



King's Grant *Town Crier*

March | 2026

Residents, Staff, and Stakeholders,

I'll often start my note with a brief blurb or rant concerning the recent weather. At this time, I think I speak for all of us when I say we have enjoyed winter, but we're ready to move on toward spring. I am hopeful that our buildings and grounds team can unhook the snowplow and start sharpening the blades on our mowers. Five years in, and I still marvel at their ability to keep the grounds in pristine condition. Each year, we try to improve upon the previous one, and it's so much fun to see and hear the reactions from prospects, guests, and first-timers.

With our renovation project in full swing, we have enjoyed seeing progress and watching the project come to life; however, it has not been without interruption. If you are an apartment resident, you have experienced more than your share of fire drills. Though this is not ideal, we decided to make lemonade out of lemons. We reached out to the Southwest Virginia Healthcare Coalition to assist us in putting together and facilitating a community-wide tabletop fire exercise, with the goal of testing our plan and coming away better prepared for the unexpected.

This exercise proved to be everything we hoped for and then some. We had representation from law enforcement, city and county fire departments, volunteer fire departments, 911 dispatch, and EMS, to name a few. We achieved our goal and certainly feel better prepared today than we were before.

February's board meeting centered around an informative and most exciting presentation from our architect partners, RLPS — the group leading our master planning. Each community had one-on-one time with them for discussion around areas of focus. For us, right-sizing healthcare, Francks' Place, and a new independent living offering made the short list. They have some homework, and we'll be seeing them again before summer for our charrette process, which will be an on-site gathering to put pencil to paper and have fun with some renderings.

The spirit of Sunnyside Communities and King's Grant is bright and enthusiastic. We are entering the new year with a smile and a spring in our step — staying grounded in our mission and keeping focused on our vision.

James Souter,
Executive Director





The Chaplain's Office, FEB 2026

"O Lovely and Sweet Spring!"

Rev. Bonnylee Witt

"As Lent is the time for greater love, listen to Jesus' thirst...He knows your weaknesses. He wants only your love, wants only the chance to love you." - St. Teresa of Calcutta

Psalm 51:10-12 KJV ¹⁰ Create in me a clean heart, O God; and renew a right spirit within me. ¹¹ Cast me not away from thy presence; and take not thy holy spirit from me. ¹² Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

"Hope is not pretending that troubles don't exist. It is the trust that they will not last forever, that hurts will be healed and difficulties overcome. It is faith that a source of strength and renewal lies within to lead us through the dark into the sunshine." -Liz Chase

Community Lenten Series: Weekly Schedule will be as follows:

Feb 26 - First Baptist Church - 23 Starling Ave.

March 5 - First Baptist East Church - 1043 East Church St.

March 12 - First Presbyterian Church - 1901 Patrick Henry Ave.

March 19 - Starling Avenue Baptist Church - 932 Starling Ave.

March 26 - Chatham Heights Baptist Church - 1235 Chatham Heights Road

MARCH 2026 Schedule

VICTORY CHAPEL SERVICES

Sunday Afternoon 4:15 PM

SUN. MAR. 01 KG BONNYLEE WITT

SUN. MAR. 08 KG BONNYLEE WITT

SUN. MAR. 15 NAOMI HOGE MUSE

SUN. MAR. 22 REV. PALMER LOWERY

SUN. MAR. 29 TBA

THE HISTORY OF THE BIBLE

JOIN US

**EVERY THURSDAY
MORNING AT 10:30 AM
FOR AN EDUCATIONAL &
EXPLORATION OF THE
HISTORIES AND MYSTERIES
OF THE BIBLE...
VICTORY CHAPEL**

Pastoral Events In March 2026

First Baptist's Service of Communion Mar. 04, 2026 2:30 PM

Victory Chapel Led by Rev. Mike Hatfield

Service of the Holy Eucharist Mar. 05, 2026 at 1:30 PM

Victory Chapel Led by Rector John Adams All are Welcome!

