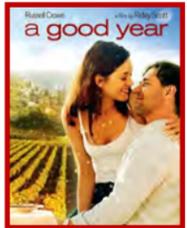


**Showing
this
month**

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!



Mar 2nd-8th **A Good Year** **2006** **PG-13**
1 hour 57 minutes **Romance/Comedy/Drama**
 A British investment broker inherits his uncle's chateau and vineyard in Provence, where he spent his childhood. He discovers a new laid-back lifestyle and tries to renovate it. Starring Russell Crowe and Abbie Cornish



Mar 9th-15th **Parenthood** **1989** **PG-13**
2 hours **Comedy/Drama/Coming of Age**
 Four Buckman siblings attempt to raise their children - each in their own different style - and deal with the joys and sorrows that the process brings. Starring Steve Martin and Dianne Wiest



Mar 16th-22nd **Charade** **1963** **Rated G**
1 hour 53 mins **Romance/Comedy/Mystery/Thriller**
 Romance & intrigue in Paris as a woman is pursued by several men who want to get their hands on a fortune her murdered husband had stolen. She soon loses trust in men. Stars Cary Grant and Audrey Hepburn



Mar 23rd-29th **Merchant of Venice** **2004** **Rated R**
2 hours 11 minutes **Period Drama/Romance/Costume Drama**
 In 16th century Venice, when a merchant must default on a large loan from an abused Jewish moneylender for a friend with romantic ambitions, the bitterly vengeful creditor demands a gruesome payment instead. Stars Al Pacino.

Riddle: A man shaves several times a day but still has a beard. How?
 (answer. *he is a barber!!*)

Fine Dining Room
 Hours: Monday—Saturday 11:00am till 7:00pm
 Reservations are required if 5 or more..
 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
 Casual attire/No hats/ No jeans (Jeans ok at Sunday brunch)

Blue Heron Bar & Grill
 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 Life Enrichment Department of Spring Harbor at Green Island, in beautiful Columbus, Georgia. A fine living continuing care retirement community.



Follow us on Facebook at www.facebook.com/SpringHarborSeniorLiving



The Current

Visit us at www.springhARBORSeniorliving.org

Date: February 2026

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L-R are: Sheron, Rosemary, Margie and Ann

These beautiful ladies are living their best life at Spring Harbor, playing a good game of Bridge while enjoying time with friends!

Welcome Home New Residents:

- Beth Brooks #321
- Ronnie Bush #343
- Susan Gristina #534
- William & Nancy Graham #335



Staying Safe from Scams

Your safety and peace of mind are very important to us. Unfortunately, scams and fraudulent messages continue to target older adults, and many of these attempts come through text messages, emails, or unexpected phone calls. I want to take a moment to share a few reminders to help you stay protected.

Please remember that legitimate organizations—including banks, government agencies, and delivery services—will not ask you to provide personal information such as your Social Security number, banking details, passwords, or account numbers through a text message or email. If you receive a message asking for personal information, you do not need to respond. It is safest to delete the message or ignore it entirely.

Scammers often try to create a sense of urgency, saying something is wrong with your account or that you must act immediately. Take a pause. When something feels rushed, confusing, or suspicious, it's best to stop and verify the situation using a trusted phone number or by speaking with someone you trust.

Most importantly, if you ever feel uncomfortable, unsure, or pressured in any situation, please reach out for help. Talk with a family member, a trusted friend, or a member of our community team. We are always here to support you, answer questions, and help you determine whether something is legitimate.

There is never any embarrassment in asking for a second opinion—scammers rely on catching people off guard and keeping them isolated. By staying cautious and looking out for one another, we can help keep our community safe. Spring Harbor is here to assist you in any way that we can.

Thank you.



