

WHAT'S COMING UP

June 5th

World Environment Day

June 8th

National Best Friends Day

June 14th

Flag Day

June 18th

Father's Day

June 19th

Juneteenth

June 21st

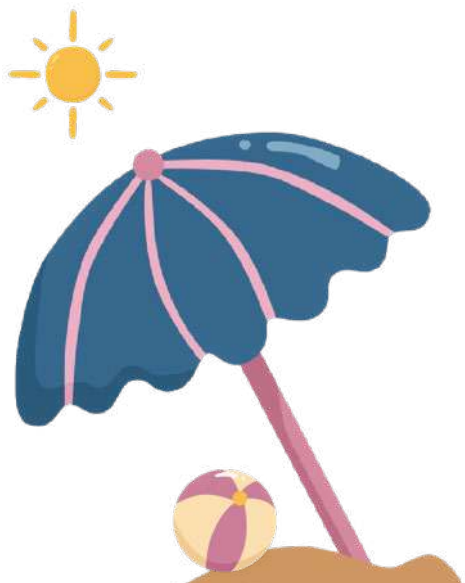
Summer Solstice

June 27th

National Bingo Day

June 29th

Hug Holiday



JUNE 2023 NEWSLETTER



Hello Residents,

Summer is here at last! Are you ready for the sweet summer days of sun and flowers sprinkled with a little rain?

Did you enjoy the month of May? With the Cinco de Mayo Celebration, our Mother's Day Professional Photo Shoot and Afternoon Tea, as well as our Memorial Day Backyard Bash, it's been a crazy month filled with all sorts of wonderful memories.

What's coming in June?

- » Alzheimer's Bingo Benefit on June 2nd
- » Father's Day Cruise-In with a new band, The Cadillacs, goodies, and a car show with prizes for participants
- » Independence Day Backyard Bash with JD singing, a Mr. Ice Cream Man Food Truck, a petting zoo, bouncy houses, and more

Let's get outside and enjoy these top-quality events in the beautiful sunshine. As we hang out 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



Spring Festival — April 21st

Spring Festival was a top-shelf event with The Full Spectrum Band live and in concert, snow cones, fried Oreos, vendors with games, a petting zoo, and plenty of fun. Wow! Such beautiful weather with such beautiful smiles!



Cinco de Mayo Party — May 5th

Raul Mejia brought his heritage to life as we celebrated Cinco de Mayo together with dancing, singing, and clapping. Quesadillas, chips, salsa, cookies, and tangerines were delightful snacks as we watched the entertainment.



Q-Tip Painting with Carol Kaye — May 11th

With the talents of Carol Kaye guiding us, the residents of Regency Towers indulged in a two-hour expedition in painting flowers with Q-tips. Easy. Simple. Fun. Beautiful.



Mother’s Day Tea and Professional Photo Shoot with Pete Dobbs — May 12th

Mother’s Day Tea and Professional Photo Shoot with Pete Dobbs was a huge success with all floors participating! Elegant. Sophisticated. Extraordinary and mindful. What a special and sweet time to celebrate the ladies of Regency!





Alzheimer's Bingo Benefit

June 2nd at 1:30 p.m.

Would you like a chance to donate to research for Alzheimer's? Let's make a difference together! We'll come together for sixteen rounds of bingo, with a suggested donation of \$5 per card or \$15 for four cards. Individuals will have the opportunity to win larger prizes for their apartments such as pillows, baskets, throws, decorations, and more. Invite your friends! Let's make it a big event and pass on the funds directly to the Alzheimer's Association.



Lunch Bunch to Little Libby's Catfish Diner

June 6th at 10:30 a.m.

Fried fish. Chicken. Hushpuppies. Banana pudding. All the southern fixings and more are exactly what we'll enjoy as we dine at Little Libby's Catfish Diner in Madison. Join in the fun! Be sure to sign up at the front desk by June 5th, and come hungry!



Bryan Easter in Concert

June 7th at 1:30 p.m.

Jazz. Blues. Everything sounds so crazy good on the saxophone. We'll enjoy snazzy tunes with Bryan on the sax. What a great way to listen to music in the afternoon with your friends and fellow residents. Let's gather and let our ears listen to his excellent musical styling!





Father's Day Cruise-In

June 16th at 1:30 p.m.

It's time for one of our favorite annual events - The Father's Day Cruise-In! Bring your antique and unique cars, trucks, and bikes. Invite your friends and family. Together we'll listen to a new band, "The Cadillacs," as we check out the cars, enjoy snacks and goodies, and vote for our favorite vehicle. What a great way to honor the men that mean so much to us!



Alyssa and Wine & Cheese

June 23rd at 1:30 p.m.

Alyssa is back to sing for our wine and cheese event with her smooth delicate voice. Come and join in the activity as we sip on wine, sparkling grape juice, and beer while munching on elegant eats and treats. It's always a great time as we chat with our friends and make new acquaintances.



Independence Day Backyard Bash

June 30th at 11:00 a.m.

