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, ask the Concierge Desk! (no movie on Thursdays at 2pm due to TV series)



January 2nd-8th "Mama Mia!" PG-13 2008 1 hour 48 mins Comedy/Romance/Musical Starring: Meryl Streep and Pierce Brosnan The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.



When pilot Chesley "Sully" Sullenberger lands his damaged plane on the Hudson River in order to save the flight's passengers and crew, some consider him a hero while others think he was reckless. Stars Tom Hanks

January 16th-22nd **"Sully"** 2017 PG-13 Action/Drama/History 1 hour 46 mins Allied soldiers from Belgium, the British Commonwealth and Empire, and France are surrounded by the German Army and evacuated during a fierce battle in World War II. Starring: Fionn Whitehead and Damien Bonnard

> January 23rd-30th "Overboard" 1987 PG Comedy/Romance 1 hour 52 mins

A cruel but beautiful heiress mocks and cheats a hired carpenter. When she gets amnesia after an accident, he decides to introduce her to regular life by convincing her that they're husband and wife. Starring: Goldie Hawn and Kurt Russell

If you have something you would like to submit to The Current newsletter: Call Pat Haney in Resident Services at 706-576-6017 or email her at Patricia.haney@springharborccrc.org

Famous Quote: If you judge people, you have no time to love them. . . . Mother Teresa

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

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







Foundation	Page 2
McDougall's	
Message	Page 3
Council Corner	Page 4
Golden Gallery	Page 5
Support Group	Page 5
Resident	
Fun Stuff!	Page 6
Fireside	Page 7
Tree Contest	Page 8
Chapel Service	Page 9
Everest Art	Page 10
Employee Fund	Page 11
Piedmont	Page 12
Trivia	Page 13
Birthdays	Page 14
Employee of	
the month/year	Page 15



December 2022

Spring Harbor holidays are filled with joy, blessings and friends galore! Rosie Rakocy is filled with joy all year long and loves celebrating with others! Here she is showing off a Christmas gift from a dear friend!



Movies



Welcome Home New Residents: Dave & Sue Halmrast Villa #11

www.springharborseniorliving.org

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



Wishing you and yours health and happiness in the new year



of the

of the

YEAR

The residents who serve on the Spring Harbor Foundation Board can't thank you enough for your support this past year. We look forward to another great year and continuing to attain the Foundation's primary goal which is to enhance the Spring Harbor living experience for all of you.

To all Spring Harbor residents who took the time to donate to the Annual Employee Holiday Fund:

On behalf of each employee at Spring Harbor, we THANK YOU, from the bottom of our hearts! The money that you gave, made such an impact on so many lives, and was a Christmas Blessing to many! Thank you for being kind, warm and generous. It is truly our pleasure to work at such a wonderful place and to be a part of your daily lives.

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

In Memory of Jim Bowers:

Rosemary Addison

In Memory of Vance Waggener:

Rosemary Addison

In Memory of Ralph Satterwhite:

Edith Satterwhite

In Honor of The Spring Harbor Wood Shop:

James & Karen Wylie

In Honor of Jim Harbison:

Annelle Harp

In Honor of Jim & Sandy Townsend:

W.L. Amos Foundation

In Honor of David Durant:

John & Betty Brantley

In Honor of LaVerne Benford and Joy Graham:

Betty Thompson

In Honor of Mary Hudson and Flo Lipham:

Mary Lockhart

General Fund Donations:

Bill & Nell Scrantom, Barbara Waller,

Chuck & Mitzi Allen, Jim & Karen Wylie,

Phil & Sharon Engstrom,

Norm & Jan Bennett,

Pezold Family Foundation

In Honor of Dr. Yvonne E. Satterwhite:

Edith Satterwhite

In Honor of Bob Koon and Barbara Waller:

Will & Teresa Sanders

In Honor of Butch Deaton, Bob & Joyce Koon,

Mim Hallock, Bill & Nell Scrantom,

Sharon Adams, Bob & Brenda Ammerman,

Monty Thorne and Janice Van Meter:

Richard & Anne Wilson





Registered Nurse, Wellness Center-15 years with us!

