

WHAT'S COMING UP

May 1

May Day

May 4

Star Wars Day

May 5

Cinco de Mayo

May 9

Mother's Day

May 13

National Apple Pie Day

May 20

National Pick
Strawberries Day

May 24

National Brother's Day

May 28

National Hamburger Day

May 31

Memorial Day



MAY 2021 NEWSLETTER



Hello Residents,

We are delighted you have chosen to live with us here at Regency.

Are you excited about the upcoming events in May? We have the following fun activities planned:

- » Cinco de Mayo Celebration
- » Mother's Day Professional Photo Shoot with Pete Dobbs on May 7th
- » Outdoor Movie with Mom on May 7th at the Pavilion
- » Nurses' Week
- » Memorial Day Cookout on May 26th

Be sure to check your activities calendar for additional events and details.

Let's continue to keep everyone around us safe by washing our hands, maintaining a distance of six feet, and wearing masks in the public spaces in the building.

Would you like to have a free* month at Regency? Don't forget about our Friends Make the Best Neighbors promotion! Move your friends into Regency to receive a month free or a check for \$2,500 for each referral who moves in. And don't forget, we are the top-shelf in Huntsville, and you are our top priority!

Tim Taylor,
Executive Director

** Referring resident will be paid out after 90 days from move-in date.*

WHAT WE'VE BEEN UP TO

We are enjoying the fantastic weather as spring 2021 comes into full bloom. To keep the residents physically fit, mentally astute, and socially active, we've held plenty of celebrations and COVID-19 safe activities. These activities and events included the following:

- » Easter Parties
- » Easter Parades with family and friends
- » Employee of the Year Celebration with Corporate and Big Daddy Kingfish
- » National Deep Dish Pizza Day
- » New-to-Us Food Tasting Show
- » Birthday Parties
- » National Peach Cobbler Day
- » The Price is Right Game Show
- » National Burrito Day
- » Mother's Day Crafts
- » Spring Fling Cookout and Black Tupelo in Concert
- » National Pretzel Day
- » National Grilled Cheese Day (Gourmet)
- » Brunch with Regency
- » Wine & Cheese Tastings



WHAT'S NEW?



Visitation Procedures

Would you like to schedule an in-person visit, an outdoor socially-distanced visit, or a video chat with your friends and family? If so, give your Activities Department a call, and we will schedule your visit, keeping you apprised of the latest protocol and any changes.

UPCOMING EVENTS

- » Cinco de Mayo Celebration with cheese nachos and a live singer, Raul Mejia
- » Mother's Day Professional Photo Shoot with Pete Dobbs
- » Movie with Mom at the Pavilion for Mother's Day
- » Ice Cream Social
- » The Price is Right Game Show
- » Birthday parties
- » National Pick Strawberries Day with Strawberry Shortcake
- » Spring Craft– Rainmakers
- » Regency Buck Auction
- » Our own Tim Goff in Concert
- » Memorial Day Cookout with Antonio and Mike live and in concert
- » Wine & Cheese Tastings



FUN FACTS

- » Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- » On May 9, 1992, The Golden Girls aired their series finale.
- » The birthstone for May is the emerald, which represents love and success.
- » The Empire State Building opened on May 1, 1931.
- » On May 14, 1804, Lewis and Clark began their journey up the Missouri River.
- » May 22nd is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat, this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.
- » Edward Jenner, a doctor from Gloucestershire, England successfully tested his vaccination for smallpox on May 14, 1796.
- » On May 14, 1998, 76.3 million people tuned in for the series finale of Seinfeld
- » The Golden Gate Bridge was opened in San Francisco on May 27, 1937.
- » Buffalo Bill's Wild West show opened in London, England on May 9, 1887.

THERAPY CORNER

Welcome to another edition of Therapy Corner. May is "Better Speech and Hearing Month," so I thought I would take this time to talk about speech therapy and what it entails.

