

## WHAT'S COMING UP

### **September 4**

National Wildlife Day

### **September 5**

International Day of Charity  
Labor Day

### **September 6**

National Read a Book Day

### **September 8**

World Physical Therapy Day

### **September 9**

International Sudoku Day

### **September 11**

Grandparents Day  
Patriot Day

### **September 15**

Greenpeace Day

### **September 16**

POW/MIA Recognition Day

### **September 21**

World Alzheimer's Day  
World Gratitude Day

### **September 22**

Fall Equinox  
Falls Prevention  
Awareness Day

### **September 23**

Native American Day

### **September 25**

National Cooking Day  
Rosh Hashanah

### **September 28**

National Good Neighbor Day

## SEPTEMBER 2022 NEWSLETTER



### ***Dear Regency Family,***

We had such an amazing August. From Elvis to group drum lessons and concerts to the Senior Health and Wellness Fair, and bingo to karaoke, we made some amazing memories. Thank you for being a part of these occasions and for making Regency your home.

Of course, we've got a wonderful September planned. We will be showcasing a variety of unique events and activities:

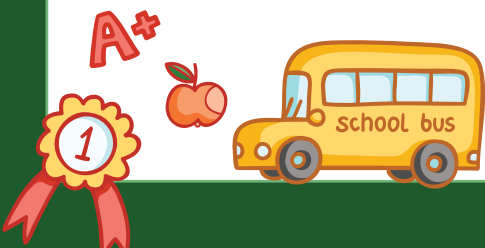
- » First Responders Cookout on September 9th – Come and thank those that do so much for us as we join together with the local police force, EMTs, and firefighters for a cookout and Big Daddy Kingfish performance.
- » National Assisted Living Week starting September 12th – We will have special events all week long including concerts, food events, and our ALZ Association Bingo Fundraiser.
- » National Assisted Living Week Finale Cookout on September 16th – Help us celebrate as we close out the week with a big cookout, The Brez Band in concert, a snow cone truck, and more.

Let's make precious memories together and bring our friends and family to join in the celebration. 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.*





## Christmas in July — Friday, July 15th

Bells were ringing as Santa and Rudolph made a quick mid-year stop at Regency for Christmas in July! We had gifts, goodies, snow cones, cotton candy, cookies, and chocolate! It was a great family fun event for all with giveaways and vendors!



## Crafting Time – Jewelry Art Creations — Friday, August 5th

Collecting antique costume jewelry and pins, several ladies in the Huntsville area donated a big bag of goodies to Regency. Of course, this makes a wonderful craft project so we came together in the Sun Room to make unique and wonderful creations. Framed initials, all sparkly and shiny! Smiles all around!







## Peggy with Better Business Bureau — Monday, August 15th

Peggy came directly from our local Better Business Bureau office to give an in-person talk to our seniors and family members about the latest scams and phishing ploys. After covering the history of the BBB and the latest rackets and ripoffs, Peggy took questions and listened attentively as residents recounted times they had received such calls. Such an informative hour and well spent for Peggy's first-hand reports on how to stay safe in this brave new digital world!



## Music! Music! Music!

Regency believes in the power of music and the emotional benefits for our residents. Our schedule is packed from 6 to 17 concerts a month to celebrate the seasons and to bring back memories for the listener. Did you know music memories are some of the most preserved memories in our brain? Come and indulge in blasts from the past as you enjoy many of our varied concerts, from Mike Cole to Brandon Morris, Elvis to karaoke, and Antonio to Frank with his accordion. So much talent and so much entertainment!







## Labor Day Party on Friday

September 2nd

Join us as we celebrate Labor Day in the Sun Room on Friday, September 2nd. We'll have music, food, and a trivia game for prizes. How much do you know about this holiday? Come and test your knowledge!



## Two National Pizza Days

September 7th and 21st

Did you know there are two national pizza days in September? Of course, we all love pizza so it's worth celebrating both. So we'll be celebrating National Cheese Pizza Day on September 7th and National Pepperoni Pizza Day on September 21st. Join us for one of our favorite treats!



## First Responders Cookout

Friday, September 9th at 11:00 am

It's that time of the year to gather together to honor those that do so much for us, the local heroes of Huntsville! Our Dietary Department will be grilling out as we have the Big Daddy Kingfish Band playing oldies but goodies. Come out and join us as we show respect for our local police force, firefighters, and EMTs. Let's thank them for all that they do!



## National Assisted Living Week

### Starting September 12th

With the theme, “Joyful Moments,” Regency will be celebrating National Assisted Living Week with several special occasions. We will start the week with our birthday party and council meeting, followed by music and food. Events include Bryan Easter filling the house with his crazy blues tunes on the saxophone, What’s Cooking Wednesday with National Breakfast Month, the ALZ Association being honored by a fundraiser bingo event, Chaplin McClaney giving an inspirational speech/sermon, several puppies visiting the residents, and more. Come and join us in this national celebration!



