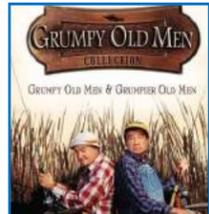
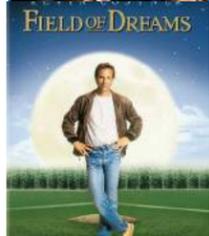


Now Showing in the Spring Harbor Theater

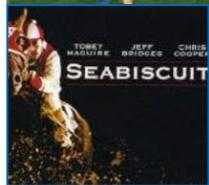
Come on in the beautiful Spring Harbor theater and enjoy a movie! Bring your friends and make it fun!
 Movie shows daily at 2pm and 7:15pm.
 Ask Resident Services to start the movie for you!
 After hours, see the Concierge Desk!
 (no movie on Thursdays at 2pm due to TV series)



Sept. 5th-11th **Grumpy Old Men** PG13 1993
 Comedy/Drama/Romance 1 hour 43 minutes
 A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.
 Starring: Walter Matthau, Ann Margret and Jack Lemmon.



Sept. 12th-18th **Field Of Dreams** PG 1989
 Drama/Family/Fantasy 1 hour 47 minutes
 Ray Kinsella is inspired by a voice he can't ignore to pursue a dream. Supported by his wife, Ray begins the quest by turning his ordinary cornfield into a place where dreams can come true. Starring Kevin Costner and Amy Madigan.



Sept. 19th-25th **Seabiscuit** PG13 2003
 Drama/History/Sport 2 hours 20 minutes
 True story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it but also those of their nation.
 Starring Jeff Bridges and Elizabeth Banks.



Sept. 26th-Oct. 2nd **Steel Magnolias** PG 1989
 Comedy/Drama/Romance 1 hour 57 minutes
 A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold. Starring: Sally Field, Dolly Parton, Shirley MacLaine, Julia Roberts and Olympia Dukakis.

Guess Who from page 15 is.George Stewart !
 (If you would like to submit a baby/childhood photo, please call Pat Haney 706-576-6017)

***Note*- If you are unable to attend an event that you have signed up for, please call and cancel so that we may have the opportunity to give someone else your reservation!**

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 and
RESERVATIONS ARE REQUIRED FOR BRUNCH
 11:00am till 2:00pm
 Dressy casual attire/NO jeans/NO hats/NO shorts

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 options!
 Casual/Sporty attire/Jeans ok.
Residents may enjoy a FREE
 soft serve ice cream treat,
 in our Bistro....anytime!



The Current

September 2022
 www.springharborseniorliving.org

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Spring Harbor celebrates their 17th Anniversary with a grand party! ELVIS showed up and put on an exciting show! As you can see, Sharon Adams was smitten! (Many more photos inside)

WELCOME HOME
 Welcome Home New Residents:
 Emily Miller # 455
 Earl & Winnie Agee #544
 Dr. Thornton & Mrs. Sue Jordan #659





LET'S ALL THINK FOUNDATION

The Spring Harbor Foundation was established in 2009 to fund projects that are beneficial to the residents of Spring Harbor. These projects also play a key role in helping Spring Harbor achieve its strategic and financial objectives, which in the long run, is the biggest benefit for residents. In the last ten years, the Foundation has done a fantastic job doing just that, **supplementing the Spring Harbor budget by more than \$600,000 dollars since its first project in 2013**, thanks to the generous support of all of you. That equates to additional unplanned revenue of \$60,000 a year on average for Spring Harbor, or looked at another way, an annual savings in fees of around \$2000 for each and every resident. Some of the projects have included:

- covered entrance to the Health Center where vehicles can discharge passengers without them getting rained on
- OneCall system to send out routine, up-to-the-minute notifications to all of us
- emergency return units in the elevators so no one ever has to be trapped if the power goes out



- repairs to sidewalks all over campus to improve the safety for walkers
- more comfortable and reliable vehicles for transporting us to activities and appointments
- a wonderful sound system in the theater, making for a great movie experience
- ice cream machine(s) for the Bistro
- many, many health care projects that, when taken together, help make our services the best in the business.