From Rachel: What I enjoy the most about SH are the relationships that are formed over time with the residents and their families. It becomes like your extended family. I love being able to see the same people everyday. It makes things easier for me as a nurse but it is also very rewarding to see the outcome of ation and know that you were able to make a difference

each situation and know that you were able to make a difference to that person. The residents always make sure I feel appreciated.

I also have some pretty awesome coworkers, in all departments, who are not afraid of teamwork!

I was born in Columbus and now live in Opelika. I met my husband when we were in high school and we have 2 children. Abbi is 19 and Jaxon is 14. We have 2 Boykin Spaniels and a daughter with a heart for stray cats, so we now have 3! In my spare time, I love to spend time with family, shopping and watching football!

Trivia Answers

- 1) Lease
- 2) Leaf
- 3) Clean
- 4) Print
- 5) Penny
- 6) Good
- 7) Fast
- 8) Shoes
- 9) Spankin'
- 10) Minute
- 11) Snow
- 12) Kid

Misc

Employee of The YEAR:
CONGRATULATIONS
TO

Sandra Holloway C.N.A., Spring Harbor Healthcare



Holiday Tour of Homes

Thank you to all the amazing host home residents who opened up their homes and apartments for our Holiday Night of Lights, Tour of Homes

Marketing Event

L-R are:

Richard & Anne Wilson Mike & Gail LaFramboise

Bob & Brenda Ammerman, and Peggy Bladen



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

January Birthdays



Carol Atkins	1st
Janet Coppage	2nd
Malinda Johnson	3rd
Betty Brantley	3rd
Gail LaFramboise	3rd
Peggy Terry	3rd
Pat Michelson	4th
Betty King	6th
Chuck Allen	7th
Margaret Hunt	11th
Carolyn Mitchell	13th

Ray Moore	13th
George Stewart	14th
Sonny Gill	15th
Joy Whitaker	15th
Tobe May	16th
Frank Brown	18th
Janice Boyanchek	19th
Janice Watson	24th
Lib Rogers	25th
Ann Allen	27th
Anne McCann	27th

If your birthday is in the month of January, you and one guest may join us on the 1st Thursday of the month for cake and champagne! Please see your personal birthday invitation for details.

December Birthday Party





The left photo is the beautiful birthday cake for our residents provided by Brenda Hamby and our Synovus Bank location right inside Spring Harbor! Standing by the Bistro Christmas tree are all the birthday residents who came and ate cake and celebrated their birthdays! L-R are: Betty Chancey, Charles Cox, Sue Sherill, Dan Kopec, Jody Scott, Mitzi Allen, Carolyn Layfield and Pat Gill.

Beautiful Residents! What a great looking group of residents heading out to a Columbus Gala Event!



January 11th is National Milk Day!

To celebrate this fun day, Resident Services will be serving up Milk & Cookies in the Event

Center at 3:30pm!
Please sign up so we will know how many cookies to bake!



McDougall's Message

I would like to ask that everyone at Spring Harbor continue to practice safe Covid guidelines:

- Wash your hands frequently.
- Maintain 6 feet distance with others at all times.
- Avoid touching your face.
- Stay home if you feel unwell.
- Get tested if you have any symptoms. Inform our Administration if you get tested outside our Wellness Clinic and you test positive. If you are positive, you must isolate to keep others safe.



- Stay home unless it's very necessary that you go out. Avoid unnecessary travel.
- We are asking, not requiring, that you please wear a mask to help prevent the spread of this virus. If you have any symptoms or questions, please call our Healthcare Wellness Nurse or the Wellness Clinic.

Our main goal is to keep you safe and healthy!

