

WHAT'S COMING UP

September 4th

National Wildlife Day
Labor Day

September 5th

International Day of Charity

September 6th

National Read a Book Day

September 8th

World Physical Therapy Day

September 9th

International Sudoku Day

September 10th

Grandparents Day

September 11th

Patriot Day

September 15th

POW/MIA Recognition Day
Rosh Hashanah

September 16th

National Trail of Tears
Commemoration Day

September 21st

World Alzheimer's Day
World Gratitude Day

September 22nd

Native American Day
Falls Prevention Awareness
Day

September 23rd

Fall Equinox

September 25th

National Cooking Day

September 28th

National Good Neighbor Day

SEPTEMBER 2023 NEWSLETTER



Dear Regency Family,

As summer takes a breath and fall squeezes in, we'll watch in amazement as the trees whisper and their leaves fade to orange and red, dancing in the warm breeze blowing through Regency's landscape. We have celebrated each moment in August. 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 for September?

- » National Assisted Living Week during the week of September 11th
- » Reminiscing back in time to the 1950s with Becca & The Stepping Stone Homeschoolers
- » Better Breakfast Month event with a live concert from Bryan and Larry
- » Going back to the oldies with Al Mahan
- » National Assisted Living Week finale cook-in with Jeff and Taylor in concert, a petting zoo, an ice cream truck, and more
- » First Responders Lunch Run
- » Alzheimer's Bingo Fundraiser

Come out and enjoy these fabulous activities and more with the residents of Regency Towers. Bring your friends and family members to hang out and make precious new memories as we live life together. As the seasons change, we'll be sure to capture every precious moment.

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.*



Christmas in July

Jingle bells were ringing on July 28th for our “Christmas in July” party: merry tunes from the Full Spectrum Band in the sun room, sweet treats in the dining room, and Mr. Ice Cream Truck Man in the front with Santa, Rudolph and Christmas music. Seven vendors lined the hallways and shared goodies, snacks and candy. What a delightful holiday experience in the midst of the summer heat!



Emily Joseph and Jeff Lopez in Concert

Local celebrities, Emily Joseph and Jeff Lopez, rocked the house during their performance. Emily has been touring North America and performing on cruise ships at multiple high-end tourist locations. Jeff is a local celebrity native to Birmingham and plays with multiple local talents. What a fantastic concert as they brought the top hits to life with soul and splendor. The flute, vocals and saxophone gave a unique take on their version of our favorite songs. What a way to rock a Friday afternoon!





Sip and Paint

With crafty cleverness and a light touch of the paintbrush, the residents of Regency Towers came together in the sun room for a relaxing sip and paint event with Sharon of Painted Sunshine Parties. Adding highlights and bright bold colors, they brought the scene to life. What talent we have in this building!



Wednesday Afternoons at Regency Towers

Wednesday afternoons at Regency Towers are always a “hoot.” Chaplin Tom begins the afternoon by singing and joking with the residents in the dining room. Then, we skip to the sun room where Chaplin McClaney mixes comedy with a Bible devotion and quizzes. After testing our minds we roll into one hour of music with assorted artists. Bryan and Larry, pictured above, are one of our favorite duos. Grace Monique, and Bethany serve up snacks and “What’s Cooking Wednesday” items, ranging from ice cream sundaes to pizza, and fresh grilled hot dogs to fresh red velvet waffles. Of course, we need to burn off the calories afterward by playing horse races. What a busy and wonderfully entertaining afternoon! Be sure to join us next week!





Labor Day Party

September 1st

Let's come together in the sun room and celebrate the upcoming holiday, Labor Day. Labor Day was established in 1882 and written into law in 1894 by President Grover Cleveland. For decades since, workers have been celebrating on the first Monday of September. We'll have snacks and goodies, followed by group trivia on the holiday for prizes. Be sure to study up!



Alzheimer's Bingo Fundraiser

September 8th at 1:30 pm

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. Residents will have the opportunity to win larger prizes for their apartments such as pillows, baskets, throws, decorations and more. Invite your friends and family! Let's make it a big event and pass on the funds directly to the Alzheimer's Association.



