

Come to our beautiful theater and enjoy a movie! Bring your friends and make it fun! Movie shows daily at 2pm and 7:15pm. Ask Resident Services to start the movie for you! After hours, ask the Concierge Desk! (no movie on Thursday due to TV series)



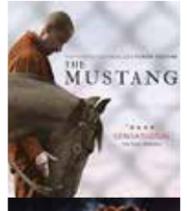
May 2nd-8th In Honor of Mother Goose Week: Our theater will show, **“Father Goose”** NR 1 hour 58 mins Adventure/Comedy/Romance Starring Cary Grant and Leslie Caron
During World War II, a man persuaded to live on an isolated island and spot aircraft finds himself responsible for a teacher and several students, all female.



May 9th-15th **“One Day”**
Rated PG13 1 hour 47 mins Drama/Romance
Starring Anne Hathaway and Jim Sturgess
After spending the night together in college. Dexter and Emma are shown each year on the same date to see where they are in their lives.



May 16th-22nd **“Mr. Hobbs Takes A Vacation”**
NR 1 hour 56 mins Comedy/Family
Starring James Stewart and Maureen O’Hara
Mr. Hobbs wants to spend a quiet holiday at the beach, but his wife has invited all their family to stay with them.



May 23rd-29th **“The Mustang”** R 1 hour 36 mins Drama
While participating in a rehabilitation program training wild mustangs, a convict at first struggles to connect with the horses and his fellow inmates, but he learns to confront his violent past as he soothes an especially feisty horse.



May 30th-June 5th **“Keeper of The Flame”** NR
Stars Spencer Tracy and Katharine Hepburn 1 hour 40 mins Mystery/Drama
Journalist Steve O'Malley wants to write a biography of a national hero who died when his car ran off a bridge. Steve receives conflicting reports and tales that make him question what the truth about the hero is.

Guess Who from page 13 is Jody Scott!

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 Event Center
11:00am till 2:00pm
Dressy casual attire/NO jeans/NO hats

Bistro

Hours: Monday-Saturday 7:00am till 7:00pm
Closed on Sunday
Now offering hot breakfast daily,
new menu items and
new Grab-N-Go case options!
Casual attire/Sporty/Jeans ok

The Current is a monthly publication by the Resident Services Department of Spring Harbor at Green Island, in beautiful Columbus, Georgia. A fine living retirement community.



The Current

May 2022

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Rosemary Addison and her precious “Baby”, are ready for Easter! They both enjoy their daily walks around the beautiful Spring Harbor community.

Welcome Home New Resident:

Bea Trimble #343

www.springharseniorliving.org





IN LIEU OF FLOWERS

These four simple words, "In lieu of flowers," are very important to Spring Harbor when followed by ".....please send a memorial contribution to the Spring Harbor Foundation."

We came to Spring Harbor for many reasons, but primarily to ensure that we are well taken care and that all of our needs are met, not to mention eliminating a lot of the work and stress associated with owning a house and living in general. Continuing care provides peace of mind for us and our families because there is a plan in place for whatever may happen to us.

The point here is simple – we owe Spring Harbor a debt of gratitude. Is Spring Harbor the best in the business? Who knows, but I do know it's a lot better than most others. And we get a bigger bang for our buck than they do in other communities offering similar amenities.

Yes, we all should be thankful. There's a very simple way to show your appreciation right now, and it won't cost you a penny. Just ask your family to please include the following words in your final directives:

In lieu of flowers, please send a memorial contribution to the Spring Harbor Foundation.

If every resident would do just this one thing, it would be a pivotal moment for the Foundation.

RESIDENTS HELPING RESIDENTS

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

In Memory of John Illges:

Mim Hallock, Chuck & Mitzi Allen

In Memory of "Zack", George Stewart's

faithful dog: Norm & Jan Bennett

In Honor of Bob & Joyce Koon:

Barbara Waller

General Fund:

Phil & Sharon Engstrom, Bill & Nell Scrantom



In Loving Memory

John Illges

Carol James

Rudi Mayer

"Zack" Stewart

(beloved dog of George Stewart)

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

Welcome New Employees

Kenya Beulah	C.N.A.
Tracie Byrd	C.N.A.
Michael Morales	C.N.A.
Donna Solomon	C.N.A.
Angela Mitchell	LPN
Marsha Melton	LPN
Leah Gibbons	LPN
Carolyn Walker	RN



Amazing Backyard Photo

Submitted by Jim Bowers. This photo was taken in 2020 from Jim's villa backyard. He fed these bucks, and many more animals, including rabbits, racoons, fawns, birds, and squirrels. To the point where he could stand near them and talk to them!