We still have a lot of work to do, including possibly the option to participate with the Administration in the planned renovation of the Bistro. Regardless of the next project, we all need to think Foundation whenever we plan our charitable giving. **Your memorial gifts and honorarium throughout the year are extremely important – keep up the good work.** And always think Foundation to honor the loss of a family member or other acquaintance and whenever there's an anniversary or birthday or other special event. The Foundation is a registered 501(c)(3) organization - think tax deduction.

RESIDENTS HELPING RESIDENTS – THAT'S WHAT WE DO

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

In Memory of Jerry Scott:

Jim & Sally Gates, Dot Stotser

In Honor of Gail Jebavy:

Bob & Joyce Sykes

General Fund:

Phil & Sharon Engstrom, Norm & Jan Bennett

In Memory of Michael Collins:

Dot Stotser

In Honor of Barbara Waller:

Sue Graetz

In Honor of Norris & Linda Randall's Anniversary:

Dot Stotser

If you would like to make a donation to The Spring Harbor Foundation, please see Patsy Royster in the Human Resources Office.

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



Congratulations to Chasity Sanders!

“Chas” has been with Spring Harbor since the day it opened, 17 years ago! She says the best thing about working here is the residents! She feels and treats them like her own family. She lives in Marion County, Ga and an active member in Brown Springs Church of God. Chas adopted her 2 grandchildren when her daughter passed away, Nolan who is 8 years old and Emily who is 7. She says they keep her young and on her toes! In her spare time she enjoys doing things with the kids,



Resident Services Transportation Team!

swimming, museum trips, 4-wheeler riding and going to state parks. Chas says thank you for this award, and I love you to all my residents!

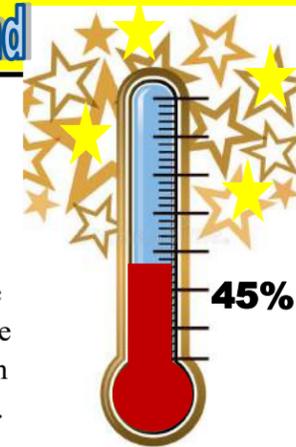
(Chas recently made to move from our Security Department, to the

Resident Services Transportation Team!)

Employee Gift Fund

There are any number of shining stars among our employees at Spring Harbor. 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 their service.

Rising costs have been a challenge for all of us this year, and our employees are really feeling the pinch. Please be especially generous this year. Help our hourly employees celebrate the holiday season with a gift from your heart. Bonuses are distributed early in December, when the demands on everyone's budgets is high because of the holidays.



See Brenda in the Synovus office today to contribute to the Fund. Call Norm Bennett if you have questions – 706-994-1536

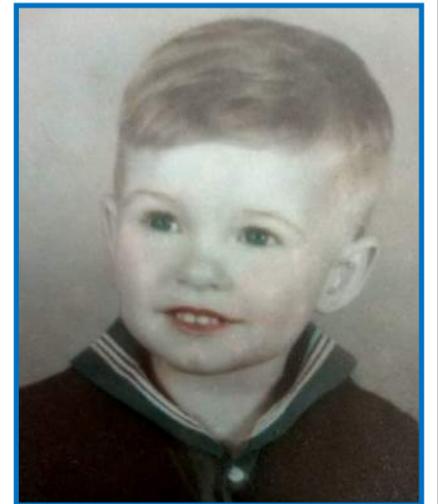
Trivia Answers

- 1) Orange
- 2) Taipei
- 3) Akita
- 4) Electric typewriter
- 5) Willis Carrier
- 6) Mr. Potato head
- 7) New York City
- 8) Mason
- 9) Burger King
- 10) Moat
- 11) At the top
- 12) Turkey



Guess Who?

To find out who this adorable boy is, turn to the back page.
Hint:
Villa Resident



Cutest Ball Player

This is Hudson, he is five years old and the grandson of villa residents Mile & Gail Laframboise. He is starting on his rookie team called “The Biscuits” in the Harris County baseball community.
HAVE FUN HUDSON!



