

WHAT'S COMING UP

June 5

World Environment Day

June 8

National Best Friends Day

June 14

Flag Day

June 19

Father's Day
Juneteenth

June 21

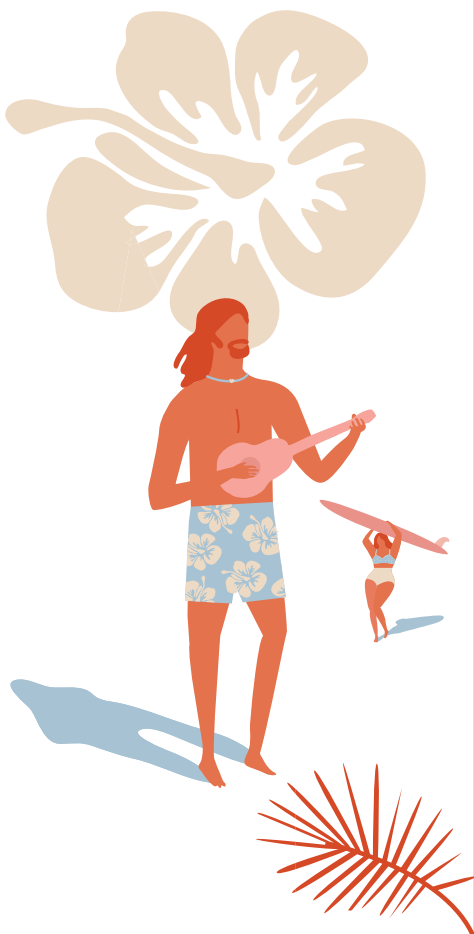
Summer Solstice

June 27

National Bingo Day

June 29

Hug Holiday



JUNE 2022 NEWSLETTER



Dear Residents,

Thank you for choosing to make Regency home for yourself or a loved one.

Have you enjoyed the events and activities this month? It's always wonderful to make precious new memories with our families and friends. From Spanish music and Mexican foods to Emily Joseph in concert with sweet treats, from our Memorial Day Backyard Bash and bouncy houses to Antonio and Mike in concert with National Hamburger Day. It has been an amazing month!

Did you get a chance to see our activities calendar for June? We're planning an Alzheimer's Association Bingo Fundraiser with prizes and snacks. We'll be enjoying the outdoor sunshine during our Father's Day Celebration with an antique car show, Huntsville Concert Band, and deep-fried Oreos and funnel cakes. Be sure to pass the word on to your friends and family! Let's make some great memories together at Regency.

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.

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

Tim Taylor,
Executive Director



Easter Celebration

We celebrated Easter as a family this year! Our Easter Parade had antique and decorated cars! The Steeping Stone Homeschoolers performed several skits and presentations. We had vendor tables with prizes and games, balloon animals, an Easter Egg hunt, a raffle and the Easter Bunny himself even showed up! Fantastic Times!



Employee Recognition Ceremony

Who has the best employees in town? Why Regency, of course! On April 20th, we held a party in their honor, featuring the Employees of the Month and Year for 2021. Way to go ladies and gentlemen! Regency would like to thank all our team members for all that they do! They are amazing!



Cinco de Mayo Party

The essence of Mexico was in the Sun Room as we celebrated Cinco de Mayo on May 5th. Raul Mejia inspired our residents and staff to dance as we all listened to his authentic Latin music. From love songs to rousing dance songs, it was inspirational. Of course, what's a party without great food, so we indulged our taste buds in Mexican flavors with tacos, chips and Mexican Sweet Corn Dip, Gansitos, and Mamuts. What a delight!



Mother's Day Celebration

To celebrate the mothers of our Regency home, we came together in the Sun Room to listen to a brilliant and captivating concert with Emily Joseph on vocals and Jeff Lopez on saxophone. What talent! As our ears were buzzing, we sipped on sweet drinks and savored the treats created just for our residents by the Dietary Department. Immediately after the concert, the residents dressed up for their very own photo shoot with locally famous photographer, Pete Dobbs. Talk about beautiful and handsome! What a great way to say, "Thank you!" to our mothers for all they have done!