Employee of the Month

**Congratulations to Peggy Garland
Human Resources Assistant**

Peggy has been with us for 7 years and what she enjoys most about working here is getting to know the residents and her Spring Harbor work family. She was born in Columbus and is a single mom to 3 boys. Her eldest works for the University of Arizona, and her twin boys, Caleb and Cameron, will be graduating next month from Northside High School. They both will be attending Columbus State University in the fall, one will major in Astrophysics and one will pursue a career in Nursing. She says her world revolves around her boys! In her spare time she loves going to



Disney World. Peggy says she is very thankful to be recognized by her fellow employees for this award!

**CONGRATS
PEGGY!**

Walkers

Ride the bus and come walk with us! You can walk at your own pace! Join the Spring Harbor Walkers as we get out and walk around many beautiful areas of Columbus and more!

Monday-May 2nd	PC Riverwalk
Friday May 6th	North End Riverwalk and Breakfast at IHOP/North Lake Pkwy
Monday, May 9th	Iron Works
Friday, May 13th	Old Town
Monday, May 16th	College Rails to Trails
Friday, May 20th	TSYS Riverwalk
Monday, May 23rd	Lake Bottom Park
Friday, May 27th	Historic District
Monday, May 30th	Holiday, No walk

Trivia Answers

- 1) Hot Mail
- 2) Madrid
- 3) Three
- 4) Cyclone
- 5) Coney Island, NY
- 6) Buckingham Palace
- 7) Buffalo
- 8) Elizabeth Taylor
- 9) Elton John
- 10) Halitosis
- 11) Five
- 12) Julie Andrews



*Thank You to Margie Cain
for submitting the trivia!*

Spring Cook Out

**We're Having A Cook Out,
and You Are Invited!**

Friday ~ May 20th

3:00-5:00pm

**Outside in the
Bistro Courtyard!**

**Social
Hour
will be
during
this
event!**

**You must
sign up!**



May Birthdays



Carolyn Phillips	1st	Bob Sykes	11th	Jim Harbison	23rd
Loraine Stewart	2nd	Janice VanMeter	11th	Sue Graetz	24th
Carol Cox	2nd	John Brantley	15th	Karen Wylie	24th
Emma Stout	4th	Elizabeth Corn	15th	Rosemary Addison	26th
Jeanne Robinson	7th	Mary Lockhart	18th	Pat Harmann	26th
Euclid Parker	9th	Norm Bennett	19th	Chris Wine	27th
Carter Cain	10th	Donna Page	19th	Bob Koon	28th
Gloria Heath	10th	Bill Thorne	20th	Carol Houston	30th
Larry Mosely	10th	Betty Woolbright	21st	Anna Ladson	30th
Ann Key	11th	Helen Lee Hobbs	21st		

If your birthday is in the month of May, 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, May 5th at 2:00pm



April Birthday Party



Left to right are: Emily Cook, Marva Harden, Flo Lipham, Barbara Kendrick-Holmes, Jim Townsend and seated is Dave Boyanchek. Special THANKS to Synovus Bank for the beautiful cake!

FIRST PLACE Wii Bowling Championship Winners SECOND PLACE



The Alley Cats: Anne McCann, Barbara Waller, Al & Judith Degenaar



The Strikers: Shirley Groneman, Mitzi & Chuck Allen, Amos Rogers

McDougall's Message

“Resident and Employee Satisfaction”



Executive Director
Shane McDougall

This month was a busy month for Spring Harbor and our leadership team. I was very excited to work with the team on two key projects that we do once a year. We were able to have our annual offsite strategy meeting and complete the fiscal year 2023 budget that would be presented to the Board of Directors for Spring Harbor.

