

WHAT'S COMING UP

May 1st

May Day

May 4th

National Day of Prayer

May 5th

Cinco de Mayo

May 14th

Mother's Day

May 24th

National Brother's Day

May 28th

National Hamburger Day

May 29th

Memorial Day

May 31st

National Senior Health and
Fitness Day

MAY 2023 NEWSLETTER



Dear Regency Family,

Summer is knocking on the door! Isn't this just such a beautiful time of the year, with flowers blooming and budding trees adding new life and joy to the world around us?

Did you make new memories at our Easter Party and pose for a picture with the Easter bunny? Did you notice the beautiful daisies and bicycle paintings from the Sip and Paint Party? How about our Spring Festival with the petting zoo, the snow cone truck, the "Full Spectrum Band," vendors, and more? April was certainly a busy month full of fun activities and events.

Now let's talk about our May events:

- » Q-tip Painting with Carol Kaye on May 11th at 1:30 p.m. in the sunroom. We'll be painting a beautiful scene of flowers.
- » Mother's Day Celebration on May 12th at 1:30 p.m. We will have a professional photo shoot at the sun-filled gazebo with Pete Dobbs, followed by an afternoon Tea with Jan on the keyboard in the first-floor dining room.
- » Memorial Day Cookout on May 26th at 11 a.m. The Groove Yard Band will be in concert outside at the pavilion, weather permitting.

Let's get outside and savor this beautiful sunshine, as we join in for a walk with our friends, making new memories and staying connected to our Regency family. Invite your friends and family to come and join us for our public events and activities as well.

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



St. Patrick's Day Party — March 17th

The Lucky Starz Band put on quite an Irish concert in the first-floor dining room at Regency Towers. Residents and family members alike laughed and joked as we listened to Irish jigs, Danny Boy, and more. We also snacked on assorted Irish and green goodies. Delicious! Delightful! Delectable and Distinctive. What a way to celebrate St. Patrick's Day!



Easter Party — April 8th

The Easter Bunny hopped his way to Regency Towers to celebrate the Easter holiday with our special residents. With Tom on the guitar, seniors joined along in the singing. Delicious goodies with candy. Trivia with prizes. So much fun and such great smiles!



Sip and Paint Party with Sharon — April 11th

Our Sip and Paint Party was a huge success with the leadership of Sharon from Painted Sunshine Parties. During this sunny afternoon, we painted to our heart's content. Daisies and bicycles across the canvas with smiles on our faces as we indulged in red and white wine and sparkling grape juice. What a beautiful day.



Putt Putt Golf — April 13th

With the sun peeking out behind the clouds, the residents united in the sun room to take on a few rounds of putt-putt golf for Regency bucks. Winner after winner got a chance to step up and take a swing or two to make a hole-in-one. Just look at those smiles!





Cinco de Mayo

Friday, May 5th at 1:30 p.m.

It's May again, and time to celebrate Cinco de Mayo. With fresh Mexican goodies and popular eats on hand, we'll enjoy the suave and debonair music of Raul Mejia. Virgin margaritas. Tacos. What else can we find to indulge in?



Mother's Day Celebration

Friday, May 12th at 1:30 p.m.

Our annual Mother's Day Celebration is here again! It's time for our professional photo shoot for everyone with Pete Dobbs! Let's put on our "Sunday best" and strike a beautiful pose outside in the gazebo. (Regency will sponsor 8x10" prints for all residents after the proofs are received from Pete the next week.) Following this, we'll unite in the 1st-floor dining room at 2:45 p.m. for a Mother's Day Tea with Jan on the keyboard.



Penny Horse Races

Several Wednesdays at 3:30 p.m.

Giddy up! It's time to pick your favorite horse to win the races as we gather around the table and watch as the dice roll and our seniors get animated. With six different horses running, this is your chance to have a little fun and get excited with the other residents participating in the adventure.



Mike Cole in Concert and Fresh Strawberry Shortcakes

Wednesday, May 17th at 1:30 p.m.

Have you had the pleasure of enjoying a concert by Mike Cole? On May 17th, we'll do just that, right before we observe National Pick Strawberries Day. Staff will make a trip to a grocery store for some fresh, plump, and ripe strawberries for our homemade strawberry cheesecake. Let's get our summer fun started!



Jim Phillips Talk

Thursday, May 25th at 2:45 p.m.

Jim is known across the state for his informative talks with antique displays and artifacts about Alabama's and America's history. On May 25th, he'll present us with information and displays on "The Armed Forces Unbelievable but True Facts Talk." Come join this presentation filled with true facts about strange and wonderful things that happened in our American past!



