

## WHAT'S COMING UP

### August 2nd

National Ice Cream Sandwich Day

### August 3rd

National Watermelon Day

### August 6th

National Root Beer Float Day

### August 7th

Purple Heart Day

### August 9th

National Book Lovers Day

### August 14th

Navajo Code Talkers Day

### August 15th

National Relaxation Day

### August 16th

National Tell a Joke Day

### August 19th

World Humanitarian Day

### August 24th

National Peach Pie Day

### August 26th

Women's Equality Day

### August 31st

Eat Outside Day

## AUGUST 2023 NEWSLETTER



### ***Hello Residents,***

As the trees whispered and the leaves danced on the warm summer breeze, the residents of Regency were busy this last month with lots of entertainment and live music. Elvis came to visit and sing us the hits. We painted bright, sunny beaches with Sunshine Painted Parties. There was a little holiday spirit in the air as we celebrated Christmas in July with Santa. We got sweet treats from an ice cream truck, watched Full Spectrum in concert, and more. We've had a great time making lasting summer memories with all of you, and can't wait to make more!

So, what do we have planned in August?

- » Local celebrities Emily Joseph and Jeff Lopez live and in concert on August 11th at 1:30 pm.
- » A roadtrip to the Cook's Museum of Natural Science on August 22nd at 12:45 pm for a grand tour.
- » Sip and Paint Workshop on August 4th at 1:30 pm to bring a pretty fall wooded scene to life.
- » Ryan with Restore Therapy offering walker and wheelchair clean ups on August 29th at 1:30 pm.

Don't let the warm weather keep you away from getting out and joining us at these fun-filled events! Bring your friends and family members to hang out and make precious new memories through our community here at Regency. We can't wait to continue soaking in the summer fun with you.

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.*





## Independence Day Celebration

Regency Towers and Regency Healthcare banded together to pull off a fabulous Independence Day celebration for the residents, families and employees of the community. We hosted a delicious cookout with hamburgers, hotdogs, and fresh watermelon on the menu. We even had an ice cream truck come out to provide dessert. There were water slides, bouncy houses, a J.D. Pollard concert, and a petting zoo to keep us entertained. Let freedom ring!



## Lunch Bunch

Nine residents went out to the famous “City Cafe” on Drake Avenue for a decadent and delicious lunch. Large fried chicken salads, gyros, Mexican omelets, shrimp, and steaks - you name it, we ate it! Such a perfect day of sunshine, food, and happiness with friends.





## Sunshine Painted Parties — Beach Painting

We painted a beautiful summer sunset scene with Sunshine Painted Parties for our monthly crafting session. It was a huge success, with smiles across the room as we each painted a gorgeous summer sky along the coast.



## Party with “Elvis” (Brian Lee)

We had “A Little Less Conversation” as we listened to Brian Lee perform as Elvis with his slow southern drawl, charming personality, and wiggling hips. While Elvis sang and danced, we ate French Macarons, candy, strawberries, pastries, and more. Oh, “The Wonder of You,” Elvis. We enjoyed your visit!





## Sip and Paint Workshop

August 14th, 1:30 pm

One of our favorite public events has returned! The Sip and Paint workshop is the place to talk to friends, sip on a little wine or sparkling grape juice, and get creative as you paint a bright and cheery fall scene. Sharon with Sunshine Painted Parties will give instructions to everyone in attendance as we all paint our own unique-to-us canvas for our apartments. Be sure to sign up by August 1st. It's bound to be a blast!



## Emily Joseph and Jeff Lopez Concert

August 11th, 1:30 pm

We are thrilled to have local celebrities Emily Joseph and Jeff Lopez perform for us live in concert! Emily has been touring North America, performing on cruise ships and in high-end tourist locations. Come and join us in the 1st floor dining room on August 11th to see what all the fuss is about. Be prepared to have a great time and bring your friends and family!