National Assisted Living Week

Week of September 11th

With the slogan of "Capture the Moment", we'll take the week to honor the residents and the employees of Regency Towers. We'll go back in time with Becca & the Stepping Stone Homeschoolers as we look back at life in the 1950s. We'll enjoy a Better Breakfast Month event with a live concert. We'll be revisiting the oldies with Al Mahan and listening to his live music in the dining room with Tom. Our First Responder Lunch Run will honor those brave men and women that do so much for us. And to finish off the week, we'll have a finale cook-in with Jeff & Taylor in concert, a petting zoo, and more. What a smashing week this is going to be!



Huntsville Wins Community of the Month

For the Month of June

The Regency ownership and myself are very proud of Administrator John Adams, the entire Health Care and Rehab management team, and all of our frontline staff for meeting and exceeding our very high standard of excellence. As such, we are thrilled to share that Regency Healthcare and Rehab Center has been selected as Community of the Month from all of the Regency Senior Living's eight communities.





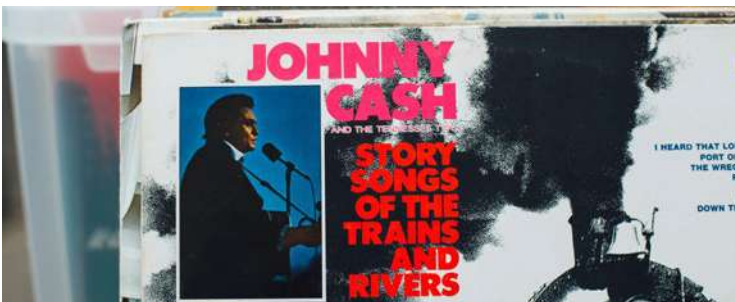
First Responders Lunch Run September 11th at 11:00 am

It's that time of the year to honor those that do so much for us, the local heroes of Huntsville! Our Dietary Department will be grilling hot dogs and hamburgers for our heroes with plenty of side dishes, sodas, and desserts. To accommodate their busy schedule, commanding officers will come to pick up prepared boxes filled with the goodies. What a way to honor our local police force, firefighters, and EMTs. Let's thank them for all that they do!



Better Breakfast Month Celebration & What's Cooking Wednesday September 13th at 1:30 pm

As our National Assisted Living Week celebration continues, join us in the dining room to "capture the moment." We'll treat ourselves to a delicious spread of extravagant eats and breakfast items. Bryan and Larry will serenade us with beloved oldies while the Activities staff serves up a plateful of breakfast delights to mark this special occasion. Remember to come hungry and ready for a fantastic time!



Going Back to the Oldies with Al Mahan September 14th at 1:30 pm

Playing the "working man" songs such as "Sixteen Tons" and "Big John", our nostalgic musician, Al Mahan, will be a hit. Dressed to the nines in a tuxedo, Al will serenade us and take us back in time with his music. Mr Mahan hails from Smithville, Tennessee so be sure to catch him while he's here. He's one-of-a-kind!



Madeline and All of Us Research September 21st at 1:30 pm

The National Institute of Health and the US Department of Health & Human Services are teaming up to present Regency residents and employees the opportunity to participate in a nationwide study about DNA and how it affects your health. Participants will receive free reports with their own personalized information arriving later, which includes an ancestry report. Come and be a part of something that will make a difference for you and your family!





Ms. Deborah Tajalle

Ms. Deborah (Debbie) Tajalle was born in Chicago, Illinois, and is the 3rd of 12 children. After high school, she enlisted in the US Army where she was an Ammunition Specialist. Deborah was married for 6 years to an Army Sergeant and together they had a daughter and a son. Following her retirement from the Army, she drove an 18-wheeler for Swift / USPS, exploring much of the USA and parts of Canada. While working for the post office, she unfortunately suffered a stroke. However, through sheer will and determination, she successfully recovered and returned home for 20 years only using a cane. Strong and friendly aptly describe Debbie, and we are delighted to have her and her incredible personality as a resident here at our home in Regency Towers.