Apple Watch Saves Resident

Joyce Fingerhut recently had a bad fall in her apartment and was on the floor, without her cell phone and NOT near a pull chain to call for help. She had recently received an Apple Watch from her family and was wearing it at the time she fell. She noticed that it had SOS on it after she fell. So she pressed the SOS button and 2 ladies appeared out of no where on her watch speaker and said "we noticed you had a fall, would you like us to call 911 for you?" WOW she thought!, as she laid there on the floor covered with broken glass and a dresser lying on her legs! She spoke into her watch and said she thought she was ok, but to call the Concierge desk and send someone up to her apartment. The watch also sent a text message to her son that read: we have detected a fall alert on your mother's cell phone. So he immediately called her and she was able to communicate with him through the watch on her wrist! That watch saved her life! We also discovered, that if Joyce had NOT responded to the two ladies that were speaking to her, they would have assumed she was unconscious from the fall and they would have called 911 for her! This story is amazing, so we "Googled" it and found some basic information you may be interested in:

How Does Apple Watch Fall Detection Work? Apple Watch Fall Detection uses the Apple Watch SE or Apple Watch Series 4 or later series, which requires a synced iPhone, to detect a fall while the watch is being worn. This feature is included once you purchase an Apple Watch, so you don't have to pay extra for it.

If it detects a fall, it will "tap" the person on the wrist with a buzz, sound an alarm and show an alert. The person can then choose to connect to emergency services or dismiss the alert by pressing the "digital crown" button on the side of the watch. Users can also tap to close the alert or tap "I'm OK" to dismiss the alert.

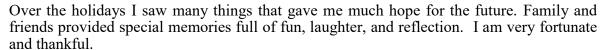
If the Apple Watch senses the person is moving, it will wait for them to respond. However, if the person appears to be immobile for approximately 60 seconds, the Apple Watch starts a 30-second countdown while it taps them on the wrist and sounds an alert. The alert gets progressively louder so that either the user or someone near them can hear it. Unless someone taps the cancel button, the watch will contact emergency services automatically as soon as the countdown ends. It will share the person's current location as latitude and longitude coordinates via Apple's GPS location monitoring feature. Once the call is completed, the watch also sends a message to the persons emergency contacts such as their family members.

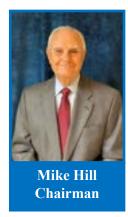


Welcome to Council Corner YOUR monthly news, from YOUR Resident Council

Happy New Year!

For most of us this is a wonderful time of year. We celebrate the closing of one year and the beginning of another - full of life, happiness, and hopefulness. Someone once said, 'hope springs eternal,' and I believe that is especially true this time of year. Expectations are high and I believe we all look for the best in life at the start of a new year.





employees received their bonuses. There were smiles, rejoicing, expressions of appreciation, and tears of joy. The cumulative happiness of that day cannot be overstated. There were few dry eyes as we listened to the employees expressing their gratitude. And in the days after distribution I have heard from several employees

joy. The cumulative happiness of that day cannot be overstated. There were few dry eyes as we listened to the employees expressing their gratitude. And in the days after distribution I have heard from several employees sharing that we had no idea what the bonuses meant to them, being able to pay car insurance, able to buy gifts for family, able to have a real Christmas dinner, and able to help elderly parents. These were only a few of the employee comments. It is incredible that we were able to bring so much delight and peace of mind to others.

But I must admit, the most fulfillment I experienced over the holidays was the day our Spring Harbor

We should all feel better knowing that our contributions to the Employee Gift Fund did so much good for so many. I hope it makes your smile a little bigger. As you consider

the massive impact of our efforts, please commit to participating in the 2023

Employee Gift Fund. It is not too early to begin, and the satisfaction you gain from helping others will make your 2023 even brighter.

Your Resident Council is looking forward to working with you, Shane, and his management team. Buckle up, hold on, and get ready. 2023 is going to be a terrific year.

Mike Hill



New Year Wellness and Fitness Kick-off! January 10th at 1pm in the Event Center

Welcome to the new year! Join us to hear about all the new and exciting offerings that will take place for wellness and fitness in 2023! Join Anna as she introduces her fresh ideas for health, wellness, and fitness. There will be snacks that will showcase how yummy and easy eating healthy can be. We are ecstatic for this new year here at Spring Harbor. Let's make this the healthiest, most fun, and best year yet!

