

WHAT'S COMING UP

March 1st

World Compliment Day

March 3rd

World Day of Prayer

March 7th

Purim

March 8th

Karaoke with Jerry & Grace

March 9th

Employee of the Year
Celebration

March 10th

Alzheimer's Bingo
Fundraiser

March 11th

Johnny Appleseed Day

March 12th

Daylight Saving Starts

March 15th

National Potato Chip Day
and Grill-in

March 17th

St. Patrick's Day

March 25th

International Waffle Day



MARCH 2023 NEWSLETTER



Dear Regency Family,

Spring is coming fast and March is here. Did you have a wonderful time at our February events? From our huge Valentine's Day Social with Full Spectrum in concert to our Mardi Gras Gala with the Tea Time Band capturing the spirit of New Orleans, it was a fantastic month full of fun activities and events.

It's time to enjoy our March special events, and we have several planned for you.

- » Alzheimer's Bingo Fundraiser on March 10th at 1:30 p.m. in the first floor dining room. Bring your friends and family as we raise money for this great cause.
- » St. Patrick's Day Bash with The Lucky Starz Band and plenty of Irish-themed foods
- » UAH Nursing Students presentations and informative conversations on March 21st and 28th

Let's all stay active, walking the hallways and enjoying the company of others through these last chilly months. As we prepare for spring together with our Regency family, let's continue to make new memories and to stay connected to our old friends. Feel free to include those you love in our public events and our day-to-day activities.

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.

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

Tim Taylor,
Executive Director



Bingo with our Buckhorn US Builders Club — January 17th

Our local Buckhorn US Builders Club joined us today for an intergenerational activity — playing prize bingo. Youth! Bingo with math questions! Prizes! Laughter! What a great time interacting with joking and fun. Such a great afternoon!



Valentine's Day Signs — February's Craft

Prepping for the Valentine's Day holiday, the residents came to the Sun Room to select from twelve different options with all the bows and flowers to match. Such pretty creations by such imaginative souls. We wished a Happy Valentine's Day to all!



Lunar New Year Celebration — February 1st

Celebrating the Lunar New Year, the Korean Mission Dance Academy joined us for an authentic dance hour, as we dined on pork egg rolls, California Sushi Rolls, Pocky Strawberry Sticks and Botan Rice Candy. Delicious, dainty and delightful, we celebrated together and had a wonderful time. We hope everyone had a Happy Lunar New Year!



Girl Scout Cookies — February 10th

Samoas, Thin Mints, Adventurefuls, Tagalongs, S'mores, and Trefoils – if you recognize these names, you know the Girl Scouts came to Regency for their first sale of the season! Amazing products and we were able to purchase them right at home. Now we have some delicious snacks for our apartments. Yum yum!



Lunch Bunch Out to Eat at Kacey's Home-Cooking Buffet

March 7th at 10:30 a.m.

Fried chicken livers, beef tips, fried chicken and sautéed sausages, spaghetti and beef tips. These are just a few of the main dishes, which you can then team up with rice, green beans, mashed potatoes, okra, cabbage, macaroni and cheese, creamed corn, fried rice, yams, squash, collard greens, French fries, stir fry, and more. What is your favorite southern-cooked meal? If this menu sounds delicious to you, join in the fun and sign up at the front desk by March 6th for our next Lunch Bunch trip out to Kacey's Home-Cooking Buffet. It's bound to be a delicious time!



Karaoke with Jerry & Grace

March 8th at 1:30 p.m.

Patsy Cline with "Crazy." "Country Roads" with John Denver. "Ole Oak Tree" with Tommy Orlando. ...and as we sing, we can wear a "White Sport Coat and a Pink Carnation." This is one of our monthly favorites as we gather together to sing karaoke or group-style to our favorite songs. Come and make a request and let's sing it all together!



Employee of the Year Celebration

March 9th at 11:00 a.m.