## Road Trip: Cook's Museum of Natural Science

August 22nd, 12:45 pm

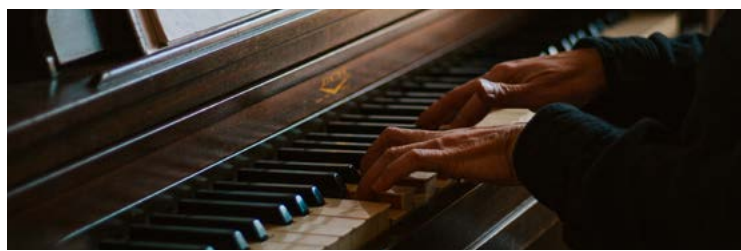
Check out the baby alligators, turtles, jellyfish, and more at Cook's Museum of Natural Science in Decatur! If you've never been to the Cook's Museum before, you won't want to miss your chance for an exciting and educational experience. Don't forget to sign up by August 21st for this fun adventure!



## National Banana Split Day

August 23rd, 2:45 pm

Bananas. Ice cream. Strawberry syrup. Chocolate sauce. Pineapple jam. Whipped cream. A cherry on top. Join us in the gazebo for a banana split on August 23rd!



## Tim the Piano Man

August 31st, 1:30 pm

Jazz. Ragtime. 1940s and 1950s. Country. Boogie Woogie. Hymns. If it was a popular tune, Tim the Piano Man can play it with style as he tickles the ivories in the Regency Towers sun room. If you didn't get to check out Tim's talent during his first visit, don't miss this opportunity for a fine afternoon of music.



## Wine and Cheese

August 25th, 1:30 pm

Cheese and crackers, or cheesecake? Sparkling grape juice or wine and beer? Fresh fruit or dainty cakes? The culinary delights are a great surprise, so come and find out what delicacies will be offered as you listen to a top musician in the building. As always, invite your friends and family for this unique, upscale event!



## Putt-Putt Golf with Tom

Tuesdays at 12:45 pm

Let's work on that hand and eye coordination with putt-putt! Tom will bring his encouraging personality, along with some Regency Bucks, and you just need to bring your "A-game" to win a few. Come and see what all the clapping and happy yelling is about!

**Save  
the  
Date**

**August 2nd** — National Ice Cream Sandwich Day

**August 7th** — Purple Heart Day

**August 15th** — National Relaxation Day

**August 26th** — Women's Equality Day

**August 31st** — Eat Outside Day





## Ms. Dorothy "Dottie" Hembree

Ms. Dorothy "Dottie" Hembree was born in 1921 and grew up around the Birmingham area. She got married in 1944 and had two daughters. Her husband was in the Navy and she worked at a bank. Despite a few injuries over the years, Ms. Dottie loved to roller skate. It was her passion! We are so blessed to have Ms. Dottie and her loving spirit here in our family at Regency.

# Happy Birthday



### Resident

Evelyn Cummings	Aug. 1	Olga Coronel	Aug. 13
Edward Kiker	Aug. 1	Jean Waddey	Aug. 13
Ruth Morrison	Aug. 2	Harry Gougar	Aug. 20
Gail Power	Aug. 4	Betty Tice	Aug. 21
Barbara Batson	Aug. 5	George Knox	Aug. 22
Ted Haas	Aug. 7	Wickham Henkles	Aug. 24
Sue Terry	Aug. 8	Patricia Sarge	Aug. 26
Dorothy Kooi	Aug. 9	Nancy Yeats	Aug. 27
Norman Folts	Aug. 9	Elizabeth Kellett	Aug. 28
Gerald Kessler	Aug. 11	Florence Alexander	Aug. 28
Daniel MacDougall	Aug. 12		

### Employee

Karen McKean	Aug. 1	James R. Fincher	Aug. 15
Sylvia Holmes	Aug. 4	Brooke Brown	Aug. 16
Debora Smith	Aug. 6	Betty Branford	Aug. 17
Matasha Tucker	Aug. 7	Trishelle Childress	Aug. 18
Eric J. Davis	Aug. 9	Lakera Carter	Aug. 21
Alicia Penley	Aug. 9	Bertha Johnson	Aug. 25
Siloam Brenner	Aug. 14	Latasha Brown	Aug. 27
Marico Goins	Aug. 14	Jessica Miles	Aug. 27

## THERAPY CORNER

### Welcome to another edition of Therapy Corner!

As a therapist, one of my primary jobs is to help maintain a person's current level of function to keep them as independent as possible for as long as possible. To do this, it's important to ensure their physical environment is conducive to this goal of maintaining independence.

