

WHAT'S COMING UP

August 1st

Amy with All of Us
Research

August 9th

National Women's Day

August 15th

Peggy & Belinda with
Better Business Bureau

August 15th

Amy with All of Us
Research

August 21st

National Senior
Citizens Day

August 22nd

"Elvis" and Blue Hawaii
Tribute

August 24th

J.D. in Concert and National
Banana Split Day

August 25th

Senior Health and
Wellness Fair

August 26th

Women's Equality Day

August 29th

The New Elvis Movie



AUGUST 2022 NEWSLETTER



Hello Residents,

What a fantastic summer it has been! Large public cookouts! Concerts! Special holidays and more! Thank you for being a part of these occasions and for making Regency your home.

This August, we will be featuring a wide array of unique events and activities:

- » "Elvis" and a Blue Hawaii Tribute on August 22nd - Come enjoy top hits from the "Blue Hawaii" movie with our very own Brian Lee. He'll be accompanied by the Luana's Wahinis Hawaiian Dancers as we enjoy Hawaiian-styled treats from the Dietary Department.
- » Senior Health and Wellness Fair on August 25th - This is your opportunity to receive information on services for our residents as well as a few giveaways. What a great opportunity to learn more about resources in our area!
- » Peggy and Belinda with the Better Business Bureau on August 15th – Free details on the latest scams and phishing ploys to watch out for, followed immediately with a Q&A session.

Be sure to invite your family and friends! It'll be some great times! As always, thank you for choosing to make Regency home for yourself or a loved one.

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.*

Rock AND Roll



J.D. in Concert with National Waffle Iron Day — June 29th

We had J.D. in the house, and he sang his heart out with hits from Elvis, Johnny Cash, and more from way back into the 40s. After relishing in the fantastic music, we celebrated National Waffle Iron Day with Red Velvet Waffles topped with chocolate chips, walnuts, cream cheese frosting, chocolate syrup, maple syrup, or whipped cream. The residents were able to hand-select topping choices based on their own tastes!



Independence Day Backyard Bash — July 4th

Red, white and blue decorations galore! Balloons colored the pavilion for our Independence Day Backyard Bash as we settled into our chairs and enjoyed a fabulous cookout with live music by the Beasley Brothers. Great memories were made together with friends and family. What a great Independence Day for everyone!



Dainty Necklaces

Dainty and delicate, the residents came together to create unique and beautiful custom necklaces. Striking a pose for pictures, each smiled, surely dreaming of when they would wear the creation again or to whom they would gift it! Such a great summer afternoon full of creativity!



National Chocolate Day — July 7th

Drawing chocolate lovers throughout the building, Regency Towers couldn't resist the urge to celebrate National Chocolate Day with Rocky Road ice cream, hot fudge, s'mores toppings, chocolate wafers, chocolate donuts, and Lindt chocolates. Delicious and delightful! What a way to indulge!





Amy with All of Us Research

August 1st & 15th at 10:00 am

Amy comes to us representing a large-scale genetic research project with over one million participants in the United States. Sponsored by NIH, UAB, and the Mayo Clinic, Amy and her staff are seeking residents and employees to be a part of this great project aimed at researching family genetic history, genes, health behavior(s), and more. This is your chance to find out useful information to pass on to your family members for free!



Peggy & Belinda with Better Business Bureau

August 15th at 2:45 pm

What should you look out for when using your credit card or giving out information over the phone? Would you like to know the latest scams and phishing schemes to watch out for? If so, come to this free event with the Huntsville Better Business Bureau. Peggy and Belinda will also hold a Q&A session immediately following.



“Elvis” and Blue Hawaii Tribute

August 22nd at 1:30 pm

We will once again welcome “Elvis” (aka Brian Lee) into our home to show some summer spirit with a Blue Hawaii Tribute. He’ll play songs from the Blue Hawaii movie as well as others. We will also enjoy the stylings of the Luana’s Wahinis Hawaii Dancers and Hawaiian treats from the Dietary Department. What a show it will be!



J.D. in Concert and National Banana Split Day

August 24th at 1:30 pm

J.D. is back! After multiple requests to bring J.D. back to the building, we booked him for several upcoming events. J.D. will sing oldies but goodies to us for an hour. After a brief break, we’ll celebrate National Banana Split Day! Don’t miss this opportunity for a sweet summertime snack. Tickle both your taste buds and your ears!