What does a speech language pathologist do, and how can it help you?

Did you know...?

Speech pathologists can treat swallowing disorders. A swallowing disorder, also called dysphagia, can affect a person's ability to swallow their food, medications, and liquids. As you can imagine, not being able to enjoy your favorite foods and drinks can lead to a decreased enjoyment of eating. Speech pathologists can treat swallowing disorders through exercises, modifying diets, and other compensatory strategies.

Speech pathologists also help with memory to increase overall independence. Have you had trouble remembering what medicines you take or what activities you've done recently? We can train memory strategies to improve your ability to remember information, new and old.



Speech pathologists also provide services related to improving voice and hearing. Restore therapy has an audiologist on staff who can provide hearing evaluations. We work closely with our audiologists in therapy to improve hearing. We can also address vocal deficits, and train strategies to improve your ability to be heard!

If you think speech therapy services could be of help to you, please contact us!

Your Restore Therapy Family,

Ryan Parden, PTA



FROM THE BLOG

Mother's Day

Celebrating Motherhood in all its Forms

Mother's Day is so special, and carries with it its own meaning for each of us. Perhaps you celebrate this holiday as someone who had an incredible mother of your own. Perhaps you yourself are a mother, a stepmother, a godmother, mentor, teacher, or caregiver. As we honor the mothers in our lives on this Sunday in May, let's find some inspiration in the beautiful words of writers, poets, actresses, and other figures who perfectly express the beauty and raw strength that is motherhood.





Maya Angelou

“To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow.”

Kate Winslet

“Having children just puts the whole world into perspective. Everything else just disappears.”

Robert Browning

“Motherhood: all love begins and ends there.”

Oliver Wendell Holmes

“Youth fades; love droops; the leaves of friendship fall; a mother’s secret hope outlives them all.”

Oprah

“I believe the choice to become a mother is the choice to become one of the greatest spiritual leaders there is.”

Mitch Albom

“When you look into your mother’s eyes, you know that is the purest love you can find on this earth.”

Victor Hugo

“A mother’s arms are made of tenderness and children sleep soundly in them.”

Abraham Lincoln

“I remember my mother’s prayers and they have always followed me. They have clung to me all my life.”

Henry Ward Beecher

“The mother’s heart is the child’s schoolroom.”

Michelle Obama

“At the end of the day, the most important job is still mom-in-chief.”

Sheryl Crow

“Little souls find their way to you whether they’re from your womb or someone else’s.”

Sophia Loren

“When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.”

No matter how or who you celebrate on Mother’s Day, we hope it is a time of tribute for you and/or the strong, loving women in your life who have shaped you, comforted you, taught you, and showed up for you in many ways throughout the years. On this special Sunday, we honor all mothers and mother-life figures, motherhood in general, and the profound impact of mothers on society. They truly deserve all the thanks!



FEATURED RESIDENT

Mrs. Doris Brewer

Mrs. Doris Brewer is 82 years old. She grew up in Marshall County, where she met and married the love of her life, Thomas. After they married, they relocated to Indiana, and had two boys, Len and Ross. Doris worked at the courtesy booth in a grocery store. Together they moved back to Huntsville in 1963. In her spare time, she worked as a seamstress, making clothes and baby blankets for her friends and family. We are delighted to have had Mrs. Doris as part of our community for the past two years. Congratulations, Mrs. Doris, on being the Resident Spotlight!

GRADUATION SEASON

Interesting Facts and Traditions

Whether you have celebrated graduations of your own or watched your kids or grandkids graduate from school or university, we all know it's a special time honoring hard work, commitment, and perseverance. But why do we celebrate with the traditions we do?

Cap & Gown

This traditional graduation attire dates back to the 12th century. The get up was first adopted out of necessity, as the universities of that time did not have heating systems. Graduates wore the robes for warmth, and eventually the outfit was made the official attire of academia.