To remain independent and improve safety, there are times that modifications to our environment are needed. These changes can be gradual as we "age in place." Some of these changes include:

- » Minimizing furniture to decrease tripping hazards
- » Removing throw rugs and decreasing clutter on the floor
- » Keeping frequently used items within reach
- » Utilizing adaptive equipment
- » Making sure your bed is an appropriate height
- » Using non-slip mats in the bathroom

These are just some of the ways we can improve our environments for more independent living. Feel free to ask any of the therapy staff about how we can provide assistance in assessing and modifying your environment to ensure safety, prevent falls, and maximize your independence for as long as possible.

**Until next time,**  
Your Restore Therapy Family

## WELCOME NEW RESIDENTS!

Kim Kelley  
Betty and James Cuff  
Joseph Marco

Sandra Pothill  
Patsy Chesser

## WORD FIND

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

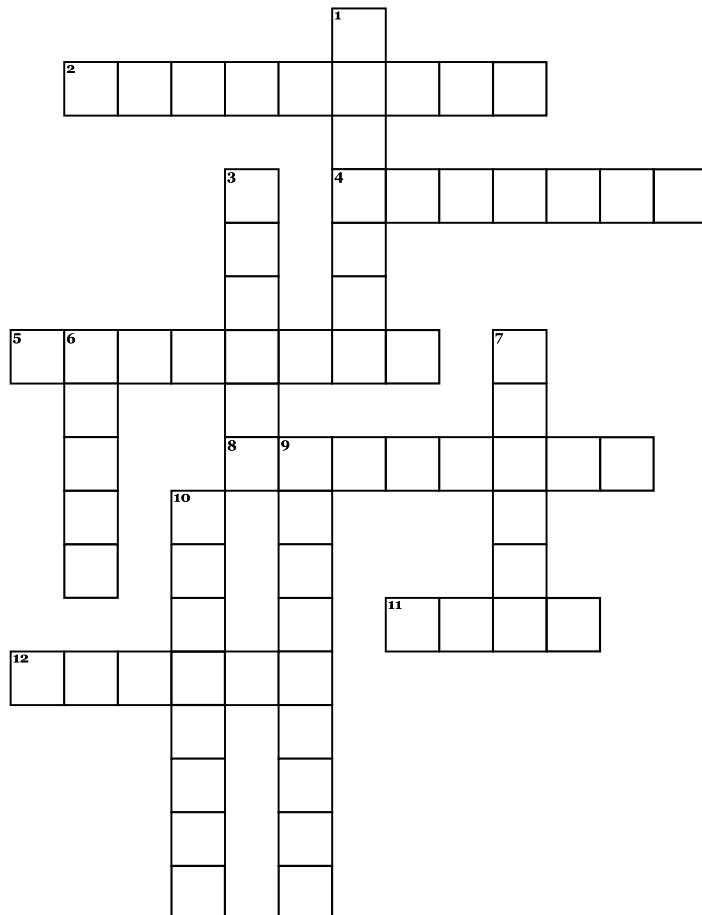
PARIS  
AUGUST  
ZODIAC

MONATH  
LEO  
FLOWER

BAMBOO  
POPPY  
ROMA

PEPPER  
VIRGO  
WEED

## CROSSWORD



### Down

1. Destroyed Italian city
3. \_\_\_\_\_ Caesar Roman Emperor
6. King of Rock and Roll
7. The Original Blonde Bombshell
9. First Man on the Moon
10. Discoverer of the Americas