Senior Health and Wellness Fair

August 25th at 1:30 pm

It’s back and bigger than ever! Come to the Sun Room for Regency’s very own Senior Health and Wellness Fair. This is your opportunity to receive free giveaways and information on services for our residents. What a great opportunity to learn more!



Church Services for You and Your Family Members

Check Calendar for Details

Regency offers five church services/bible studies throughout the week. On Sundays, Our Lady, Queen of the Universe holds a service at 9 am, followed by Ascension Lutheran Church at 9:45 am, and Chase Park Church of Christ at 12:45 pm. On Wednesdays, Chaplin McClaney gives a moving devotion before the live concert(s) at 12:45 pm, and every other Thursday, Ascension Lutheran gives a stirring message at 12:45 pm as well. Come refresh and revive your spirit!



The New Elvis Movie August 29th at 1:30 pm

Just released in June of 2022, the residents of Regency are excited to watch the latest movie about the life, music, and family of Elvis Presley. With 2 hours and 39 minutes to the picture, we'll start early in the afternoon at 1:30 pm in order to be finished by dinner. Come and see what all the buzz is about!

THERAPY CORNER

Welcome to another edition of Therapy Corner.

In this edition, I would like to review tips I've mentioned in previous Therapy Corners. As most of you know, as a therapist, one of my primary jobs is to help maintain a person's current level of function. That means doing everything I can to help people stay as independent as possible. I address the physical aspect of things to allow individuals to function independently, but I also address the physical environment to allow for this independence.



To remain independent and improve safety, there are modifications to our environment that are needed. These changes can be gradual as we "age in place." Some changes include: keep phones readily available; minimize furniture to decrease tripping hazards; remove

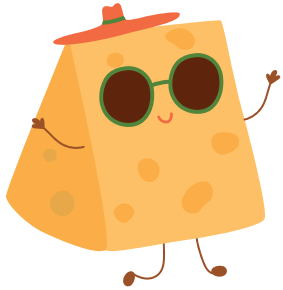
throw rugs and decrease clutter on the floor; don't place frequently used items on hard-to-reach shelves; utilize adaptive equipment, such as a reacher to retrieve objects from the floor; keep toiletry items on the bathroom counter for ease of reach; keep clothes in clutter-free/easy-to-access areas like a lower shelf, rack, or drawer; make sure your bed is an appropriate height; use an elevated toilet seat and/or grab bars in the bathroom; use non-slip mats in the bathroom, and utilize a walker or cane if needed.

If you are not sure about implementing these changes on your own, feel free to ask any of the therapy staff for assistance in assessing and modifying your environment to ensure your safety, prevent falls, and maximize your independence.

I hope you find this information useful.

Until next time,

Your Restore Therapy Family, Ryan Parden, PTA



Ms. Linda Verger

Ms. Linda Verger has been a resident at Regency since May of 2020. She’s a mother of five children and owned a large antique business in Cullman for over twenty years. She enjoys painting, dancing, golf, and interior design. Here at Regency, she loves to assist with activities and hang out during concerts and other events. We are delighted to have Ms. Linda as part of our Regency family!



Employee

Anguque Cato	August 2
Debora Smith	August 6
Matasha Tucker	August 7
Monica Brown	August 12
Delores Love	August 14
Lakera Carter	August 21
Jessica Miles	August 27
Fannie Stark	August 31

Resident

Evelyn Cummings	August 1	Gordon Hudson	August 19
Ruth Morrison	August 2	Mary Dunivant	August 21
HC Tom	August 4	George Knox	August 22
Ted Haas	August 7	Janet Clingingsmith	August 22
Linda Wilbourn	August 7	Wickham Henkles	August 24
Sue Terry	August 8	Shirley Cardwell	August 26
Norman Folts	August 9	Nancy Yeats	August 27
Gerald Kessler	August 11	Leonard Patterson	August 28
Daniel MacDougall	August 12	Elizabeth Kellett	August 28
Evelyn McAlister	August 13	Florence Alexander	August 28
Jean Waddey	August 13	Christel Aragon	August 30

WELCOME NEW RESIDENTS!