## ALZ Association Bingo Fundraiser

### September 15th at 1:30 pm

Would you like to support a great cause and win great prizes? On Thursday, September 15th we’ll be fundraising money for the Alzheimer’s Association and their walk, which will take place on October 1st. All proceeds will be donated, and this is your chance to win great items for your apartment. Invite friends and family members, let’s make a difference together!



## National Assisted Living Week

### Finale Cookout

### September 16th at 11:00 am

Closing out National Assisted Living Week, we’ll conclude with a big cookout and party. The Brez Band will perform a lively and entertaining concert, with Kona Ice Snow Cones in the food truck for everyone. We may even be visited by the Rocket City Clowns and pets from Snead’s Farmhouse. Let’s have a great time together and enjoy our “joyful moments.”



## Music with Shirley Gullion

### September 19th at 1:30 pm

Have you had the pleasure of watching Shirley perform on our Sun Room piano? She’s such a treat with her rag-time style and cheery speeches. Of course, she starts the hour with pop-up music quizzes, and then she takes requests for favorite hymns and old-time favorites. Come and join our local sensation as she performs her heart out for our families and residents.

**Save  
the  
Date**

**Sept. 11—** Grandparents Day, Patriot Day

**Sept. 15—** Greenpeace Day

**Sept. 21—** World Alzheimer’s Day, World Gratitude Day





## Ms. Edna Taormina

Ms. Edna was born in Phenix City, Alabama, and met her husband, John, aka “Terry,” on a blind double-date. She was married to him for 79 years, during which time he converted from Catholicism to Church of Christ. Terry served as a paratrooper in the military and was involved in D-Day. He returned home without a scratch on him, for which Ms. Edna was so grateful. Together they have a son, Larry, and a daughter, Karen. Ms. Edna served as a homemaker and in her tiny bit of spare time she used to bowl and golf with Terry. We are delighted to have Ms. Edna as part of our Registry family!

# Happy Birthday

### Resident

Barbara Perkins	Sept. 2
Kenneth Skinner	Sept. 2
Elizabeth Medlen	Sept. 3
Inez Lowry	Sept. 12
Mary White	Sept. 13
Janet MacLean	Sept. 14
Samuel Jones	Sept. 21
Margaret Toon	Sept. 21
Katherine Liebschwager	Sept. 27
Jeanne Donaldson	Sept. 28
Carolyn Harris	Sept. 30

### Employee

Felisa Phillips	Sept. 10
Nichole Williams	Sept. 11
Yacine Taylor-Green	Sept. 13
Erica Hicks	Sept. 18
Paulette Clark	Sept. 23
Tamika Morrison	Sept. 24
Brenda Rook	Sept. 25



## WELCOME NEW RESIDENTS!

Marilyn Goosby	Joyce Sons	Judy Thorne
Shirley Cardwell	Cheryle Sendowski	Wanda McDaniel
Ollie Reeves	Ali Gokmen	Mattie Wickware
	Billy & Sonjia Anderson	

## THERAPY CORNER

Let's discuss ways to keep your mind sharp. Patients often say “My mind isn't what it used to be” or “I can't remember anything anymore.” Most people think short-term memory loss and problem-solving (cognition) issues are part of aging. However, memory and cognition often decline because the mind is not challenged.

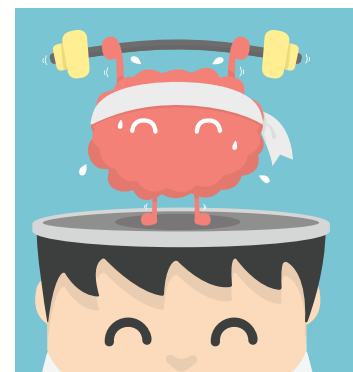
Like a muscle must be exercised to stay strong, the mind must be exercised. Early in life, you establish routines and schedules to make you more efficient because your life is so busy. As you age, these routines work against you by not challenging your mind. You start to do things using rote memory.

To offset cognitive decline associated with aging, change how you do daily activities. Some examples are as follows: take a different route to the market or church, perform tasks with your non-dominant hand, change the order in which you bathe, vary how you put your clothes on, and switch up your morning routine.

These may seem simple, but they challenge your mind. You to tap into new areas of your brain, thus improving its function.