Memorial Day Backyard Bash

Friday, May 26th at 11:00 a.m.

It's time to remember the soldiers that sacrificed so much for our freedom here in our patriotic USA. Let's gather together with our families and friends to enjoy a cookout with our Dietary Department. A new band, The Groove Yard, will be there in concert to entertain us as we dance and sway to the good old oldies. What a great time it shall be!



McAbee's Wheelchair and Walker Tune-Up

Tuesday, May 30th at 1:30 p.m.

Does your wheelchair or walker need a tune-up? Small repairs? A new accessory? If so, come to the sunroom on May 30th and spend some time with Tim from McAbee. He can also help you with filing for insurance coverage as well if a new device is needed and covered!

Save
the
Date

May 4th — National Day of Prayer
May 5th — Cinco de Mayo
May 12th — Mother's Day Celebration
May 17th — Mike Cole in Concert

May 26th — Memorial Day Bash
May 30th — Wheelchair and Walker
Tune-up

Happy Birthday

Resident

Ronald Hager	May 2
Joyce Allen	May 4
Ray Tucker	May 6
Shirley Adcock	May 8
Peggy Hunter	May 8
Clyde Stephens	May 14
Mary Lambert	May 15
Betty Ernst	May 17
Fred Kooi	May 17
Sharon Murphree	May 25
James Thomas	May 25
Alvera Haas	May 26
Darlene Davis	May 28

Employee

Yvette Blake	May 1
Dorothy Sampson	May 3
Nesta Wilson	May 3
Courtney Paige	May 4
Beatrice Tennyson	May 5
Peggy Rochine	May 7
Paulette Miller	May 11
Courtney Smith	May 11
Alexis Similton	May 12
Janette	
Edmondson-Haygood	May 17
D'Neishea Nichols	May 17
Corrina Ross	May 23
Norma Miller	May 25
Mavis Smith	May 26



Ms. Rosetta Spencer

Ms. Rosetta Spencer, a native of Bessemer, Alabama, has been with our Regency Retirement Community since January 2022. Ms. Spencer is the proud mother of two daughters, Kim and Tracy, one granddaughter, Jasmine, and one great-grand, Baylee.

She was called to serve the community through the field of nursing and retired from the University of Alabama at Birmingham Hospital in 1986. Retirement, however, did not stop her passion to assist others. Ms. Spencer continued to serve others through various civic engagements and community of faith activities.

Lending her heart and hand to others is her passion and mission. These days you can find Ms. Spencer listening to music, spending quality time with friends and family, or keeping up with current events on the news. We're happy to have Ms. Spencer at Regency with us!

THE THERAPY CORNER

May is Better Speech and Hearing Month, so I thought I would take this time to talk about speech therapy and what it involves.



Speech pathologists treat swallowing disorders. A swallowing disorder is called dysphagia, which can affect a person's ability to swallow food, medications, and liquids. As you can imagine, not being able to enjoy your favorite foods and drinks can lead to decreased enjoyment of eating. Speech pathologists can treat swallowing disorders through exercises, modifying diets, and compensatory strategies.

Speech pathologists also help with memory to increase overall independence. Have you had trouble remembering what medicines you take or what activities you've done recently? We can use strategies to improve your ability to remember prior and new information.

Speech pathologists also provide services related to improving voice and hearing. Restore Therapy has an audiologist on staff that can provide hearing evaluations. We work closely with our audiologists in therapy to improve hearing. We also can address vocal deficits and can train strategies to improve your ability to be heard!

If you think speech therapy services could be of help to you, please contact us!

