

## WHAT'S COMING UP

### **April 1st**

April Fools' Day

### **April 2nd**

National Love  
Our Children Day

### **April 4th**

National Hug a  
Newsperson Day

### **April 6th**

National Walking Day

### **April 8th**

National Zoo Lovers Day

### **April 10th**

Palm Sunday

### **April 15th**

Passover  
Good Friday

### **April 17th**

Easter

### **April 22nd**

Earth Day

### **April 28th**

Take Our Kids to Work Day

### **April 30th**

International Jazz Day



## APRIL 2022 NEWSLETTER



### ***Dear Residents,***

Thank you for choosing to make Regency your home.

Have you had a wonderful time enjoying our events and activities in March? From Mardi Gras with the Tea Time Band to Oreo Cookie Ice Cream Sundaes; from Karaoke with Jerry to Bryan Easter in Concert; from Brandon Morris at Wine and Cheese to our St. Patrick's Day celebration, we've been having a delightful fun-filled time!

Coming in April we will be enjoying several large events. Be sure to check out Brian Lee Howell on April 1st as he brings down the house with his Elvis impersonation. We will also be celebrating the amazing team we have at Regency with our annual Employee Recognition Ceremony on April 20th. Of course, Easter is another reason to celebrate, so we'll be having an Easter Egg Hunt, a parade, vendors and more. We are also looking to schedule a Spring Open House. Stay tuned for more details and be sure to check your April activities calendars.

Regency Management is working diligently on perfecting the cable service. Stay tuned for more details.

Of course, don't forget that masks are now optional in our Towers Building. They are only required if the county positivity rate goes above 10% or we have active cases in the building. Fantastic news!

Would you like 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.*





## Valentine's Day Party — February 14th

Love was in the air as we celebrated Valentine's Day together in the Sun Room. Mr. Michael Havron sang love songs while residents enjoyed cookies, strawberries, ham and cheese sliders...and gift bags full of chocolate! Such a delightful time!



## Mardi Gras Party

The Tea Time Band brought the Louisiana spirit of Mardi Gras to Regency with jazz, gospel, oldies and several Mardi Gras favorites! Clapping and dancing in their chairs, the seniors enjoyed the talent with King Cake, Pazcki Donuts and more. Delicious!





## Teddy Bears with UAH

The Alabama A&M Honors Program dropped by to bless the residents and staff of Regency Towers with over 200 teddy bears, ducks, unicorns and more! Cute and fluffy, the residents each selected their own to keep or to pass on to a grandchild. Thank you Alabama A&M University Honors Program for making our day so special!



## National Oreo Day with Live Music and Ice Cream

Looking forward to monstrous Oreo Cookie Ice Cream Sundaes, we listened as Big Daddy Kingfish rocked out the room. It was such a community feeling as we sang the afternoon away indulging our taste buds. Fun, fun!





## **Brian Lee Howell as Elvis**

April 1st at 1:30 p.m.

Sequins. Swinging hips. 1950s rock and roll music. The “King of Rock and Roll” himself will once again be in the house here at Regency. Join us in the 1st floor IL Dining Room to see his crazy good performance with costumes made by the same designers as Elvis himself. He even talks like Elvis! Always such a great time and always such a musical experience!



## **Ryan and Restore Therapy with Sit-to-Stand Testing**

April 5th at 1:30 p.m.

Would you like to evaluate your physical strength and capability? Do you question if you need a little therapy to get around better? If so, this is the perfect event for you. Come, snack on some delicious piping-hot pizza and Ryan will test you on how many sit-to-stand exercises you can do in 30 seconds. The test may just give you the answers you’ve been looking for. Plus, just think, you will have a chance to enjoy two delicious slices of pizza!



## **Concert with Larry and Bryan followed by Gourmet Grilled Cheese**

April 13th at 1:30 p.m.

Check out the musical stylings of Big Daddy Kingfish with Larry on the keyboard and Bryan on the drums. It’s always crazy good with Larry bopping his head and his body as he works those keys. After the entertainment, we’ll “fire up” the electric grill and cook some buttery, crispy, gooey, gourmet grilled cheese sandwiches. Requested over and over by the seniors, this has become a local Regency Towers favorite. Let’s savor the flavors together.





## **Easter Festival and Parade**

April 15th at 2:30 p.m.

It'll be a magical holiday as we celebrate the beginning of spring and the Risen Christ. To commemorate the occasion, we will be having several activities that include an Easter Parade, an Easter Egg Hunt, vendors and more. Bring your friends and relatives, and have a great time as you watch the young ones hunt for eggs and munch on goodies, while watching the decorated vehicles. Let's make some great memories!



## **Karaoke with Courtney from Amedisys**

April 19th at 2:45 p.m.

Oldies? Gospel music? Rock & roll? Which do you prefer? Come to this event and request your favorite song. This is your chance to pick what we sing and to enjoy your favorites. Can you remember all the great times you had listening to those songs? Come and join us, letting the memories wash over you!



