

## WHAT'S COMING UP

**July 4**

Independence Day

**July 7**

National Father Daughter  
Take a Walk Day  
World Chocolate Day

**July 14**

National Mac and Cheese Day

**July 17**

National Ice Cream Day

**July 20**

National Hot Dog Day

**July 23**

National Gorgeous  
Grandma Day

**July 24**

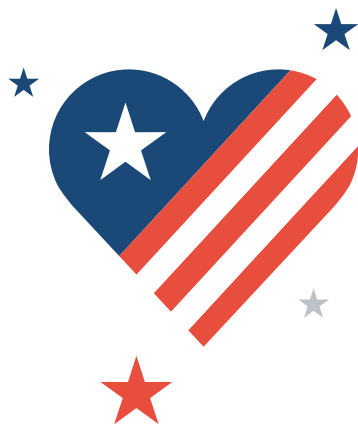
National Parents' Day

**July 18**

Buffalo Soldiers Day

**July 30**

International Day of  
Friendship



## JULY 2022 NEWSLETTER



***Dear Regency Family,***

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

Have you been a part of the special events we've been having here at Regency? Talk about great times at the Father's Day Car Show with the Huntsville Concert Band, antique automobiles, JasonCompany with animal balloons, and deep-fried goodies. What about the Alzheimer's Bingo Fundraiser with those exceptional door prizes? We have had some amazing times together and made some precious memories.

Of course, we've got some extra special events planned for July. First, we'll be indulging in our Independence Day Backyard Bash on July 1st with the Beasley Brothers from Nashville in concert. Later in the month, we'll celebrate Christmas in July with Santa in Hawaiian shorts, Rudolph, vendors with Christmas prizes, Cynthia and the craft booths with gifts to be purchased, food trucks, and more. Be sure to invite your family and friends! It'll be a great time!

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.*



## National Hamburger Day — May 25th

Prepping for National Hamburger Day, Regency Towers indulged in real Angus beef burgers atop fresh buns, crispy lettuce and tomato, deli cheddar and all the fixings. Delicious! ...And how the residents loved the good afternoon snack!



## Memorial Day Cookout — May 26th

Even with cloudy skies and rain falling, we had a rocking good time with “The Measures of Loud Band” as we celebrated Memorial Day with a cook-in, live music, kids dancing and clapping, and more. What a fantastic holiday yet again at Regency with lots of great memories!



## ALZ Bingo Fundraiser — June 3rd

Regency joined in the fight to make a difference for those that suffer from Alzheimer’s. On June 3rd, in the sunroom, we raised money for the Alzheimer’s Association with a public bingo game. Great times with awesome prizes!





## Starlyter Karaoke with Brad Mayo — June 7th

Our very own Carisa, Brad, Jerry, and Ralph went into the spotlight with Starlyter Karaoke to sing their favorite songs. Microphones. Monitors. Amplifiers. We had it all! Such a great time as residents and employees alike joined together to enjoy music and fun.



## Weights and Resistance Band Exercises — Mondays-Saturdays

Working on their major muscle groups, building strength, and striving to avoid falls, residents come out Monday through Saturday to the Sun Room, 4th floor, and other locations to work with the resistance bands and the weights. This could be you! Join us to build a happier and healthier you! Classes held Monday through Saturday at 8:45 a.m., 9:15 a.m. and 10:15 a.m.







## Independence Day Bash

July 1st at 11:00 am – 1:00 pm

Join us for our very own Independence Day Backyard Bash, Cookout, and BBQ! The Beasley Brothers from Nashville will be in concert, cranking out the 1950s and dance music! Bring your family and friends and enjoy this special holiday!



## Po-ke-no for Prizes

July 5th at 1:30 pm

Do you enjoy bingo, but are seeking a bigger challenge? Join us for Po-ke-no, which is bingo but with playing cards. Everyone will win a prize from the Regency Prize Cart to savor. Come and practice your fine motor skills and mental acuity.