### Across

2. August Flower
4. August birthstone
5. Old Latin Name for August
8. Bread with Meat Inside
11. "I Have a Dream" Orator
12. Popular Boy's Name



## Stay Connected!

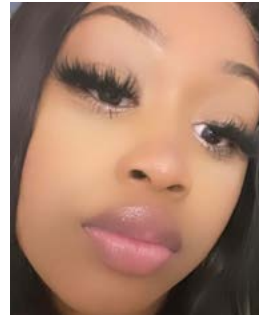
### Join Our Facebook Group

Did you know Facebook has almost 3 billion users? Don't get lost in the crowd — join our Friends & Family group by scanning the QR Code below!



## EMPLOYEE OF THE MONTH

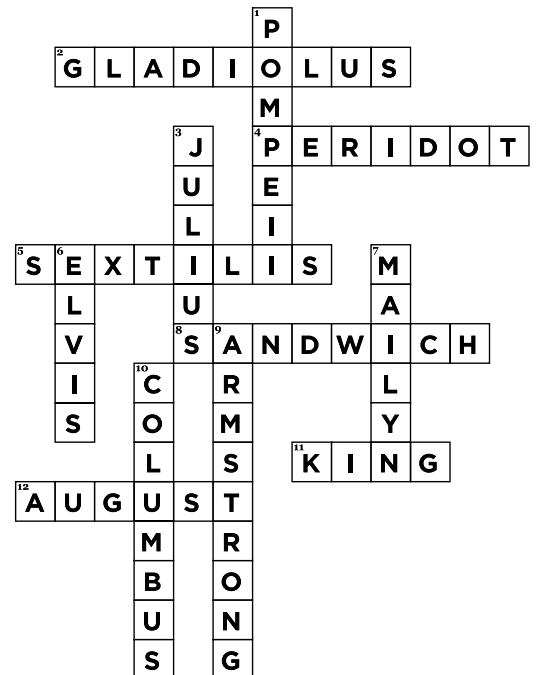
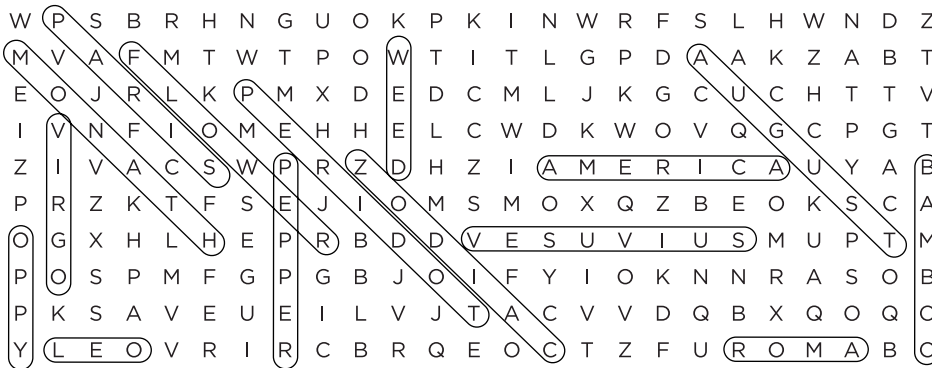
### Mycah Morrison



Mycah Morrison works as a Resident Assistant on our Assisted Living floors. Originally from Detroit, Michigan, she moved to Alabama when she was younger and graduated from Columbia High School in Huntsville. Soon she'll

be starting Calhoun College for a degree in HR Management. She lives a busy life with her 4 year old daughter, Zaela. In addition to her work with Regency, she owns and operates her own catering business which specializes in pasta and stuffed chicken. Mycah loves and cares for the residents deeply, and we are blessed to have her on our team. Join us in congratulating Mycah as our August 2023 Employee of the Month!

## ANSWER KEY



## CONNECT WITH US

Facebook.com/RegencyRetirementHuntsville

RegencyHuntsville.com