

WHAT'S COMING UP

March 1st
Mardi Gras

March 2nd
Ash Wednesday

March 8th
International Women's Day

March 14th
National Pi Day

March 15th
Ides of March

March 17th
St. Patrick's Day

March 19th
National Quilting Day

March 20th
Spring Equinox

March 22nd
World Water Day

March 23rd
National Puppy Day

March 25th
National Medal of
Honor Day



MARCH 2022 NEWSLETTER



Dear Residents,

Thank you for choosing to make Regency your home!

Did you enjoy our February events? From National Pizza Day and homemade nachos, to Courtney with karaoke, manicures, trivia, bingo, Valentine's Day and Wine & Cheese, we've had a lot of fun! Last month was certainly filled with entertaining events and activities for all.

Be sure to check out your March calendar. It contains more details on our Mardi Gras Celebration, Craft and Vendor Show, and St. Patrick's Day Party, as well as upcoming concerts and national food recognition days. Of course, we'll mix the live music with the food events and then provide exercise the next morning to wear off those calories.

Regency management is continuing the process of perfecting our cable service. Stay tuned for more details!

With nicer weather upon us, be sure to take the opportunity to be active and to enjoy a walk outside or inside in the halls. Bring a friend and share in lively conversation as you walk your way to better health— let's stay fit together! Once the spring weather returns, we'll also be adding "Walking Wednesdays" back to the calendar. Be sure to check that out!

Would you like to have a free* month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion! Invite your friends to move into our community, and receive a free month or a check for \$2,500 for each referral who becomes a resident.

Tim Taylor,
Executive Director

**Referring residents will be paid out 90 days from the move-in date.*



Chinese New Year — February

With a special interest in the Chinese New Year, Regency resident Ms. Libby decided we needed to celebrate. The Korean Mission Dance Academy was happy to perform a unique set just for the occasion, with drums and colorful authentic Korean costumes. We snacked on fresh baked veggie spring rolls, California sushi rolls, and Pocky sticks. Delicious, delightful and different, this holiday experience was a one-of-a-kind. What a special and unique idea to celebrate the Chinese New Year!



Pet Therapy with Donna and Sam — February

Donna and Sam, a large goldendoodle, visit us on a bi-weekly basis. With a wagging tail and a nose looking for treats, Sam says "Hi" to the residents that want to interact and participate. Who would like some doggy loving? Just let us know if you would like a visit!





Resident Pie Tasting — February

What are some of your favorite pies? Residents gathered in the sun room to taste and savor several different pie options: Key lime pie, coconut pie, warm “fresh out-of-the-oven” apple pie, and of course... chocolate pie. It's so hard to pick a favorite one, so of course several people had to have two! What a unique experience to try out flavors side-by-side!



Crafting Time — February

Which would you pick? The old red truck with hearts, or the traveling camper? Selecting one or the other, the seniors fine tuned their motor skills as they chatted and reminisced about their earlier travel trips with family, while they painted their Valentine's Day decorations. We even played a little music trivia as the top oldies came on! Talk about creativity and detailed work. What an outstanding job!





Mardi Gras Party

March 1st at 1:30 pm

Enjoy tunes from New Orleans floating through the air, as we clap and listen to the musicians from the Tea Time Band show off their talents. We'll also munch on paczkis for Paczki Day and don colorful beads in celebration of the Mardi Gras holiday. Come and get your spirits lifted as we enjoy another holiday together!



March's Craft

March 4th at 1:30 pm

With St. Patrick's Day on the horizon, we'll unite together in the sun room to decorate a selection of four different signs for our doors and windows. Unique and individual, each one will be special. Join us and create your own, for use in your apartment or to give away as a gift.



Deborah with Caption Call & Americans with Disabilities Act

March 15th at 2:45 pm

Deborah will be on-site to share information about the Caption Call program, available for free to our residents. This is a great opportunity to get a caption telephone at no cost, for those with hearing loss or those who struggle to hear over the phone. Join us in the sun room for more details on this free program.