## Bingo for Prizes

July 12th at 1:30 pm

Zoe comes bearing unique, useful and plentiful gifts every month for our residents to win for their apartments. She doesn't just let you win bingo once, or twice! She's generous and encourages residents to walk away with 3 gifts each for their use later. Won't you come join in the fun?



## National Hot Dog Month

July 13th at 2:45 pm

“Oh...I'd love to be an Oscar Mayer wiener, that is what I'd truly like to be. 'Cause if I were an Oscar Mayer wiener, everyone would be in love with me!” Well... let's use our love of Oscar Mayer wieners to indulge our taste buds in fresh grilled hot dogs with oodles of toppings, sitting atop a fresh baked bun. Join us once again for another exciting episode of “What's Cooking Wednesdays!” Yum. Yum.



## Christmas in July

July 15th at 1:00 pm – 2:45 pm

Regency will do Christmas in July justice! Are you ready to enjoy a unique, one-of-a-kind experience? We'll have: Santa in Hawaiian shorts with Rudolph, Christmas snacks and goodies, vendors with Christmas games, Cynthia with the Craft Show and presents to purchase, and food trucks with specialty food items. What a celebration it shall be!





## Food Taste Testing Show

July 19th at 2:45 pm

It's a "blast from the past" and we've decided to bring back one of the residents' old favorites with our "What's New Food Taste Testing Show." We'll try out the latest flavors or brands of chips, cookies, drinks, or whatever else strikes our fancy and then vote on if we would actually purchase it again. This is your chance to try "the good, the bad and the ugly."

## Wine & Cheese

July 29th at 1:30 pm

With friends and family joining us, Regency residents will be meeting in the Sun Room for a live concert with Brandon Morris, wine, beer, sparkling grape juice, gourmet cheese and crackers, fresh fruits, tiny cookies, sweets and more. In fact, it's even common for family members to even take off work to join us for "Happy Hour." Won't you?

# THERAPY CORNER

This month I would like to address safety in the bathroom. As a therapist, I tell my patients we are in the fall prevention business. The bathroom can be one of the most hazardous areas for falls. The most obvious reason is a wet floor, which is extremely hazardous for anyone. A non-slip mat or non-skid adhesive strips on the shower floor, even if the floor appears to be non-slip, can improve safety. If your feet slide outside of the shower when standing to transition into the shower, put a piece of non-slip mat or non-skid adhesive strips outside of the shower on the floor in addition to inside the shower. However, remove the mat when not showering. It can be a tripping hazard when not in use.

Sometimes, the bathroom can be small and difficult to access, making it difficult to turn around in with a walker. Or, it can be so large that moving from toilet to shower can be difficult. I see residents trying to hold onto the sink or the wall. Stable rails and equipment will greatly improve safety and help prevent falls. Rails on the entry wall into the bathroom and along the path to the toilet allow you to access the toilet rail if you have to leave your walker outside of the bathroom. Also, a bedside commode without the bucket placed over the toilet provides an easily raised toilet seat. Often, heightened safety awareness or simple safety strategies



are enough. But there are times when additional safety measures or equipment are needed.

The most important thing to keep in mind is to have help in the bathroom if you are unstable, get dizzy at times or tire easily. Do not be afraid to ask for assistance. Be safe!

I hope this information is helpful and gets you thinking a little more about your bathroom safety. If you would like additional assistance or safety recommendations, feel free to contact us in the therapy department.

**Until next time,**

*Your Restore Therapy Family, Ryan Parden, PTA*







**Mr. Thomas and Mrs. Doris James**

Thomas and Doris James joined us at Regency in February 2022. Doris grew up in Thorsby, Alabama, while Tom was raised in Baton Rouge and later attended the Atlanta Art Institute. They married in 1975 and raised a daughter, April, and grandson, Paul. They also have three granddaughters. Together they ran a pest control business, and Tom painted over 260 masterpieces in retirement! Tom and Doris

enjoy a large social circle, sharing scriptures and Bible research. We are blessed to have them here with us at Regency.

