



# THE HAVEN NEWSLETTER



March 2026

## BACK TRACK TO FEBRUARY

What a fun-filled month we had here at the haven. We went out for our lunch bunch at Olive Garden, then we got into party mode and celebrated Valentine's Day with tons of sweets and pepperoni roses. Then we kicked back in our PJs for National Comfy Day. We can not wait to see what other kind of adventures March has in store for us stay tuned to find out!



## Reminders

Please check the lobby mailboxes and keep an eye out for emails about our sweet residents and upcoming activities. If you would like to join us on any of our outings, please call or email Jenny!

## Upcoming Events

- Nail Outing March 4<sup>th</sup> @10:00am
- Lunch Bunch @ Melissa's March 10<sup>th</sup> 11:30am
- Activity W/Abby March 12<sup>th</sup> @ 1:00
- St. Patrick's Day party March 17<sup>th</sup> @ 1:00
- Carolina Rose Band March 19<sup>th</sup> @ 1:00
- Resident Council Meeting March 20<sup>th</sup> @ 1:00
- Antique Mall Outing March 25<sup>th</sup> @ 9:30am

## Contact Info

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# SPOTLIGHTS



Our employee spotlight for this month is our very own Executive Director, Abby Coursey. Originally from Fruit Heights, Utah, Abby holds a Nursing Assistant certification and attended Southern Utah University. After an 18-month church mission where she met her husband, she relocated to Russellville, Kentucky, and now enjoys family time with their beautiful son, Theo.

Abby's dedication to the elderly is evident in her empathetic approach and willingness to assist wherever necessary. She values listening to residents' stories and fostering individual connections.

Abby also maintains an active community presence through her involvement with organizations such as the Alzheimer's Walk Committee, the Bowling Green Chamber, and the Kentucky Senior Living Association.

When she's not at Massey Springs or involved in community efforts, Abby enjoys spending time with friends and family, weekend getaways, embroidering, nails, playing the piano, and trying a wide variety of new hobbies



## St. Patrick's Pay



Our Resident Spotlight for this month is Delores Fray. Born and raised in Highland, IL, she lived with her family until she met the love of her life, Jerry Fray. They were married

In 1968. They had two boys that she loves very much, Greg and Brad. After they started their family, they moved to Bowling Green, KY, where the Corvette plant was relocated.

She was a teacher's aide for a few years, then started working at Sears in the 90s. She worked there for 12 years. During that time, she stayed busy taking her boys to ball games, practices, and tending to her flower garden. She loves playing board games, cooking, and traveling with her family. She loves Massey Springs because she has become friends with everyone who works here.