September Birthdays



Sherry Wade	1st
Sandee Scruggs	4th
Shirley Groneman	5th
Will Sanders	5th
Leo Schladensky	6th
Sue Bedenbaugh	7th
Rosie Rakocy	7th
Gail Jebavy	8th
Irene Champion	9th
Tom Wade	9th
Sharon Adams	11th
Eileen Kvicala	11th
Camille Mitchell	13th
Ray Crowley	14th
Nancy Davis	17th

Jean Puckett	17th
Jim Gates	18th
Frances Bowen	19th
Cindy Straus	19th
Paula Norton	19th
Wade Hill	20th
Al Degenaar	22nd
James Wylie	22nd
Martha Gray	23rd
Sharon Engstrom	25th
Mary Hudson	26th
Edwin Poole	26th
Maria Pfeifer	26th
Ela Tokarska	30th
Nancy Martin	30th

If your birthday is in the month of September, 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, Sept. 1st at 2:00pm

August Birthday Party



The August birthday party was filled with birthday fun! L-R are: Dot Doyle, Chapin Henley, Joan Schraufek, Ed Doyle, Dot Stotser, Paul Groneman, Joyce Fingerhut, Claude Foushee, Anne Wilson, Melba Spurlock, Jim Bowers, Bea Trimble, David Durant, Nancy Powell, Jean Lurker, and Trudy Mosely. Right: Claude Foushee was the lucky winner in the Synovus sponsored game and won a big "goodie bag" full of all sorts of nice things!



Good Friends Are Great Neighbors!
Social Hour is every Friday at 4:00pm in the Event Center! Join your neighbors and friends and enjoy a glass of wine or soda!
L-R are: Gib and Freddie Richardson with their neighbors, Bob and Brenda Ammerman.
Make plans to join us!

McDougall's-Message

"Taking The Next Step"



Executive Director
Shane McDougall

This month both of my little boys were able to celebrate a birthday just a few days apart. My oldest son turned four and started pre-school and my little one turned one. As I watch my little ones learn more and more each day I realize he hasn't quite got the grasp of walking yet, and honestly that might be a good thing for my wife and me. Once he does take that next step I feel as if we will be chasing him around the entire house. It's important for each of them that my wife and I talk to them about taking their next steps. For the one-year old that literally means taking a step towards walking and for my four-year-old it means learning new things in pre-school and continuing to work on his manners.

Before this fiscal year started in July our leadership team met to discuss what taking the next step meant for Spring Harbor this year. We knew there were two things that stood out in our minds and I am happy we have been able to execute on both of those within the first few months. We understand that our current residents and future residents value the importance placed on health and lifestyle choices towards a better life. Research continues to show that for aging seniors who embrace wellness as a part of everyday life they receive significant benefits. At the end of July, we started interviewing for our fitness and wellness coordinator position. We selected a great candidate - Anna - and she has begun her journey here at Spring Harbor. As we continue to grow this wellness program this year you will see new initiatives and new opportunities for all residents. Our goal is to provide more opportunities to be more social and active while promoting a healthy lifestyle within our community. This wellness program will be an important focus for Spring Harbor moving forward.

The second strategic initiative for Spring Harbor in taking the next step was community partnerships. There are amazing things happening every day in Columbus and the surrounding areas. Our team wanted to make sure we were partnering with these community organizations so that our residents have access to them. We took that step at the end of July when we partnered with the Schwob School of Music with our Musicians in Residence Program. If you have not had a chance to meet Boris and Ela, our new residents, I would encourage you to reach out or attend a program. These two are not only amazing musicians but they are even better people. Intergenerational programs are defined as activities or programs between two generations that focus on the interaction between these generations. It is something that is starting to be done throughout the country and we are excited to pilot this program at Spring Harbor. Boris and Ela are a perfect fit and you all as residents will enjoy the engagement with these two. They will be putting together programs such as educational series, concert series and programs for our Health Center throughout this year.

We will continue to take the next steps in excellence to provide a better lifestyle for our residents at Spring Harbor. I am more than happy these two initiatives have kicked off so please join us at our next concert or fitness activity.