As I sat through the budget meetings with each director and while completing the strategy meeting there were two key areas of focus that most frequently arose. 1) Resident Satisfaction 2) Employee Satisfaction. I could not be more proud of the team for focusing in on these areas first. In the past year we have dealt with many different things as an organization with the number one being the safety of our residents. Moving forward it is imperative we focus on the satisfaction of our residents and our employees. This is the “why” behind why Spring Harbor exists. The satisfaction of our residents and our employees go hand in hand and each one has the ability to positively influence each other.

Our leadership team and employees have done a great job of coming in each day to try and make a positive difference for our residents. The team will be working hard to have initiatives in place in an attempt to increase satisfaction for both residents and employees. Our residents and employees are the two most important focus areas at Spring Harbor and we will continue to do all we can to make a positive difference for both.

Have a great month! Thank you.



Wii Bowling Teams all celebrated the end of the bowling season with a PIZZA PARTY for all those who participated on the bowling teams! Congrats to everyone that played and had FUN!



Sylvia Powell & “Midge”

Pam Grey’s “Molly”

Janice Boyanchek & “Teddy”



Welcome to *Council Corner*, where you hear the latest from the Resident Council and it's program of forums. This month we feature the Rehab Team.

How's Your Balance?

Bob Ammerman & Anna Brazzell

Every second of every day an older adult (65+) in the U.S. suffers a fall. Three million are treated in hospital emergency rooms yearly. One in five falls results in injury, many times resulting in a hip fracture or head injury according to the CDC. This could lead to deteriorating health, increased risk of disability or premature death. None of us like to focus on these kinds of statistics. It won't happen to me! - but it could. Let's face it - we are all getting older. Falls are preventable and do not need to be an inevitable part of aging. One of the reasons we all moved to Spring Harbor is to live a long, healthy, and active life. It is to avail ourselves of SH's resources, technology and programs that promote **Wellness**.



Anna Brazzell, our Director of Rehab, and her team can help evaluate our **balance**, do a risk analysis, and design a program to lessen our chances of falling. Spring Harbor has recently acquired a software program that electronically measures balance through standardized tests that have been used by physical therapists for years. The system is called **VSTBalance** and provides early indication of fall risk. You do not necessarily need to fear falling to benefit from an assessment. The screening leads us through a series of simple tasks to detect **stability** and determine if we are **Low, Medium or High Risk** of experiencing a fall. The program, with the aid of a team member, will help define a series of exercises that you can do at home to maintain or **improve balance**. If the analysis indicates medium to high fall risk, with your permission, Anna will discuss your evaluation with your doctor and obtain a referral for further evaluation by our physical therapist at Spring Harbor. Our therapists will then custom design a program to address your specific risk factors and work to lower your fall probability. The cost of therapy is most often covered by insurance.

There is no charge for the **VSTBalance** evaluation, and you may have it done as often as you desire. It takes only 10 minutes. Anna has reserved time in her schedule each weekday at 9:30 and 9:45 am. Call Therapy at 706-576-6032 to schedule an appointment.

There are a lot more reasons for increased fall risk beyond just getting older. The pandemic forced us into a restricted life pattern with less social interaction, reduced activity, and exercise. Sometimes depression, eye or hearing issues are factors. Discuss symptoms with your health care provider. Many times, there is increased risk because of factors in the home including layout, loose throw rugs, clutter, and inadequate lighting. Use handrails, install grab bars in bathrooms and night lights. Keep items regularly used where reachable without a stool. Our Therapy Department can come to your home to help identify and correct unsafe conditions. The pandemic is behind us, hopefully forever. All programs at Spring Harbor have been re-activated. Decide what's right for you. Pick an exercise program that you enjoy, come to social hour, enjoy dining with your friends, take a city tour or join a group to dine out. Spring Harbor has been described as a **"cruise ship that doesn't leave dock."** **Get onboard!**



A Spring Harbor Favorite Has Arrived For Spring

It's spring and the Chuck-Will's-Widow is calling at the south end of Spring Harbor, near the two underground parking garage entrances. First heard April 21 at 5 am, then April 24 at 10 pm. Soon that call will be joined from the woods all around our campus.



