

WHAT'S COMING UP

July 4th

Independence Day

July 7th

National Father Daughter
Take a Walk Day
World Chocolate Day

July 14th

National Mac & Cheese Day

July 16th

National Ice Cream Day

July 19th

National Hot Dog Day

July 23rd

National Parents' Day

July 28th

Buffalo Soldiers Day

July 30th

International Day of
Friendship



JULY 2023 NEWSLETTER



Dear Regency Family,

Oh, the sweet days of summer! Warm breezes, sprinkling rain, quacking ducks, and flowers sprinkled all over the property. What a beautiful sight!

How was your June? Did you have a fantastic time at the ALZ Bingo Fundraiser? How about the Father's Day Cruise-In with all the classic automobiles on the property and the "Cadillacs" in concert? So much fun!

What will we be doing in July?

- » Craft with Sunshine Painted Parties on July 11th at 2:00 p.m.
- » "Elvis" in the house on July 14th at 1:30 p.m.
- » Christmas in July on July 28th at 1:30 p.m. with Santa and "Rudolph," Mr. Ice Cream Man Food Truck, the "Full Spectrum Band" in concert, vendors, and games.

Such a perfect month to get outside and enjoy these top-quality events in the beautiful sunshine. Let's hang out with our friends and family, making new memories and staying connected. Invite your loved ones 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 your family member.

Tim Taylor,
Executive Director

Friends Make the Best Neighbors

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.*



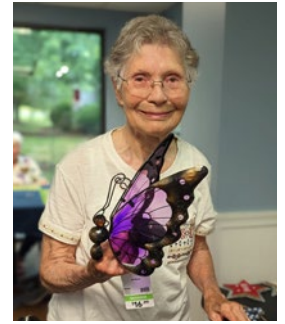
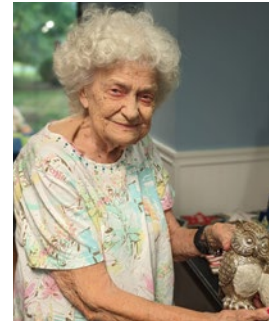
Memorial Day Backyard Bash — May 26th

Our Memorial Day Backyard Bash was a huge success! The Groove Yard Band was in concert, a petting zoo was available, and a Kona Snow Cone Truck joined! The cookout and BBQ were delicious and delightful. Such a great way to bring generations together to celebrate! We hope everyone had a blissful Memorial Day together!



Senior Health and Fitness Day with Regymen Fitness — May 31st

Celebrating National Senior Health and Fitness Day, Regymen Fitness in Huntsville showed community support to our seniors by sending Coach Steven Haynes over to show us a few tips and tricks about the latest forms used for exercise. We owe a big “thank you” to Regymen Fitness for supporting our facility and our seniors’ health.



Alzheimer's Bingo Fundraiser — June 2nd

B.I.N.G.O. What's that spell? Bingo... and bingo we played as we raised money for research for the Alzheimer Association! We made a difference together.



Alpha Kappa Alpha with Quarter Bingo — June 12th

“Alpha Kappa Alpha: Empower Our Families (by) Soaring to Greater Heights of Service and Sisterhood” showed up with a wonderful spirit of helpfulness for the residents of Regency Towers! Playing multiple rousing games of bingo, the youth joined in the fun with the seniors.





“Willie Nelson” in Concert

July 5th at 1:30 p.m.

“Willie” just can’t “Wait to Get on the Road Again” and to travel to Regency Towers, because we’re “Always on [his] Mind!” If your “Blue Eyes are Crying in the Rain” this is the perfect opportunity to bring a smile to your face. Don’t stay in your apartment singing “Hello Walls” but come and join us for Willie’s big return to Regency Towers and his wonderful concert!



Sunshine Painted Parties

July 11th at 2:00 p.m.

Picture a beach scene with palm trees, water, sand, and more. How would you like to paint it with class instruction by Sunshine Painted Parties? With hands-on knowledge, Sharon will guide you through creating your own personal masterpiece.



Kerri with CenterWell Penny Auction

July 13th at 2:45 p.m.

Free prizes! Free play! This is your chance to come and play several rousing games of penny auction for fabulous prizes for your apartment. What will you win? Let’s get together and have a little competition to find out!



Elvis in Concert

July 14th at 1:30 p.m.

“If I Can Dream” we would have “A Little Less Conversation” as we “Rock Around the Clock” with Elvis in the house on July 14th. We could walk “500 Miles” but why should we when he’s coming here to Regency to entertain us with his vibrant personality? Bring your friends and family, and remember we were “Raised to Rock!”



What’s Cooking Wednesdays

After Concerts at 2:45 p.m.

How should we end our Wednesday concerts? With food, of course! In July, we will be celebrating plenty of national food days, handpicked for our residents. On July 5th, it’s National Chocolate Day. On July 12th, we’ll be grilling hot dogs for National Hot Dog Month. Later, on July 19th, we’ll honor National Ice Cream Day, and on July 26th, it’s National Cheesecake Day.