Until next time,

Your Restore Therapy Family

WELCOME NEW RESIDENTS! 🏠

Ernest Smith	Minnie Haynie
Sandra Hill	Joyce Allen
Gail Power	Robert Miles

WORD FIND

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

MAY
 MAIA
 LEVI

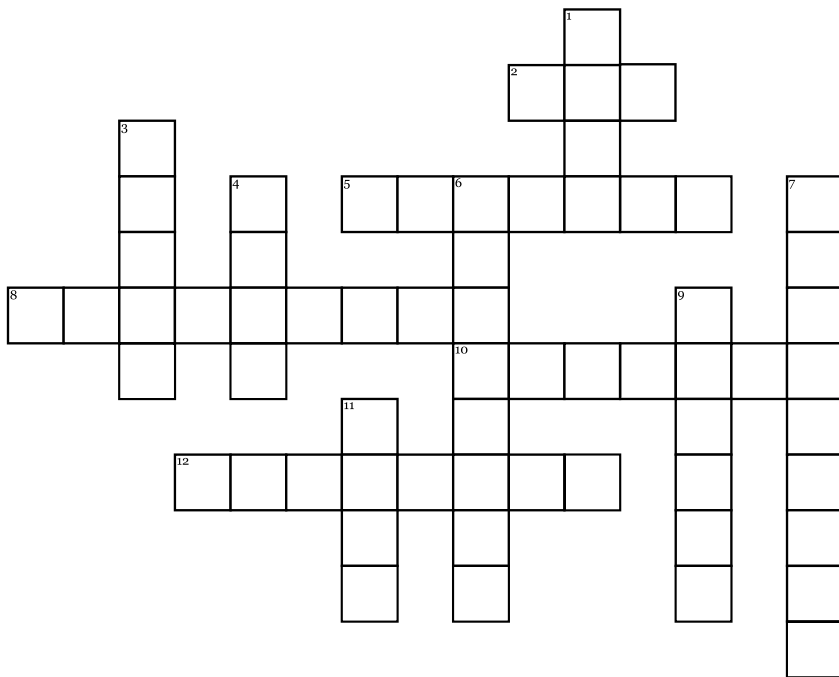
AQUARIIDS
 EMERALD
 FERTILITY

GREEK
 EMPIRE
 ZODIAC

GARLANDS
 TAURUS
 FLOWERS

UNLUCKY
 EUROVISION
 QUEEN

CROSS-WORD



Down

1. ____ Roman goddess of growth
3. Latin word for May ____
4. May the 4th is celebrated as Star ____ Day
6. Actor born in May, Clint _____
7. Emeralds are symbols of ____ and rebirth
9. May Zodiac signs, Taurus and _____
11. ____ celebrates Golden Spike Day on May 10th

Across

2. ____ was once considered an incredibly ill-omened time to get married
5. The birthstone for May is the ____
8. Meteor shower in May. The Eta _____
10. The Empire State Building was the _____ building in the world in 1931
12. May birth flowers, the Lily-of-the-Valley and the _____

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

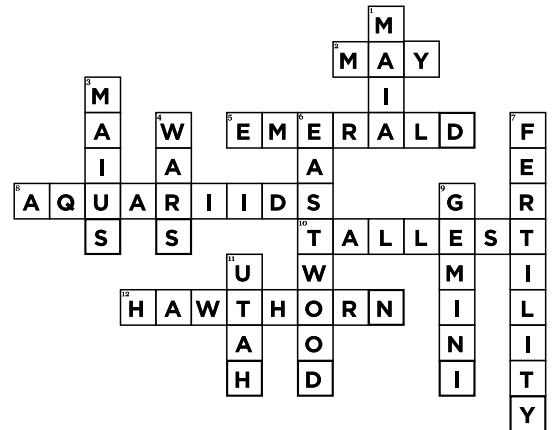
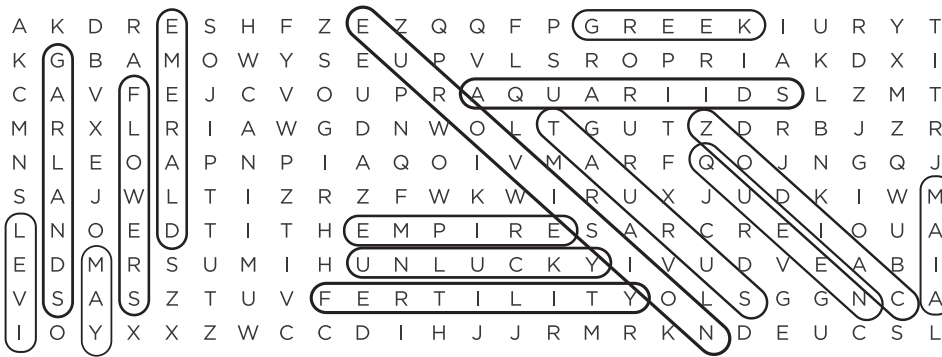
Maria Nissen



Maria Nissen has served the residents of Regency Towers for over 16 years now! She has been married since 1988 to her husband and together, they share three daughters and one grandchild.

When she is off of work, Maria loves to clean and spend time with her grandchildren. She's the well-known smiling face on the 3rd floor, helping Assisted Living with all their daily living activities and encouraging the residents to go for walks. We are so thankful to have Maria on staff for us. Congratulations, and thank you for all you do, Maria!

ANSWER KEY



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