Anna Moon

Wellness and Fitness Coordinator

While fitness classes are on hold for right now, Please continue to do your exercising in your apartment! You can turn the music on and do exercises that we have done in our classes! You can also "Google" classes such as "Chair Exercise Class" and work out while watching your computer, laptop or tablet! You can take a walk outside around our beautiful grounds! Please continue to move, dance, stretch and more!~we want you to continue to be healthy!!



Picture Perfect!

Here's
another
GREAT
photo
from the
Resident
Christmas
Photo Shoot!
Norm &
Jan Bennett
and
their sweet
"Emma Louise"

Christmas Beauties!

On the left is Judith Degenaar's Christmas cactus in full bloom and on the right is a pepper tree that belongs to Pat Harmann.



Cruise Ship Christmas FUN!

This is Bob & Brenda Ammerman as Mr. & Mrs. Claus, along with their reindeer family!

This was taken on a cruise in Germany!



Trivia by Margie

Here's hoping all my TRIVIA FRIENDS had a wonderful Christmas and a Happy Hanukkah!

Let's welcome a brand new year, hoping that everyone will find a better life in the months to come!

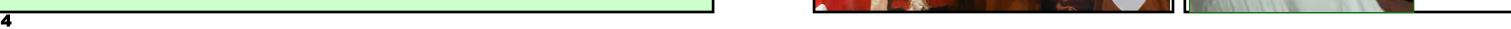
The following 12 mental puzzles are, I hope, pretty easy. I am feeling bad about the hard ones from last year. Have fun. I may get back at you next month!

Fill in the blanks:

A new on life.	
Turning over a new	
A new broom sweeps	
All the news that's fit to	
As bright as a new	
It's as as new.	
Bad news travels	
Baby needs new	
It's brand new.	
)) In a New York,	
1) As fresh as the new fallen	
2) New on the block.	
~ Created just for you by Margie Cain ~	
~answers on page 15~	









Medical Director of Pediatric Surgery Named

Renowned pediatric surgeon, researcher and medical educator **Don Nakayama**, M.D., MBA, has been named Medical Director of Pediatric Surgery for Piedmont Columbus Regional as well as Senior Associate Dean at Mercer University School of Medicine's Columbus Campus. Dr. Nakayama comes from University of North Carolina at Chapel Hill, where he was most recently a clinical professor in the Department of Surgery. He will practice at our Midtown Campus, where he will help support development of pediatric specialty services.



Piedmont Earns Highest Leapfrog Grades in Columbus

The Northside Campus earned another 'A' and the Midtown Campus holds at 'B' grade in the release of the Fall 2022 Leapfrog grades. This is the ninth-consecutive 'A' grade dating back to fall 2018 (when Northside was first eligible) and the second-consecutive 'B' grade for the Midtown Campus. This impressive feat recognizes our efforts in protecting patients and Piedmont's promise of doing zero harm and providing safer health care. The Leapfrog Group is a national nonprofit organization committed to improving healthcare quality and safety. The Safety Grade assigns an A, B, C, D, or F grade to hospitals across the country based on their performance in preventing medical errors, injuries, accidents, infections, and other harms to patients in their care. To see Piedmont Columbus Regional's full grade details and how other area hospitals stacked up, visit hospital-safetygrade.org.



Employee Featured in Mural

A mural called Hope, Healing, and Community is now up in front of the Ronald McDonald House and across from the John B. Amos Cancer Center. Six local people are portrayed in the mural including Piedmont

Columbus Regional critical care physician "GK" Gurkeerat Singh, M.D. The mural was commissioned in hopes of beautifully reflecting the voices and hopes of the people in our diverse community.

Holiday Around The Harbor!

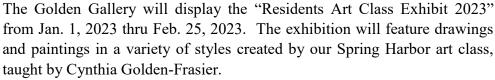


Left- Calvary
Christian High
School Choir
performs some
holiday favorites
with us!
RightSandee Scruggs
found
St. Nick and took
a "selfie"!



