Come on in the beautiful Spring Harbor theater and enjoy a movie! Bring your friends and make it fun! Movie shows daily at 2pm and 7:15pm. Ask Life Enrichment to start the movie for you!

After hours, see the Concierge Desk!

(no movie on Thursdays at 2pm due to TV series)





July 31st-August 6th "Moby Dick" 1956
No Rating 1 hour 56 minutes Adventure/Drama
The sole survivor of a lost whaling ship relates the tale of his captain's self-destructive obsession to hunt the white whale, Moby Dick. Starring Gregory Peck

August 7th-13th "My House In Umbria" 2003
Rated TV-14 1 hour 43 minutes Drama/Mystery/Romance
An unlikely group of people find solace and friendship after being thrown together in the wake of a terrorist attack.

Starring Maggie Smith and Ronnie Parker

August 14th-20th "My Fair Lady" 1964
Rated G 2 hours 50 minutes Drama/Family/Musical
In 1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make crude flower girl, Eliza Doolittle, presentable in high society.
Starring Audrey Hepburn and Rex Harrison

August 21st-27th "In Good Company" 2004
Rated PG-13 1 hour 49 minutes Comedy/Drama/Romance
A middle-aged ad exec is faced with a new boss who's nearly half his age...
and who also happens to be sleeping with his daughter.
Starring Dennis Quaid and Scarlett Johansson

2007 "The Great Debaters" 2007

Rated PG-13 2 hours 6 minutes Biography/Drama/Romance
A professor at Wiley College in Texas inspired students to form the school's first debate team, which went on to challenge Harvard in the national championship.

Starring Denzel Washington and Forest Whitaker

Fine Dining Room

Hours: Monday—Saturday 11:00am till 7:00pm Reservations are no longer required. Dining Room is closed on Sunday.

Sunday Brunch is served in the Formal Dining Room and RESERVATIONS ARE REQUIRED FOR BRUNCH

11:00am till 2:00pm

Dressy casual attire/NO jeans/NO hats

Bistro

Hours: Monday-Saturday 7:00am till 7:00pm

CLOSED: UNDER CONSTRUCTION

Now offering hot breakfast daily, new menu items and new Grab-N-Go case options!

Casual attire/Sporty/Jeans ok



The Current

July 2023

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After a great holiday buffet of burgers, hot dogs, BBQ, watermelon and an ice cream bar, Peggy Terry is all smiles with Sharon & Ed Sprouse as they celebrated July 4th with a show filled with music by the trio, Sweet T.

Welcome Home New Residents:
Charlie Yates #342
Margie Courtright #242
Walter & Dancy Stroman #548

www.springharborseniorliving.org



Foundation News!

\$ 278,722.55



The Bistro Celebration Fund Raising Campaign has formally concluded with donations and pledges exceeding our \$250,000 goal. The generosity of Spring Harbor residents has far exceeded



Bob Ammerman Chairman

expectations, reported Rex Whiddon, Campaign Chair. Shane McDougall, Executive Director, said he is inspired by the response of residents and pledges his support as the Foundation develops projects and programs that benefit residents and enhance quality of life at Spring Harbor. Bob Ammerman, Foundation Chairman, says the Foundation is now turning its attention to identifying projects in line with our focus.

A Heartfelt Thank You To Everyone Who Donated

(as of July 27, 2023)

Sharon Adams Chuck & Mitzi Allen Bob & Brenda Ammerman Fred & Alice Barlow Norm & Jan Bennett Peggy Bladen JT & Betty Brantley Charles & Mary Brown Margie Cain Irene Champion Betty Chancey Janet Coppage **Butch Deaton** Al & Judith Degenaar David Durant William Edwards

Joyce Fingerhut **Forefront** James E. & Sally Q. Gates Angie Gordy Mim Hallock David & Susan Halmrast Sandra Halouska **Bob Henderson** Mike & Martha Hill Betty Jo Hooks Gail Jebavy Stephen Johnson Thornton & Sue Jordan Aki & Etsuko Kan Gail Kent Erwin Key