Wine and Cheese with Antonio and Mike

July 27th at 1:30 p.m.

Did you miss wine and cheese with Antonio and Mike in the month of May? If so, this is your chance to catch all the action. With Antonio on the keyboard and Mike on the guitar, it’s bound to be a good time. Don’t forget to snack on some goodies and treats as you sip on your favorite beverage.



Christmas in July Open House

July 28th at 1:30 p.m.

Santa and “Rudolph,” a Mr. Ice Cream Man Food Truck, The Full Spectrum Band in concert, vendors, and games will all be in attendance! Come and invite your friends and family as we have a great time during this annual tradition here at Regency.

Happy Birthday



Resident

Nancy Crumbley	July 1st
James Henry	July 1st
Jimmie Reid	July 4th
Bessie Anderson	July 4th
Ronald McCuiston	July 5th
Libby Chou	July 6th
Joyce Roberts	July 9th
Mattie Wickware	July 9th
Doris James	July 10th
Cloyed Steelman	July 10th
Catherine Burns	July 16th
David Clark	July 17th
Lillian Warren	July 18th
Betty Bell	July 18th
Patricia Norton	July 18th
Nancy Rohr	July 20th
Anna Casey	July 23rd
Jacqueline Rogers	July 23rd
Ruth Bridges	July 23rd
Charles Benson	July 23rd
Mary Askenburg	July 26th
Christine Craig	July 27th
Ernestine Anderson	July 30th

Employee

Jessica Keel	July 3rd
Nicole Thompson	July 3rd
Grace M. Quillen	July 5th
Janell Jackson	July 6th
Malinda Mosby	July 8th
Kisha Gaskin	July 12th
Bonnie Simmons	July 13th
Ceptie Savage	July 14th
AnnMarie McKay	July 21st
Sabrina Parker	July 21st
Bethany Crawford	July 22nd
Latrice Tolbert	July 23rd
Chelsi Watson	July 26th
James Sheperd	July 28th

WELCOME NEW RESIDENTS!

Marjorie Self
Pattie Simpson
Peggy Griffin



Mr. Clarence Stephens

Mr. Clarence Stephens has been with us at Regency for a few months now. He grew up on a farm in the Gurley area. Clarence co-owned Rocket City Auto Parts and later moved on to a swap shop and spent twenty-two years in real estate. He has one son and one grandson. An avid deer hunter and fisherman, Clarence has competed nationally and decorated his apartment with trophies. At Regency, he enjoys feeding the ducks and teaching his neighbors Rummikub. We are thankful to have him here!

THERAPY CORNER

This month we are addressing bathroom safety. The bathroom is one of the most hazardous areas for falls. The most obvious reason is a wet floor. Adding a non-slip mat in the shower, even if the floor already appears to be non-slip, improves safety. If your feet tend to slide when getting into the shower, put a piece of non-slip mat outside of the shower as well. However, remove the mat when not showering as it can be a tripping hazard.

If the bathroom is small, it can be difficult to maneuver around, and if it's large, moving from toilet to shower can be challenging. Do not try to hold onto the sink or onto the wall for stability. Instead, use stable rails and equipment to help prevent falls. Rails on the entry wall into the

bathroom and along the path to the toilet allow you to access the toilet rail. Also, a bedside commode without the bucket placed over the toilet provides an easily raised toilet seat. Often, heightened safety awareness or simple safety strategies are enough, but there are times when additional safety measures or equipment are needed.

The most important thing is to have help in the bathroom if you are unstable, get dizzy, or tire easily. Do not be afraid to ask for assistance. If you would like assistance or safety recommendations, contact the therapy department.

