

## WHAT'S COMING UP

### March 1st

World Compliment Day  
World Day of Prayer

### March 2nd

National Read Across  
America Day

### March 7th

National Cereal Day

### March 10th

Daylight Saving Starts

### March 17th

St. Patrick's Day

### March 19th

First Day of Spring

### March 20th

International Day of  
Happiness

### March 23rd

Purim

### March 25th

International Waffle Day

### March 31st

Easter



## MARCH 2024 NEWSLETTER



### *Dear Regency Family,*

As Charles Dickens stated, "It [will be] one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade," and so we go into the month of March here at Regency Towers with hopeful hearts full of happiness and friendships. We stayed cozy and comfy through February as we watched "Willie Nelson" perform, celebrated the Chinese Lunar New Year, and welcomed Mardi Gras. Of course, we danced for the day of love, Valentine's Day. What a month of memories it has been!

What fun, fantastic events do we have planned for March?

- » The Employee of the Year Party on Friday, March 1st, with Emily and Jeff in concert
- » The Lunch Bunch is going out to eat at Red Lobster on March 5th
- » Alzheimer's Bingo Fundraiser with deluxe prizes on March 8th
- » Good Friday Devotion after Wine & Cheese on Friday, March 29th

Be sure to check out your copy of the March 2024 calendar for more details and "let the March winds blow you in" for all our great activities and events. Invite your friends and family members, too! Let's capture every precious moment and make happy memories.

As always, thank you for choosing to make Regency home for yourself or your loved one!

*Sincerely,*  
*Regency Management*

### *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 60 days from the move-in date.



## Fun with Drums and Bryan — January 23rd

“That’s Amore!” We fell in love with the drums on January 23rd. Beating out rhythms and tempos, we sang along to our favorite songs from the '50s and '60s, with Bryan as our fearless leader. Will you “Stand by Me” as we team up for more memorable afternoons at Regency?



## Lunar New Year Celebration — February 9th

Happy Lunar New Year from the residents of Regency! Celebrating the Year of the Dragon, we brought in the Lunar New Year with the Korean Mission Dancers. We ate Asian foods, and as a special treat, Libby’s guest of honor wrote our names in Chinese as a keepsake. Special memories for the special new year!





## Mardi Gras Party — February 13th

Randy Taylor and the Tea Time Band pulled out all the stops to transport us in a good vibration celebration to New Orleans. Playing jazz, ragtime, blues, and marches, the band rocked the dining room as we indulged in King Cake, fresh pineapple and cantaloupe, Oreo cookies, and more. We even danced a jig as a few of us donned our Mardi Gras hats and necklaces. What an awesome afternoon!



## Valentine's Day Celebration — February 14th

If love is sharing, we felt the love on Valentine's Day by sharing music and food together. JD belted out love songs by Elvis, Neil Diamond, and more. With plates topped with shrimp cocktails, strawberry parfaits, brownies, and more, we clapped and danced. We hope everyone had a happy Valentine's Day!





## Employee of the Year Ceremony

March 1st at 1:30 pm

All residents, family members, and employees are invited to join us as we celebrate the Employee of the Year and the 2023 Employees of the Month(s). To start, corporate and management will gather to congratulate the employees in a special ceremony. Immediately following, Emily and Jeff will entertain us with popular '80s and '90s music as we celebrate through the hour. Let's show our staff how much we appreciate them!



## Alzheimer's Bingo Fundraiser

March 8th at 1:30 pm

Would you like to see the Alzheimer's Association find a cure for the disease that affects so many of our loved ones? If so, this is your chance to come and make a difference! We'll be playing 12 to 15 rounds of bingo for prizes valued anywhere from \$5 to \$20 each. Join in the fun! The suggested donation is \$5 per card, or 4 cards for \$15. All monies will be donated to the upcoming walk for the Alzheimer's Association in the fall. Come and help a great cause!



## St. Patrick's Day Celebration

March 15th at 1:30 pm

Be sure to wear your green and come to our St. Patrick's Day Celebration here at Regency Towers. We're planning a concert with a surprise entertainer and plenty of Irish-themed foods. "May the Road Rise to Meet You" as you come to the first-floor dining room to have fun with your Regency family in this Irish tradition here at Regency.



## **Bryan & Larry in Concert and National Chip Day**

March 20th at 1:30 pm

Of course we're going to honor National Potato Chip Day right after Bryan and Larry perform a lively concert in the sun room, and what better way to do it than with a grill-in? We'll "fire up" the panini grill and cook our favorite Ball Park Franks until they have perfect golden stripes. Then, we'll pair those with a few different varieties of potato chips. Such a great way to preview the upcoming summer-time fun!



