

The Current

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July 2026

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Our beautiful Sheri Lawler, at First Baptist Church, standing proudly in front of the magnificent floral creation that she donated in honor of her late husband's birthday, Dr. Jack Lawler. Sheri is also proudly wearing a lovely dress that she purchased from the Spring Harbor Gift Shoppe.

Spring
AT GREEN ISLAND
Harbor

WELCOME
HOME

Welcome Home New Residents:

Robert & Karen Sams
Apartment # 753

Celebrating the Heart of Our Community: Employee Appreciation Week

Spring Harbor Employee Appreciation Week is one of my favorite times of the year because it gives us the opportunity to recognize the remarkable people who make our community feel like home. Every day, our team members bring compassion, professionalism, and dedication to the work they do, enriching the lives of our residents in countless ways.

Whether they are providing exceptional healthcare, preparing delicious meals, maintaining our beautiful campus, leading engaging activities, welcoming visitors, or supporting operations behind the scenes, each employee plays an essential role in creating the warm, caring environment that defines Spring Harbor. Their commitment extends beyond completing daily tasks—they build meaningful relationships, offer a helping hand, share a smile, and make a genuine difference in the lives of those we serve.

I also want to extend my heartfelt thanks to our residents for joining us in celebrating Employee Appreciation Week. Your kind words, thoughtful notes, participation in appreciation events, and expressions of gratitude mean more than you may realize. The connections between our residents and staff are what make this community so special, and your recognition reinforces how valued our employees truly are.

It is an honor to work alongside such an extraordinary team. Their dedication, kindness, and unwavering commitment to excellence inspire me every day. Together, our employees create a culture of compassion that sets our community apart and ensures our residents receive not only outstanding care and service, but also the respect, dignity, and friendship they deserve. To every member of our staff, thank you for your hard work, your heart, and the difference you make each and every day.

Thank you, Shane McDougall, Executive Director

(See page 4 for a few great photos)



Executive Director
Shane McDougall

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

In Memory of Jean Browning:

Paula Norton, Rosemary Addison

In Memory of Ann Spencer: Sandee Scruggs

In Memory of Col (R.) Fred Scruggs:

Sandy Scruggs

In Gratitude to the Spring Harbor Staff:

Sandee Scruggs

In Honor of Jim Harbison: Adley Scott

In Memory of Lynn K. Whiddon: Rex Whiddon

In Honor of Jennifer Scrugg's Birthday:

Sandee Scruggs

In Honor of Don & Teresa Taylor Villa #48

Welcome to Spring Harbor:

Sandee Scruggs

Foundation Society: David & Susan Knopf

Foundation General Fund: Mike & Betty Hipps,
Phil & Sharon Engstrom, Bill & Nell Scrantom,
Tom Lokey

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



In Loving Memory

Hettie (Jean) Browning.

Art Angell.

Frances Lotley





Welcome to Council Corner

July Monthly News from Your Resident Council

2027 Resident Council: Get Involved

Each year, two to three new members are appointed to the Council, depending on the number of expiring member terms. Service on the Council provides an important way to support communication, strengthen resident engagement, and contribute to the continued quality of life at Spring Harbor. If you have an interest in being considered for a Council position, please contact:



Sandee Scruggs
Chairwoman

Sandee Scruggs, 703-362-6240 or sandee.scruggs@yahoo.com no later than August 20, 2027.

Role of the Resident Council:

The Council conducts a series of monthly forums in conjunction with management. These forums are open to all residents, providing a platform for open discussion and engagement. The Council also selects a Chairperson and Vice Chairperson to help guide its work and support communication among residents, Council members, and management.

Expectations for Resident Council Members:

Commitment, leadership, and open communication are the foundation of service on the Resident Council. By volunteering to serve, residents can represent the community, bring forward new ideas, and help shape the future of Spring Harbor. Resident involvement is essential to maintaining the high standards and quality of life that our community values. As such, members will:

- Participate actively in Council activities, including forums, Resident Council meetings, and Town Hall
- Chair a monthly forum, prepare minutes for submission to management, and provide monthly forum reports at Resident Council meetings
- Demonstrate a constructive and positive attitude in working with the Council, management, and residents of Spring Harbor.
- Show respect and consideration for Spring Harbor employees.
- Act as ambassadors for Spring Harbor, promoting the community's values and mission

Sandee Scruggs. Chair, Resident Council

August Forums and Town Hall

Monthly forums and Town Hall are open to all residents and provide opportunities to learn more about the community, ask questions, share concern, and offer suggestions. Save the Dates:

August 11:	Healthcare/Caregiver Support	10:30	Event Center
August 12:	Spring Harbor Operations/Grounds	10:30	Arts/Craft Room
August 13:	Dining Services	2:00	Event Center
August 14:	Resident Connections	10:30	Arts/Craft Room
August 25:	Town Hall	10:30	Event Center

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."