Join us as we all come together to congratulate the Employee of the Year and the 2022 Employees of the Months. The Brez Band will be playing hip songs as we 'breeze' through the lunch hour. After our meal and our enthralling entertainment, we'll hold a ceremony to recognize those who have done so much for the Regency family during the last year. Let's show our staff just how much we appreciate them!



Alzheimer's Bingo Fundraiser
March 10th at 1:30 p.m.

Would you like to see the Alzheimer's Association find a cure for the disease that affects so many of our loved ones? If so, this is your chance to come and make a difference! We'll be playing 12 to 15 rounds of bingo for prizes for your apartment valued anywhere from \$5 to \$20 each. Join in the fun! The suggested donation is \$5 per card, or 4 cards for \$15. All monies will be donated in the upcoming walk for the Alzheimer's Association in the fall. Come and make a difference!



National Potato Chip Day and Grill-in
March 15th at 2:45 p.m.

Of course we need to celebrate National Potato Chip Day and what better way to do it than with a grill-in?! We'll "fire up" the panini grill and cook our favorite Ball Park Franks until they have the perfect golden stripes. Then we'll team those up with a few different varieties of potato chips. Such a great way to preview the upcoming summer-time fun!



St. Paddy's Day Bash
March 17th at 1:30 p.m.

Be sure to wear your green and to come to our St. Patrick's Day Bash here at Regency Towers. We plan to have The Lucky Starz Band playing music with an Irish twist and plenty of Irish-themed foods. What a party we shall have as we celebrate this holiday honoring St. Patrick, and the culture and heritage of the Irish people. "May the road rise up to meet you" as you come to the first floor dining room to have fun with your Regency family!



NEW! Bible Studies
Wednesdays and Fridays

Exciting news! Several residents have requested an additional evening bible study and another daytime bible reading session. With the new staff Chaplin, Tom, this is now a reality. Therefore, we are proud to announce a new bible study with Ms. Patty and Ms. Pat on Wednesday evenings at 5:30 p.m. and a new bible reading on "The Parables of Jesus" with Tom on Fridays at 12:45 p.m. Be sure to come and check out these wonderful new opportunities to draw closer to God!

Save
the
Date

- Mar. 1st** — World Compliment Day
- Mar. 7th** — Purim
- Mar. 9th** — Employee of the Year Celebration

- Mar. 11th** — Johnny Appleseed Day
- Mar. 12th** — Daylight Saving Starts
- Mar. 25th** — International Waffle Day

Mr. Bob Allen



Mr. Bob Allen has lived at Regency for over six years. He graduated from the University

of Wisconsin with a bachelor's degree and went on to serve as an engineer at Redstone Arsenal at Missile Command. He was also an avid runner and completed 10 marathons! Bob and his wife were married for 50 years. Together, they adopted three children! He also has three grandchildren. For his hobbies, Bob builds model airplanes with glue and sticks, selling them to raise money for charity. He works hand-in-hand with the Optimus Club by selling car wash tickets, following their motto "Bringing out the best in kids." So far, Bob has raised over \$50,000! Impressive! What a blessing it is to have Bob living in our Regency home!

Happy birthday



Resident

Idella Rainey	Mar. 1
Lela Moore	Mar. 1
Kathryn McWhorter	Mar. 6
Harriet Folts	Mar. 9
Billy Wright	Mar. 12
Imogene Hudson	Mar. 17
Dickey McKinney	Mar. 21
David Prebyl	Mar. 22
Joyce Sons	Mar. 26
O'Neal Roberts	Mar. 26
Willie Carodine	Mar. 26
Margie Barden	Mar. 29

Employee

Beonka Woodard	Mar. 7
Sarika Farris	Mar. 8
Trisha Humphrey	Mar. 10
Krisalaun Wilder	Mar. 10
Jennifer Warren	Mar. 11
Judy Hampton	Mar. 15
Maria Nissen	Mar. 19
Demetria Benford	Mar. 19
Willie Nance	Mar. 20
Kimberly Robinson	Mar. 23
Harry Ganesh	Mar. 24
Naquaysa Watford	Mar. 25
Robert Dickens	Mar. 26
Bridgette Jones	Mar. 31

WELCOME NEW RESIDENTS!