ALZ Bingo Fundraiser

June 3rd at 1:30 p.m.

How would you like to be a part of a great cause and have fun participating? On Friday, June 3rd, we'll be renewing our commitment to fundraising for the Alzheimer's Association with a rousing 12 games of bingo. The suggested donation is \$5 per card or three cards for \$15. Come have some fun and participate for great odds at winning some top quality prizes for your apartment!



Father's Day Celebration

June 17th at 1:30 p.m.

Get those motors running! It's that time of year to get a little bit "loud" when the engines from our antique car show roar into the parking lot. We'll also have the Huntsville Concert Band on-site with almost 30 members playing a rousing concert. Gary will have the fryer fired up and will be frying Oreos and funnel cakes. Jason & Company will be here creating custom balloon animals and vehicles. Come and satisfy your desire for cars, food, and fantastic music, as we all join together in celebrating the fathers among us!



Bingo for Prizes with Zoe from Kindred Hospice

June 14th at 1:30 p.m.

Lotion. Hand soap. Books. Coloring tools. Candy. Cookies. Those are just a few of the wonderful items that Zoe with Kindred Hospice brings to her activity. She also ensures that everyone wins two prizes.... sometimes even more. This is your chance to get a few things for your home just for participating and having fun. Can't beat that!





**What's Cooking Wednesday
and National Waffle Iron Day**
June 29th at 2:45 p.m.

Waffles! Those gooey crispy delights topped with delicious goodies. What toppings do you prefer? We'll gather immediately after the concert with JD Pollard in the Sun Room for some Red Velvet Waffles topped with a few different options. Let's find out together what your favorite topping is!



Independence Day Cookout
June 30th from
11:00 a.m. to 1:00 p.m.

Time to fire up the grill and listen to some great music! The Beasley Brothers will be down from Nashville and here on-site for another astounding concert, as we indulge in some fresh BBQ and cookout items. Bring your family and friends and enjoy yet another great event together at Regency!



**Chaplin McClaney with
Comfort Care**
Every Wednesday at 12:45 p.m.

Would you like to hear a rousing "word" every Wednesday? A short sermon applicable to everyday life and delivered in a very unique fashion? Join Chaplin McClaney every Wednesday in the sun room to be edified and encouraged in your daily walk!



National Food Days
Wednesdays

Have you noticed the trend on our latest calendars? Of course, we all love food, and especially food that is unique and something we don't have a chance to eat every day. Picking up on this trend, your Activity Department has been celebrating national food days. You'll notice just in the month of June, we'll be indulging in foods such as cheese pizza, donuts, Rocky Road Ice Cream, fresh cut watermelon, waffles, and ice cream floats. Oh my!

**Welcome
New
Residents!**

Louise Halbert
David Thomas
Mary Maiker

Pete Maiker
Ruby Tucker
Patricia Sanders

Charles Benson
Clarence (Ray) Tucker
Charles Borum



Ms. Ruth Bridges

Ms. Ruth has been at Regency Towers since February 2022. She grew up in Monrovia and graduated from Monrovia High in 1950. She married Fred and they were married for 72 years. Together they had one son. She worked at the Madison County Probate Judge's Office and retired after twelve years. For hobbies, she loves fishing, camping, sports and being outdoors. Ruth also enjoys bingo and coming to concerts. Join us in welcoming Ruth to Regency Towers!