Bob Ammerman
Chairman

**FREE
Balance
Screening
Contact the
HealthPro® /Heritage
Therapy Team today!
706-576-6032**

Guess Who?



Who is this beauty?
For the answer,
turn to the
back page!

If you have a childhood
photo that you would like
to submit, please contact
Pat Haney in
Resident Services



Good Friday Service
A very special
THANK YOU
to Piedmont's Chaplin,
Marlon Scott,
for bringing such a
wonderful sermon
to the Spring Harbor
residents and staff
as we welcomed
Easter.



Boyancheck's Grand Daughter Wins Page One Award

Jackie Boyancheck
received this honorable
award and \$1,000 cash
for the Page One
Award in Citizenship.
She will be
graduating from
Brookstone
High School.

We Love Cute Kid Visits!



Julia Weekes absolutely
loves children and it
showed when Chaz from
the Concierge desk had
her grandkids stop by for
a visit! This is Nolin and
Emily. Julia took them
for a ride on
her scooter!

Trivia by Margie

- 1) Which e-mail service is owned by Microsoft?
- 2) What is the capitol city of Spain?
- 3) How many hearts does an octopus have?
- 4) What is a tornado at sea called?
- 5) Where is the "Nathan's hot dog eating contest held?" 
- 6) What is the most expensive home in the world?
- 7) Shuffle of to _____ ?
- 8) Who met husband, Richard Burton on the set of "Cleopatra?"
- 9) Who wrote the song, "Candle In The Wind?"
- 10) What is the medical term for bad breath?
- 11) How many sides are a Pentagon?
- 12) Who played Maris in the "Sound Of Music?"

Science Class

The beauty was spotted hanging outside on a rain gutter. I asked our resident George Stanton who is a retired Professor of Biology Emeritus at Columbus State University, and this was his reply: There are 214 known species of land snails in Georgia and possibly another 68 that live in adjacent states but have not been found here. To identify the snail it is necessary to take it apart looking at the structures on its head, colors on the inside of the shell, and in some cases, one needs to know its reproductive method. So the best I can do is to say that this is probably an air-breathing land snail. Even that would require dissection to be sure it has pseudo lungs (structures that work like lungs but are structurally different). They probably feed on plants and plant litter.



Staff Throw Baby Shower for Patient

Domonique Johnson developed preeclampsia during her pregnancy. She became unwell at home and her 10-year-old son had to call 911. She was rushed to the Midtown Campus Emergency Department and was prepped for an emergency C-section while in the trauma bay. Her baby girl, Chloe, was delivered and sent to our Miracle NICU, while Domonique was sent to the ICU. They both spent many weeks in intensive care before baby Chloe went home with her grandma, and mom stayed a while longer so she could heal. After being medically cleared, Domonique required inpatient rehab services at our Northside Campus to get her function level back to where she could care for her children. While on the Inpatient Rehab Unit, PCT Tonya Shealy learned her story. Tonya instantly went to her team and said we HAVE to give her a baby shower! Almost all teams that cared for Tonya were contacted- including the trauma team and Labor & Delivery. Staff were able to surprise Domonique with a wonderful shower full of gifts for baby Chloe, mom, and HERO brother too!



DAISY Award: Congratulations to the DAISY award recipients, who were selected as part of a national program to recognize nurses for their extraordinary care and compassion to patients and their families. Nurses are nominated by a patient, patient's family member or co-worker. The nominations are then reviewed and winners are selected by the Daisy committee. Visit DAISYfoundation.org to read their nomination letter and view previous winners. **Left to right are:**

Tanisha Hillmon, Midtown OB ED, **Amber Walton**, Midtown 6 Main, **Ngozi Onukwue**, Midtown 7 Main



Upcoming Events: River Savvy Kids: Join this fun, educational event on **Saturday, May 14 from 10 a.m. to Noon** at the 14th Street Pedestrian Bridge in Uptown Columbus. Make sure the kiddos come dressed as pirates to be eligible to win cool prizes. Visit the safety stations to learn about water safety and injury prevention. Life jackets will be given out to children ages 17 and under while sizes and supplies last.