## **Employee Recognition Ceremony**

April 20th from 11:00 a.m. - 3 p.m.

Join corporate and local Regency employees, along with fellow residents in celebrating our amazing team here at Regency with a cookout and a live performance by "The Brez Band" from 11 a.m. to 1 p.m. This is your chance to see "The Brez Band" in concert, as they quickly have become a favorite of the whole Regency campus with their crazy good vocals, saxophone, drums and guitar. This will be followed at 1:30 p.m. by an award ceremony honoring the years of service for employees, Employees of the Month and the Employees of the Year. Great food! Great fun! Great community spirit!



## **Puppy Dog Therapy**

See calendar for days and times

Do you love cuddles and sniffs from a cute puppy dog with a wagging tail? Do you like to hand out snacks to them as well? Currently, Regency is blessed to have three sets of pet therapy teams here in the building. We have Jennifer with "Gooch" and "Pippin" on every other Friday; Donna and "Sam" on every other Thursday; and once a month, Ashleigh and "Jaxson". Check your activities calendar for the best times to see these amazing puppy dogs and owners.



## Ms. Mary Bates

Ms. Mary Bates moved to Regency last year. She has a Polish Catholic heritage and was raised in the small town of Chicopee, Massachusetts. She graduated as valedictorian from Williamsburg High School in 1949 and went on to do factory work. Mary was married to Millard "Mick" Bates for 43 years and speaks proudly of his WWII service on a submarine. Together they have two sons, two daughters and six grandchildren. Mary enjoys reading, movies and crocheting. She has made and gifted several throw blankets for her senior friends on the floor. What a treasure Ms. Mary is here at Regency. We are proud to have her as part of our Regency family.



### WELCOME NEW RESIDENTS!

Harriet Folts  
Norman Folts  
Ruth Bridges  
Edna Maples  
Helen McMillan  
George Knox  
Nantiya VanDaalen  
Fred Vaughn  
Edna Taormina  
Betty Wood  
Benjamin Griggs  
Edna Sanders

## Happy birthday

### Employee

April Fletcher	Apr. 1
Krystal Shelton	Apr. 2
Tabitha Sadler	Apr. 8
Destiny Hawkins	Apr. 10
Teajiah Battle	Apr. 14
Eric Lanstrum	Apr. 15
James Cartwright	Apr. 23
LaTonya Montague	Apr. 28



### Resident

Gail Pinegar	Apr. 5
Effie Black	Apr. 6
Doris Lamm	Apr. 6
Walter Ann Graham	Apr. 9
Susan Sikes	Apr. 12
Connie Eubanks	Apr. 13
Benjamin Griggs	Apr. 14
Melvin Atchley	Apr. 17
Doris Butler	Apr. 19
Ronald Lancaster	Apr. 20
Frances Schultz	Apr. 20
Laura Smith	Apr. 20
Jeanne Hamilton	Apr. 25
Ruth Dalton	Apr. 30
Roy Wilson	Apr. 30

## Therapy Corner

Welcome again to another edition of Therapy Corner. Since April is National Occupational Therapy Month, I want to talk about therapy from an Occupational Therapist's perspective.

Occupational therapy consists of Occupational Therapists and Occupational Therapy Assistants (COTA). Occupational Therapy Assistants work directly with an Occupational Therapist to provide rehabilitation for patients who suffer from various medical issues.

One of the ways Occupational Therapists improve safety for patients is through environmental modifications. You can improve your home by removing unnecessary clutter, such as throw rugs, to create a safe walking space between furniture. Another way to improve your home environment is

through proper lighting. You can also improve your environment by placing non-slip rubber pads under couch and chair cushions. Furthermore, grab bars can be placed in the shower and next to your toilet to increase safety during these activities.

Additionally, a shower chair, non-slip shower mat, and non-slip stickers can reduce the risk of falls. If you have any other safety questions or would like more information on ways to reduce fall risk, please ask one of your staff therapists. If you feel that you have some of the issues mentioned above and would like therapy to assist, consult with your doctor about occupational therapy. Our staff Occupational Therapist is named Brooke and our COTA is named Claudia. Please take a moment to wish them a happy Occupational Therapy month!