Women's Wednesday Afternoon Bible Study

1:30 PM Pheasant Card Room Facilitator Anne Hartman

Monday Morning Meditation & Prayer Time in the Pheasant Card

Room Every Monday Morning 10:30—11:15 AM

Art & Soul Spirituality Class Spiritual Connections Through Art

Every Monday Afternoon 2:00—3:00 PM Multi-Purpose Room



NEW SPIRITUAL HEALTH CLASSES

The Literary Café EVERY WED. 2:30-3:30

Spiritual Health & You EVERY TUES. 2-3 PM

Video Presentation & Discussion

Join us in the new Movie Room 3rd Floor

Resident Birthdays

| | | | |
|-------------------|------|----------------------|------|
| Suzanne Hutchens | 3/3 | Dennis Knight | 3/16 |
| Hilda Olson | 3/4 | Richard Christenbury | 3/18 |
| Ann Draper | 3/4 | Martha Rollins | 3/22 |
| Keith Spangenberg | 3/11 | William "Bill" Moore | 3/22 |
| Robert Wuestefeld | 3/12 | Willodean Roberson | 3/23 |
| Ina Richmond | 3/15 | Barbara Folan | 3/23 |
| Ed Adams | 3/15 | BG Adams | 3/25 |
| Douglas Ramsey | 3/29 | | |

Welcome Home
— WHERE YOU BELONG —



Jane Rayfield

Apartment 314

May the road rise up to meet you. May the wind
be always at your back. May the sun shine warm
upon your face, the rain fall soft upon your fields
and until we meet again, may God hold you in the
palm of His hand.



Staff Birthdays

| | | | |
|--------------------|------|------------------|------|
| Caleb Burgess | 3/1 | Kathy Carter | 3/21 |
| JoAnne Salmons | 3/3 | Patricia Crummie | 3/21 |
| Fredricker Perkins | 3/8 | Amanda Townes | 3/24 |
| Alice Thompson | 3/9 | Julie Turner | 3/25 |
| Philip Naff | 3/10 | Brenlyn Buzzeo | 3/26 |
| Amy Seidle | 3/11 | Melissa Hampton | 3/29 |
| Joshua Williams | 3/13 | Kimberly Smith | 3/30 |
| Nieshia Carter | 3/16 | Ricki Mitchell | 3/31 |
| Ed Ledbetter | 3/19 | Loreal Wilson | 3/31 |
| Tommy Morse | 3/21 | Yolanda Hairston | 3/31 |

Welcome Aboard

Please Help Welcome Our
Newest Employees to King's Grant

Ta'Meil Foddrell, DSA

Jennifer Howell, C.N.A

Sharon Farris, C.N.A

Celebrating Years of Service

THIRTY YEARS:

Rodney Taylor, Plant Operations Director

THREE YEARS:

Tina Fulcher, Occupational Therapy Asst.

ONE YEAR:

Josie Bryant, Sous Chef

Jordyn Reynolds, LPN

Shereva Johnson, C.N.A

Congratulations

Employees of the Month of March 2026

The Grounds Crew

**Philip Naff, Wade Shelton,
Jerry Lampkins & Jeff Naff**





Land and Pool Exercise Schedule

Please note that this schedule is subject to change. Be sure to check channel 970 for class changes and updates throughout each month.

| MONDAY | TUESDAY | WEDNESDAY |
|---|--|---|
| <p>8:30-9:45 Open Swim</p> <p>10:00-10:30 Gym class</p> <p>11:00-11:30 Water Volleyball</p> <p>1:30-2:00 Chair Volleyball</p> <p>2:00 - 3:30 Open Swim</p> | <p>9:00-9:45 Dream Team</p> <p>10:00-10:30 Lite n' Lively</p> <p>10:45-11:20 Hot Shots</p> <p>11:30-12:00 Gym Staff Training</p> <p>2:00-3:30 Open Swim</p> | <p>8:30-9:45 Open Swim</p> <p>10:00-10:45 Mat Stretching</p> <p>11:00-11:30 Water Volleyball</p> <p>11:30-12:30 Open Swim</p> |
| THURSDAY | FRIDAY | SATURDAY |
| <p>9:00-9:45 Dream Team Cardio</p> <p>10:00-10:30 Lite n' Lively</p> <p>10:45-11:20 Hot Shots</p> <p>11:30-12:00 Gym Staff Training</p> <p>2:00-3:30 Open Swim</p> | <p>8:30-9:45 Open swim</p> <p>10:00-10:45 Total Fitness/standing seated class</p> <p>11:00-12:30 Open Swim</p> <p>2:00-3:30 Open Swim</p> | <p>9:00-12:00</p> <p>OPEN SWIM</p> <p>LIFEGUARD ON DUTY</p> |

WELLNESS SPOTLIGHT

Merlow Luttrell

For over 20 years, she has been dedicated to working out, staying active, and prioritizing her health is an inspiration to our entire community. This beautiful lady just celebrated her 90th Birthday! Here is to 90 dedicated, wonderful years!