Executive Director
Shane McDougall

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

To Celebrate the life of Monty Thorne:

Sandee Scruggs

In Memory of Monty Thorne:

Bob & Brenda Ammerman, Paula Norton, Mitzi Allen, Mim Hallock, Peggy Bladen, Erwin Key, Gail Jebavy, Ron & Karen West

In Memory of COL (R.) Fred Scruggs:

Sandee Scruggs

In Memory of Nathan,

son of Charles & Mary Brown:

Barbara Waller

In Celebration of Spring Harbor Staff and Management for Outstanding Survey Results- Thank YOU!:

Sandee Scruggs

In Memory of "Thomas" and "Jefferson",

(Sandee Scruggs cats):

Sandee Scruggs

In Honor off Will & Teresa Sanders:

Bill Edwards

In Honor of Greg Camp:

Barbara Haneman

In Honor of The Little Church at the End of the Hall: (Led by Sam Miles) Sandee Scruggs

In Honor of Hugh Scruggs 14t Birthday:

Sandee Scruggs

In Memory of "Camille" David Durant's Cat:

Sandee Scruggs

Piano Tuning:

Barbara Waller

Foundation General Fund:

Jim Hutcheson, Mike & Betty Hipps, Paula Norton, Phil & Sharon Engstrom

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



Employee of the Month

**Employee of the Month
Carolyn Smith,
Dining Services**

Carolyn has been with us for almost 5 years and truly loves to serve others! She is from Harris County, Ga. and has an older brother, 2 cats and 1 dog.

She attends college online at Ga. Southwestern State and plans to graduate in May of 2027!

In her spare time she loves to sing, watch

home renovation shows and reading.

Carolyn says, "it is such an honor to receive this award, I am truly blessed, and thank you for this recognition."

Congrats Carolyn!!



Mah Jongg Update

Correction to last month's article:

We play Mah Jongg every week on MONDAYS and THURSDAYS at 7:00pm in the Card Room on the 3rd floor. Last month's Current unfortunately stated the dates as Tuesdays and Thursdays. Please excuse any confusion the error on page 9 may have caused.

We still need players and welcome anyone who is curious about learning this enjoyable game.

We are very patient and willing teachers.

Thanks, Stephen Johnson

The Joyful Hearts Choir will perform for us on Wednesday, March 18th 2:30pm Event Center

This is a MUST SEE performance!



Trivia Answers

1. Seahorse
2. Heart
3. Egypt
4. Metro Goldwyn Meyer
5. Dimples
6. Colorado
7. 26
8. Type of grass
9. Maine, Massachusetts, Maryland, Mississippi, Missouri, Michigan, Minnesota and Montana
10. Treason
11. The Twist
12. Mick Jagger

Funny



Spring Harbor APP:

We want everyone to know that you always have the option to update your personal information that is displayed in the Resident Directory on our UniGuest App, but you must see one of the staff in our Life Enrichment Department. Please let us know if you MOVE to a new apartment, get a new phone number, want your email address added to your personal information, or want to add and/or

delete any information on your page. Please understand that we do not know these changes unless you stop by and tell us! Thanks from Sean, Pat & Sarah Kate.



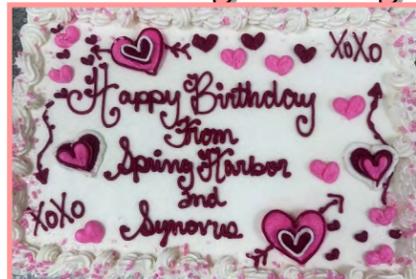
March Birthdays



Mike LaFramboise	1st	Judye Harris	11th	Judy Friedlander	22nd
Judith Degenaar	3rd	Jimmy Ashmore	12th	Beverly Belk	23rd
Marylu Stone	3rd	Stephen Johnson	13th	Bill Davis	24th
Akitoshi Kan	4th	Lucy Tresp	13th	Virginia Gilmore	25th
Emmett Byrum	5th	Keith Myers	14th	David Halmrast	27th
Judee Turner	7th	Sharon Sprouse	15th	George Stanton	28th
Arlene Lowery	9th	Sheri Lawler	16th	Joe Kmiecik	29th
Sylvia Powell	10th	Ann Patterson	21st	Marjorie Newman	29th
Larry Carmack	11th	Teresa Sanders	21st	Janice Hill	30th
				Karen West	30th

If your birthday is in the month of March, you and one guest may join us on the third Thursday of the month for cake and champagne! Join us in the Arts & Crafts Room on Thursday, March 19th at 2:00pm

February Birthday Party



Special thanks to Brenda Hamby and Synovus for providing us with our beautiful birthday cake!