Meet Spring Harbor's New Wellness and Fitness Coordinator

Hello everyone. My name is **Anna Moon** and I am your new Wellness and Fitness Coordinator. I am so excited to be here with all of you wonderful people. I am originally from the area. At age 5, I moved here with my parents from Clanton, Alabama. I was homeschooled most of my school years but when I was in high school, I was able to convince my parents to let me go to a "real school." They sent me to Calvary Christian high school where I was involved in choir and played soccer, softball, basketball and swam. Soccer was my favorite and continues to be to this day. I graduated in 2006. People and fitness are my passion which is why I pursued my dream to go back to college and get my degree. I knew I wanted to choose a degree that allowed me to follow my passion but also gave me opportunity to help people become the healthiest version of themselves. So, with the full and enthusiastic support of my four kids, who are also my biggest cheerleaders, I went back to college. We worked as a team over the past 3 years and because of it I was able to graduate from Auburn University with my bachelor's degree in Exercise Science. Not only that I graduated with honors as cum laude. With the help, love, encouragement and support of my kids and best friend, I made my dreams and goals a reality. As much as I love fitness, sports and working out, I also enjoy cooking, baking and decorating cakes. But the thing I love MOST of all is having dance parties in the living room with my 4 kids! They are my world, my greatest loves, and what I am most proud of in life. I look forward to meeting everyone here and learning about each of you. Thank you for welcoming me so sweetly. Spring Harbor feels like home and I can't wait to grow and learn with you all. Please stop by and see me, I am located next to Sean and Dayonna's office, I share the Resident Services office with Amelia! *(Note: The transportation desk has moved to the old Dentist office, just past the Card Room on the 3rd floor. Next to Pat's office!)*





Welcome to Council Corner where you hear the latest from the Resident Council and it's program of forums. This month we look to the future.

Resident Council Working for You

The Council plays a vital role in helping Spring Harbor be the best it can be. It is comprised of a group of independent living (IL) residents. The group liaisons with management expressing the interests, concerns, and recommendations of residents. The Council conducts a series of monthly Forums in conjunction with management. Forums are open to all residents, and everyone is encouraged to participate. The Spring Harbor Director responsible for the particular area of focus facilitate the discussions along with a Council member. The Executive Director attends and updates the group on the affairs of Spring Harbor. Council members serve a two-year term with eligibility for a second two-year term. The Council selects a Chairman and a Vice-Chair. Three to five new members are appointed to the Council each year depending on how many member terms expire. If you have an interest in being considered for a Council position, please contact Bob Ammerman or Mike Hill.



Bob Ammerman
Chairman

2023 Resident Council Applicants

Each year residents are nominated to be members of the Resident Council. Prospective members volunteer, are recommended of other Residents and by current Council members. Nominees are reviewed by the Nominating Committee and recommended to the Chairman for appointment. Appointments are for a two-year term with eligibility for a second two-year term. If you are interested in becoming a Council member, or would like to propose another resident, please contact Bob Ammerman or Mike Hill by September 12, 2022.

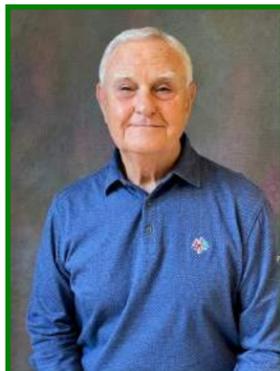
Criteria is as follows:

- Willingness to commit adequate time to Council activities including Forums, Resident Council meetings and Town Halls.
- Willingness to facilitate a Forum or serve as liaison (back up) to a Forum leader.
- Must demonstrate a constructive/positive attitude within the Council, with management and the resident body.
- Must demonstrate respect for and consideration of Spring Harbor employees.
- Should consider themselves "Spring Harbor Ambassadors."

Mike Hill Named Council Chairman

Mike Hill has been named Resident Council Chairman for 2023-2024. Mike served as Vice-Chair in 2022 and was responsible for the Building/Security Forum. He also chairs the Nominating Committee which is responsible for the selection and appointment of new 2023 Council members. Bob Ammerman will continue as Chairman through the end of 2022 and remain on the Council as Immediate Past Chair during Mike's tenure.

Mike and Martha moved into their Spring Harbor villa in July 2019 as a gift to themselves and their children. "We wanted long term security and peace of mind regardless of what the future might hold." Mike is a Columbus native,



having graduated from Jordan High School in 1964. He enjoyed a 30-year career with Southern Bell before joining Columbus Regional as a senior VP in 1994. Shortly after, Mike became CEO of Evergreen Medical Group. He retired in 2012 and founded a healthcare consulting firm serving physicians and hospitals. He continues that work on a limited basis.