WELCOME NEW RESIDENTS!

Geneva Norvell
Ilene Rogers
Sandra Bicksler
Gunda Stanik
Barbara White
Juanita Peters

Happy Birthday



Resident

Shawnina Hobbs	Sept. 10th
Felisa Phillips	Sept. 10th
James Copeland	Sept. 11th
Nichole Williams	Sept. 11th
Telva Bogle	Sept. 20th
Paulette Clark	Sept. 23rd
Tamika Morrison	Sept. 24th

Employee

Pattie Simpson	Sept. 2nd
Elizabeth Medlen	Sept. 3rd
Ruth Chandler	Sept. 14th
Margaret Toon	Sept. 21st
Sandra Bicksler	Sept. 26th
Zareta Honsberger	Sept. 22nd
Jeanne Donaldson	Sept. 28th
Carolyn Harris	Sept. 30th

THE THERAPY CORNER

I often hear my patients make comments like, “My mind isn’t what it used to be,” or “I can’t remember anything anymore”. Most people think that loss of short-term memory and difficulty with problem-solving (cognition) is just part of getting older, but this is not the case. Often, memory and cognition decline because the mind is not challenged. Just like muscles must be exercised to stay healthy and strong, the mind has to be worked and challenged as well.

During our earlier years, we established routines and schedules to make us more efficient during the hustle and bustle of our lives. These routines allowed us to do things without thinking about them. However, as we get older and our lives aren’t as busy, these routines work against us by not challenging our minds. We do things using “rote” memory.

To offset the cognitive decline and short-term memory issues associated with aging, one needs to change how one does daily activities. Some examples are: taking a different route to the market or church; performing more tasks with your non-dominant hand; changing the order in which you bathe; changing the order in which you put on your clothes; and changing the order of your morning routine. These may seem simple, but they challenge your mind and make you think about things that you normally don’t. It causes a person to tap into aspects of their brain that they typically don’t. They challenge the brain and thus improve its function.

I hope you find these tips helpful and will use them to improve memory and problem-solving.

Until next time,

Your Restore Therapy Family



WORD FIND

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

QUEEN

HURRICANE

SOLAR

ECLIPSE

RANGER

NEPTUNE

SOVIET

LIBERTY

CRUSADE

KING

SALADIN

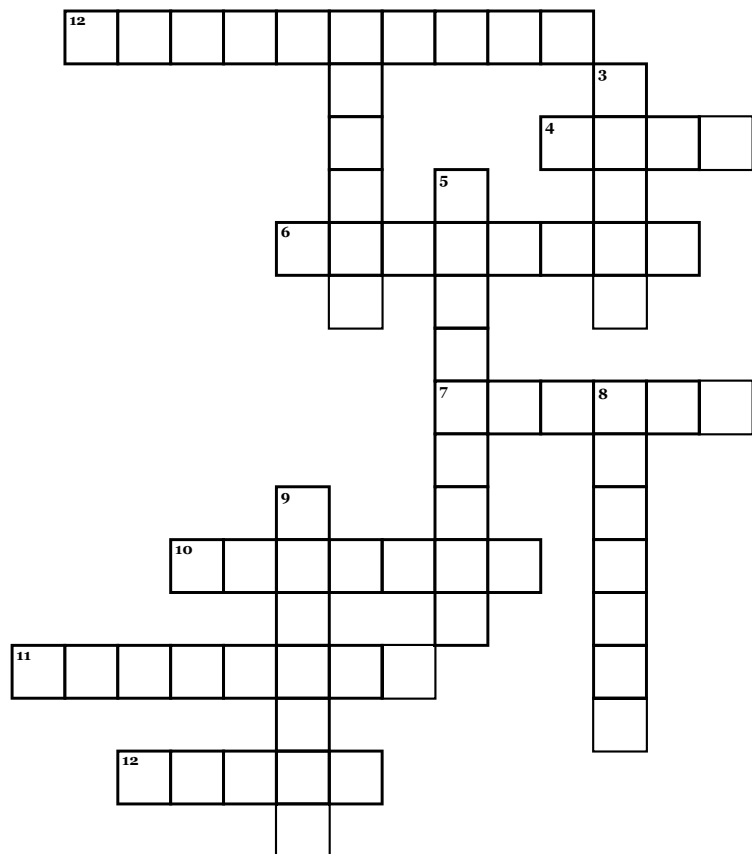
HERCULES

PILGRIMS

HALLEY

CONGRESS

CROSSWORD



Down

- 2. Comet discoverer
- 3. President of Jamestown colony _____ Smith
- 5. _____Where Are You?!
- 8. Gottfried Galle discovered the planet
- 9. Muslim general