WELCOME NEW RESIDENTS! 

- David Thomas
- Mary Maiker
- Pete Maiker
- Ruby Tucker
- Patricia Sanders
- Clarence (Ray) Tucker
- Charles Benson
- Charles Borum



*Happy birthday*



**Resident**

James Henry	July 1	Jack W. Hensley	July 14
Nancy T. Crumbley	July 1	Catherine Burns	July 16
Jimmie G. Reid	July 4	Lillian H. Warren	July 18
Bessie H. Anderson	July 4	Betty J. Bell	July 18
Timothy J. Schloss	July 4	Nancy Rohr	July 20
Virginia G. Brock	July 5	William L. Chamberlain	July 22
Ronald S. McCuiston	July 5	Jacqueline Rogers	July 23
Libby W. Chou	July 6	Anna P. Casey	July 23
Marie E. Phillips	July 7	Ruth S. Bridges	July 23
Joyce Robert	July 9	Charles Benson	July 23
Cloyed Steelman	July 10	Christine A. Craig	July 27
Beverly R. McCulloch	July 10	Beverly A. Drake	July 29
Doris V. James	July 10	Ernestine Anderson	July 30

**Employee**

Nicole Thompson	July 3
Grace Monique Quillen	July 5
Janell Jackson	July 6
Carisa Proctor	July 8
Elizabeth Crutcher	July 11
Ceptie Savage	July 14
AnnMarie McKay	July 21
Sabrina Parker	July 21
Bethany Crawford	July 22

FUN FACTS

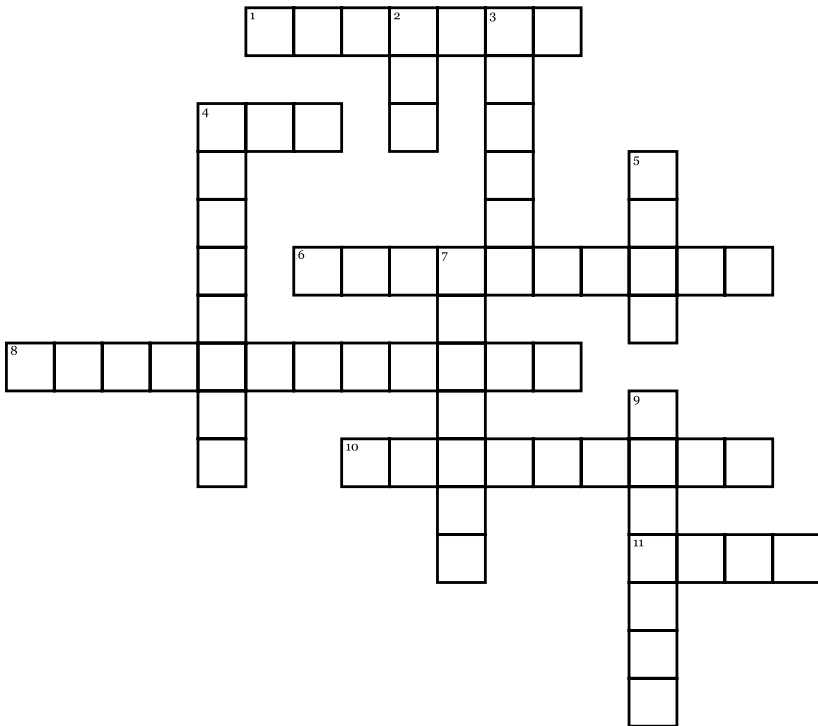
- » On July 4, 1776, the 13 American colonies declared their independence from the British monarchy. The 4th of July, formally known as Independence Day, has been a federal holiday since 1870 in the United States of America.
- » July isn't just the month for Independence Day, though. There are plenty of other great holidays observed around the world! July 2nd is World UFO Day, while July 3rd is Stay out of the Sun Day. In the US, July 6th is a pretty delicious day, as it's National Fried Chicken Day! At the end of the month, we also have International Tiger Day on July 29th.