It's time to gather together and celebrate the birth of the United States! For our backyard bash, we'll have JD Pollard singing a fantastic concert, a Mr. Ice Cream Man food truck, a petting zoo, bouncy houses, a cookout, and more. It's time to bring in the kids, grandkids, and great-grandchildren to watch them have a blast in the outdoors. What smiles we shall see!



What's Cooking Wednesdays

Wednesdays at 2:45 p.m.

As the summer months start, we'll continue with our What's Cooking Wednesdays. What's on the menu this month? First, we'll start with our famous gourmet grilled cheese. The following week, we'll celebrate National Chocolate Ice Cream Day. For the third week, it's fresh-cut watermelon under the outdoor gazebo, surrounded by sunshine. Followed by the final Wednesday when we will indulge in fresh-baked red velvet waffles.

Save
the
Date

June 2nd — Alzheimer's Bingo Benefit

June 5th — World Environment Day

June 8th — National Best Friends Day

June 16th — Father's Day Cruise-In

June 23rd — Wine & Cheese Night

June 30th — Independence Day Bash



Pat Sarge

Ms. Pat Sarge moved to Regency in December 2022. She was born in an Army family. As an adult, she worked in medicine for two years as a Peace Corps volunteer in Brazil, the mountains of Kentucky, and Alaska. She has one adopted daughter. Ms. Pat loves to do crafts and spend time with Dixie, her fellow “resident.” Pat loves taking Dixie for walks in the beautiful Regency yards, as Dixie takes turns barking at interesting items and people. We are delighted to have Ms. Pat and her talents here at Regency!

Happy Birthday



WELCOME NEW RESIDENTS! 🏠

Clarence Stephens
 Clarene Patton
 Theresa Hutchenson
 Peter Black
 Diane Howe

Resident

Burlin Toon June 4th
 Barbara Wright June 4th
 Martha Evans June 6th
 Helen Brothers June 12th
 Silke Stamps June 17th
 Jerry Gann June 20th
 Vera Dunson June 22nd
 Dwight Clark June 24th
 Charles Stebbins June 27th
 Thomas Gilbert June 28th

Employee

Morgan Turner June 3rd
 Dynasty Haygood June 10th
 Sabrina Nunn June 12th
 Marquasia Ivey June 14th
 Clover Lennon June 16th
 Ieshea Ivey June 21st
 Peter LaRiviere June 28th
 Mercedes Briggs June 29th
 Anastasia Nguanyi June 30th

THE THERAPY CORNER

This month, I would like to discuss safety in the home. Most of you reside in an apartment which means space can be limited. Let’s go over some ways to make your living area safe.

To start, make sure that walkways are clear and clutter-free. I know we like to make our space feel homey, but we need to make enough space in the walkways for wheelchairs and/or walkers. Too many times, residents have fallen trying to squeeze through tight spaces between furniture. When arranging the furniture in your bedroom, make room between the bed and wall for a walker or wheelchair if needed. It may not seem a long distance, but leaving the walker at the foot of the bed and walking to your bedside unsupported greatly increases your fall risk.

Beware of throw rugs, as they are a huge fall risk. However, if you must have them, make the edges lay flat and adhere them to the flooring surface unless

they are heavy enough to stay flat on their own.

Lastly, I know we all love our old faithful recliners. However, it may be difficult to get out of them these days. If it’s too low or rocks, it can take multiple attempts to get out of the chair increasing your fall risk. Simple modifications like blocking the rocker or putting the chair on risers can allow you to more easily get out of it and therefore let you keep using it. We can also work to get you stronger and independent enough to get out of the chair.

Please take these factors into consideration as you furnish your apartment. If you are dealing with any of these issues, please address them to decrease your fall risk. If you have questions or need help addressing these issues, contact the therapy department.