Healthcare Resident Spotlight Shines on Mrs. Cecille McMullen

Ms. Cecille came into the world on Christmas Day accompanied by her identical twin sister Camille. These two, nicknamed Pete & Gus with Ms. Cecille being Pete, were the last children to be born into the McClellan family of five siblings and were therefore "SPOILED ROTTEN". The twins really had a close bond and always had a shared birthday party two weeks prior to Christmas every year up until Ms. Camille's death two years ago. In fact, when asked what Ms. Cecille would say to her 30-year younger self, she said "I'd tell myself to live closer to my twin".



Ms. Cecille met her husband while on a date with another man! The two were married on June 30th, 1963 and he introduced her to many wonderful countries including Israel, Russia and Egypt. They opened and ran their family business, McMullen Funeral Home until their children took over at their retirement. They had been married for 54 years at the time of his death.



Ms. Cecille moved to Spring Harbor in June of 2016. She enjoys many activities and her current favorites are Hang-Man and sitting in the chair in the Healthcare Lobby. She said everyone thinks that chair is hers but she insists it isn't...she just likes to sit there to speak to and greet all the residents and staff that come by. We are so happy that she does and we are even happier that she chose Spring Harbor as her home!

Art from Spring Harbor Residents' Collections

The Golden Gallery

For many of us, the May-June exhibit in the Golden Gallery will be a trip down memory lane. We will feature paintings by Columbus-area artists from the past and present that are on loan from the walls of Spring Harbor apartments. The response to the call for participants has been tremendous. Some of the artists included will be Garry Pound, Gerry Bosch, Mary Passailaigue, Bruno Zupan, Wyndell Taylor, Jill Philips, Geri Davis, and many more.

Volunteer management of the Golden Gallery will soon be in the hands of Sandee Scruggs and Kim Day, who would like to hear suggestions from residents. The Golden Gallery is named in honor of the age of our residents, the quality of their artistic achievements and the name of our Art Coach, Cynthia Golden-Frasier. It's located on the third floor Healthcare Hallway, near Dr. Mohyuddin and Rachel, the Wellness Nurse.



Amsterdam Trip:

Brenda Ammerman and her son Scott recently traveled to Amsterdam to see all the beautiful flowers!



Resident Spotlight

Rosie Rakocy Apartment #322



Rosie moved to Spring Harbor last year, from Fort Walton Beach, Florida, but she is originally from Tampa, Florida. She had a long career as a school nurse, being a wife, mother and a "Nana". Her late husband Parker, ("Rocket"), was retired from the Air Force and Civil Service. He was most known for his work on the Amraam Missile. Together they raised 6 children. Rosie enjoys talking to others, sharing her passion for life, and sharing God's word with others.

CHEF'S TABLE EVENT



The Spring Menu included: **Course 1:** Grilled Apricot Salad with prosciutto di parma and goat cheese. **Course 2:** Cream of Asparagus Soup featuring crème fraiche and crispy shallots. **Course 3:** Crispy Stuffed Artichoke Bottom with a parmesan herb stuffing and lemon parsley aioli. **Course 4:** Pineapple Granita featuring frozen pineapple with honey and citrus. **Course 5:** Pan Seared Barramundi sitting on a spring pea puree, crawfish risotto, micro watercress and a meyer lemon Dijon vinaigrette, or a choice of Bone in Ribeye Steak with roasted fingerling potatoes, sauteed pancetta, fiddleheads with a Roquefort compound butter, or the choice of Herb Crusted Lamb Loin, caramelized leeks, polenta, fava beans and a fennel mint slaw. **Course 6:** Bananas Foster Ala Mode with a dark rum sauce, served in a nest of spun sugar with vanilla ice cream!



Derby Day Hat Making Class



Derby Day is coming to Spring Harbor and the horse races will be a big event! These beautiful ladies participated in a hat making class and they will be ready for the annual Derby Day Hat Contest!