Cap Tossing

The fun and celebratory tradition of tossing the graduation cap was started by the Naval Academy in 1912. Before that graduation, the academy's students were required to serve two years in the fleet as midshipmen before being commissioned as Navy officers. This crew of 1912 was commissioned at graduation, and therefore no longer needed their hats, which they tossed into the air without the need of getting them back. Now this act is practiced as a gesture to commemorate the ending of a chapter.

Turning the Tassel

Another graduation gesture is moving the tassel from one side of the cap to the other upon receiving a diploma. Though this cap adornment only goes back 40 or 50 years, moving the tassel from right to the left side of the cap symbolizes the student's movement from candidate to graduate.

HAPPY BIRTHDAY!

Resident

John Wencil	May 1
Annie Mathews	May 2
Rosie Williamson	May 5
Shirley Adcock	May 8
Betty Ernst	May 17
Kathryn Taylor	May 17
Marva Wencil	May 23
Alvera Haas	May 26
Charles Harding	May 31

Employee

Yvette Blake	May 1
Dorothy Sampson	May 3
Nesta Wilson	May 3
Courtney Paige	May 4
Beatrice Tennyson	May 5
Kathrine Hardin	May 9
Paulette Miller	May 11
Janette Edmondson-Haygood	May 17
Corrina Ross	May 23
Mavis Smith	May 26

WELCOME NEW RESIDENTS! 🏠

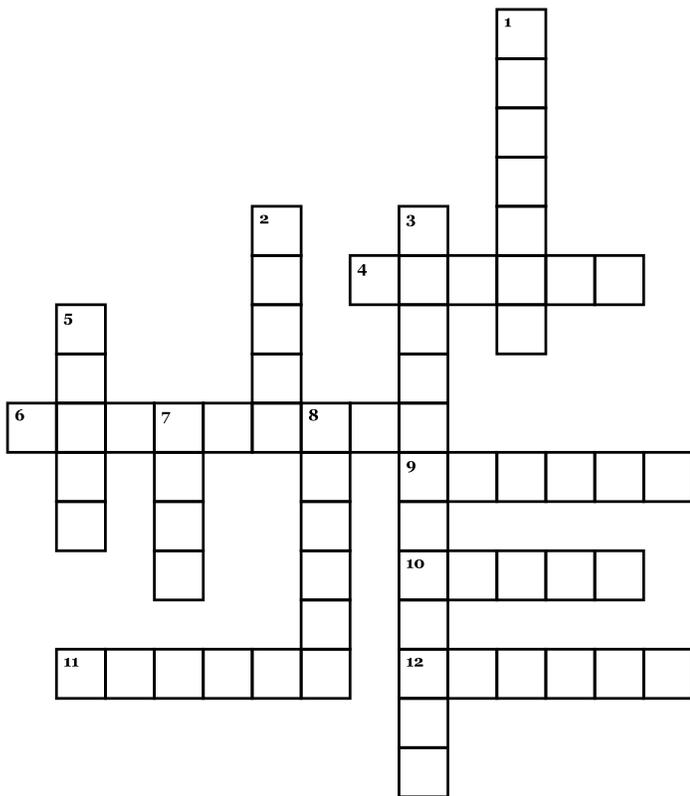
Shirley Brooks	Jean Glass
Wilma West	Montez Williams
Dorothy Hembree	Jeanie Murphy
Richard Reed	Richard Moore
Jeanne Hamilton	Caroline Vincent

WORD FIND

C A O Y B Z X E K M A R I T I M E A P B V L X P B
 P V Z R A O O K P L P O J T A D P E S M A N G T I
 G J S E I N F E L D A J E R N J T G M H C T Y E Z
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- | | | | | |
|---------|--------|---------|----------|---------|
| MAY | GOLDEN | JEANS | SEINFELD | JEDI |
| LILY | EMPIRE | TRINITY | MARITIME | JOURNEY |
| EMERALD | BRIDGE | VACCINE | DOROTHY | TEACHER |