Bob Koon Mike & Gail LaFramboise Carolyn Layfield Flo Lipham Anne McCann Joyce Moffitt Cheryl Mortenson Lerov Paul Jack & JoRhee Pezold Carolyn Phillips Sylvia Powell Ralph & Jeannie Puckett Rosie Rakocy Amos Rogers Edith Satterwhite Jo Ellen Scott

Bill & Nell Scrantom Silvono Scrobogna Sandee Scruggs Sue Sherrill Edward & Sharon Sprouse Susan & George Stanton **Bob & Joyce Sykes** Monty Thorne Billy & Judith Turner Tom & Sherry Wade Janice Watson Fran Watt Chris Weaver Ron & Karen West L. Rexford Whiddon Richard & Anne Wilson

Anonymous Donors (5)







Employee of the Month: Shelli Muders, Housekeeping

Shelli has been with us for one year and she loves coming to work every day! The best part of her job is getting to know all the residents and having the opportunity to hear about their lives. Shelli's late

husband John served 36 years as a US Army Ranger and he also worked here and he too loved his job. She has 2 daughters, 1 son in law and a 4 year old granddaughter. In her spare time she enjoys going to church, working out and simply being with friends. July is her birthday



month, so getting this award made it more special! She says "I truly appreciate everyone that made this possible. I love my job and it keeps me going."

Congratulations on being this month's **Employee of the** Month!



Men's Poker Night

We need more players! If you would like to join us for Poker Night, we would enjoy having you! We play every

Tuesday night 7:00-9:00pm in the card room/3rd floor (for further information call Amos Rogers)

Friends of Pam Gray surprised her with a special party in honor of her birthday.



Trivia Answers

- 1) Piano
- 2) Alexander Fleming
- 3) Lou Castello
- 4) Lauren Becall
- 5) Geometry
- 6) Declaration of Independence
- 7) Argentina
- 8) Cotton
- 9) Rolex
- 10) Penguins
- 11) Water Spout
- 12) Their food

Thank You Margie Cain for submitting the trivia each month!

Guess Who

Can you guess who this beautiful child is?



Answer on back page

August Birthdays

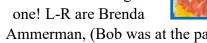
If your birthday is in August, you and one guest may join us on the 1st Thursday of the month for cake and champagne! Join us in the **Event Center on Thursday,** August 3rd at 2:00pm

Dot Stotser	2nd
Kathleen Broda	3rd
Richard Wilson	3rd
Joan Mainor	4th
Monty Thorn	5th
Mike Hill	7th
Callie Clark	8th
Barbara Carswell	9th
Linda Dent	9th
Anne Douglas	10th
Melba Spurlock	11th
Trudy Mosely	12th
Chapin Henley	12th
Patricia Noles	12th
JoRhee Pezold	13th
Jean Lurker	15th
Paul Groneman	16th
Ed Doyle	19th

George Wade	19th	
Claude Foushee	20th	
Jack Pezold	20th	
Anne Wilson	20th	
David Durant	21st	
Joyce Flukinger	21st	
Joyce Fingerhut	23rd	
Winifred Agee	25th	
Bobbie Henderson	25th	
Joan Schraufek	25th	
Bea Trimble	25th	
Dot Doyle	26th	
Nancy Powell	26th	
Emily Miller	28th	
Joyce Sykes	28th	
Norris Randall	30th	
Olin Harp	30th	
Happy Birthday Everyone!		

July **Birthday Party**

We had a small party this month but it was a great



Ammerman, (Bob was at the party but he ate cake and snuck out early!) Butch Deaton, Phil Engstrom and Pam Gray





Residents Take Special River Cruise

Margie Cain and Peggy Bladen recently took a cruise aboard this beautiful paddle boat! The American Cruise

Lines River Cruise traveled from St. Louis to Pittsburg. They cruised in mid July for 11 days! They floated down the Mississippi River and up the Ohio River! Margie celebrated her birthday in style while onboard this spectacular trip! Margie says "they left here as friends and came home as sisters"!