St. Patrick's Day Celebration March 17th at 1:30 pm

Green hats. Green cookies. Irish music throughout, and maybe some trivia about the creation of St. Patrick's Day and the man himself. Such a unique way to celebrate the holiday as we gather together for a great time. Join us for a little Irish fun!



Wine & Cheese with Brandon Morris

March 25th at 1:30 pm

Have you had the chance to hear Brandon Morris? He's a local musician who's often featured at Bridge Street and several other places in town. He's fast becoming one of our favorite musicians here at Regency. This is your opportunity to hear his talents as you sip on wine or sparkling grape juice while enjoying some elegant goodies on the side. Yum Yum!



Craft and Vendor Show March 28th at 1:30 pm

Avon. Paparazzi. Steeped Tea. Mimi's Magic Apron. As the Wood Turns (handmade wooden pens). Thirty-One. Creatively Thinking. Cat's Eye Crafts....and maybe even a few fuzzy and furry baby farm animals. All this and more will be displayed for your enjoyment and purchasing pleasure inside the sun room. (Of course, the animals will be just outside.) Come and discover your next shopping adventure right here, on site and indoors at Regency!



Bryan Easter in Concert March 30th at 1:30 pm

Originally from Jackson, Mississippi, Bryan is one of our featured artists this month. He plays a soulful saxophone, fluent in contemporary and jazz. He's performed with Lionel Hampton and Dizzy Gillespie, followed by 26 years in the US Army Band. He's toured 15 different countries, and has played for every president from 1990 to 2016. Come and hear this local celebrity for yourself!





Resident of the Month: Helen Brothers

Ms. Helen Brothers recently moved into Regency. She has lived in Huntsville since 1970 and was born in Boaz, Alabama. She was married to Harrold for 60 years, and gave birth to three children! Together they have six grandkids and five great-grandchildren. Their family gathers for each and every birthday and holiday to celebrate it together, so Ms. Helen simply states that her family is her “hobby.” They also go on vacations together. As a family, they’ve been to multiple locations, including Destin, FL and Orange Beach, AL. She was active in the Church of God for 32 years, but she was born a Baptist and practiced that for 32 years as well. She

laughs and chuckles, sharing “I’ve spent the rest of my time confused.” Currently, she’s associated with “The Mirror Bible.” Please join us in welcoming Ms. Helen to our Regency community.



Employee

Sarika Mitchell	Mar. 8	LaQuisha Burton	Mar. 22
Judy Hampton	Mar. 15	Kimberly Robinson	Mar. 23
Demetria Benford	Mar. 19	Robert Dickens	Mar. 26
Maria Nissen	Mar. 19	Amy Chaiyaton	Mar. 28
Davion Robinson	Mar. 20	Bridgette Harris	Mar. 31
Zion Kirby	Mar. 21		

Resident

Lela Moore	Mar. 1	Leaviola Garriss	Mar. 13
Idella Rainey	Mar. 1	Anna Brigman (101!)	Mar. 17
William Lee	Mar. 3	Imogene Hudson	Mar. 17
Roosevelt Stewart	Mar. 3	Dickey McKinney	Mar. 21
Kathryn McWhorter	Mar. 6	Francis Gaude	Mar. 22
Louise Nunamann	Mar. 6	Judy Holder	Mar. 23
Shirley Brooks	Mar. 11	Willie Carodine	Mar. 26
Billy Wright	Mar. 12	Margie Bargaen	Mar. 29

THERAPY CORNER

March 13th - 19th is Patient Safety Awareness Week, so this month’s edition will address potential safety risks. As a therapist, I am in the fall–prevention business. One issue that commonly increases fall risk is the improper use of assistive devices.

What is an assistive device? These are walkers, canes, or any other aid that assists you with mobility or daily living. These devices must be adjusted to the correct height for each user. An improperly fitted device can be more of a hazard than a help.