Spring Harbor employees were treated to a week of food, fun, games and prizes galore!



FUN



Ancestry Show: Three Generations

The Golden Gallery

Golden Gallery September/October Show

Sign-up sheets will be available on August 10th - August 14th

Instructional workshop on August 17 at 1 PM in conference room for ancestor project information and worksheets to be completed at this meeting. Further information will be given at this meeting.

Day of collection: August 31: 1-3 PM. Photos delivered after the 3PM August 31st deadline will not be featured.

This gallery centers around the ancestry of residents here at Spring Harbor.

New Series for The Current: “Did You Know?” If you have something that you think others would like to know about you and probably don’t know, please send it in with a photo and a short story telling us all about it! Email it to Patricia.haney@springharborccrc.org or stop by her office in Life Enrichment, located on the 3rd floor.

*In Furry
memory of
Janice Boyanchek's
Sweet "Teddy"*



Correction:

Please forgive me! On the cover of last month's issue, I typed a new resident's name incorrectly.

Lally McGuire should be Lally **McGurk**.
On page 5, I misspelled Bernadette's name in the Resident Spotlight article.

*Ladies, please accept my sincerest
apologiesPat Haney*

New Resident Spotlight

Bain & Karen Cowell

Apartment #559

Bain is originally from Cleveland, Ohio and Karen from Canandaigua, New York, which is historically significant for being the site of the trial of Susan B. Anthony in 1873, where she was charged with voting illegally.



Bain had a career as a Foreign Service Diplomat and Karen worked for the CIA as an analyst. They have two sons. Matthew is an ordained Presbyterian minister and serves as a chaplain at Columbus Hospice. Isaac, is an educator and teaches English at Al Faisal University in Riyadh, Saudi Arabia. In their free time, Bain enjoys reading, classical music, ham radio, and chess. Karen enjoys genealogy, drawing, chess, puzzles and reading. They have lived in and/or traveled to 50 countries!!



Please Welcome our New Environmental Services Manager

Jacob Martinez has joined the Spring Harbor team in our Housekeeping department to manage housekeeping services and support facility upkeep. He recently transitioned out of the United States Marine Corps, where he served for 7 years as a Logistics Officer. Jacob graduated from Columbus State University with a Bachelor's Degree in Psychology, and is currently working on his Master's in Business Administration and Project Management Professional's certification. He is returning to the Columbus area with his wife, Amanda, and their 5 year old daughter, Isabelle. His wife is a Columbus native and the two met while both attended CSU.

Everyone please give Jacob a warm Spring Harbor welcome!

July 4th Sing-A-Long Social Hour



Raylene Parker



George & Jim



Gib & Freddy's flag, hand made by their daughter



Marsha McLaurin



Trish & Bill Burgess



Betty Jo Hooks



Melba Spurlock

Name Our Hawk Contest-and The Winner is:



By Shane McDougall

Thanks to everyone who entered and suggested a name for our new feathered resident, the juvenile Red Shouldered hawk! The most entered name and the winner is: **"Hawkeye."** He was a famous character played by Alan Alda on the hit TV series "MASH", a comedy series that aired from 1972-1983.

If you see our "Hawkeye" while you are out and about, take a photo of him and send it to Pat Haney in our Life Enrichment Department. (bring your phone to her office and she can upload the photo for you!)



By Sally Gates

Feeding The Valley Food Bank - Empty Bowl Painting Event



Peggy Bladen



Priscilla Moore



Sheri Lawler



Adleyn Scott



Beautiful artwork in a bowl!



Judith Degenaar



Spring Harbor Sponsors Senior Night at the Clingstones Game

The first pitch was thrown at the Columbus Clingstones game recently by our own new Housekeeping Director/Environmental Services Manager, Jacob Martinez! He is pictured here with his beautiful wife, their daughter, and Jacob's father-in-law, David Hay! Yes, Jacob is married to David's daughter!