I asked Mike for his vision as he prepares to assume his new position. He responded, "I want the Resident Council to serve as an effective conduit for the expression of residents' interests and to serve as a sounding board for management. We will be a catalyst for change and a vehicle for implementation of new programs. We want to enhance the lives of current residents and make Spring Harbor the senior living destination of choice."

Please congratulate Mike on his new position and pledge your support to him and the Council.

2022 Council Members

- Bob Ammerman, Chairman
- Mike Hill, Vice Chair
- Norm Bennett
- Judith Degenaar
- Angie Gordy
- Gail Kent
- Freddie Richardson
- Gail Kent
- Sandee Scruggs
- Barbara Waller
- Ed Doyle
- Sherry Wade

Celebrations!



There was a celebration for Norris and Linda Randall this month! He celebrated his 90th birthday and they both celebrated their 3rd wedding anniversary! Congratulations to you both! May you be blessed with many, many more!

Summer Wedding

Wade and Janice Hill are pictured here with their beautiful grand daughter and bride, Hillary (Waters) Koon and her new husband. Hillary completed the "shadowing" portion of her Physical Therapy training right here at Spring Harbor and went on to the University of Georgia and is now a Registered Physical Therapist!



75th

Congratulations to Bob & Joyce Koon, September 28th, married 75 years!



Trivia by Margie

- 1) What color is an aircrafts "black box?"
- 2) What is the capitol of Taiwan?
- 3) What is the national dog of Japan?"
- 4) Smith-Corona was a type of what?
- 5) Who invented the air conditioner?
- 6) What was the first toy to be advertised on tv?
- 7) Where will you find the hotel, Waldorf-Astoria?
- 8) What do you call a brick layer?
- 9) "Have it your way" was an ad for what?
- 10) What body of water surrounds a castle?
- 11) On a traffic signal, where is the red placement?
- 12) If you get 3 strikes in a row while bowling, what is it called?

(answers on page 15)

Let's Go Shopping!!

Spring Harbor's Holiday Bazaar is coming November 4th!

If you would like to reserve a VENDOR table for this years bazaar to sell your hand made items, please see Amelia or Pat in the Resident Services office and they will get your spot reserved!

This years event will feature items that are hand made: Jewelry, baked goods, Door Décor, Aprons, Honey AND SO MUCH MORE!!
Amelia 706-576-6052



Piedmont Columbus Regional is the Stroke Care Leader

Piedmont Columbus Regional is the leader in stroke care for the Chattahoochee Valley area. We recently underwent a comprehensive review of our stroke program service line and have received DNV accreditation for the next three years. We'll soon be just one of only two DNV-accredited Primary Plus Stroke Centers in the state of Georgia! We're also one of ten hospitals in the state of Georgia that are able to perform stroke thrombectomy procedures.



Nurse Residency Program Welcome New Cohort, Celebrates Graduating Cohort

Piedmont Columbus Regional recently welcomed 46 newly-licensed registered nurses into its nurse residency program. The yearlong program focuses on supporting new RNs as they transition from advanced beginner to competent clinical professionals. If you see the new nurses in their white-and-orange Piedmont badges, please stop and say hello and ask if they need anything. We also recently celebrated 47 RNs from who completed their first year of nursing. They completed the program by attending monthly sessions and participating in Continuous Quality Improvement (CQI) group projects within our organization, and presented them to leadership.



Tammy Gilliland (Midtown) and **Amalia Acevedo-Sanic** (Northside) are the Nurse Residency Program Coordinators for Piedmont Cols. Regional.

Publix CMN Campaign a Success

Eight stores across our region supported The Children's Hospital at Piedmont Columbus Regional by raising \$35,962 in 11 days. These funds were raised through the sale of coupons at the cash register. Thank you to Publix and their patrons for this generous contribution; the Piedmont Columbus Regional Foundation is grateful for national partners like Publix who make a difference in the lives of our children!

Giving to the Piedmont Columbus Regional Foundation

Monthly Giving: Small gifts can make a big impact. The Children's Hospital at Piedmont Columbus Regional serves children from across the region and includes the area's only Neonatal Intensive Care Unit for premature and sick infants. The need for quality healthcare affects all of us— especially those who are the smallest and most vulnerable. Would you consider a monthly gift to The Children's Hospital as a Children's Miracle Network Miracle Maker? Visit Piedmont.org/PCR Foundation to make a donation.