Joan Scott, Erwin Key, Joan Camp and Seth Harp

More Fun!

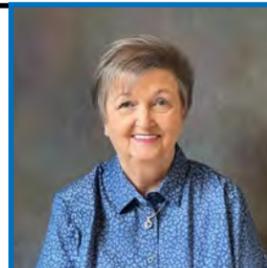


Joan Scott celebrated her February Birthday, with family and friends in the Blue Heron Bistro & Bar!



Welcome to Council Corner

YOUR Monthly News, from YOUR Resident Council



Sandee Scruggs
Chairwoman

First, Welcome Home to our new residents. We are pleased to extend a warm welcome to our new residents and are glad you have joined our community.

The Resident Council remains committed to supporting Spring Harbor's mission of excellence. Council members contribute their time and expertise to enhance the quality of life within the community. Meaningful progress depends upon active resident participation. By attending forums and sharing perspectives, residents play an essential role in shaping decisions and strengthening Spring Harbor. Upcoming changes and update reflect your input:

Establish Suggestion Box in mailroom. If you have suggestions, please drop them in the box and they will be checked weekly. Submissions may be made anonymously.

Residents are also reminded to return Spring Harbor shopping carts to designated areas after use to ensure availability for others.

In response to resident feedback received through surveys, comment cards, and forums, adjustments to dining hours in the Formal Dining Room and the Blue Heron are planned for mid- to late March. Additionally, the requested five-week meal plan is nearing completion and is expected to be introduced in March.

The expansion of the Connections Forum to include technology assistance has been well received. Seventy residents attended the Tech Bootcamp information session, and feedback collected will be used to plan future workshops.

To support resident engagement and familiarity, individuals are encouraged to **wear your name tags** at all community events, helping to foster a respectful and inclusive environment.

Mark your calendars and join us for the March Forums and Town Hall:

March 3: Healthcare/Caregiver Support	10:30/Event Center
March 4: SH Operations/Grounds	10:30/ACR
March 5: Dining/Food	2:00/Event Center
March 6: Resident Connections	10:30/Event Center
March 17: Town Hall	10:30/Event Center

Sandee Scruggs,
Resident Council Chair

Mission Statement - The Current Newsletter:

"Our newsletter is a monthly celebration of life in our community – a space to share stories, stay informed, and stay connected. Through updates, reflections, and uplifting moments, we aim to foster a sense of belonging, purpose, and joy for every resident."



Foundation News

Leaving a Legacy



The Richardsons are the most recent additions to the Legacy Society, joining twelve others who have previously made the commitment. The Legacy Society is comprised of residents who have expressed intent to include the Spring Harbor Foundation in their estate plan. We welcome Gib and Freddie to this elite society.



**Bob Ammerman
Chairman**

Now, about the Richardsons. Everyone knows Gib and Freddie. They are kind, thoughtful, friendly, appreciative, and gracious. There are not enough positive adjectives in the dictionary to describe Gib and Freddie. They moved to Spring Harbor in 2014. Daughters had moved away, neighbors were leaving. They were looking for a beautiful new home, a place to live a fulfilled life with amenities, security, and a place to build friendships. They wanted "peace of mind" knowing they were secure regardless of what comes along.

It turned out to be one of their best life decisions. They never anticipated physical issues were over the horizon and the importance of our Skilled Nursing and Physical Therapy. Freddie says, "*Spring Harbor meets all our needs - dining, activities, entertainment, health care - and all under one roof. Friendships are the best!*" People come here from all over the country, and with world experiences. We love to meet new residents and help them feel welcome. Freddie went on to say, "*I can't imagine being anywhere else.*"

Gib and Freddie are dedicated supporters of the Foundation. "*Residents don't always realize the impact the Foundation has on our lives and how it helps Spring Harbor be stronger,*" says Gib. "*It's all about Residents Helping Residents*" he added. When asked why they decided to become Legacy Society members, they replied, "*We are grateful for the life we enjoy at Spring Harbor. We want to leave something behind knowing it will make a difference for our friends and the generations to follow.*" They hope that more residents will follow their lead.