Wellness Ambassador of the Month

This month's WAM is Beverly Belk. If you know her, you know that she is a hard worker and is always active with no plans to slow down. She regularly attends our Strength & Conditioning class, Mobility & Balance class, chair volleyball and loves to play cornhole. All of the classes keep her strength up, help stay involved with her friends and keeps her mood happy. Beverly says, "staying active can give us more years to enjoy life and helps stay in a positive state of mind." If you would like to be a WAM, join John's fitness and wellness classes and you could be next! All classes are listed daily on your monthly calendar!

Sons of the American Revolution Traveling Truck Show

As part of our celebration of the 250th anniversary of the Declaration of Independence, Spring Harbor welcomed the Son's



of the American Revolution, Coweta Falls Chapter, and their engaging Traveling Trunk Show. Members Danny Ginter and Norm Blakenbeckler, shared fascinating Revolutionary War artifacts, bringing history to life and inspiring thoughtful and inspiring questions and lively conversation. The celebration continued on through out the afternoon with a special July 4th sing-a-long, where residents gathered all dressed in red, white and blue, to sing and enjoy patriotic favorites and celebrate the freedoms we cherish everyday. Special



thanks to our Stephen Johnson for his time and work to bring this event to Spring Harbor.

Residents and Staff Enjoyed a Cool Treat from the Sno-Cone Truck!



Dan & Bernadette



Rachel, Renee and Gail



Betty Jo



Chef Shawn



Sandee & Lee



Peggy Bladen



Shane, Tricia, Renee and Sonja



Pam Gray



John Rhodes



Will Sanders-Forefront

Resident Submissions and Beautiful Things!



Dot Stotser sent in these pics of her great grandson, Asher. He lives here in Columbus and recently turned 7! Also, her great granddaughter, Georgiana from Birmingham, who just celebrated her 1st birthday, on the beach!



Thank you to Sheri Lawler for sending in this nice sunset photo. It was taken from her balcony.



No Eating Donuts in the Pool! It seems that John, our Fitness Coordinator, took a day off and left Pat Haney in charge of his water aerobics class! And it looks they had a party in the pool!! They REALLY enjoyed the warm Krispy Kreme donuts after class! Yes, they did do their water exercises BEFORE they ate the donuts! *This is Spring Harbor...where you can live your best life!*



Mike Hill and Sean Slaughter were the first to have a ping pong match on our brand new table! Anytime you want to play, find John or Sean to set the game table up for you!!



L-R: Paula, Betty Jo, George, Jean, Eileen, Jody, Gall, Sharon, Ruby, Lucy, Wade & Janice.



Jean, Eileen & Jody

This great group of residents enjoyed a yummy lunch outing at Ezell's!



Ruby Ingle's new great grandson, Nathan Wolf Alvarez who lives in Orlando, FL.



Sally Cottingham

Welcome Summer

DISCO PARTY



Bob & Karen Sams



Beverly Belk



Marsha McLaurin, Mary Lu Gunn, Judith Degenaar



Wade & Janice Hill



Judi Ebert



Joan Schraufek



Mike & Martha Hill



Jody Scott & Heidi



Peggy Bladen



Eileen Kvicala & Jean Lurker



Betty Nicholson



Sally Cottingham & Gail Jebavy



Beth Brooks and DJ Rob



Beth Loftin



Emily Miller



Betty Jo Hooks



Bill & Becky Rumer



Philip Chan



Debbie Edwards



Judy Friedlander

Piedmont Columbus Regional's Three Residency Programs Celebrate 44 Graduates

The Transition to Practice Nurse Residency Program is honoring 24 nurse residents who successfully completed their first year as a registered nurse. Eight pharmacists graduated from the Pharmacy Residency Program and were honored at a commencement ceremony. The Family Medicine Residency Program hosted a commencement ceremony for 12 physicians in its graduating class. Seven of those physicians will remain in Georgia to begin their careers.