The Spring Harbor Foundation would like to thank the following donors for their contributions:

In Memory of Joyce Koon:

Howard Park, Edith Satterwhite, Gail Jebavy, Mim Hallock, Barbara Waller, Dot Stotser, Rosemary Addison, Butch Deaton, Jim & Sally Gates, Betty Jo Hooks, Bob & Brenda Ammerman, Erwin Key, Norm & Jan Bennett, Rex Whiddon, Ed & Sharon Sprouse, Chuck & Mitzi Allen, Richard & Anne Wilson

In Memory of Martha Cargill:

John & Betty Brantley

In Memory of Bill Dillard:

Peggy Bladen, Butch Deaton, Betty Jo Hooks, Jim & Sally Gates, Bob & Brenda Ammerman, Joyce Fingerhut

Contributions to the Spring Harbor Foundation Fund are tax deductible to the extent of the law

In Memory of LaVerne Benford:

Bob & Brenda Ammerman

General Fund:

Bill & Nell Scrantom, Irene Champion, Phil & Sharon Engstrom

In Honor of Gail Jebavy and Jim Harbison:

Bob & Joyce Sykes

In Honor of Joyce Fingerhut's Birthday:

Rosemary Addison

In Honor of Ann Venable's 90th Birthday:

Dr. & Mrs. Rick McKnight



In Loving Memory La Verne Benford Gertrude McLaughlin

THE EMPLOYEE GIFT FUND, A GIFT FROM THE HEART

Spring Harbor is blessed to have many wonderful employees who come here each and every day to make our lives better, healthier and happier! Many of them have been here longer than you and me. The Employee Gift Fund is the only way we residents have to thank them monetarily for showing up and doing everything they can to make our lives better.

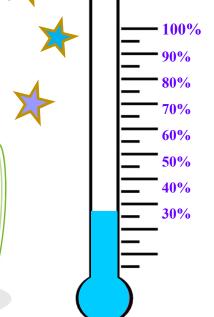
Rising costs have been a challenge for all of us this year, and our employees are feeling it too. Won't you please be especially generous and help our hourly employees celebrate the holiday season with a gift from your heart. This fund allows us to pass out bonuses early in December, just when they need it the most.





To make your donation, stop by the Synovus bank in our lobby and see Brenda. If you have any questions, please call Norm Bennett at 706-994-1536. Thank You!





today!

Goal

100%



Welcome to Council Corner YOUR monthly news, from YOUR Resident Council



Spring Harbor Resident Council Spotlight

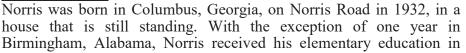


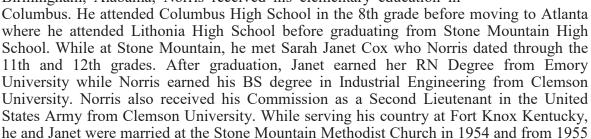
Mike Hill

Chairman









until 1961, they had 4 beautiful children. After two years of military service, Norris and Janet moved to Phenix City, Alabama, where he began his ceramic tile business. In 2002, Janet had surgery and was told she might live for 2 years. Norris said they were actually blessed with 10 additional years before her passing in 2013. Six years later, as Norris continued to live life, he was blessed in marrying his current wife, Linda. They were married by his son, a Methodist minister. After deciding one house was too small, the other house was too big, they actually received yet another blessing by moving to Spring Harbor. Norris and Linda participate in many activities at Spring Harbor. Norris currently serves as the Co-Chair on the Building, Maintenance and Security Forum. An interesting memory: One of Norris's most vivid memories occurred while he was attending the Bradley Theater in Columbus on December 7th, 1941, when there was an announcement for all military personnel to report to their units. Three young soldiers jumped to their feet and immediately left the theater. Norris says he often wonders when he sees pictures of military cemeteries if those three soldiers that jumped to their feet that day are in those pictures.