Upcoming Events: 2022 Breast Cancer Awareness Luncheon

Join the Piedmont Columbus Regional Foundation at the Columbus Convention and Trade Center on **October 4** as we raise funds for the Elena Amos Breast Care Center. The Foundation is excited to bring back the virtual Breast Cancer Awareness Lunch-In **October 10-28** for those unable to attend in-person. For more information, contact **Zarina Cheves** at **706-660-6204**.

Spring Harbor's Musician's In Residence Program

Mark these very special musical events on your September calendar!

September 4th-4:00pm Event Center~Schwob Season Preview with Scott Harris

September 9th-2:00pm Event Center~ Body Mapping for breathing and balance

September 11th- 4:00 Event Center~ Columbus Symphony Orchestra season preview/Maestro Del Gobbo

September 18th-4:00pm Event Center~ MIRP Cello performance with David Lescalleet

September 23rd-2:00pm Event Center~Schwob Choir Performance

September 25th-4:00pm Event Center~"How To Get 100 People You Don't Know, To Do What You Want Them To do!"~ by Paul Hostetter, The Ethel Foley Distinguished Chair in Orchestral Activities,

Schwob School of Music, Columbus State University

September 26th-2:00pm Event Center~MIRP Clarinet Quintet joined by Schwob Faculty and Alumni

The Golden Gallery

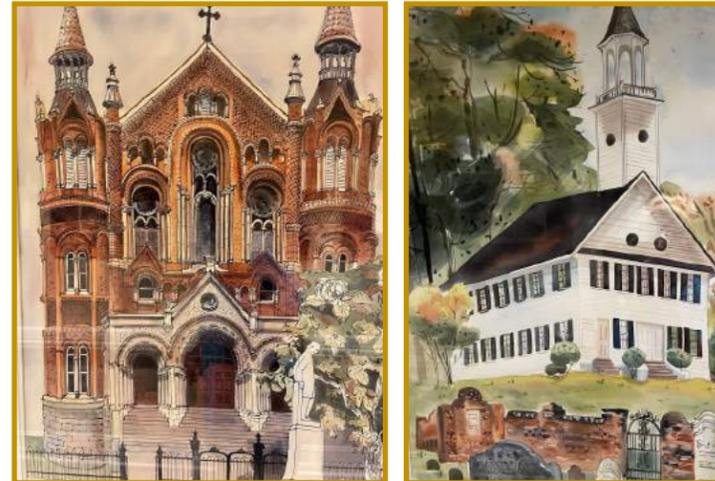
"Needlework and Fiber Arts" Reception Sept. 15

You are invited to an event honoring residents who have handiwork in the "Needlework and Fiber Arts" exhibit currently hanging in Spring Harbor's Golden Gallery. The reception will be Thursday, Sept. 15, in the Event Center at 2 pm. The spotlight will be on the 17 Spring Harbor residents whose pieces are on



display: Jan Bennett, Dr. Bob Carpenter, Elizabeth Dixon, David Durant, Marion Feighner, Betty Gordy, Betty King, Pam Kopec, Priscilla Moore, Carolyn Phillips, Rosie Rakocy, Teresa Sanders, Peggy Terry, Judy Thomas, Beth Thrift, Ann Venable and Barbara Waller. The Golden Gallery is located at the far end of the 3rd Floor Healthcare Hallway past Dr. Jamal Mohyuddin's office. The current exhibit will hang in the gallery until Sept. 30. At the reception, Sandee Scruggs will answer questions about the next Golden Gallery exhibit in October and November. The theme will be "Red, White and Blue: Patriotic Memorabilia from Spring Harbor Residents."