Across

- 1. Soviet Premier
- 4. "Queen of Scots" _____ Stuart
- 6. Legendary man-god
- 7. America's first newsboy _____ Flaherty
- 10. Lone Ranger _____ Moore
- 11. First US black delegate Frederick
- 12. Michelangelo's sculpture

Stay Connected!

Join Our Facebook Group

Did you know Facebook use is higher by 18% on Thursday and Friday? Log on and see what's happening in our Friends & Family group! Scan the QR Code below to join!



EMPLOYEE OF THE MONTH

Trisha Humphrey

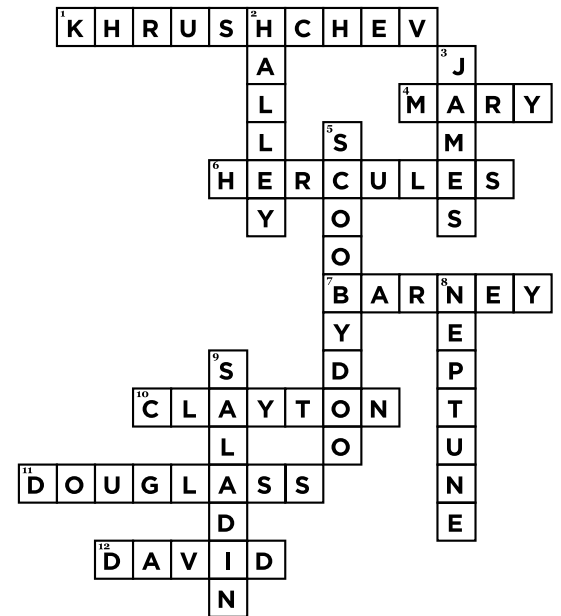
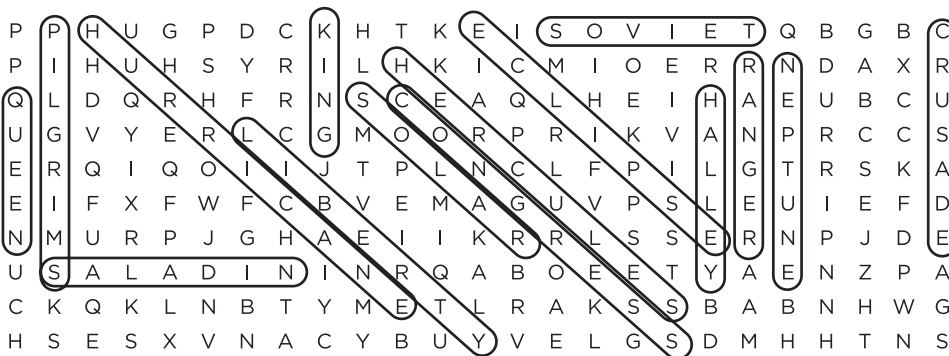


Mrs. Trisha Humphrey came to us as a housekeeper with years of experience and joined our team in November of 2022. Trisha has been married for 24 years and has 4 children - a son and three daughters. She loves to play basketball, listen to music, and dance. We

are so blessed to have Trisha on staff with the love and care she gives the residents as she performs her job with such great skill.

Congratulations Trisha! You are September 2023 Employee of the Month!

ANSWER KEY



CONNECT WITH US

[Facebook.com/RegencyRetirementHuntsville](https://www.facebook.com/RegencyRetirementHuntsville)

[RegencyHuntsville.com](https://www.RegencyHuntsville.com)