Gib and Freddie celebrated their 66th Anniversary on February 21. They have two daughters, Naomi Ruth named after grandmothers and Gratia, taken from the bible meaning grace. Gib is from Richland, GA and Freddie is from Gainesville, GA. Gib is an Eagle Scout and Freddie was a onetime radio announcer. They met at Valdosta State and have been lifelong educators. Gib was a school principal for 32 years and Freddie a teacher for 33 years. They both retired on the same day in 2000.



I asked how they would like to be remembered. They replied, "*As educators, we are proud of our life's work. It gives us great satisfaction to know we have had an influence on so many lives. Nothing makes us feel better than to have a former student introduce themselves and say Thank You.*"



Thank you for your support of the Spring Harbor Foundation

Residents Helping Residents



A Note For Everyone:
When you send a text to someone, they don't always know who it's from, so please: at the end of the text, type your name so the recipient will always know who it's from!



Garden Club



The Green Island Garden Club met at Spring Harbor and worked on floral arrangements.

L-R are:
Brenda Ammerman,
Marsha McLaurin
and
Adley Scott

Seek-And-Find

Seek-And-Find! Be the first resident to find this gator wearing a hat- and you win a prize!



Once you find it, call Pat Haney 706-576-6017 and leave a message stating exactly where you found it and your name. My phone will record the date and time you called, and I will know who called first! Have Fun looking for it!

*Last months winner was Carolyn Phillips!
(Mona Lisa art was on page 7 hanging in Margie Cain's living room and the snowman was*

Daylight Savings Time



SPRING FORWARD

Spring Forward!
Sunday,
March 8th
Move your
clocks
FORWARD!

Trivia by Margie

1. What is the only male sea creature that can become pregnant?
2. What is the hardest working muscle in the human body?
3. In what ancient country was death the penalty for killing a cat?
4. What is the full name of the movie company MGM?
5. What are the indentations that cover the surface of a golf ball?
6. In what state will you find Pikes Peak?
7. How many letters are in the English alphabet?
8. What is Zoysa?
9. Eight states begin with the letter M. How many can you name?
10. What crime is defined as betraying your country?
11. What popular dance craze known for its hip action was made popular by Chubby Checker?
12. Who was the lead singer for the Rolling stones in the 1960s?

- answers on page 15 -

I burned 3,000 calories yesterday. That's the last time I take a nap while brownies are in the oven.

RABBITS JUMP AND THEY LIVE FOR 8 YEARS. DOGS RUN AND THEY LIVE FOR 15 YEARS. TURTLES DO NOTHING AND LIVE FOR 150 YEARS. LESSON LEARNED.

Funny stuff from Norm Bennett

PLEASE WEAR YOUR NAME TAGS

each time you leave your apartment! Your name tag is a magnet, you can simply "stick it" on the trim of your apartment door, and you will see it each time you leave. This will help you remember to **PUT IT ON!**



Be like Joan!

Piedmont Columbus Midtown Entrance Changes

Beginning March 2, 2026, the 18th Street Entrance at Piedmont Columbus Regional Midtown will be closed to all patients and visitors.

They will need to park in blue lot across from the main entrance when coming to the hospital for labs, testing, imaging, pharmacy, outpatient therapy or pulmonology. A complimentary shuttle service is available.

Upcoming Events

Free Colorectal Cancer Screenings

March is Colorectal Cancer Awareness Month, and you can screen for colorectal cancer at home. Screenings are recommended for adults age 45 and up (or earlier if you have a high risk or family history). You may be eligible for an at-home test with no colonoscopy necessary. This test may save your life.