Happy Birthday

Resident

- | | | | |
|----------------|--------|----------------|---------|
| Joan Warren | June 1 | Doris Brewer | June 7 |
| Willie Kelley | June 2 | Helen Brothers | June 12 |
| Mary Klar | June 3 | Jerry Gann | June 20 |
| Burlin Toon | June 4 | Ida Hilmes | June 21 |
| Barbara Wright | June 4 | Vera Dunson | June 22 |

Employee

- | | | | |
|------------------|---------|-------------------|---------|
| Charles Stebbins | June 27 | Clover Lennon | June 16 |
| Richard Moore | June 29 | Ieshea Ivey | June 21 |
| Sarah Ashley | June 30 | Peter LaRiviere | June 28 |
| Elizabeth Green | June 30 | Sarah Marchbanks | June 28 |
| | | Mercedes Briggs | June 29 |
| | | Anastasia Nguanyi | June 30 |

THE THERAPY CORNER

Welcome to another edition of Therapy Corner.

In this month's edition I would like to discuss a topic I revisit from time to time, safety in the home. Most of you reside in an apartment where space is at a premium, so that is where I will start.

Make sure that walkways are clear and clutter-free. I know we like to bring as many things from our homes as possible, but we need to make sure there is enough space in the walkways for wheelchairs and/or walkers. I have experienced too many instances where people have fallen trying to squeeze through tight spaces between furniture.

When arranging the furniture in your bedroom, make sure there is room between the bed and wall for a walker or wheelchair if needed. It may not seem a long distance, but leaving the walker at the foot of the bed and walking to your bedside unsupported increases your fall risk greatly. Please beware of throw rugs. I am not a fan of these and prefer they not be in your home as they are a huge fall risk. However, if you must have them, make sure the edges lie flat and are either adhered to the flooring surface or are heavy enough to not come up.

Lastly, I know we all love our old faithful recliners. We have them broken in and they fit us like a glove. However, time may have made it more difficult to get out of the chair. It may be too low or it might rock. If it takes multiple attempts to get out of the chair, you are at an increased fall risk. Now don't get upset at the thought of parting with your comfy chair. Simple modifications of blocking the rocker aspect or putting the chair on risers can allow you to fix the problem and keep the chair. There is also the option of getting you stronger and more independent in being able to get out of the chair.

I hope you will take these factors into consideration as you look around your apartment. If you are dealing with any of these issues, please have them addressed as soon as possible to decrease your fall risk. If you have questions or need help addressing these issues do not hesitate to contact the therapy department. I hope you find this information helpful.

Until next time...

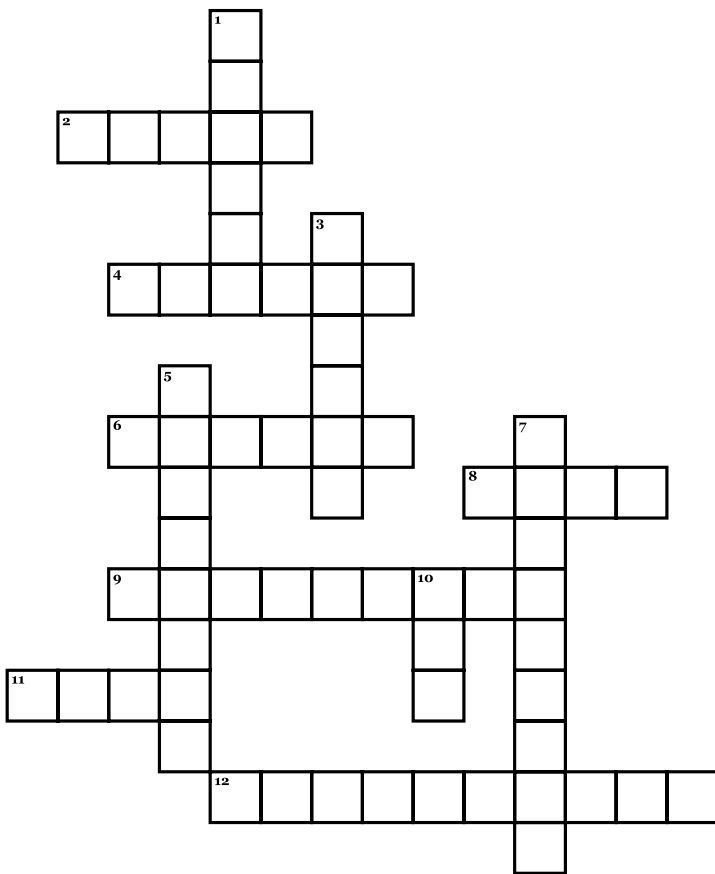
Your Restore Therapy Family,
Ryan Parden, PTA