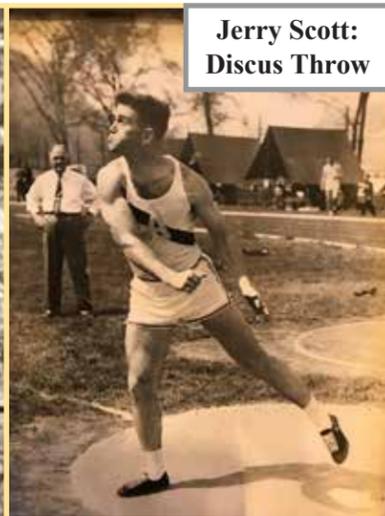
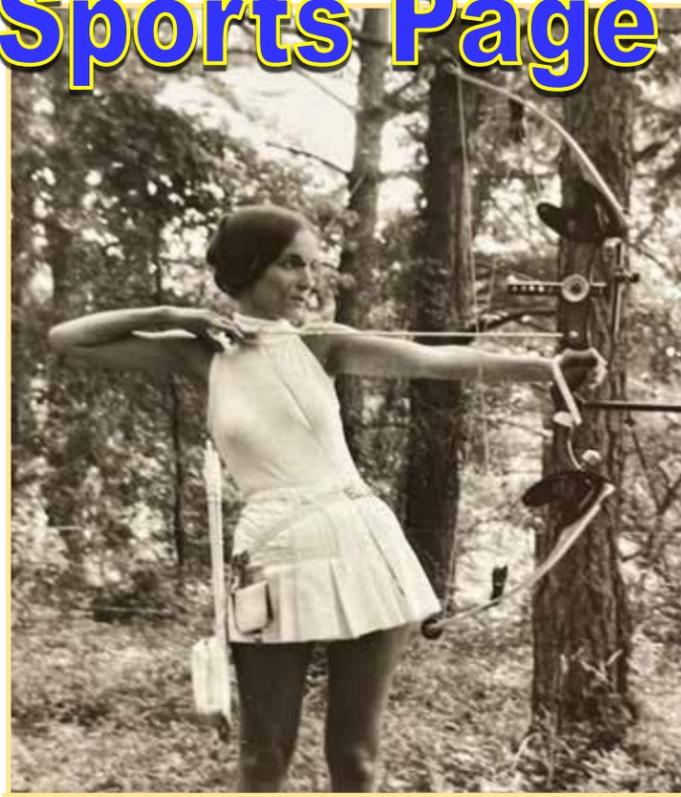
DERBY DAY AT THE HARBOR

Thursday ~ May 5th ~ 7:00pm

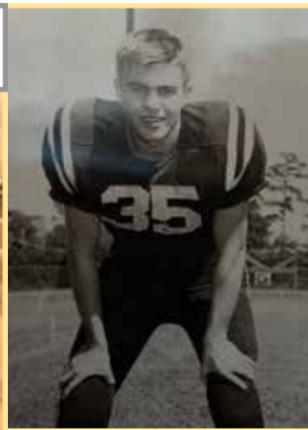
Grab your derby attire and join your friends at the horse track in the Event Center and **GET READY TO WATCH THE RACES!** Everyone will be given "Harbor Cash" to place your bets with. The more you win, the more chances your name will be entered into the "pot" and names will be drawn to win **AMAZING PRIZES!** This is one of our biggest events of the year, it's a **MUST TO ATTEND!**