In partnership with the West Central Georgia Cancer Coalition, the John B. Amos Cancer Center will host free colon cancer screenings Wednesdays in March at the MercyMed Misson, Thursdays in March at MercyMed and March 2-31 at the John B. Amos Cancer Center. You must call 706-320-8700 to get prescreened first.



This TEST Could Save Your Life!

Recommended for adults age 45 and up and earlier with a high risk of family history.

March 2-31
Call first to be pre-screened!



John B. Amos Cancer Center
1831 5th Avenue
Columbus, Georgia 31904

Wednesdays,
March 4, 11, 18, & 25



MercyMed Mission Columbus
3679 Steam Mill Road
Columbus, Georgia 31906
10 a.m. - 12 noon

Thursdays,
March 5, 12, 19, & 26



MercyMed of Columbus
3702 2nd Avenue
Columbus, Georgia 31904
10 a.m. - 12 noon

You may be eligible for an at-home test (no colonoscopy necessary).

To get pre-screened, call 706.320.8700.

**Spring at Spring Harbor:
Columbus Artists' Guild 4th Annual Exhibit**

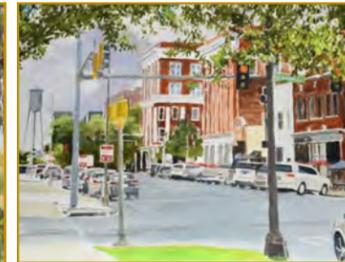
The Golden Gallery

Columbus Artists' Guild Exhibit: March and April

The Golden Gallery of Spring Harbor is proud to present the 4th Annual "Spring at Spring Harbor" art exhibit in collaboration with the Columbus Artists' Guild. This special event will open on Sunday, March 1st, in the Golden Gallery, which is conveniently located on the third floor of Spring Harbor near the doctor's office. The gallery is accessible 24/7. The Columbus Artists' Guild, a nonprofit organization composed of both local and regional artists as well as art enthusiasts, will feature a wide range of artists showcasing their work throughout the exhibit.



"Barn" Adleyn Scott's Art, Oils



"Second Avenue and 12th St." Oils by Bucky Bowles

Special Artist Reception: Be sure to mark your calendar for a special reception on Thursday, March 19, from 3:00 to 4:30 PM in the Event Center. This event offers a wonderful opportunity to meet several of the artists. Art from the exhibit will be available for purchase directly from the artists. The exhibit will remain on display until April 30, 2026.



*In Loving
Memory
Monty Thorne*

Coming in March!

Mixology

**Tuesday March 17th
3:00pm**

Event Center

New Resident Spotlight

**Jacque Murray
Apartment #342**

Before moving into Spring Harbor, Jacque and her late husband Bob, lived in her Brookstone home right here in Columbus for 48 years. She spent her career as an educator and taught from kindergarten through graduate school and loved the experience. Her late husband was also an educator and taught English in



middle and high school and coached. They have one daughter, Missi. She enjoys traveling, cooking, her Maine Coon cat, "Nora" and she is also a master gardener. Jacque and Bob were fortunate to travel to Europe for a month during the summer-time. It was a favorite of ours since we were able to see almost all the great works of art that we had read about and only seen in pictures. We had "the time of our life!" We also traveled to South America to several countries on mission trips and to visit our daughter. Traveling and meeting new people was an enjoyable and rewarding experience. Now that I am at Spring Harbor and will have more free time for myself, I would like to visit more National parks and see more of the US.

~ Everyone please welcome Jacque ~

Good Stuff



Valentines Day is for making chocolate covered strawberries: L-R are Fresh strawberries with chocolate décor, Gail Jebavy, Carol Hartman, Sandee Scruggs, Lee Miles and Ann Venable eating her creations! Having a valentine dinner in the dining room are Tom & Sherry Wade, Richard & Ann Wilson, Bill & Becky Rumer and Bob & Brenda Ammerman.



Pet Therapy is Proven to Help Mental Health

There is no possible way that anyone could look at this precious baby and NOT feel better in your heart, mind and soul! Our HealthCare unit participates often in pet therapy and the results have proven to be a good boost of emotional support and love for our residents. Animals have a way of touching us in a way that is nothing short of beneficial!