Marilyn Goosby
Shirley Cardwell
Ollie Reeves

Joyce Sons
Cheryl Sendowski
Ali Gokman

Billy Anderson
Sonjia Anderson
Judy Thorne

Wanda McDaniel
Mattie Wickware

FUN FACTS

- » On August 6, 1762, the first-ever sandwich was created. It was named after the Earl of Sandwich when he requested a dish involving meat between two pieces of bread. As the story goes, he requested it as he was in the middle of a gambling game and didn’t want to interrupt it.
- » Unlike most other months, August has just one birthstone – peridot. One of the lesser-known gems, peridot come in shades from grass-green to a more earthy olive hue. They’re quite a unique gem, really, and quite rare as they can only be found from two very different sources – they can be formed deep in the earth and expelled to the surface along with lava, and they can be found in meteorites! It is claimed that peridot has healing powers and can protect the bearer from evil.
- » It was on August 28, 1963, that Martin Luther King Jr gave his famous “I have a dream” speech to 250,000 people on the steps of the Lincoln Memorial in Washington D.C.



WORD FIND

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

SEXTILIS
 ROMAN
 SUMMER

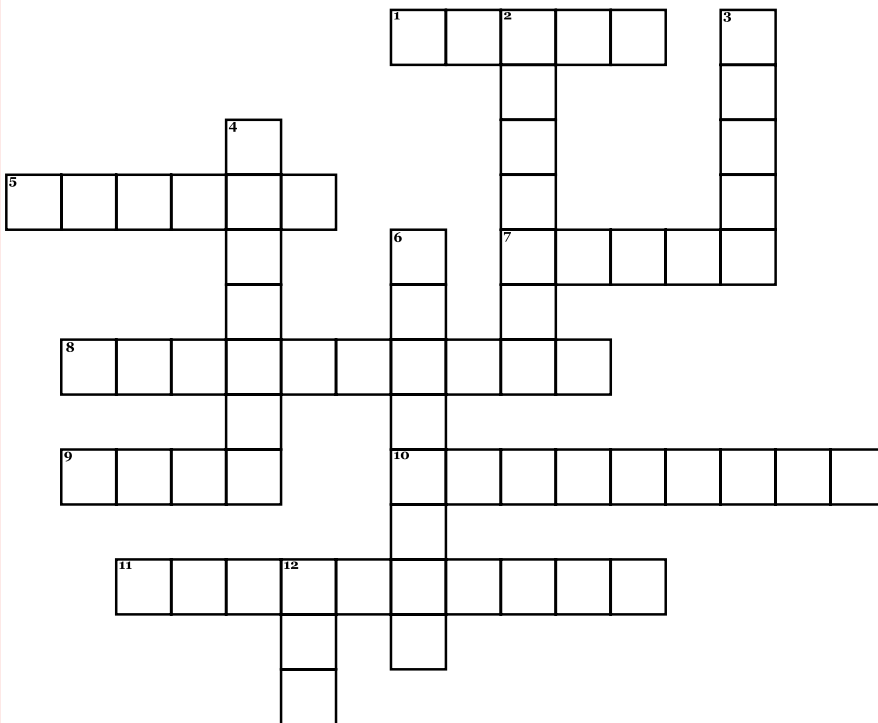
LEGEND
 ROCK
 PANINI

POMPEII
 VESUVIUS
 PUMICE

LAVA
 PERIDOT
 TONGA

GLADIOLUS
 PEACH
 MOSQUITO

CROSS-WORD



Down

2. Mount Vesuvius erupted near the city of _____.
3. Plants that grow the fastest in the month of August?
4. August birthstone?
6. August 20th is _____ Day.
12. If you were born before August 22nd, you're considered to be a _____.

Across

1. August has two birth flowers — the Gladiolus and the deep crimson _____.
5. August is a common name for boys in _____.
7. Rock music legend that died on August 16, 1977?
8. Leos are said to be very proud people who display great _____.
9. In August, the US celebrates National _____ Cheese Month.
10. August 5th is National _____ Day.
11. Virgos are _____, hardworking, kind, and loyal people.

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

Adrienne Robinson



Adrienne serves as a Resident Assistant in our Memory Care Program. She's been at Regency one year this month and just graduated from Ross Medical with her certification in Medical Billing and Coding. She has two daughters and one granddaughter. In her spare time, she loves to read and write. Join us in congratulating Adrienne for being our August 2022 Employee of the Month! She's exceptional and does a great job loving and caring for our residents!


ANSWER KEY

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

(P O P P Y) W
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