

# The Haven Newsletter

## Massey Springs

### April 2025



#### Upcoming Events:

- 4/1 Chopped By T Food Truck (11AM-3PM)
- 4/11 Pelican's Snow Cone Truck (11AM-3PM)
- 4/18 Resident Council Meeting (3:30PM) at The Haven
- 4/18 Massey Kids Easter Egg Hunt (2-4PM)
- 4/25 Massey Springs Prom in Assisted Living Dining Room (6-8PM)



#### Reminders:

- Check mailboxes & emails for new information. Keep a lookout for new changes and improvements!
- We need volunteers for activities at the Haven! Please reach out if interested!

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#### April Birthdays:

- Shirley A. 4/11
- Shirley Farris 4/14
- J.L Young 4/19
- Ruth Poteet 4/22

#### Contact Info:

Massey Springs: 2945 SmallHouse Rd.  
Bowling Green, KY, 42104  
270-904-1999

#### Alex (Activity Director):

[alexandra@masseyspringssrliving.com](mailto:alexandra@masseyspringssrliving.com)

#### Sara Jo (Clinical Director):

[sara@masseyspringssrliving.com](mailto:sara@masseyspringssrliving.com)

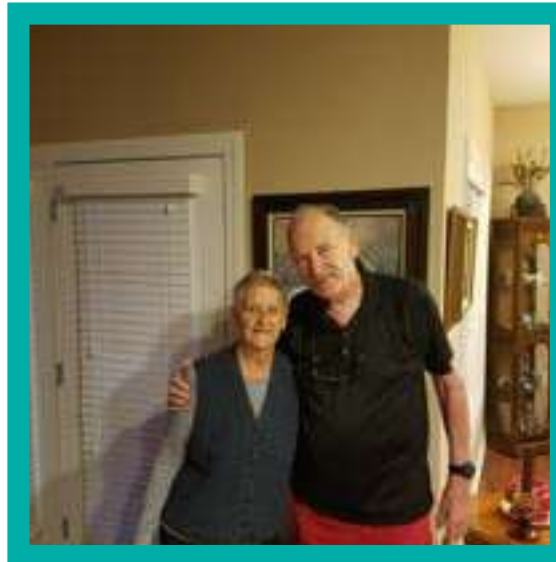


## Resident Spotlight:

### James Cecil Harwood

About me: My name is Cecil Harwood and I was born & raised in Allen County. I entered the Air Force in 1973, where I served in the American Embassy in Russia & Finland. I was trained in Russian & Bulgarian! During my time in Russia, I met the love of my life, Barbara. I retired in 1974 and returned to Allen County, where I then studied at the Bowling Green Tech School. During my time there, I earned a degree to become an electrician. Since then, I have fully retired and started a family! I was blessed to have a son of my own, Chris. Time quickly passed, and now I have 2 beautiful grandchildren, Haley & Sean

What Do I love About Massey Springs? I love how relaxing and loving the community is, as well as my kind neighbors!





Employee  
Spotlight:  
Sara Jo Jones



Sara Jo began her nursing career in 2004, with her first position as a Certified Nursing Assistant. She then became a Licensed Practical Nurse in 2008, continuing in long-term care filling many roles as a medication, skilled, and treatment nurse. She additionally held the positions of social services, admissions, marketing director, and assistant director of nursing. She then fell in love with the assisted living side of healthcare. She accepted her first assisted living director position in 2019 at Morningside of Paris, a 76-bed facility with an 8-bed memory care unit. In March 2020, she moved to the Bowling Green area and became the Clinical Director at The Haven at Massey Springs Senior Living. With a passion and a personal family connection to Alzheimer's disease, she strives to provide exceptional care in a warm, home like atmosphere. Sara Jo enjoys traveling, cooking, spending time with her family in Tennessee, and being on Kentucky Lake. She is a fur mama to a rowdy beagle named Rocky, and an elderly rescued terrier mix, named Pepper. Her favorite quote from Jill Briscoe is one she lives by: "You go where you're sent, you stay where you are put, and you give what you've got until you are done."