

## WHAT'S COMING UP

**April 1st**

April Fools' Day

**April 2nd**

Autism Awareness Day

**April 3rd**

National Walking Day

**April 5th**

National Self Care Day

**April 8th**

National Zoo Lovers Day

**April 18th**

National Exercise Day

**April 22nd**

Earth Day

Passover Begins

**April 23rd**

National Picnic Day

**April 27th**

National Tell a Story Day



## APRIL 2024 NEWSLETTER



***Dear Regency Family,***

"I have seen Lady April bringing in the daffodils, bringing in the spring grass, and the soft warm April rain," John Masefield stated. Of course, we all know that "April showers bring May flowers," so we eagerly anticipate the arrival of spring here at Regency Towers.

Remaining warm and cozy throughout March, we enjoyed lively performances by the McNamara Gitty Ups Band for St. Patrick's Day, Al Mahan in concert and Angela of D3 Fitness. Additionally, we indulged in a cook-in, celebrated International Waffle Day, observed Good Friday and participated in the Easter Egg Hunt with United Cerebral Palsy, among other activities. What special moments and great times!

What fun and fantastic events do we have planned for April?

- » The Spring Festival with Jeff and Taylor in concert, JD in the house, a petting zoo, fun games, prizes and more
- » Painting Party with Carol Kaye on April 5th, featuring how to paint gorgeous flowers with only napkins
- » Wine and Cheese with Jeff and Taylor in concert

Be sure to check out your copy of the April 2024 calendar for more details and come on down to the Sun Room for all our great activities and events. Invite your friends and family members, too! Let's capture every precious fun activity 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.



## “Power to Exhale” and Girl Scouts Cookies on February 19th

What a wonderful afternoon! “Power to Exhale” blessed the residents with goody bags filled with useful items for the apartments and hugs. Then we bought Girl Scout cookies with Tammy and her troop by the fireplace as they interacted with the residents. Of course, we enjoyed a concert with Ms. Shirley on the piano immediately following. Wow! Such precious times!



## Employee of the Year Celebration on March 1st

Honoring the best of the best, Regency commemorated our Annual Employee of the Year Celebration with awards, certificates, a presentation and speeches. Maria and Matt were guests of honor with their family members attending as they received the highest honor of Employee of the Year. Emily and Jeff closed out the hour as we danced to the latest hits. Happy times! Thank you to our amazing employees for their love and dedication to the residents and to Regency!







## ALZ Bingo Fundraiser on March 8th

Over 30 residents, friends, family members and employees joined together to support a great cause that is so dear to our hearts: the Alzheimer’s Bingo Fundraiser. We raised over \$250 for the next Alzheimer’s walk in October 2024. Let’s continue to support research for a disease that adversely affects our loved ones so much. Go Regency!



## St. Patrick’s Day Celebration on March 15th

“When Irish eyes are smiling, sure, ‘tis like a morn’ in Spring” here at Regency Towers as we celebrated St. Patrick’s Day. With Randy and The McNamara’s Gitty Ups Band pumping out top hits and Irish tunes, we nibbled on corned beef sliders, pita chips, green Divia dip and green deviled eggs. What an amazing afternoon! As the Irish say, “May the road rise up to meet you” as we part ways this sunny afternoon!







## Lunch Bunch to Libby's Catfish Cafe

April 2nd at 10:30 am

Catfish filet. Oysters and stuffed crab. Steak and shrimp. Onion rings. Hushpuppies. Ice Box Pie or Pecan Pie. If any of these are making your mouth water, be sure to sign up at the front desk for our next Lunch Bunch trip as we travel to Libby's Catfish Cafe in Madison. Scrumptious and delicious — it's bound to make your taste buds dance!



## Carol Kaye and a Painting Party

April 5th at 1:30 pm

Have you ever painted flowers with a napkin on the backdrop of a pristine canvas? Come and create your own unique painting with Carol Kaye in the Sun Room. Be sure to reserve your place at the front desk by Thursday, April 4th.



## JD in Concert and National Deep Dish Pizza Day

April 10th at 1:30 pm

Mellow with a wide range of depth and intonation, JD brings out the music of Elvis, Johnny Cash, the Big Bopper and more as he rocks the room with top oldies and famous hits. Don't miss this concert, which will be immediately followed with Regency's way of indulging in National Deep Dish Pizza Day — stuffed pizza from Papa Murphy's. Chicken. Pepperoni. Oodles of cheese and sauce.







## **The Price is Right** April 12th at 1:30 pm

Plucking names randomly, we'll go through the room ensuring that every resident wins a prize. Candy. Cookies. Chips. Special paper. You name it! We'll gather over 20 items for residents to take bids on as we play our version of "The Price is Right." It's always a big hit with the seniors, so don't miss this opportunity to take home your very own prize.



