attack 3:30- Bingo	2 9:30- Morning – Check-in 10:00- Hymns & Hope 10:30- Art w/ Green Oaks 12:00- Music 1:00- Balloon Ball 2:30- Snack Attack 3:30- Picture Bingo	3 9:30- Morning Check-in 10:00- PathFinders 11:00- Seated Chair Exercise 12:00- Music 1:00- Games 2:00- Simple C 2:30- Popsicles on Porch 3:30-Picture Bingo	4 9:30- Morning Check-in 10:00- Devotion 10:30- Sit & Stretch 12:00- Music 1:00- Art w/ Julie 2:30- Snack Attack 3:00- Patio Walk 3:30- Picture Bingo	5 9:30- Morning Check-In 10:00- Devotion 10:30- Exercise 11:30- Music 1:00- Movie 2:00- Games w/ Penny 3:30- Puzzles and Trivia	
	6 9:30-Morning Check-in 10:00-Devotion 10:30- Exercise 11:30- Movie 1:00- Music w/ Penny 2:00- Games 3:30- Puzzles & Trivia	7 9:30-Morning Check-in 10:00- Praise Break 10:30- Move & Groove 1:00- Music & Movement 1:30- Memory Lane- Favorite TV show 2:30- Snack Attack 3:30- Picture Bingo Labor Day	8 9:30- Morning Check-in 10:00- Devotion 10:30- Games 12:00- Music with Brother Ricky 1:00- Simple C 2:30- Snack Attack 3:30- Bingo	9 9:30- Morning – Check-in 10:00- Hymns & Hope 10:30- Art w/ Green Oaks 12:00- Music 1:00- Balloon Ball 2:30- Birthday Bash w/ Kristy 3:30- Picture Bingo	10 9:30- Morning Check-in 10:00- PathFinders 11:00- Seated Chair Exercise 12:00- Music 1:00- Games 2:00- Simple C 2:30- Popsicles on Porch 3:30-Picture Bingo	11 9:30- Morning Check-in 10:00- Devotion 10:30- Sit & Stretch 12:00- Music 1:00- Art w/ Julie 2:30- Snack Attack 3:00- Patio Walk 3:30- Picture Bingo Rosh Hashanah Begins	12 9:30- Morning Check-In 10:00- Devotion 10:30- Exercise 11:30- Music 1:00- Movie 2:00- Games 3:30- Puzzles and Trivia
	13 9:30-Morning Check-in 10:00-Devotion 10:30- Exercise 11:30- Music 1:00- Movie 2:00- Games 3:30- Puzzles & Trivia Grandparents Day	4 AL Week- Wizard of Oz 9:30-Morning Check-in 10:00-Wizard of Oz Movie 1:00- Find “Toto Scavenger Hunt” 2:00- Activities & Refreshments in Dining Room 3:30- Wizard of Oz Trivia	15 AL Week- Breakfast at Tiffany’s 9:30- Morning Check-in 10:00- Pastries & Coffee Bar 10:30- Chocolate Making 12:00- Music with Brother Ricky 1:00- Movie Breakfast at Tiffany’s 3:30- Music & Dance	16 AL Week-Wild, Wild, West 9:30- Morning – Check-in 10:00- Hymns & Hope 10:30- Games w/ Green Oaks (Shooting Range) 12:00- Country Music 1:00- John Wayne Movie 2:30- “Dirty Lemonade Bar” & Refreshments 3:30- Guess the Cowboy	17 AL Week-End of Summer Luau 9:30- Morning Check-in 10:00- PathFinders 11:00- Shark Toss Game 12:00- Music 1:00- Games 2:30- Smoothie Bar 3:30-Beach Ball Roll 5:00- Family Night Luau	18 AL Week- Back to Future 9:30- Morning Check-in 10:00- Back to Future Movie 12:00- 80’s Music 1:00- Time Travel Scavenger Hunt 2:00- Retro Snack Bar 3:00- Patio Walk 3:30- 80s Trivia Oktoberfest Begins	19 9:30- Morning Check-In 10:00- Devotion 10:30- Exercise 11:30- Music 1:00- Movie 2:00- Games w/ Penny 3:30- Puzzles and Trivia
	20 9:30-Morning Check-in 10:00-Devotion 10:30- Exercise 11:30- Movie 1:00- Music w/ Penny 2:00- Games 3:30- Puzzles & Trivia Yom Kippur Begins	21 9:30-Morning Check-in 10:00- Praise Break 10:30- Move & Groove 1:00- Music & Movement 1:30- Memory Lane-Roaring 20’s 2:30- Snack Attack 3:30- Picture Bingo	22 9:30- Morning Check-in 10:00- Devotion 10:30- Games 12:00- Music with Brother Ricky 1:00- Simple C 2:30- Snack Attack 3:30- Bingo Autumn Begins	23 9:30- Morning – Check-in 10:00- Hymns & Hope 10:30- Art w/ Green Oaks 12:00- Music 1:00- Balloon Ball 2:30- Snack Attack 3:30- Picture Bingo	24 9:30- Morning Check-in 10:00- PathFinders 11:00- Seated Chair Exercise 12:00- Music 1:00- Games 2:00- Simple C 2:30- Popsicles on Porch 3:30-Picture Bingo	25 9:30- Morning Check-in 10:00- Devotion 10:30- Sit & Stretch 12:00- Music 1:00- Art w/ Julie 2:30- Snack Attack 3:00- Patio Walk 3:30- Picture Bingo Sukkot Begins	26 9:30- Morning Check-In 10:00- Devotion 10:30- Exercise 11:30- Music 1:00- Movie 2:00- Games w/ Penny 3:30- Puzzles and Trivia
	27 9:30-Morning Check-in 10:00-Devotion 10:30- Exercise 11:30- Music 1:00- Movie 2:00- Games 3:30- Puzzles & Trivia	28 9:30-Morning Check-in 10:00- Praise Break 10:30- Move & Groove 1:00- Music & Movement 1:30- Arm Chair Travel 2:30- Snack Attack 3:30- Picture Bingo	29 9:30- Morning Check-in 10:00- Christian Friends Music in Dining Room 10:30- Games 12:00- Music with Brother Ricky 1:00- Simple C 2:30- Snack Attack 3:30- Bingo	30 9:30- Morning – Check-in 10:00- Hymns & Hope 10:30- Art w/ Green Oaks 12:00- Music 1:00- Balloon Ball 2:30- Snack Attack 3:30- Picture Bingo	September 2026 		