Kathrine DeMange
Marilyn Cooley
Deborah Tajalle

William and Mary Askenburg
Tom Gilbert

THERAPY CORNER

March 12th through March 18th is Patient Safety Awareness Week, so this month I am addressing potential safety risks.

One of the areas that frequently increases fall risk is improper use of assistive devices. What is an assistive device? These are walkers, canes, or any other apparatus that assists you in mobility or daily living. These devices must be the correct height to fit each individual user. An improperly fitted device can be more of a hazard than a help.

A second hazard to be aware of are changes in walking surfaces. Often the areas where walking surfaces change from one type of surface to another will have a height difference which can be a tripping hazard. Always be aware of your environment and take extra precautions with these changes. Similarly, be mindful

of doorways, as the thresholds are typically raised and can be a tripping hazard.

Lastly, I do not recommend area rugs. These are a common fall risk as the edges can serve as a tripping hazard or can potentially slip from under your feet.

If you have questions about your living environment, or if you are having difficulty navigating some of the obstacles mentioned, contact the therapy department, and we will happily answer any questions or concerns you may have.

Remember, stay active and keep moving to stay healthy!

Until next time,

Your Restore Therapy Family

WORD FIND

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

MARS
EQUATOR
PHONE

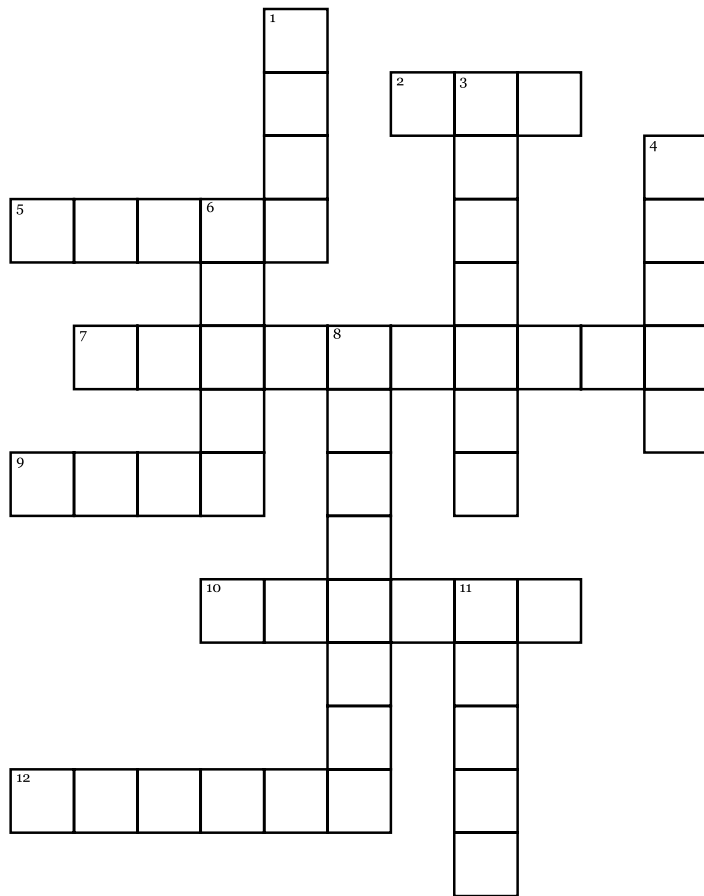
ARIES
PISCES
ROMAN

MADNESS
STORMY
SAXONS

EQUINOX
EIFFEL
PEACE

BELL
CAESAR
TOWER

CROSS-WORD



Down

1. The name for March comes from _____
3. The Vernal Equinox is when the sun is directly above the _____
4. There are two zodiac signs in March. Pisces, and _____
6. Alexander Graham Bell made the first-ever _____ call on March 10th
8. If you were born in March, your birth flower is a _____
11. Julius Caesar was assassinated on the 15th of _____

Across

2. In old Roman calendars, one year used to be _____ months long
5. John F. Kennedy founded the Peace _____ on March 1, 1961
7. March birthstones are aquamarine and _____
9. Every year, March, and _____ finish on the same day of the week
10. The Anglo-Saxons called March "_____ month"
12. The _____ Tower was ascended for the first time on March 31, 1889.