CROSS-WORD



Across

4. The traditional flower of May - Lily of the _____
6. A popular food served on a bun
9. Teachers might receive these on Teacher Appreciation Day
10. Lewis & _____
11. Formerly the tallest building in the world, the _____ State Building
12. Dorothy's mother in The Golden Girls

Down

1. Gemstone that's the color of envy
2. Darth _____ - Luke's father
3. City where the Golden Gate Bridge is located
5. Pants made out of denim - usually blue
7. Well-known figure of the Wild West - Buffalo _____
8. One of Jerry's best friends in Seinfeld

EMPLOYEE OF THE YEAR

Joe Cordova

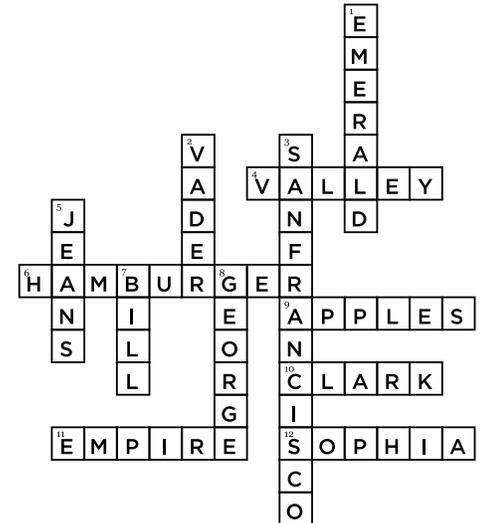
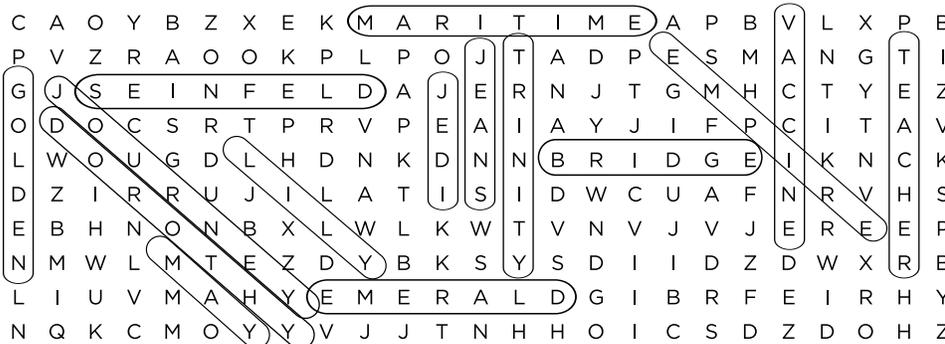
Joe has been serving at the Towers as Transportation Driver in Activities for almost four years. He comes to us as a retiree from the US Army and the Department of Corrections. Twice retired, he loves working at Regency so much he jokes about quitting every week, getting lots of laughs and reactions, and then always comes back. He enjoys making residents feel comfortable and happy, as he caters to their needs and desires by purchasing their supplies at various stores, taking them for medical runs and other necessary appointments, and assisting with any task as requested. In his spare time, Joe loves to day-travel and his favorite hobby is fishing. We are honored to have such an outstanding employee that loves his job and enjoys making others happy here as part of the Regency team. Join us in congratulating Joe!

EMPLOYEE OF THE MONTH

Tequila Robinson

Join us in congratulating Tequila Robinson on being awarded May 2021 Employee of the Month. Not only is Tequila talented, driven, and kind, but she also treats the residents with the utmost respect and gentleness. She's been a part of the Regency team for almost three years now, and brings to the table more than 20 years of experience. Tequila is originally from Gadsden, and has a 19-year-old daughter. In her free time, she loves to play volleyball and shop. Tequila said she loves what she does here at Regency. Congratulations, Tequila. You deserve it!

ANSWER KEY



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