The Golden Gallery

Upcoming Art Exhibition at Spring Harbor



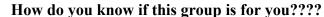
The exhibit will display beautiful artworks created by Doris Black, Cynthia Golden-Frasier, Paul Groneman, Sandra Halouska, Gail Jebavy, Joyce Moffitt, Carolyn Phillips, and Betty Thompson.

The Golden Gallery strives to serve as the exclusive Art Hub for Spring Harbor's growing art community. All art enthusiasts are encouraged to join Spring Harbor's art class group. All discipline levels are accepted. Classes are every Wednesday 2:00 - 4:00 pm. in the arts and craft room on the 3rd floor. No need to sign up, just please come and join us!



DID YOU KNOW THAT SPRING HARBOR HAS A CAREGIVER SUPPORT GROUP??

Hello all! I am Sarah Croft and I am the Social Services Coordinator here at Spring Harbor. One of the most exciting parts of my job is working with the Caregiver Support Group which meets the third Monday of each month at 10:00am in the 3rd floor Conference Room, just past the card room.



There are so many opportunities here at Spring Harbor for social interactions, but if you are the caregiver for your spouse or significant other, you may need a specific group to

help you through the difficult times. This group is designed to provide regular support, friendship, sharing of common experiences and struggles through the difficult journey of caregiving. I have had the opportunity to meet with this special group of individuals for the past six and a half years. We have individuals who are at different points in their journey of caregiving....some are just beginning, some have been at it for awhile, and others are long time veterans of caregiving who have a lot of love, patience and empathy to share. We would love for you to join our group if you are in the role of PRIMARY CAREGIVER for your loved one. We do reserve this group for family members who are living at Spring Harbor so that a special bond can develop to provide support to each other.

Please consider joining us for our first meeting of 2023 on **Monday, January 16, 2023 at 10:00 AM** in the 3rd floor Conference Room!! If you need any further information, please call me at (706) 576-6037.

The Spring Harbor Touchtown App is Your Key to All Things Spring Harbor!



The app will keep you updated with changes to the daily activities and classes. If you do not have the app on your cell phone, please stop by the Resident Services and they will install it for you!



Veterans Memorial Middle School Choir

WOW! 72 kids came by and exploded our Event Center with their Christmas songs!

What a great show it was!



"Jingle & Mingle" Mixer

WOW! This was a FUN new event!
Residents had yummy holiday
cookies, drinks and played a
cash money game of LCR!
The 2 winners of the cash pots
were left, Barbara Waller and
right, Eileen Kvicala!
\$3 to play = big cash prizes!





Join A League !

Wii Bowling is Back!

Wii Bowling PAST BOWLERS:
PRACTICE SESSIONS

January 17th thru 19th - Aerobics Room

If you are a past bowler, drop in and hone your bowling skills for the upcoming league! This is an open bowling session to practice and gear up for league play!

Wii Bowling BEGINNER CRASH COURSE:

January 24th thru 26th—Aerobics Room

THESE LESSONS ARE FOR NEW BOWLERS ONLY!



Grab a friend and join us in
the Event Center on
Monday, January 16th— at 3:00pm
as we all sing together:
Good Ole Southern Gospel Music!
There will be special guests to sing with us
and it will be a joyous afternoon of music!
If YOU would like to sing a solo song, please
call Pat Haney in Resident Services ASAP
and she will put you on the performers list!

706-576-6017



craft Time/

The joy of Christmas was brought out with this month's craft class! Left: this starry night door hanger was painted by Dot Coutu and on the right is Betty Jo Hooks with her wooden snowman door hanger.

Friends who craft together. . .have FUN!





On Top of the World by Jeannie Puckett

On May 20, 2022, Todd Ammerman (son of Bob & Brenda) summitted Mt. Everest, the highest peak on earth (29,032'). Weeks later Todd shared his experience with our Spring Harbor residents in a presentation in the Event Center. As he spoke, Jeannie Puckett walked to the front of the room, snapped a picture of an Everest image, and later committed her vision to canvas. Jeannie says Todd's courage and determination inspired her creation. She titled it "On Top of the World" and it is magnificent! Janette, Todd's wife, purchased the painting and presented it to him as a surprise gift.