Welcome Spring Party

Theme: Here Comes the Sun

Friday, March 27th from 3-5:00pm
Event Center
Wear an outfit that shows fun in the sun!

Open Bar



Linda and Joan



MaryLu, Lee, Sandee, Angle and Judi



Betty Jo Hooks



Pat, Joe & daughter



Gail and Jean having a good time!



Joan Scott



Marsha McLaurin



Sharon Adams & Bill Edwards



Sandra Halouska



Melba and Flo



Rosie, Dot and Carolyn

Mardi Gras

King & Queen



Line Dancers



Sam & Lee Miles



Freddie & Gib



Gail, Priscilla and Peggy



Barbara Waller



MaryLu, Joyce, Adleyn, Sylvia, Gail, Sheri and Beverly



Fred Barlow



Brenda & Bob



Peggy, Lee and Sandee



Spring Harbor Resident is Gold Medal Olympian!



With the closing ceremony of the Winter Olympics, Americans look forward to hosting the 2028 Olympic Games in Los Angeles. Spring Harbor resident Larry Mosely knows what it is like to march into the Olympic stadium behind the American flag. Larry competed in the 1960 Olympics as a member of the United States Rapid Fire Pistol team. His journey to the Olympics began when he joined the National Guard during the Korean War in New York City. His unit had an armory where he learned how to fire a pistol. He proved to be a quick learner and by 1956 was on the Army pistol team. In 1957 he won three Gold Medals in the inaugural CISM Games, commonly known as the Military Olympics, in Athens where King Paul presented his medals. He made the highly competitive US Olympic team for the Rome Olympics and while he was just off the podium, he came back in 1963 with a Gold and Silver Medal at the Pan American Games in Sao Paulo, Brazil.



While he is remembered as a Hall of Fame inductee in the US Army Marksmanship Unit, he was a soldier's soldier as well. He served in the 1st Infantry Division during the Tet Offensive in Vietnam and his last duty assignment was as Sergeant Major with the Infantry Training brigade. After retiring from the Army, he served as the Operations Officer for the National Small Arms Matches at Camp Perry, Ohio.

You can often find him in the gym where lives his motto, "It is better to wear out than to rust out". If he's not there you will find him with his wife, Trudy. They celebrated their 70th anniversary in January. Trudy was his biggest fan and supporter while raising their son and daughter while he was often away. Larry gives her equal credit for all of his many accomplish-



Celebrating 70 years of marriage!

Safehouse Ministries



Ann Wilson

Huge shoutout and a heartfelt thank you to Ms. Ann for her incredible years of dedication to the Safehouse Ministries Clothing Closet! Whether it was organizing donations or making sure every person felt seen and cared for, Ms. Ann has been at the heart of this ministry. From the very early days of Safehouse Ministries, Mrs. Ann Wilson has volunteered in the clothing closet at the day center keeping things neat and organized. Today, she heads up the clothing closet at our women and children shelter, Grace House. Her vision for the closet has always been for it to be more of a "boutique experience" for the ladies, rather than just a closet. Ann color codes the items and makes the atmosphere warm and inviting for the ladies! Thank you for your faithful service with Safehouse Ministries, and to those we serve Mrs. Ann!

Mrs. Richard Hallock Extends Columbus State's Military History Focus Through Newly Endowed Speaker Series

A philanthropic gift from Myriam Hallock further positions Columbus State University as a nationally recognized destination for students, scholars, and historians seeking to deepen their understanding of the military, those who serve in it, its role in the world, and its place in U.S. culture. To read the FULL STORY, google search: Columbus State University News. Click on Columbus State University News and it will take you to the website. Scroll down and you will see Mim's article.





Residents enjoy a lunch trip to Outback Steak Restaurant!

Bob & Brenda Ammerman have a new great grandbaby! Her name is Rooney and she lives in Colorado.



Resident Submissions and Beautiful Things!