A second hazard to be aware of are changes in walking surfaces. One common change in walking surfaces is a height difference, which is a tripping hazard. Always be aware of your surroundings and take extra precautions with these changes.

The same amount of caution should be paid to doors, as the thresholds are typically raised and can be a tripping hazard as well.

Lastly, I typically advise against throw rugs. Rugs are a major fall hazard, as their edges can act as a tripping hazard or can slip from under your feet. If you have questions about your living environment and potential risks, please contact the Therapy Department and we will be happy to answer any questions or concerns you may have.

Also, if you are having difficulty negotiating some of the mentioned obstacles, contact your Therapy Department and we will help you overcome these.

Until next time...

Your Restore Therapy Family,

Ryan Parden, PTA

WELCOME NEW RESIDENTS!

Barbara Phillips
Sarah Robinson
Theodore Bledsoe
Jean Graham
Zelda Rennolds
Peggy Hutson

Shirley Mayo
Shirley Phillips
Rosetta Spencer
George Graham
Doris James
Thomas James

WORD FIND

I H U Q A R I E S I G F B G Q L P F S A X O N S V
 I E V N Q L N B X U R D L I S S J Y L Q Z C K Y T
 U M S P U I Q A D J E V O B M Z X P O L Z P Z S Z
 B I M W A K C E U F G V O R Z K L Z N N D R R Y H
 U S A I M E O Q P P O R D V S X Y N T A Y K Q V O
 X P D N A N U U G H R O S E H I B E R N A T I O N
 T H N T R N R I L O I M T R R C W D B V G B Q R J
 N E E E I E A N T N A A O N Z D L A D P C K V E B
 K R S R N D G O Y E N N N A B Y C P U F X D I D R
 F E S G E Y E X T R E M E L N I X Q D C Q P W L I