Rex Whiddon

Rex, born in Tifton, Georgia, obtained his undergraduate and graduate degrees in Piano Performance from the Eastman School of Music in Rochester, New York, where he and his late wife, Lynn, a violin performance major, met. They had three wonderful children (Caroline, Julie, and Matt), and six grandchildren. Rex and Lynn celebrated their fiftieth wedding anniversary prior to Lynn's passing in 2018. They moved to Columbus, Georgia, in 1970 when he accepted the position of Artist Teacher of Piano at what was then Columbus College. Lynn became Associate Concertmaster of the Columbus Symphony, taught private violin lessons, and went back to school and obtained her Master of Music Education from the Schwob School of Music at CSU. She is perhaps best remembered as founder of the Youth Orchestra of Greater Columbus which celebrates its thirtieth season this year. In 1981, Rex was appointed Director of the

Schwob School of Music, developing it into one of the top music schools in the country. Following his retirement in 1999 as Director of the Schwob School, he accepted the position of Director of Major Gifts for the CSU Foundation. He currently serves as the Senior Associate Vice President for Leadership Philanthropy and Strategic Initiatives. He served as the Organist for First Baptist Church in Columbus for 28 years and in recent years, he has been heavily involved at First Presbyterian Church of Columbus, where he has served as an Elder, past Chairman Board of Deacons, and past Chair of the Stewardship and Finance Ministry. He has also served on the Historic Columbus Foundation Board and as past President of the Music Teachers National Association (1997-1999). Rex saw first-hand the great experience his father had in our Independent Living area, and the wonderful care he received once he had to move to our Skilled Care Community. Following Lynn's death, Rex enjoyed his condo on the river for a "season" but after a couple of years he decided to return to Spring Harbor. He and his King Charles Cavalier, Sassy, live in Villa 13. Rex currently serves on the Resident Council and is Co-Chair of the Spring Harbor Foundation Board.

VOLLEYBALL

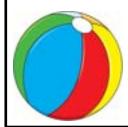
Have you ever played Chair Volleyball? It just may be the most FUN activity we do here at Spring Harbor and we are in need of several new players! It's very easy to play, you actually sit in a chair while playing and we use a beach ball! So please come by and give it a try and I think you will find yourself having a GREAT TIME with friends and a lot of laughter too! We play every Tuesday and Wednesday in the

Event Center at 2:30. And on Saturdays at 11:00am.

Maybe come watch a few games and then give it a try!

We GUARANTEE

you will love it!



FUN Coming in August



Night August 17th 6:00pm Event Center





Trivia by Margie

- 1) Ray Charles was famous for playing what instrument?
- 2) Who discovered Penicillin?
- 3) Who was Bud Abbot's cohort?
- 4) Who was married to Humphrey Bogart?
- 5) What is the study of angles, triangles, perimeters and area?
- 6) What begins with: "when in the course of human events"?
- 7) Unscramble these letters to reveal the name of a country: E T A N G R A I N
- 8) According to the commercial, what is the "fabric of our lives"?
- 9) Which watch company has a pointed crown as it's logo?
- 10) The movie "Happy Feet" featured what animal?
- 11) What did the "itsy bitsy spider" climb up?
- 12) What causes flamingos to be pink?

-Answers on page 15-

Employee Appreciation Week!

Spring Harbor showered its staff with food, fun and more to celebrate National Employee Appreciation Week!! Here is Zack, Director of Marketing, greeting each employee as they drove into the gate to work and make the lives of our residents happier! We love our staff!





Residency Programs Honor Grads, Welcome New Residents

A total of 10 pharmacists recently graduated from Piedmont Columbus Regional's Pharmacy Residency Program and were honored at a commencement ceremony. Of the 10 resident graduates, four have accepted positions within the Piedmont Columbus Regional system and one is continuing their training by moving up to PGY-2 residency within the program. In March 2023, a total of 10 residents matched with the program and have already joined Piedmont Columbus Regional to complete their residencies.

Jamie Crossman, PharmD, BCACP, is the PGY-1 and PGY-2 Ambulatory Care Pharmacy Residency Program Director and **Josh** Chestnutt, PharmD, BCPS, BCCCP, is the PGY-2 Critical Care Pharmacy Residency Program Director.