**Fall Prevention
Strategies with
Michael
McGregor PT**

**March 3, 2026 | 1 PM - 2 PM Multi- purpose
room Screening for Falls on-site**

Light refreshments to be served

Sign-up on Wellzesta

If any quetions contact Amy Seidle at Ext. 1581

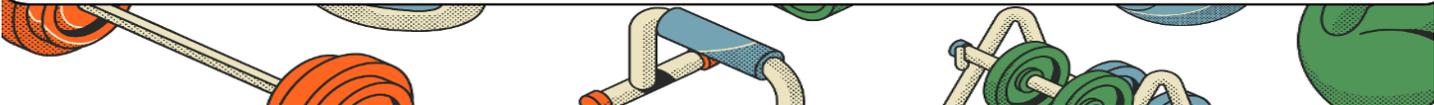


STANDING & SEATED CLASS

**FRIDAYS- 10:00-10:45
2ND FLOOR EXERCISE
ROOM**

This class is designed to increase muscle strength, boost metabolism, and improve bone density. It's a more advanced class, but exercises can be modified so you can work at your own level while still getting a great workout.

Come challenge yourself and build strength in a supportive environment! 💪





| | | |
|---|--|--|
| Tue-March 3rd | 1st Tuesday Breakfast & Announcements | 8:00am Breakfast– Trellis Room 8:30am Announcements– Trellis-Room |
| Sat-March 7th | Bus Outing: Mill Mtn Theatre—9 TO 5 | Depart: 11:00am Francks' Place |
| Wed-March 11th | Bus Outing: Piedmont Arts & Lunch at Wild Magnolia | Depart: 10:15am 350 Entrance |
| Thu-March 12th | Campus Speaker: Education Station w/ the VMNH | 10:30am Trellis Room |
| Fri-March 13th | Bus Outing: Spencer-Penn Centre Music Night | Depart: 5:00pm Francks' Place |
| Sun-March 15th | Bus Outing: Tanger Center—The Sound of Music | Depart: 3:15pm Francks' Place |
| Wed-March 18th | Wednesday Night at the Movies—The Guernsey Literary & Potato Peel Pie Society | 6:30pm 3rd Floor Movie Room |
| Thu-March 19th | Bus Outing: Chatmoss Country Club for Lunch | Depart: 11:00am 350 Entrance |
| Mon-March 23rd | Monday Night at the Movies—Patriots Day | 6:30pm Francks' Place Theatre |
| Wed-March 25th | Over 90 Lunch Group | 11:30am Trellis Dining Room |
| Wed-March 25th | Lunch (optional) & BINGO | 12:00pm Francks' Place |
| Thu-March 26th | Bus Outing: Smith River Spirits | Depart: 1:00pm 350 Entrance |
| Fri-March 27th | Monthly Birthday Party– Circus Daze featuring Sonshine the Clown | 2:30-4:30 Trellis Room |
| Mondays in March | Bocce Ball...Crossing our fingers for warm days that will allow for outdoor activities! Watch for messages on Wellzesta. | 2:30pm |
| Wednesdays in March (11th, 18th & 25th) | Ready to get in a good mood? Trishaw rides...weather permitting! Watch for messages on Wellzesta for updates and departure points. | 3:00pm |
| Everyone is welcome to attend movie matinees and movie nights at Francks' Place and in the 3rd Floor Movie Room! | | |

Tuesday Movie Matinees

Francks' Place Theatre Room

3:00pm

| | |
|------------|---------------------|
| March 3rd | Eleanor the Great |
| March 10th | The O'Brien's |
| March 17th | Dancing at Lughnasa |
| March 24th | Train Dreams |
| March 31st | Soul on Fire |



Friday Movie Matinees

3rd Floor Movie Room

1:30pm

| | |
|------------|------------------|
| March 6th | Train Dreams |
| March 13th | Soul on Fire |
| March 20th | Children's Train |

🍀 Snapshots 🍀



**DON'T FORGET
DANCING WITH THE ARTS
MARCH 14TH AT 3:00PM
MARTINSVILLE HIGH SCHOOL**





DEAR DEVELOPMENT,

I've lived in this community for several years and it truly feels like home. I see neighbors helped when they've run out of resources and staff supported when life throws them a curveball. I'd like to give back, but I'm on a fixed income and worry about committing to something I can't sustain. Is a small monthly donation really helpful, and can it truly make a difference here where I live?

- Grateful at Home

DEAR Grateful,

We're so glad you asked!

What a thoughtful and caring question—and how lucky your community is to have residents like you.

The short answer is yes: a small monthly gift can make a very real difference. Monthly recurring donations are one of the most meaningful ways residents support their community because they provide steady, dependable funding. This allows us to plan ahead and respond quickly when a neighbor needs help staying in their home or when a staff member faces an unexpected hardship.