Sandee Scruggs took a recent trip to visit family in Homestead, FLA. Look at their beautiful and bountiful banana tree!



Norm & Jan Bennett worked hard cleaning out all the blue bird houses around the community. They discovered 8 blue bird nests and 1 tufted titmouse nest! THANKS to both of them for their hard work.

Thank you to all residents and staff who extended such a gracious welcome to our Southern California family during their first visit to Spring Harbor. We were very excited as we haven't seen them since October 2024. The billiard room was a huge hit (Papa won most of the time!) and they also loved the all-day ice cream in the Blue Heron! *Carl and Linda Wallman*



Photo Flop! Well, we didn't get enough umbrellas to show up for National Umbrella Day fun photo, so the photo did not turn out as expected! Thanks to everyone that came out and tried!



In Santa Rosa Beach, Florida, these 4 ladies rented a big house and played bridge for five days. Their passion for this game proved to generate a high level of laughter and plenty of anticipation for every new deal. L-R: Sheron Williams, Rosemary Addison, Anne Johnston and Margie Cain.



It's time for another lesson in: "you can't believe everything you see!" Our resident comedian Norris Randall sent in these photos of the Spring Harbor Groundhog and says he couldn't see his shadow because he was too busy eating hamburgers, fries and sweet potatoes in the Blue Heron Bistro!

AI-Artificial Intelligence Creates Fun Caricature



ChatGPT is an AI app that is very useful but also fun. The latest "fun trend" is to use the app to make fun photos. In this case, we told the app to create a caricature of life at Spring Harbor. The app will then pull photos, people and other information from the Spring Harbor social media page and it makes a photo using all that info. Here is the photo that ChatGPT created for Spring Harbor, and we love it!

Pictured left to right are: Carrie Foushee, Sandee Scruggs, Bill Edwards, Gail LaFramboise,

Mike LaFramboise, Ed & Sharon Sprouse. Look closely in the background and you can see residents working out in our fitness center, swimming in the pool and people eating in the dining room!

Celebrating Resident Generosity

The employees of Spring Harbor sincerely thank all residents for their continued support of the Employee Gift Fund. This month, we especially recognize Flo Lipham, who placed the winning bid for the beautifully framed Bruno Zupan reproduction Studio Window, and the generous resident donor who contributed the painting with the conditions that it be auctioned to residents, that all proceeds go to the Fund, and that her identity remain confidential.



Great Backyard Bird Count

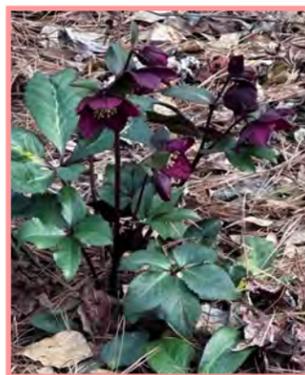


During the international Great Backyard Bird Count (GBBC) on February 13 – 16, **Norm & Jan Bennett reported identifying 32 species of birds at Spring Harbor**, ranging from the tiny golden-crowned kinglet to the red-tailed hawk. Worldwide, 363,500 checklists from 253 countries reported a world record total of 8119 individual species.

The GBBC endeavors to bring the joys of birdwatching to the whole world. Launched in 1998, GBBC is the first online project to collect data on wild birds and display the results in near real time. Each February, people from all over the world come together to observe and tally birds. People are invited to count the birds in their backyard, community, or wherever they spot a bird.



Golden-crowned Kinglet



From Shady Dave: Our Resident Plant Enthusiast

Located near the Spring Harbor pond, at the end area of the tiny creek, babbling brook, you will find three very beautiful flowers planted by David Durant. The Hellebores flowers provide elegant, long-lasting blooms in late winter and early spring, offering early-season color when little else is in flower. These resilient plants are cherished for their nodding, rose-like blooms and evergreen, dark green foliage, making them a staple in shade gardens. Whether grown in woodland gardens, borders, or containers, hellebores are a reliable choice for adding beauty and structure to the landscape. Take a stroll around the pond and see if you can find these three flowers, -it's like finding treasures!