WORD FIND

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

- | | | | | |
|--------|------------|------------|--------|---------|
| ZODIAC | ASTROLOGER | CLEOPATRA | JULIUS | GODDESS |
| GEMINI | SOLAR | MOONSTONES | ASTUTE | LOYALTY |
| CANCER | HISTORY | JUNIUS | BLOOM | FLAG |

CROSS-WORD



Down

- In 46 BC Julius Caesar created the _____ calendar by adding two more months to the year.
- The first day of _____ in the northern hemisphere is June 21st.
- The period of time from the middle of May to the middle of June was considered by the ancient Romans to be an ill-omened time for _____.
- June has three birthstones -alexandrite, _____, and pearl.
- June was called sera month by the Anglo-Saxons, which translated into "_____ month"

Across

- In the United Kingdom, June is National _____ Month!
- June is the modern-day adaption of what Latin word? _____
- Those born under the star sign _____ are said to be loyal friends with great emotional depth.
- The birth flowers of June are the honeysuckle and the _____.
- The tennis tournament _____ runs through the month of June.
- The United States celebrates _____ Day, on June 14th.
- Geminis are said to be, _____ adaptable, and smart.

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!

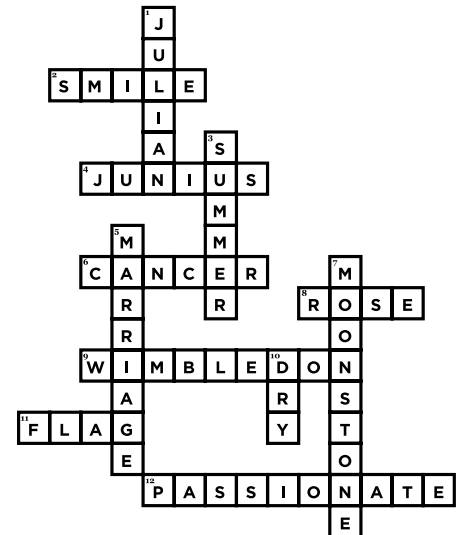
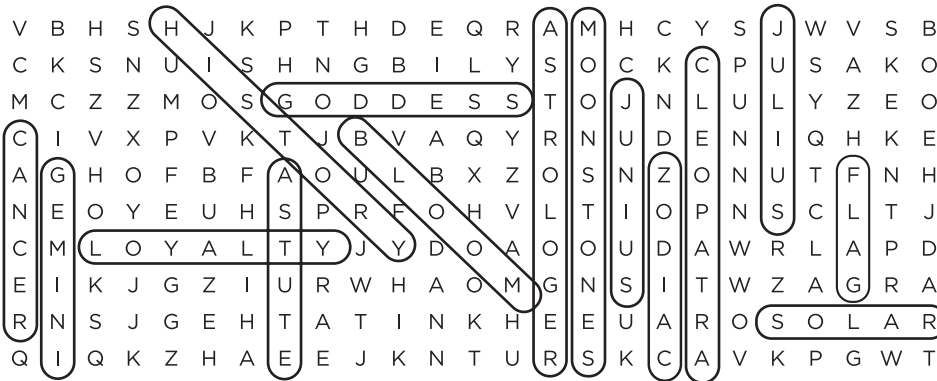
EMPLOYEE OF THE MONTH

Alana Congo



Ms. Alana has been serving here at Regency Towers for ten months now as an R.A. She enjoys taking care of others so much that she's also going to college at Calhoun for nursing. In her free time, she enjoys spending time with friends and family. Alana's favorite quote is "Believe in yourself and anything can be possible." Join us in congratulating Alana on winning the June 2022 Employee of the Month for her hard work and dedication. Good job Alana!

ANSWER KEY



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