**Until next time,**

Your Restore Therapy Family, Ryan Parden, PTA



## WORD FIND

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

CONSTITUTION

LIBRA

BOSTON

BARLEY

ASTER

SAPPHIRE

HARVEST

FIRE

VULCAN

GLORY

EQUINOX

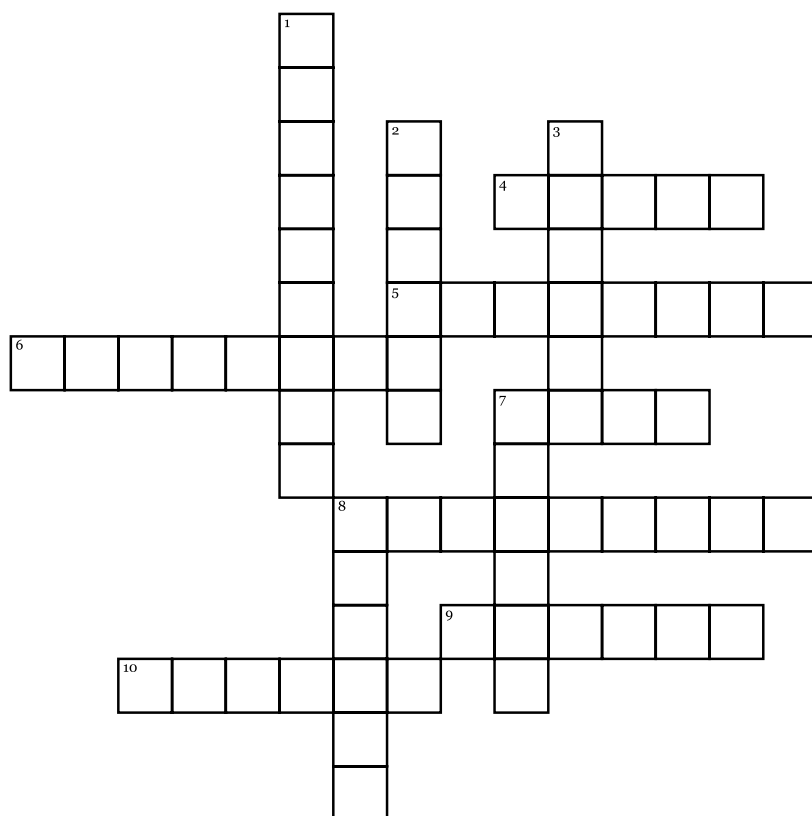
PENTAGON

PIRATE

VIRGO

ROMAN

## CROSS-WORD



### Down

1. In 1752 the British Empire changed the calendar from Julian to \_\_\_\_\_.
2. What was September's name in the ancient Roman calendar? \_\_\_\_\_
3. September 13th is International Talk Like a \_\_\_\_\_ Day.
7. The first newspaper in the US was published in \_\_\_\_\_.
8. On September 1, 1939 Hitler invaded \_\_\_\_\_.

### Across

4. September has two star signs Virgo and \_\_\_\_\_.
5. The common sapphire is blue due to high contents of \_\_\_\_\_ and iron.
6. What is September's birthstone? \_\_\_\_\_
7. National Drink a \_\_\_\_\_ Day is in September.
8. Sapphires protect the wearer from \_\_\_\_\_ and evils.
9. On September 2, 1666, fire burned the city of \_\_\_\_\_.
10. Who is the Roman god of fire? \_\_\_\_\_

## 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

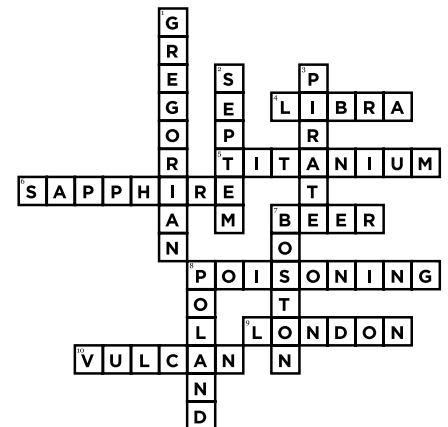
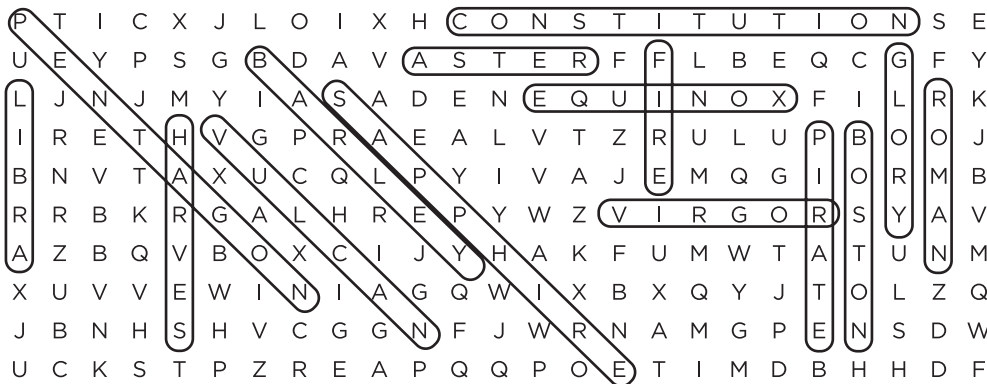
### Bethany Crawford



We have been honored to have Bethany serving with us since May of 2021 as an Activity Assistant on our fourth floor. Bethany comes to us with a master's degree in Gerontology and a bachelor's in Health Science. She met her husband at a swing dance at St. Cloud

State University in Minnesota and they married in March 2021. For hobbies, she has two very active cats and loves to play the guitar and sing, which she does for our residents every Friday. Join us in congratulating Bethany on her award. We are delighted to have her as part of our Team Regency!

## ANSWER KEY



## CONNECT WITH US

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