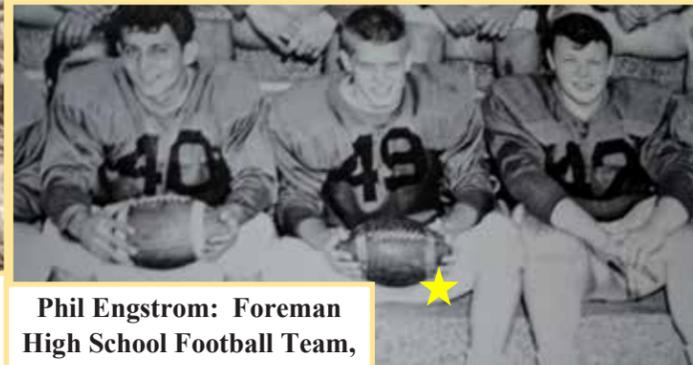
Sports Page



**Jerry Scott:
Discus Throw**



**George Stewart:
Sylacauga High School**

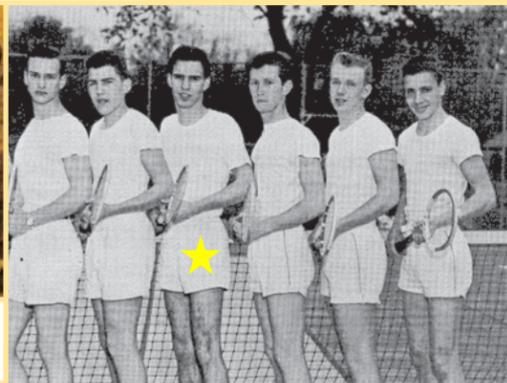


**Phil Engstrom: Foreman
High School Football Team,
Chicago, IL.**

**Top: Sandy Townsend: Georgia State Field Champion
1974 & 75. NFAA State Target Champion 1975 & 76.
Placed 4th-Top Target at Nationals in Vermont**



**George Stanton: Bucknell
University Wrestling Team**



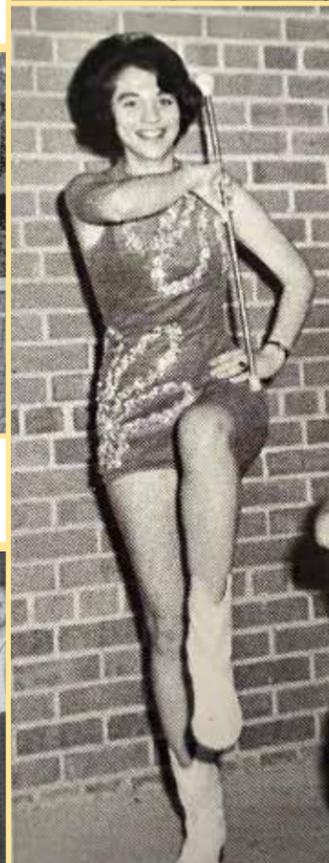
**Norm Bennett: Wilson High School
Reading, PA., Tennis Team**



**Angie Gordy: Vienna High
School, Vienna, Ga.**



**Norm Bennett: Basketball Team
Wilson High School**



**Peggy Bladen: Columbus
High Majorette**



Ralph & Jeanne Puckett: (below)
*"Think you aren't ready for
retirement living ---
Think again! This is only one
of the perks at Spring Harbor.
It was an incredible evening."*



Will & Teresa Sanders: (above)
*Thomas Keller, an American chef, said
"A recipe has no soul,
the Chef must bring soul to the recipe.
This Evening had Soul!"*



Butch Deaton: (above)
*"Monty & I think Chef Marc
could compete with the chefs
of New Zealand and Australia
with his lamb. -Simply divine!"*

An evening to remember at The Chef's Table,
a tradition of excellence has begun at Spring Harbor!
Seasonal Gourmet Dining ~ Impeccable Service ~Elegant Décor
Handsome men and lovely ladies!
The next Chef's Table event will be the Summer Event
and will be held on July 16th. Watch for more details coming soon.

Columbus Lions Visit Residents For Social Hour and Win The Season Opening Game!



Resident Welcomes Everyone To View The Rare Shoals Spider Lilies



Spring Harbor resident Stephen Johnson invites the public to view the annual blooming of the Shoals Spider Lilies on his property in Harris County, a Registered Nature Preserve of The Nature Conservancy. The property is located 28 miles north of Spring Harbor. There is a cabin there with a deck, chairs, and restrooms. Those with limited walking ability can view the lilies through a telescope from the deck. The Shoal Spider lilies are an endangered species found in only three states with only four locations in Georgia. The spectacular stemmed flower is in the Amaryllis family. Each year Stephen invites the public to visit his property to see the flowers in bloom. All Spring Harbor residents, staff, and their guests

are invited to visit. Car pooling is advised. Wear long pants, good walking shoes, and be prepared for ticks and chiggers. The trail is NOT handicapped accessible. The trail to view the lilies is about 1/4 mile one way and involves some moderately easy walking. Chairs are placed along the trails for rest stops. It is a wonderful short trip and a delight to see these rare lilies. If you or your family/friends want to go on your own, handout sheets along with directions will be available for anyone to pick up on the 3rd floor sign-up desk. The dates it will be open to the public will be any weekend in May, Friday through Sunday, 10am till 7pm. The peak blooming probably will be around May 14-15.