HIBERNATION

HEMISPHERE

EQUINOX

ROMAN

MADNESS

AQUAMARINE

COURAGE

WINTER

ARIES

VERNAL

BLOODSTONE

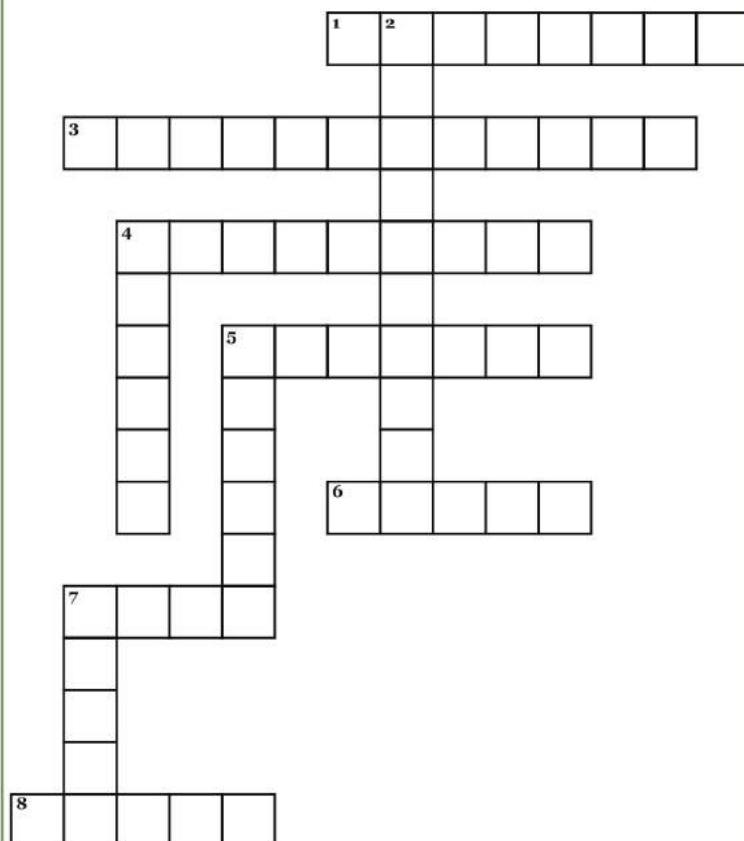
GREGORIAN

KENNEDY

SAXONS

PHONE

CROSS-WORD



Across

- What is March's birth flower?
- March is the most _____ month of the year.
- March is the equivalent of _____ in the Southern Hemisphere.
- March 17th is celebrated in many western countries to commemorate the day Saint _____ died.
- President John F. Kennedy founded the _____ Corps on March 1, 1961.
- Who is the Roman god of war?
- On March 10, 1876, Alexander Graham Bell made the first-ever _____ call.

Down

- March's birthstone is _____.
- The Anglo-Saxons called March Hlyd monath, meaning "_____ month"
- There are two zodiac signs in March— _____ and Aries
- The Vernal Equinox occurs around _____

EMPLOYEE OF THE YEAR

Jennifer Watkins



Mrs. Jennifer has served at Regency periodically since 1984. Currently she's one of the top Resident Assistants in Pathways, taking care of the residents and ensuring their needs are always met. Jennifer has three biological children, one adopted child, 15 grandchildren, and one great-grandchild. Even though she's extremely busy, she finds time for her family, softball, volleyball, football, basketball, and fishing. She's a happy person and loves working at Pathways. Please join us in thanking Jennifer for her service and her positive, happy spirit. She's a delight to be around! Congratulations, Jennifer. You are the Employee of the Year!

EMPLOYEE OF THE MONTH

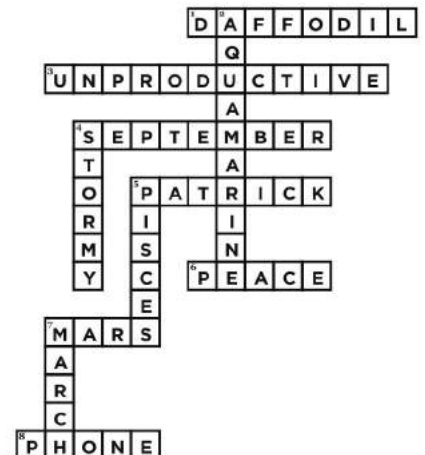
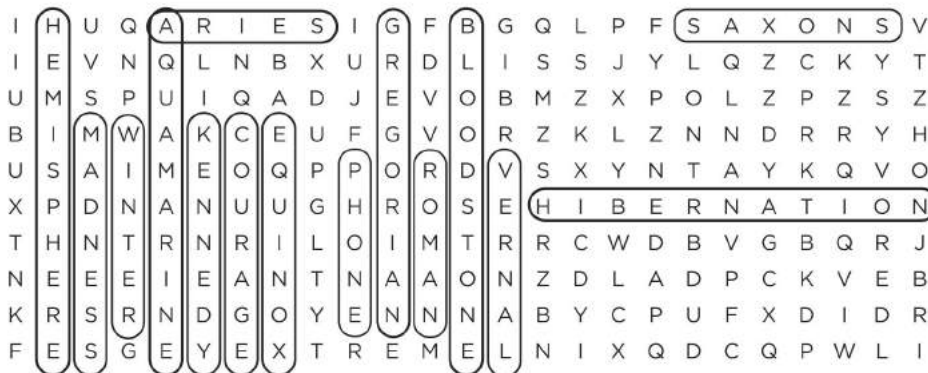
Victor Wilson



Victor recently joined Regency as a member of our Maintenance Department. Victor is a recent 2021 graduate of Drake State, with an associate degree and a HVAC certification. Victor has an outgoing personality, and is married with seven children.

In his spare time, he loves to build and to fix things. His wife calls him "Mr. Repair Man" at home. He also enjoys time with his kids. Here at Regency, the residents love his willing and happy spirit as he goes over and above his duties, working fast and efficiently to get the facility repaired. Victor is a great addition to our Maintenance team!

ANSWER KEY



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