EMPLOYEE OF THE YEAR

Sarika Mitchell



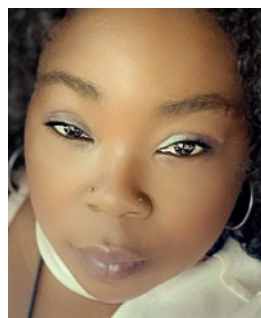
Sarika Mitchell has served here at Regency since September 2008. She works diligently in the Dietary Department as a cook. She loves to cook and bake in her spare time too, making wonderful goodies for family and friends.

Sarika has been married for 18 years to a wonderful man from Tennessee. Together they love their daughter and 11-year-old grandson. They spend as much time with both of them as possible.

Join us in congratulating Sarika for being our Employee of the Year!

EMPLOYEE OF THE MONTH

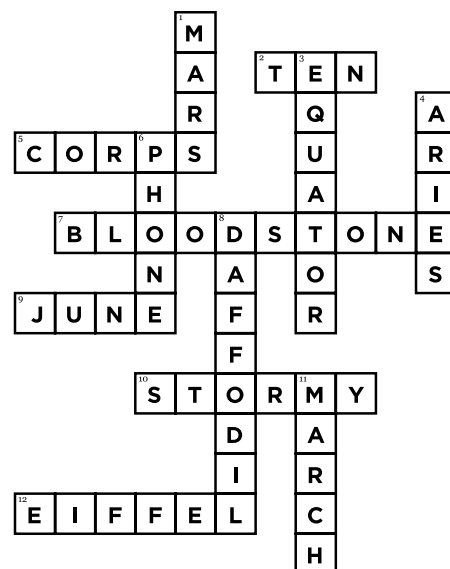
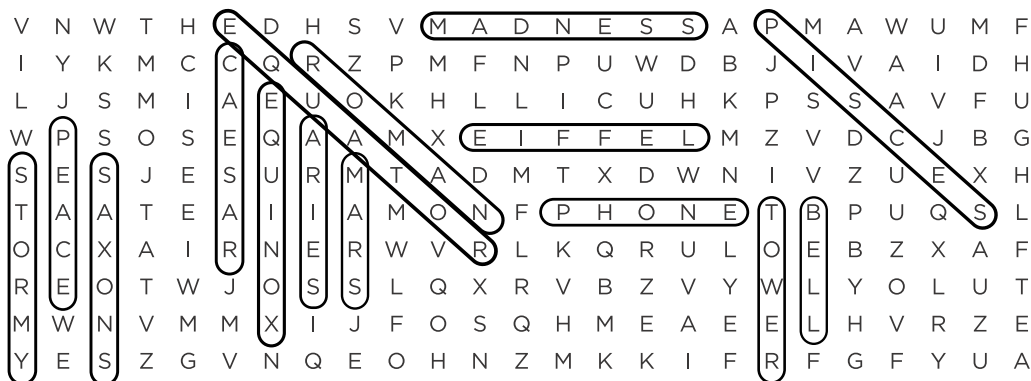
Ms. Latonya Montage



Latonya Montage has served here at Regency for one and a half years as a resident assistant. She prides herself in being a "natural nurturer" and she loves taking care of people. She states, "I love the clients. I can grow by taking care of them and learning

something from everyone. I think my specialty is in bonding and knowing my people, and then I know when someone is having an off-day. I love putting smiles on their faces." Latonya is a hard worker and known through the building. She started taking care of the elderly by serving her granddaddy and daddy, before they passed. "He's (her father) the one that made me." Let's all congratulate Latonya on being awarded our March 2023 Employee of the Month! Congratulations!

ANSWER KEY



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