Piedmont Columbus Nationally Recognized for High-Quality Stroke, Diabetes Care

This year, Piedmont Columbus Midtown and Northside both received the following achievement awards from the American Heart Association/American Stroke Association for demonstrating commitment to following the latest research-based guidelines for the treatment of stroke and diabetes, ultimately leading to more lives saved, shorter recovery times and fewer hospital readmissions:

- Get With The Guidelines®-Stroke Gold Plus Award, with Target: Stroke Honor Roll Elite

Target: Type 2 Diabetes Honor Roll

Additionally, Piedmont Columbus Midtown continues to be designated as a Primary Plus Stroke Center, meeting specific scientific guidelines featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department.

Every 40 seconds, someone in the U.S. has a stroke, and it is the fifth leading cause of death and a leading cause of adult disability in the U.S. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so brain cells die.

It's important to "BE FAST" as early detection and treatment are key to improving survival, minimizing disability and speeding up recovery time:

- **B: Balance**— watch for dizziness or loss of balance
- **E: Eyes**— check for vision loss or double vision
- **F: Face**— look for an uneven smile
- **A: Arm**— check if one arm is weak
- **S: Speech**— listen for slurred speech
- **T: Time**— call 911 at the first sign of a stroke



Pears Galore!



From Norris & Linda Randall: Free Pears! Stop by #665 and grab a few! First come first serve till they run out! Please leave your name so they will know who likes pears!



Happy Birthday!

Bobbie Ausbon celebrates her 99th birthday with friends Beverly Belk and Adley Scott.

Seek-And-Find

Seek-And-Find! Be the first resident to find these 2  &  and you win a prize! Once you find both items, call Pat Haney 706-576-6017 and leave a message stating exactly where you found it and your name. Her phone will record the date and time you called, and she will know who called first! Have Fun looking for both items!

Last month's winner was Carrie Foushee!

B.L.T. Day

BE SURE TO SIGN UP for our famous BLT DAY! Life Enrichment will custom make your BLT for YOU! Be sure to sign up so we can plan how many 'matters we need to bring!



**Monday
August 31st
12:00 noon
Event Center**

Trivia by Margie

1. According to the nursery rhyme, how many blackbirds were baked in a pie?
2. What is the capital of Iran?
3. Who is the present governor of Georgia?
4. What is a Vizsla?
5. Curry is a blend of spices from what country?
6. What is the name of an air filter that contains charcoal?
7. Can you name Donald Duck's three nephews?
8. Where would you put a charger plate?
9. In years gone by, what were cheaters?
10. If you were sleeping in a trundle bed, where would you be sleeping?
11. Who signed the declaration of independence in large letters?
12. In 2026 what do you think the HOPE diamond is worth within \$100,000,000?

Answers on page 15

Thank You!

Life Enrichment would like to give a huge shout out to Karen Wylie for purchasing and donating the big "scratch off" tickets from the Ga Lottery! She donated them to our Super Bingo game as winning prizes! Hopefully whoever wins them, will also hit the lottery prizes!!!

Lottery scratch off prizes were \$ 400 thousand, \$500 thousand and all the way up to

\$\$\$ 1 MILLION \$\$\$

Thank you Karen Wiley, we are grateful to you and all that you do!



August Birthdays



Buster Bickerstaff	2nd
Dot Stotser	2nd
Kathleen Broda	3rd
Roger Parker	3rd
Richard Wilson	3rd
Trish Burgess	6th
Mike Hill	7th
Shamon Taylor	8th
Susan Gristina	11th
Melba Spurlock	11th
Dan Murphy	13th
JoRhee Pezold	13th

Teresa Taylor	13th
Ann Castle	14th
Becky Rumer	14th
Jean Lurker	15th
Paul Groneman	16th
Ed Doyle	19th
Jack Pezold	20th
Anne Wilson	20th
Karen Cowell	21st
David Durant	21st
Mary Flukinger	21st
Betty Hips	24th

Joan Schraufek	25th
Dot Doyle	26th
Joseph Golden	26th
Nancy Powell	26th
Emily Miller	28th
Mary Lu Gunn	29th
Norris Randall	30th

Early Sept. Birthdays:

Sherry Wade	1st
Sandee Scruggs	4th
Lisbeth Thom	4th

If your birthday is in the month of August, you and one guest may join us on the third Thursday of the month for cake and champagne! Join us in the EVENT CENTER on Thursday, August 20th at 2:00pm

July Birthday Party



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



L-R are: Sharon Engstrom, Butch Deaton, Bob & Brenda Ammerman, Bill & Nell Scrantom, Pam Gray and Phil Engstrom. Everyone enjoyed cake and Champagne!