WORD FIND

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

ALAMOGORDO	RUBY	QUINTILIS	JULY	NORTHERN
APOLLO	ARMSTRONG	HEMISPHERE	LEO	EMPIRE
LARKSPUR	CANCER	MONARCHY	ROMAN	REPUBLIC

CROSS-WORD



**Down**

2. July 3rd is Stay out of the \_\_\_\_\_ Day.
3. The first crewed mission to the moon, the \_\_\_\_\_ 11 Mission, launched on July 16, 1969.
4. July has two birth flowers - the water lily and the \_\_\_\_\_.
5. The water lily is a symbol of a \_\_\_\_\_ heart.
7. That's one small step for man, one giant leap for \_\_\_\_\_!
9. On July 25, 1909, Louis \_\_\_\_\_ became the first man to fly an aircraft from one country to another successfully.

**Across**

1. July 12, 1943, \_\_\_\_\_ and German forces fought the largest tank battle in history.
4. There are two-star signs which fall in the month of July. One sign is Cancer and the other is \_\_\_\_\_.
6. On July 16, 1945, the first atomic bomb was detonated in \_\_\_\_\_, New Mexico.
8. The 4th of July, formally known as \_\_\_\_\_ Day.
10. Julius Caesar was born in the month of \_\_\_\_\_ which is a Latin word for July.
11. The birthstone of July is the \_\_\_\_\_.



**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!

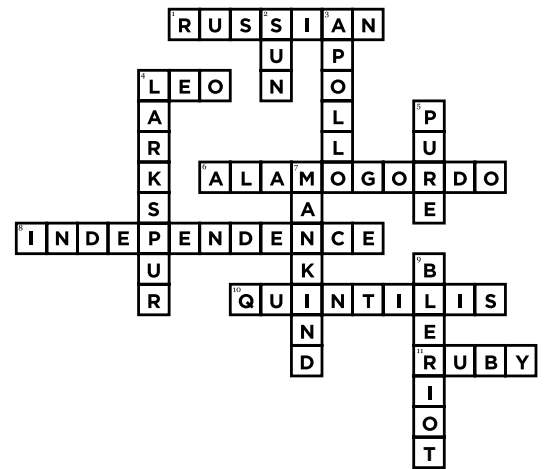
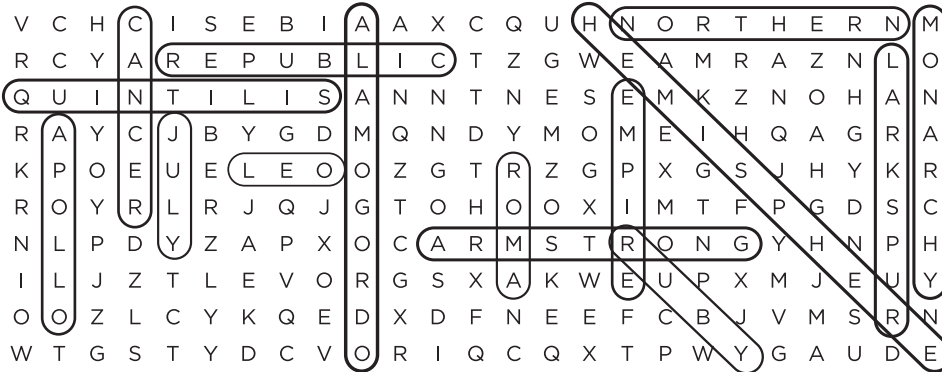
**EMPLOYEE OF THE MONTH**

Sairka Mitchell



Sairka Mitchell has been here since September 2008, and serves diligently in the Dietary Department as a cook. In her spare time, she loves to cook and bake, making wonderful goodies for family and friends. She loves her 10-year-old grandson and spends as much time with him as possible. Join us in congratulating Sairka for being our July 2022 Employee of the Month!

**ANSWER KEY**



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