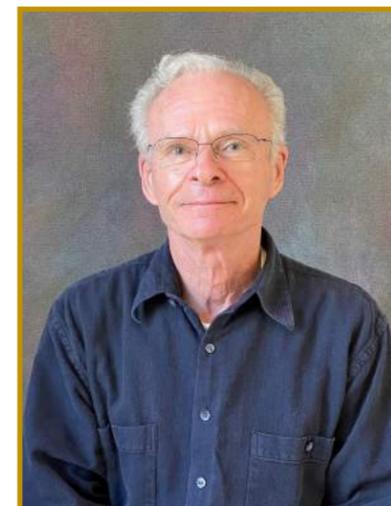
"Georgia Historic Churches" on Loan from CSU Archives



Ten paintings by Columbus watercolor artist Gloria Sampson are now hanging on the third floor near the Art Room. The series, "Historic Churches and Temples of Georgia," are on loan from the CSU Archives and Special Collections. Mrs. Sampson moved to Columbus in 1981 and she and her husband, Lloyd, restored the High Victorian house at 1408 Third Ave. where they live. She continues to paint historic subjects and vignettes of everyday scenes in Georgia and on her foreign travels.

David Durant
Apartment # 433

Resident Spotlight



David Durant was born in Amesbury, Mass., and received a BS degree in Art Education from the Massachusetts College of Art in Boston. He taught two years of high school in Marblehead. He moved to Brunswick, Ga., and completed his Masters in Art Education at Georgia Southern College. He taught middle school art for 27 years and had been retired 22 years before moving to Spring Harbor in 2021. David has traveled all over the world and enjoys cards, reading and collecting art. He has a Master Gardener Certificate and is a member of the Columbus Museum where he volunteers in the museum's Olmsted Garden once a month. He was a set designer for the Island Players in St. Simons Island, Ga. He has agreed to be a new Curator, with Sandee Scruggs, of upcoming Golden Gallery exhibits. David designed and executed the patterns and color schemes on his two needlepoint pillows in the "Needlework and Fiber Arts Exhibit" in the Golden Gallery

The Beauty of Spring Harbor



Dining Services

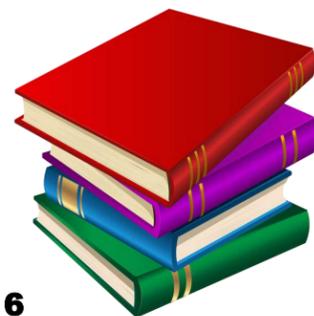
LUAU

The Spring Harbor Dining Group offered a special dinner Luau for all the residents and here are a few photos!
 1) Butch Deaton, Janice Van Meter, Mim Hallock and Monty Thorne. 2) Sandee Scruggs with our beautiful Bernita!
 3) George Stewart, Jim & Sandy Townsend, Morris Loeb, Wade & Janice Hill, Freddie & Gib Richardson and Brenda Ammerman standing. 4) Jean Puckett having a little fun! 5) Betty from Dining Services, Nancy Powell and Marva Harden. 6) Betty Jo Hooks with our amazing and talented Chef Marc!

Library Update: Please Read!

During the recent library renovation, we found many duplicate books. We put the duplicates on bookshelves near the elevators. Please feel free to take them and enjoy them, and when finished, PLEASE RETURN THOSE BOOKS TO THE BOOKSHELVES BY THE ELEVATORS.

Please DO NOT return them back to the library!
 This defeats the purpose of the renovation! THANK YOU!



Beauty all around us!

1-6) are grown by Joyce Moffit and on display in her backyard flower garden. 7-8) were taken in our Bistro Courtyard. 9-10) The bee photos were taken on a beautiful flower bush in Gail Jebavy's flower garden. I asked fellow biology expert, resident George Stanton, what were the orange "pockets" on the bee's legs: "Those are pollen baskets. On that segment of the leg the bee has opposing bristles and as she visits flowers, she packs pollen into these "baskets. She takes it back to her hive to feed to the larval bees in the hive. Bumble bees are related to honey bees and have the same structures and use them in the same way." 11) This photo was taken in the villa yard of Norm and Jan Bennett, of a bright tree frog! 12) If "Jack" had planted a sunflower next to his bean stalk, THIS is what it would have looked like! Out in the resident's garden plots, Tom Wade grew this GIANT spectacular sunflower! It seems to be about 10 feet tall!





**ARTB Hosted
COL Ralph Puckett**

Ft. Benning's Airborne and Ranger Training Brigade had the incredible honor of hosting our own Ralph Puckett on August 16th as he came to meet the leadership from the Columbian Lancero (Ranger) School. COL Puckett is one of the most decorated US Army soldiers of all time, earning several of our nations highest honors including the Medal Of Honor.