Melba Spurlock



Lee Miles



Karen Wylie



Sandee Scruggs



Carolyn Cooper



Rosie Rakocy



Jody Scott

Our July Craft Class Was All American!

The residents had a great time painting their birdhouses in a red, white and blue theme and the results were adorable! The birdhouses were crafted to be used strictly for decoration and turned out really cute!



Employee
of the
Month

Congratulations to Pamela Leonard, CNA

This sweet lady has been with Spring Harbor for 15 years! The thing she loves most about working here is caring and providing for the Memory Support residents. She is originally from here in Columbus and comes from a large family. She adores her nieces who she often visits in New Jersey. In her spare time she enjoys shopping, traveling, watching sports and spending time with family. Pamela says, "I truly appreciate Spring Harbor and the



Mike Campbell, Pamela and
Exec. Dir. Shane McDougall

Resident
Council for
the gifts,
thank you for
thinking of
me."

CONGRATS!

Trivia Answers

1. 4 and 20 which =. 24
2. Tehran
3. Kemp
4. A dog breed from Hungary.
5. India.
6. H.E.P.A
7. Huey, Dewey and Louie
8. On the dining room table.
9. Eyeglasses.
10. Under a normal bed.
11. John Hancock.
12. Between \$250 and \$350 million.

Thanks Margie Cain for our trivia!



Beautiful moon pic from
Sande Scruggs balcony



Sign from Norm Bennett



Dinner trip to Epic

Submitted by Judy Byrum

Interview with AI (Artificial Intelligence)

AI- Question: what do you think of a man who was awarded the following military medals?

3rd Highest: Silver star for valor in combat

4th Highest: Bronze star Meritorious achievement in combat zone

Legion of Merit and Legion of Merit with oak leaf cluster

For an NCO earning just one legion of merit is a rare, career-clapping milestone.

Earning a second legion of merit, puts that individual in an elite fraction of percent of enlisted men Meritorious Service Medal Non Combat Institutional Achievement

Verdict of his character

This individual represents the absolute top tier of military professionals. He has looked danger in the eye, on the battlefield and possessed the intellect, discipline and leadership to command large scale military organizations at the highest strategic levels.

Who am I? I am a resident at Spring Harbor. CSM (RET) Emmett L. Byrum, US ARMY

Spring Harbor is proud to be the home of Mr. & Mrs. Emmett Byrum!



Showing in August

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!



August 3rd-9th **My House in Umbria** **2003** **TV-14**
1 hour 43 minutes Drama/Mystery/Romance/Thriller

An unlikely group of people find solace and friendship after being thrown together in the wake of a terrorist attack. Starring Maggie Smith and Chris Cooper



August 10th-16th **Holiday** **1938** **Approved**
1 hour 35 minutes Romance/Comedy

A young man in love with a girl from a rich family plans to go on holiday, met with skepticism by everyone except for his fiancée's eccentric sister and long-suffering brother. Starring Cary Grant and Katharine Hepburn



August 17th-23rd **The Duchess** **2008** **PG13**
1 hour 50 minutes Costume Drama/Biography/History/Romance/Thriller

A chronicle of the life of 18th-century aristocrat Georgiana, Duchess of Devonshire, who was revered for her extravagant political and personal life. Stars Keira Knightley and Ralph Fiennes



August 24th-30th **Never Say Never Again** **1983** **PG**
2 hours 14 minutes James Bond/Action/Adventure/Thriller

James Bond is called upon to try to recover nuclear bombs stolen by Specter, but he will have to get rid of a professional assassin, hired especially to eliminate him. Starring Sean Connery and Kim Basinger

Did you know that you can “reserve” our theater? Yes you can! See one of our staff in the Life Enrichment Department to make your reservation. Invite a group of friends and meet them to watch a movie together! We have over 200 movies to choose from!

****If you have signed up for a dinner trip, and later- you can't go: DO NOT erase your name! See Sarah-Kate!**

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 8:00pm

Closed on Sunday

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

Casual attire/Sporty/Jeans ok

The Current is a monthly publication by the Life Enrichment Department/Pat Haney, of Spring Harbor at Green Island, in beautiful Columbus, Georgia. A fine living continuing care retirement com-



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