## **Spring Festival** April 19th at 1:30 pm

In our traditional fashion, we will be welcoming the warm winds of spring and the blooming buds with our Spring Festival. Come and enjoy several sights and sounds, from Jeff and Taylor in concert in the Sun Room, a petting zoo by the gazebo, games and prizes with vendors, and JD singing in the dining room with delectable treats and goodies. There's more being planned, so check out the flier for more details and be sure to write it on your calendar!



## **Michael in Concert with Ice Cream Social**

April 24th at 1:30 pm

As we watch through the windows as the breeze tickles the tree leaves, we'll take in the sights and sounds of Michael in concert. After the music, we'll have ice cream sundaes with your choice of chocolate syrup, caramel topping, marshmallow, sprinkles, nuts, whipping cream, a cherry on top, and more!



## **Show and Reminisce** April 30th at 2:45 pm

Last month this was a huge success! Sitting in a wide circle, residents and employees recalled stories of their youth and famous adventures, showing pictures and embellishing with colorful details. Such a fantastic way to get to know each other better as we walk through this adventure called "life."





### Ms. Helen Howard

Ms. Helen Howard is new here at Regency and comes from the outskirts of Boaz, Alabama. She married Carl in 1949. He served in the Army and worked as a draftsman creating plans for beautiful houses while Helen worked for AT&T. Together they had three children: one daughter and two sons. Her daughter still lives in Guntersville. Helen traveled all over the US in a motorhome and says one of her favorite places was Las Vegas. She has attended various Baptist churches. We are delighted to have Helen here with us at Regency.

**WELCOME NEW RESIDENTS!** 🏠

Joy Moody  
Betty Griffith  
Laura Evans  
Ruth Whitt  
Donna Hopper

# Happy Birthday

### Resident

France Williams Apr. 5th  
Gail Pinegar Apr. 5th  
Connie Eubanks Apr. 13th  
Deborah Tajalle Apr. 21st  
Joy Moody Apr. 21st  
Clarene Patton Apr. 25th  
Jeanne Hamilton Apr. 25th

### Employee

April Fletcher Apr. 1st  
Alicia Stricklin Apr. 8th  
Kharrie Wimberly Apr. 10th  
Eric Lanstrum Apr. 15th  
Jasmine Madry Apr. 19th  
Whitney Grimes Apr. 21st  
Brianna Glaze Apr. 22nd  
Denericka Joe Apr. 22nd  
Melba Walker Apr. 30th

## THErapy CORNER

Welcome again to another edition of Therapy Corner. Since April is National Occupational Therapy Month, I want to talk about therapy from an Occupational Therapist’s perspective. I hope you find the following information helpful and informative.

Occupational therapy is comprised of Occupational Therapists and Occupational Therapy Assistants (COTAs). Occupational Therapy Assistants work directly with Occupational Therapists to provide rehabilitation for patients suffering from a variety of medical problems. They employ several methods to provide treatment and improve safety.

One way Occupational Therapists improve safety for their patients is through environmental modifications. You can enhance your home by removing unnecessary clutter such as throw rugs to create a safe walking distance between furniture. Another way to improve your home environment is to ensure proper lighting throughout. Additionally, placing non-slip rubber

pads under couch and chair cushions can adapt your environment for safety. For bathroom safety, consider installing grab bars in the shower and next to the toilet to increase safety during these activities.

Furthermore, adding a shower chair, non-slip shower mat and non-slip stickers can reduce the risk of falls. If you have any safety questions or need more information on fall risk reduction, please feel free to ask one of your local staff therapists. If you identify with any of the issues mentioned and would like therapy assistance, consult with your doctor about occupational therapy. I hope you find this information helpful. Our staff Occupational Therapist’s name is Pam and our COTA is Claudia. Please take a moment to wish them a happy Occupational Therapy month!