The Nurse Residency Program recently celebrated 44 nurse residents who completing their first year as a registered nurse in a

ceremony. The program welcomes 60 new residents into the Summer 2023 cohort on August 10. As part of their transition to practice, graduate nurses across the organization will receive support and ongoing education in promotion of their professional development. **Amalia Acevedo-Sanic** is the Nurse Residency Program Coordinator.

-In March 2023, a total of 12 doctors matched with the Family Medicine Residency Program and joined Piedmont Columbus Regional to complete their residencies. Although Piedmont Columbus Regional Midtown



is a large 583-bed hospital, residents enjoy the support of all major medical specialties, while providing patient care of the highest skill and sophistication. **John Bucholtz**, D.O. is the Director of Medical Education and the Family Medicine Residency Program

Oncology Support Services Program-The John B. Amos Cancer Center offers a robust variety of support services for oncology patients and

caregivers. From yoga, support groups, and more—there's something for everyone. Visit the Facebook page and click on Events to view all the offerings and schedule.

Blood Drives: The American Red Cross will be hosting blood drives at Piedmont Columbus Regional on August 31 from 9 a.m. to 2 p.m. in the Midtown Campus Conference Center. Walk-ins are welcome or you can schedule an appointment online at RedCrossBlood.org.

McDougall's Message

Survey Time

In the last 45 days we have been in survey mode as an organization. In this article I would like to explain just a little of the process so you all understand how Spring Harbor is surveyed. Our second floor on the Health Center is what is called by licensure a Skilled Nursing Facility. Each year a Skilled Nursing Facility is surveyed by the state to evaluate if the facility is in compliance or noncompliance with the regulations from the Centers for Medicare and Medicaid (CMS). This is a recertification done each year by state surveyors and is subject for the approval of CMS. These surveys are not announced and they are able to survey any organization when they see fit to include weekends and all hours of the day. During the survey process if they find things out of compliance with a certain regulation they are able to issue tags or citations. Once the survey is complete an exit interview is done and within 10 days they send you the full report so that you can see where there were



Executive
Director
Shane McDougall

opportunities. The organization must then send a plan of correction to address any citations received. I am happy to report that the surveys have gone well and there were only a few citations delivered to Spring Harbor. One surveyor told us we should be extremely pleased and that we are in the top 1% of surveys across the country. This time of year, can be very stressful for our Health Center employees and leadership, but I could not be prouder of them during the survey process. There is always room for improvement and these surveys only help us improve for the future. Starting July 1, 2023 there were new initiatives put in place to better assist us with staffing on the Health Center and process development. As I mentioned, it is survey time. Just as state surveyors gave us feedback so that we can grow to serve each of you better as an organization, you will now have that chance to provide feedback as well. Whether good, bad or indifferent we ask that you help us to improve. This is our chance to understand where our residents are in regard to satisfaction with different things such as leadership, dining, amenities, wellness programs and our community as a whole. We are excited as an organization to make this year the best yet. I thank you for all you do to support Spring Harbor as your home.

Columbus Museum To Host Event at Spring Harbor

The Columbus Museum is hosting one of its traditional Signature Sunday membership events at Spring Harbor on Sunday, Aug. 27th at 3:00pm. The apartments of three art collectors who are museum members will be featured, including David Durant, Sue and Thornton Jordan and Jim and Sally Gates. Details about joining the tour will be in your mailbox soon. To participate please contact Ms. Morgan Wilson at the Columbus Museum, (706) 748-2562, ext. 5440, or sign up on the 3rd floor and she will contact you. For questions, you can email her at mwilson@columbusmuseum.com



Photo credit from David Durant: "Among my varied collection is a large landscape by Robert Emmett Owen (1857-1937). This painting will be a part of the Columbus Museum collection upon my death. I've been collecting for a number of years and have just about run out of space for more, but I keep looking".

Spring Harbor Residents Story Featured in Woman's World Magazine!