Until next time,

Your Restore Therapy Family

WORD FIND

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

SUMMER

LEO

BEANS

BREAD

JULIUS

MOON

FIREWORKS

RUBY

NASA

TOUR

SEINFELD

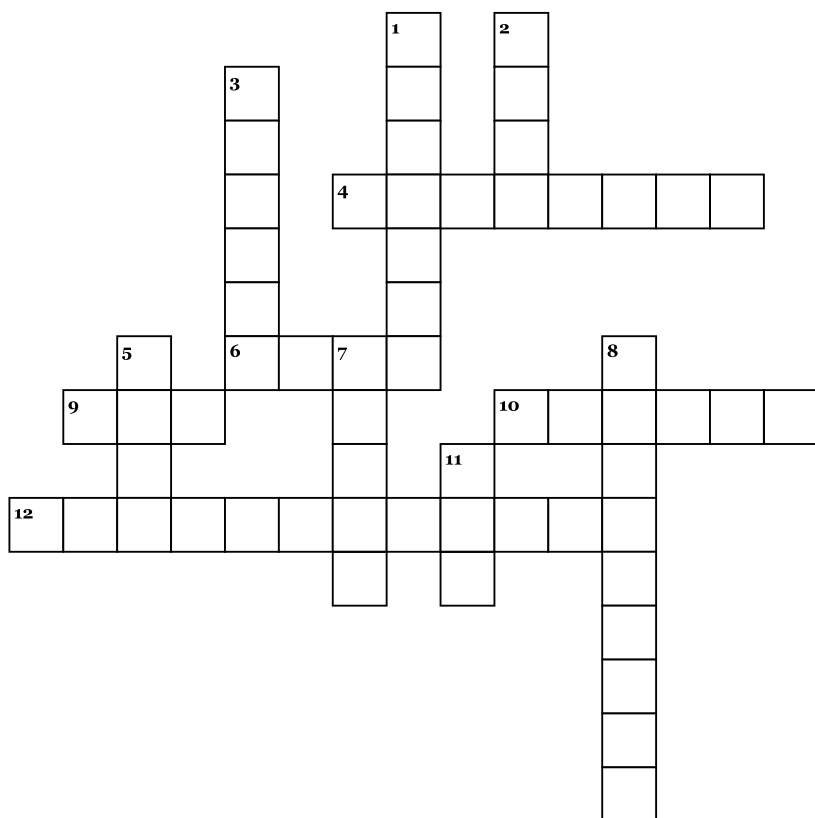
INDEPENDENCE

LIBERTY

FORD

DONUT

CROSSWORD

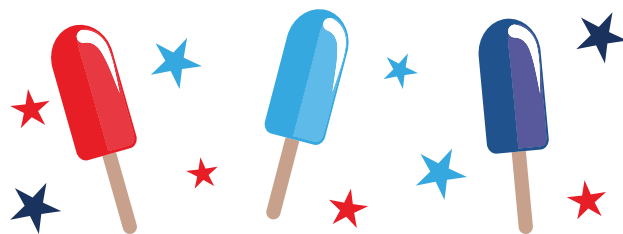


Down

1. Bell found in Pennsylvania
2. Neil and Buzz walked on this
3. July's namesake
5. Mustang company
7. Popular BBQ side dish
8. Colorful explosions
11. The lion of astrology

Across

4. Show with Jerry and friends
6. Red stone
9. ____ days of Summer,
10. The best thing since ____ bread
12. What July 4th represents



Stay Connected!

Join Our Facebook Group

Scan the QR Code below to join our exclusive Friends & Family community on Facebook, and stay up to date on all things Regency Huntsville.



EMPLOYEE OF THE MONTH

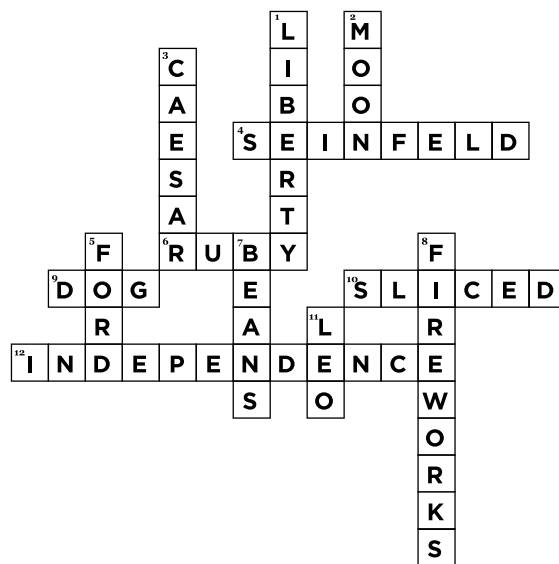
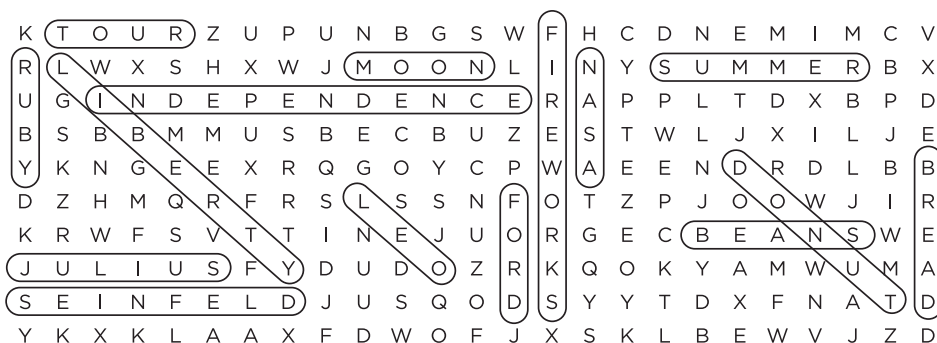
Judy Hampton



Judy Hampton has been with Regency Towers for over 9 years! She states, "I love my job, my sweet angels (the residents), and doing crafts." She works full-time, plus filling in when someone calls out. She has been married to her husband for 16 years and makes delightful

crafts, beading projects, and crocheted items for the seniors at Regency. She also bakes and sews. We are blessed to have Judy as part of our team! We are so grateful for her loving and generous spirit!

ANSWER KEY



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RegencyHuntsville.com