## **Wine & Cheese with Good Friday Devotion**

March 29th at 1:30 pm

What a fun time we will have at our monthly wine and cheese event as we welcome Alyssa back as our special performer. Immediately following, we'll savor a one-of-kind event with Good Friday devotions and gospel songs led by Leon, Bethany, and other Activities staff. Don't miss this unique opportunity to honor our Savior and his sacrifice.



## **Michael Singing and International Waffle Day**

March 27th at 1:30 pm

After listening to Michael's stunning vocals, we'll indulge in fresh grilled Belgian waffles topped with strawberries and maple butter syrup. Our Wednesday afternoon will be a trip back in time with golden oldies and flavors of yesteryear. Come and join us as we travel!



## **Holiday Lunches During March**

Working diligently in the Dietary Department, Eric has been putting together innovative menus for our upcoming holidays. On Friday, March 15th, he'll serve corned beef, cabbage, and more for St. Patrick's Day. On Sunday, March 31st, the department will honor Easter with a special Easter lunch. Come and savor the flavors!





## Ms. Claudia Audrey Maycock Spencer

Ms. Claudia Audrey Maycock Spencer celebrated her 105th birthday on February 11th, with 30 family members and friends in attendance at the beautiful Regency conference room. She was born in Atlanta as the fifth of eight children. In 1940, she married the late John William Spencer. She was happily married for 41 years. Audrey has two sons, two granddaughters, and two great-granddaughters. Living in Detroit for 82 years, Audrey came to Huntsville for a short visit with family in 2020 and fell in love with Huntsville. The rest is history! Audrey attributes her long life to God with His mercy and grace, as well as being a vegetarian all her life. She enjoys traveling, reading, walking, and entertaining friends. Most of all, she loves people. Join us in making Audrey feel welcome here at Regency Towers!

# Happy Birthday

### Resident

Idella Rainey	March 1st
Lela Moore	March 1st
Kathryn McWhorter	March 6th
Imogen Hudson	March 17th
Dickey McKinney	March 21st
Margie Bardem	March 29th
Mamie Jones	March 29th

### Employee

Kevantae Smith	March 2nd
Trisha Humphrey	March 10th
Bonnie Warren	March 11th
Abigail Arehart	March 12th
Judy Hampton	March 15th
Demetria Benford	March 19th
Maria Nissen	March 19th
Derrick Shine	March 19th
Robyn Johnson	March 22nd
Bridgette Jones	March 31st

## THERAPY CORNER

### Welcome to another edition of Therapy Corner!

From March 10th to 16th, we're observing Patient Safety Awareness Week. As a therapist specializing in fall prevention, I often encounter situations where improper use of assistive devices increases the risk of falls.

So, what exactly are assistive devices? These include walkers, canes, and anything else aiding mobility or daily tasks. It's crucial that these devices are adjusted to fit each user properly; otherwise, they can become more hazardous than helpful.

Another common risk factor is changes in walking surfaces, especially when transitioning from one type of surface to another. These variations in height can easily become tripping hazards. Always stay vigilant of your surroundings, especially during such transitions.

Doors with raised thresholds can also pose a tripping hazard, so exercise caution around them. Additionally, I strongly advise against using throw rugs on floors. Their edges can cause tripping or slip unexpectedly, leading to falls.

If you have any concerns about potential risks in your living environment, feel free to reach out to the therapy department. We're here to address any questions or worries you may have.

And if you're struggling with navigating these obstacles, don't hesitate to contact your therapy department for assistance. Remember, staying active and mobile is key to maintaining your health.