Your gift can be modest—many residents choose an amount that feels comfortable, like the cost of a cup of coffee or lunch out once a month. You remain fully in control and can change or stop your gift at any time if circumstances change.

Perhaps most importantly, monthly giving is a beautiful expression of community caring for community. It reflects the spirit of neighbors looking out for one another and ensures that compassion remains at the heart of the place you call home.

Thank you for considering this generous act. Your kindness truly helps sustain the community you cherish.

THANKS FOR GIVING!

The Development Team

Tax ID: 54-0591600

This photo was taken in Pismo, California, at the Monarch Butterfly Grove there. While the butterfly season had mostly passed, I saw my first hummingbird nest.

Here is a picture of a female Anna's hummingbird and her two nestlings. Another birder present said that "Male hummingbirds are of no help when it comes to raising the young. She also said that two eggs at a time is the standard."



BILL CHARLES PHOTOGRAPHY

Alzheimer's Support Group Meeting

In-person meetings on the fourth Tuesday of every month



Next Meeting:

Tuesday, March 24th

3:00 – 4:00 P.M.

This meeting is for any family member or support person in King's Grant

ASK US ANYTHING!

The King's Grant marketing team is ALWAYS here to answer any questions or concerns you may have. We would like to assure you that we will always listen to the voice of our residents and respond accordingly.

There are many ways to contact us. Choose the way that is most convenient for you.



Jamie Turner, Marketing Director

JTurner@kingsgrant.cc \ 276-634-1140

Brandon Earles, Marketing Counselor

BEarles@kingsgrant.cc \ 276-634-1138

Roger Owens Marketing \ Move Coordinator

ROwens@kingsgrant.cc \ 276-634-1202

What's Happening at Francks' Place?

Billiards: Every Tuesday & Thursday from 1:00—4:00pm.

Movie Matinee: Every Tuesday at 3:00PM at Francks' Place Theater. Popcorn and Drinks available. Titles will be announced the week Prior.
Sign up in the resident app or contact Sharon at 1585.

Wondrium: Come Learn something new! Shown every Monday from 1:30-2:30PM in Francks' Place Theatre.

Services available on King's Grant Campus

McCormick Dry Cleaning: Pick-ups/drop-offs on Tuesdays & Fridays, **times vary.**

Seamstress: Pick-ups/drop-offs by appointment only. Contact Sylvia Smith at **276-618-1441**

Safety Deposit Boxes are available on campus.

Notary Publics: available on-site by appointment.

CPR & First Aid Classes: Tammy Shorter ext.1137

Nail Technician: Manicures and pedicures by appointment. Contact Tina Williams at ext. **1488**

For Clinic Hours and Services call ext. 1481

Transportation: For shuttles, appointments, or shopping requests, contact Ron Dailey or Ed Ledbetter or at ext. **1129**. If they are busy and you need a shuttle, dial ext. **1513** (Guard House).

Electronic Funds Transfer: Auto-draft from checking/savings accounts available. Contact Stevie Zola at ext. **1132**

Beauty/Barber Shop: For appointments, contact Tina Williams at ext. **1488**

Massage Therapy: Kim Kidd **276-734-5015** & Cindy Rhoday **276-634-7300**, on-site by appointment

Housekeeping Services: Contact Mike Moyer to schedule services-276-634-1496

Franccks' Place BOOK CLUB



Next meeting is

Wednesday, March 4th

12:00 p.m. | Francks' Place

If interested in becoming a member, contact
Joan Montgomery(1349) or Dawn Howe (1313)

Spring Forward

March 8th

Don't Forget to Change Your Clock
+1 hour



King's Grant Book Club March Edition



Everyone in Hemingway Grove, Illinois, knows David and Marcie Bowers. David owns the local pub. Marcie is a former big-city lawyer who practices family law. When David jumps into Cotton River to save a drowning stranger, he's celebrated as a hero. His muscled physique, shaved head, and piercing blue eyes are broadcast on every news outlet. For David Bowers, it's a death sentence. For Marice Bowers, it's a test. A wife knows the difference between a loving husband and father and a cold-blooded assassin.. Right?

Next meeting will be on Monday,
March 23rd—11:45 a.m. Private Dining
Room

**To contribute to the Town Crier, please submit
information by the 15th of each month to:
Brenlyn Buzzeo, Executive Assistant at Bbuzzeo@kingsgrant.cc**



King's Grant

DISCOVER THE DIFFERENCE