Todd describes the expedition as spiritual as well as physical. As he trekked for eleven days through mountain villages to Everest base camp, he developed an appreciation of the Napal people - their simple lifestyle, their kindness and generosity. Along the way, the team stopped at Buddhist temples where the monks offered blessings for safe passage and a successful summit. They were given religious symbols and colorful scarves to symbolize God's guidance. Jeannie describes herself as a spiritual person. She believes the scarves represented a positive omen for a successful expedition and a safe return to Janette and his family. Jeannie depicts colorful scarves in her artistry.

In early December, Bob and Brenda hosted a dinner party at Spring Harbor for Todd, Janette, Ralph, Jeannie, and Puckett's granddaughter Martha Lane. The painting was presented to Todd as a beautiful representation of an

extraordinary accomplishment. The Ammerman family is very appreciative of Jeannie's talent and vision. The painting will be prominent in Todd and Janette's home. Todd's next expedition will be to Antarctica in December 2023. He promises another presentation to Spring Harbor residents upon his Written by Bob Ammerman return.



Spring Harbor Choir Performs

The beautiful sound of our choir was led by our own Katie Jahosky, as they performed for our residents!



from St. Mark Methodist Church. L-R: are residents Stephen Johnson, George Stewart, Rosie Rakocy, guest choir members, Debra Lobley and Hana Lobley. Our sweet David Hay (not pictured) sang two solo songs. Thankyou for your hard work and for performing for everyone!

Guest Pianist was Tracie Xian

Fireside "Roasting & Toasting"



Resident Christmas Photo Shoot

From Pat Haney:

I really enjoyed taking holiday photos for those that showed up! We took a whimsical photo for Barbara Waller, showing off her Cincinnati jersey and socks for her kids! I was proud to take a 4 generation photo of Mike Brown, his son John, his granddaughter Jazaria, her mom Andresa and his adorable great grand daughter Ava! Of course the family photo wouldn't be complete without "Milo"!



3) Betty Jo Hooks 4) Alice & Fred Barlow 5) Will Sanders and Bob Ammerman 6) Rosie Rakocy 7) Pam Kopec,

Barbara Kendrick-Holmes and Nancy Skaife.



🛕 🛕 Christmas Tree Contesti 🛕 🛕





Most Traditional

Tree



The Angel Tree



Honorable Mention:
David Durant!
This just goes to show
that you don't have to
have a big tree, this tree
is only 3 feet tall but it
was a precious one!

Most Beautiful Tree Richard & Anne Wilson

wilson Melba Spurlock by Sandra Halouska

A special note from Pat in Resident Services: I must say, these photos DO Notice I photographed was more beautiful in person. Anne Wilson's tree had on

A special note from Pat in Resident Services: I must say, these photos DO NOT do these trees justice! Every tree I photographed was more beautiful in person. Anne Wilson's tree had ornaments from when she was a school teacher and she and her students made hand crafted ornaments! Melba Spurlock's tree included an ornament that her late son made when he was 7 years old! Sandra Halouska's tree, oh my! Each beautiful angel was hand crocheted by her. The tiny thread and details on them were truly amazing! Thank you to everyone who invited me into their home to take the photos. It was a holiday treat to get to see them all!



Recipe Traditions Luncheon

Do you have a favorite recipe that has been brought down from generations, or a "go-to" favorite for parties? Make your dish and bring it to our Recipe Traditions Luncheon!

You must bring a dish in order to be a part of the luncheon!

Please bring a copy of your recipe to a Resident Services team member by Monday, January 16th and we will compile a Spring Harbor recipe booklet!





This beautiful Christmas puzzle is located on the 7th floor!
All 1000 pieces were completed by Sandee Scruggs! Along with all the awesome Christmas décor on the entire floor!

Blessed

The Engstrom's were blessed to spend Thanksgiving with their daughter and her family in Marietta, Ga.





More From The Resident Christmas Photo Shoot: Left to right are: Leo & Ruby Schladensky, Mike Brown and Ava, LaVerne Benford and Al & Judith Degenaar