**Until next time,**

Your Restore Therapy Family

## WELCOME NEW RESIDENTS!

Joy Moody

Betty Griffith



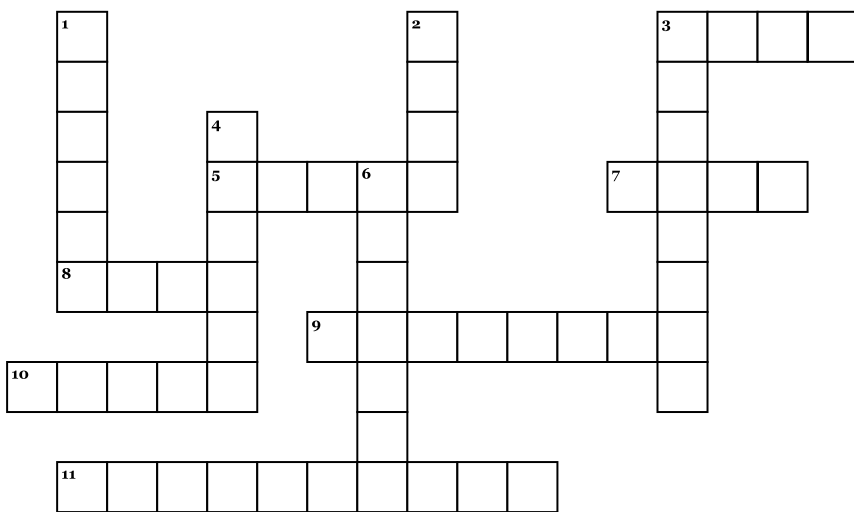


### WORD FIND

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- |            |            |        |       |         |
|------------|------------|--------|-------|---------|
| MARCH      | BLOODSTONE | RAIN   | LION  | PHONE   |
| DAFFODIL   | SPRING     | LEO    | SALEM | CAESAR  |
| AQUAMARINE | LAMB       | PISCES | IDES  | MADNESS |

### CROSSWORD



#### Down

- The \_\_\_ Tower was ascended for the first time on March 31, 1889
- The \_\_\_ of March, or March 15th
- Board game known to cause fights among families
- Popular doll
- The Vernal Equinox is when the sun is directly above the \_\_\_

#### Across

- Where the word March comes from
- One of March's zodiac signs
- March's Full Moon
- In like a lion — out like a \_\_\_
- March's birth flower
- The \_\_\_ Corps
- Trials in Salem, Massachusetts



# Stay Connected!

## Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



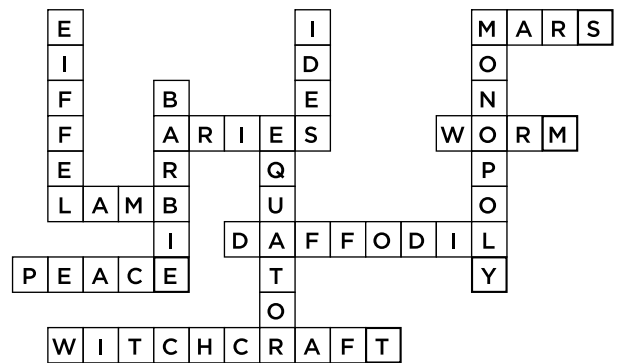
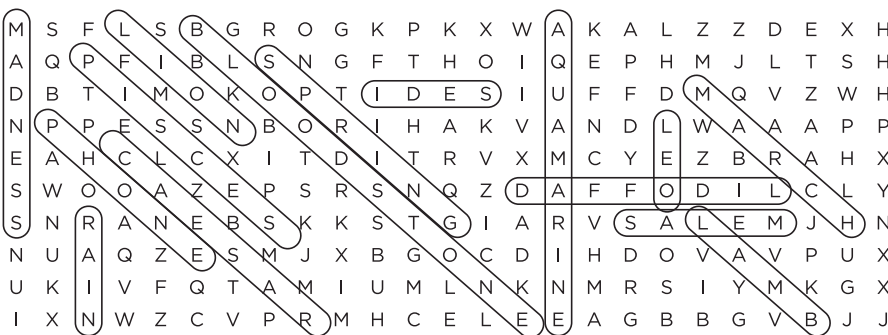
## EMPLOYEE OF THE MONTH

### Kharrie Wimberly



Ms. Kharrie Wimberly comes to us with a B.S. in Forensic Biology from Virginia Commonwealth University. She's an avid traveler and has taken trips to the Bahamas, Paris, and most of the states within the USA. She loves kids, volunteering, and hiking, and her favorite thing to do is to take care of her mother, whom she loves dearly. Food is her favorite weakness, and she definitely considers herself a "foodie." Kharrie serves with us on the 5th and 6th floor, ensuring the residents are happy and entertained with a wide variety of activities and events. She's caring and gentle, bringing out the best in those around her. We are delighted to have Kharrie on our team!

## ANSWER KEY



## CONNECT WITH US

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

**Regency Senior Living's mission is to**  
 Serve our residents and families while  
 Engaging in relationships  
 Respecting individuality and  
 Valuing the contributions of those who  
 Evolve our care every day