Until next time,

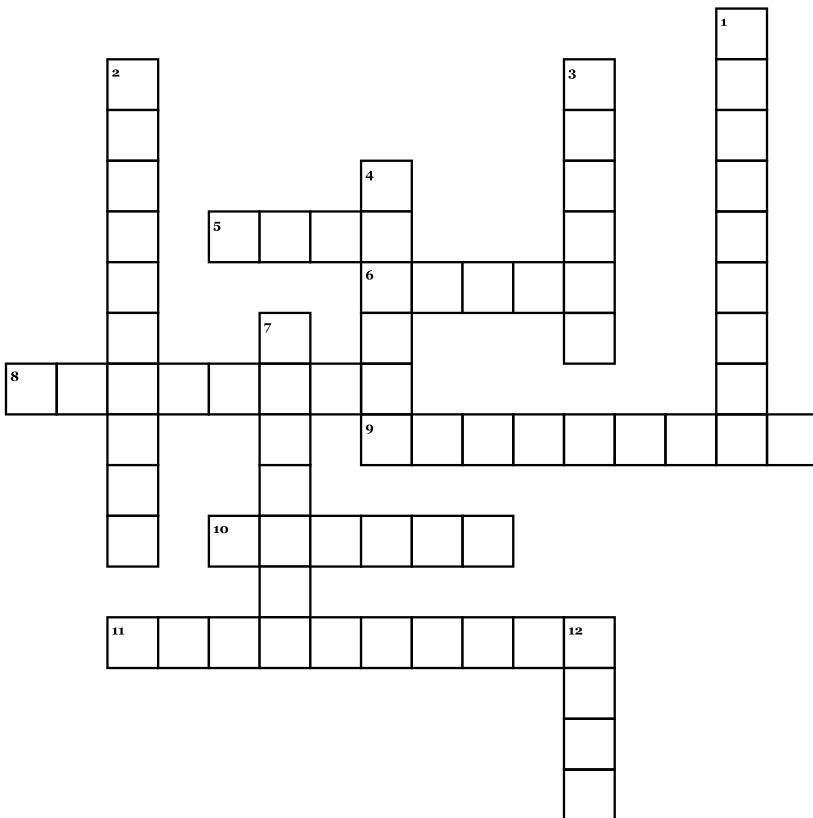
Your Restore Therapy Family

WORD FIND

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|----------|------------|------------|--------------|-----------|
| SUMMER | STRAWBERRY | DAIRY | ACCORDION | ANIMATED |
| SOLSTICE | NIAGARA | JUNETEENTH | EMANCIPATION | PEARL |
| MONORAIL | PAPAYA | CARTOON | GEMINI | MOONSTONE |

CROSSWORD



Down

1. AKA a squeezebox
2. Location of the first daily operating monorail system in the Western Hemisphere
3. The first day of _____ happens on June 21st
4. One might get this type of wire tattooed around their bicep
7. _____ Falls State Park is the oldest state park in the U.S.
12. The toy known for bobbing up and down on a string

Across

5. It's fun to stay at the _____
6. Get your kicks on _____ 66
8. This happens on June 20th
9. Type of dog in the first animated cartoon
10. Home of America's first drive-in
11. June's full Moon identifier

EMPLOYEE OF THE YEAR

Sarika Mitchell



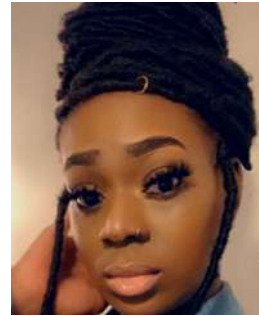
Sarika Mitchell has served here at Regency since September 2008. She works diligently in the Dietary Department as a cook. She loves to cook and bake in her spare time too, making wonderful goodies for family and friends.

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

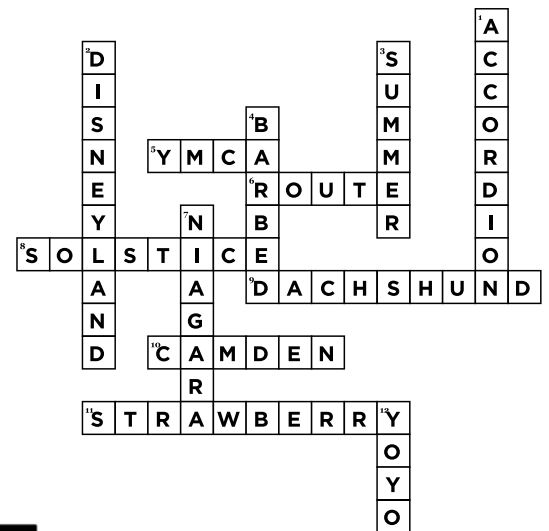
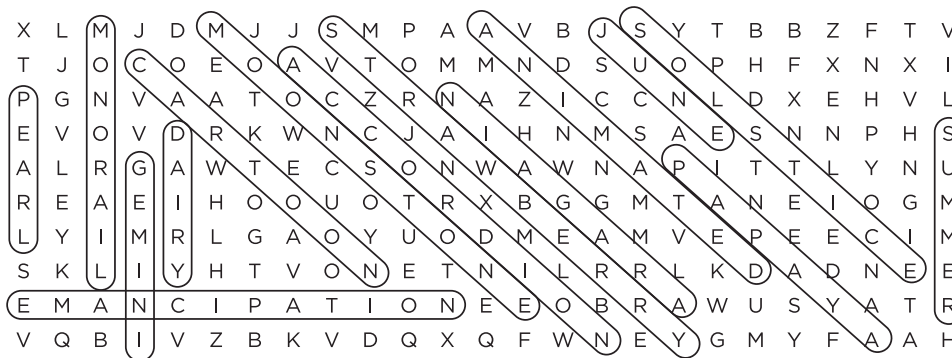
Mercedes Briggs



We are blessed to have Mercedes Briggs here at Regency Retirement Village on the third shift as a RA. She has been with us since November 2020. Mercedes comes to us with two children: one boy and one girl. Her favorite hobby is cosmetology,

and she loves to braid hair. She also enjoys being a mother and states, "I love doing activities with my children and perfecting my talent as a braider." At work, she's a kind and understanding force to be around as she helps residents and employees alike. Congratulations Mercedes and thank you for all that you do!

ANSWER KEY



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