Woman's World magazine has a monthly feature titled; Circles of Kindness where they share acts of kindness that readers send in, to remind everyone how much goodness there is in the world. In the July 10th issue, they featured a story sent in by our own Butch Deaton! It reads: "Trying to pay for my gas, I continued to swipe my credit card at the pump, but for some reason the card reader would not accept it. Finally, I asked a man at the adjacent pump for help getting the credit card machine to work. He came over to give it a try. When his attempt with my card also failed, he took out his own credit card, swiped it successfully and paid for my gas! I told him I wanted to pay him but he refused. He

seemed very happy to help me, and I was grateful for his kindness and generosity." Butch Deaton



Summer Game Day was a blast and we had several residents leave with a pocket full of CASH!! 1) Norris Randall is seriously aiming for the target!

2) Joyce Moffitt was one of the big winners in the cash game of LCR!

3) Gail Jebavy tries her shooting skills. 4) John Querna aims for the target ball in Bocce ball! 5 & 6) Jim and Sandy Townsend both had fun playing Bocce ball! 7) Bill Edwards is all smiles when he hits the cash jackpot in LCR! 8) Sharon Adams was another big cash winner in LCR!

9) Sam Miles and Ann Venable throwing the dice in LCR.



ce Cream Social

Enjoying a delightful afternoon ice cream sundae social are: 1) Chris Weaver, 2) Sylvia Powell, Gail Jebavy, 3) Linda Dent, 4) Fran Bowen, 5) Nancy Davis, Barbara Kendrick-Holmes and 6) Jim Harbison.





Residents played a great game of "pass the wine bottle" at social hour! Sandy Townsend was the lucky winner!

Residents Share Photos

Loraine Stewart is pictured here with her lovely family on their trip to Rosemary Beach earlier this month. Pictured left to right are: Her daughter Laura, her grandson Jack, her granddaughter Jordan, Loraine, and her son Burt.

If you would like to submit a photo, please email it to patricia.haney@springharborccrc.org



Ammerman Family Ireland Trip

Bob & Brenda recently traveled to Ireland with their family.

Left is a family photo in the wine room of their cruise ship.

Right photo was in the actual house where his mothers family lived in Cappoquin.





"Moffitt" is Back!

Pat spotted "Moffitt" by the pond. He is a Blue Heron that we have named our Spring Harbor mascot. We had a contest years ago and the residents named him "Moffitt", after Joyce Moffitt's late husband.

Amazing Photo

This beautiful
red shouldered hawk
photo was taken by
Will Sanders
and he wanted to
share its beauty
with everyone!
What an amazing
photo!





Sandee Scruggs submitted this yummy photo of tomatoes and basil she grew in her garden! She proudly served them on a beautiful platter that belonged to her grandmother.

Oh My Dragon!

Submitted by
Judee Turner:
The answer to
one of the trivia
questions in the
June Current
newsletter,
reminded us of
our trip to
Komodo Island,
Indonesia,



several years ago in February, 2020, as part of a cruise we were on. The expression on Bill's face and the huge Komodo dragons lounging in the background near him tell the story!





Sandee, Janice, Mim, Jean, Ralph, Sam and Lee enjoy the July 4th buffet dinner in the dining room!
 Nell & Bill Scrantom with Butch Deaton and Monty Thorne 3) Carolyn Phillips 4) Betty King,
Barbara Hanneman and Gail Jebavy enjoy the holiday musical show performed by "Sweet T"
 Nancy Skaife always dresses for the occasion 6) Betty Jo Hooks and Lucy Tresp are looking patriotic
 Richard & Anne Wilson with their daughter Elisabeth 8) Karen & Ron West 9) Dot Perkins

10) The wonderful entertainment was provided by these three talented and beautiful ladies, "Sweet T"

11) Rosie Rakocy, Sue Bedenbaugh and one of the singers 12) Betty Jo Hooks, Betty Chancey, Amos Rogers and Jim Harbison enjoy dinner 13) Jim & Sandy Townsend are always so cute! 14) Carolyn Phillips,

Dot Coutu and Sandra Halouska 15) Sam Miles and his cute patriotic socks!

16) Rosie Rakocy and Pat Haney 17) Paula Norton and Marylu Stone