— Ryan Parden, PTA

## WORD FIND

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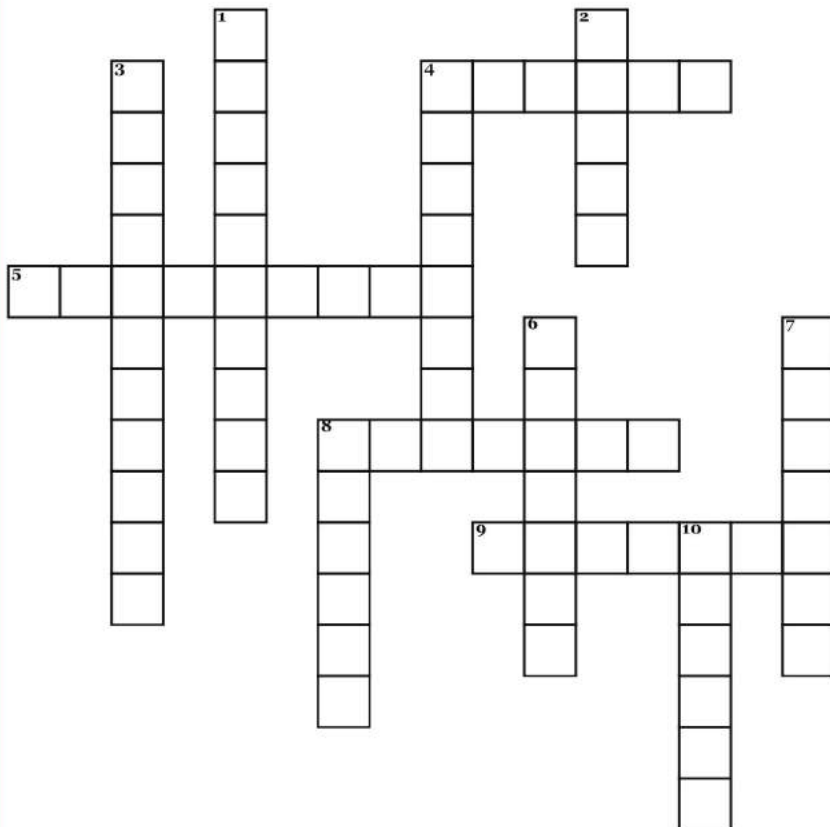
ICEBERG  
 TITANIC  
 NUCLEAR

TAURUS  
 ARIES  
 ROMAN

FOOL  
 VENUS  
 APRIL

DIAMOND  
 METEOR  
 HIBERNATE

## CROSS-WORD



### Down

1. First President of the United States?
2. Ancient Romans goddess?
3. Name of a historical playwright born in April?
4. What was the Roman name for the month of April?
6. What is April's birthstone?
7. Ship that hit an iceberg and sunk?
8. April is a great month for \_\_\_\_\_ showers
10. There are two zodiac signs in April: Aries and \_\_\_\_\_?

### Across

4. The first Olympics of the modern era took place on April 6, 1896, in?
5. Nuclear plant in Ukraine that exploded?
8. Ford unveiled their first \_\_\_\_\_ on April 17, 1964
9. "\_\_\_\_\_ we've had a problem here."



## 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!

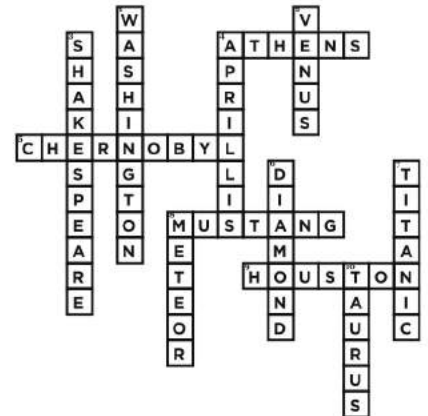
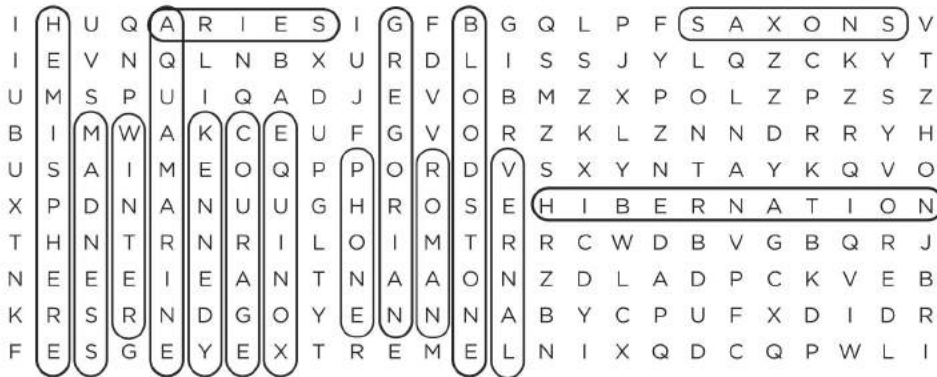
## EMPLOYEE OF THE MONTH

### Ceptie Savage



Join us in congratulating Ceptie Savage for being awarded April 2022's Employee of the Month. She's been with us four years as LPN on the fourth floor, serving the Assisted Living residents. Ceptie graduated from Drake State and has been married to her loving husband, Roderick, for over three years. In her spare time she loves to decorate and party plan. Ceptie is one of the residents' favorite nurses, as she's always thorough, caring and kind. She also helps out by picking up extra shifts and assisting where needed. We are delighted to have Ceptie as part of the team!

## ANSWER KEY



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