Monthly Dinner Trip

This months dinner trip was to Trevioli Italian Kitchen at the Rapids on Front Avenue. Everyone raved how good the food was! The Spring Harbor bus takes a dinner trip each month so be sure to watch the calendar for the next trip and be sure to sign up, seats go fast! See calendar for next trip info.

If you have not yet had the opportunity to meet our newest residents, Boris Abramov and Ela Tokarska, you must make time to get to know them! Their musical talent will amaze you and they are a joy to have here at Spring Harbor! 1) A Vivaldi Experience, Concert Series at First Baptist Church. Ela Tokarska and Boris Abramov soloists. 5 violins, plus 3 violin soloist, 1 bass, 2 cellos, and a harpsichord. River City Chamber Orchestra. 2) A concert performance and "meet" our newest residents event. 3) Residents are encouraged to "sign-up", on the 3rd floor desk, and enjoy dinner with our newest musicians! Pictured here at dinner are Boris & Ela along with Jim Harbison, Sue Sherrill, Anne McCann, and Betty Jo Hooks. 4) Boris and Ela give a very special performance with a few of their friends and musicians.



"sign-up", on the 3rd floor desk, and enjoy dinner with our newest musicians! Pictured here at dinner are Boris & Ela along with Jim Harbison, Sue Sherrill, Anne McCann, and Betty Jo Hooks. 4) Boris and Ela give a very special performance with a few of their friends and musicians.



Musicians In Residence



Wine Tasting Event



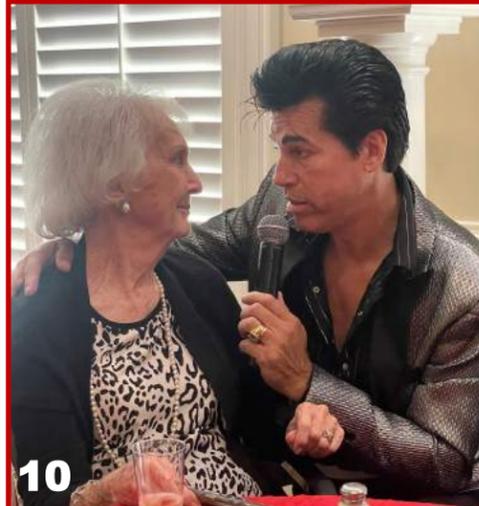
Enjoying wine and having a great time with friends!
 1) Peggy Bladen 2) David Durant 3) Mitzi Allen and George Stewart
 4) Ela and Boris 5) Sue Sherill 6) Gib & Freddie Richardson 7) Anelle Harp
 8) Sylvia Powell 8) Betty Jo Hooks and Pat Harmann with empty wine glasses!! Some of the wines featured were Daou Rose, Noble Vines Pinot Grigio, Sunny With A Chance Of Flowers, Substance Chardonnay and Villa Jolanda Strawberry Moscato which was the "favorite" winner!



Spring Harbor's 17th Anniversary Party



1) Carrie Foushee toasting Elvis! 2) Nancy Davis looks like she's having fun! 3) Betty Brantley all smiles! 4) Janice Boyanchek looks like she may faint as Elvis sings to her!!! 5) Gib & Freddie Richardson 6) LaVerne Benford 7) Karen West is all eyes for the celebrity! 8) Bob Scrobogna and Norm Bennett secretly wishing they could sing like the entertainer! 9) Joy Graham and Bill Thorne 10) Carolyn Layfield 11) Peggy Bladen 12) Mike & Gail Laframboise 13) Dancing the night away: Bob Scrobogna and Jean Puckett



1) Mim Hallock and Janice Van Meter 2) Pam Gray 3) Joyce Moffitt is taking ELVIS very seriously! 4) Ann Wilson and Beth Thrift enjoy the show 5) Flo Lipham is lucky enough to get a dance with ELVIS! 6) Paula Norton is tickled that he stopped and sang to her! 7) Fran Watt with George Stewart and Barbara Waller



8) Rosie Rakocy enjoying life! 9) Ron & Karen West celebrating at the party. 10) Tom & Sherry Wade looking spectacular for our big event! 11) Even the Spring Harbor servers had a great time celebrating!