**Until next time,**

Your Restore Therapy Family



WORD FIND

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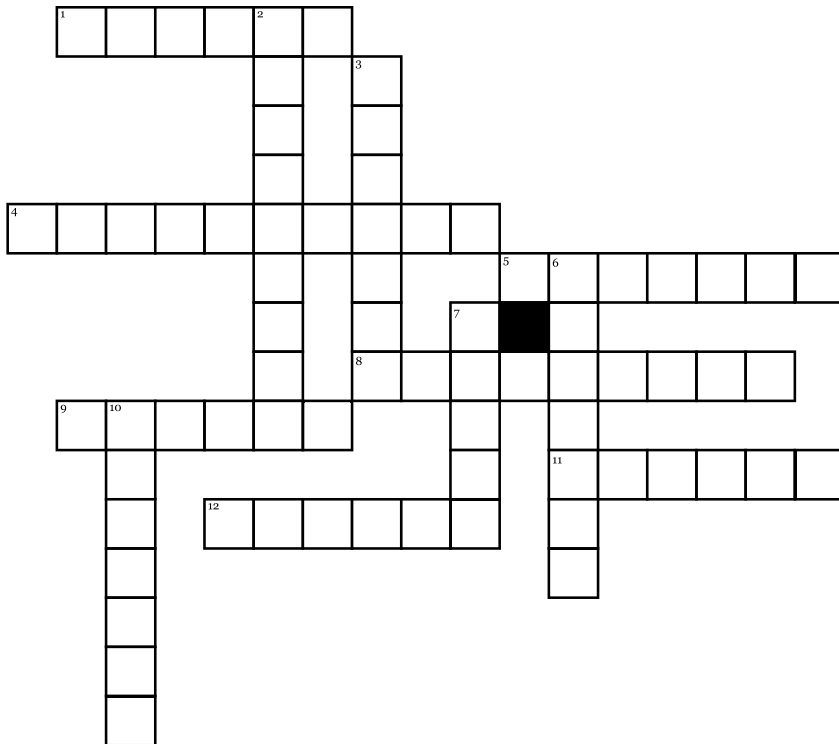
CHERNOBYL  
 OLYMPICS  
 ICEBERG

TITANIC  
 GREGORIAN  
 DIAMOND

BIRTHSTONE  
 SOUTHERN  
 HEMISPHERE

APRIL  
 OCTOBER  
 CANTERBURY

CROSSWORD



Down

- 2. Battle of \_\_\_\_\_ and Concord
- 3. Ford muscle car
- 6. "Houston we've had a \_\_\_\_\_ here"
- 7. Romans goddess
- 10. Ship that hit an iceberg

Across

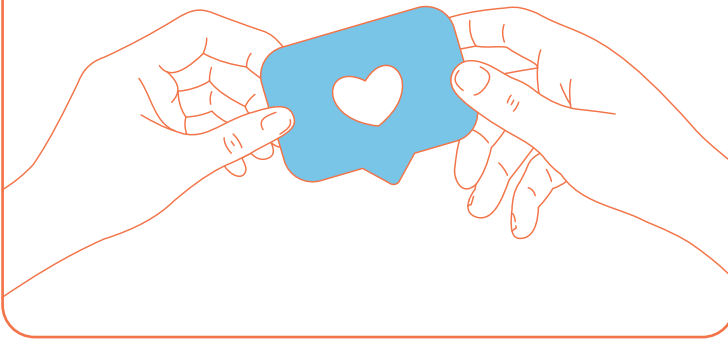
- 1. NASA space program
- 4. First President of the United States
- 5. April in Latin
- 8. Roman calendar
- 9. Olympic city
- 11. April meteor shower
- 12. Roman Emperor \_\_\_\_\_ Caesar



# 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

Ms. Sophie Kean

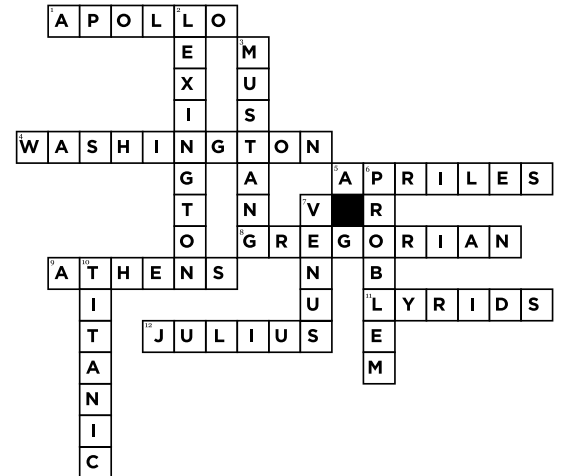
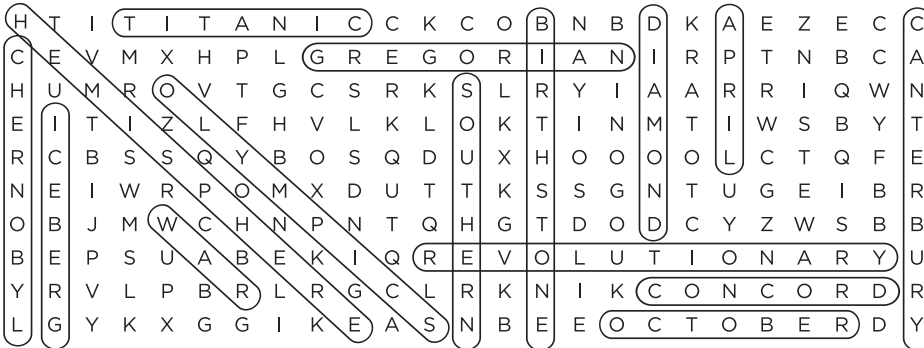


Gentle and kind, Ms. Sophie Kean has made a name for herself since starting in December with the exceptional care she gives the residents. "I love what I do," she states. "I really enjoy it." Here at Regency, she takes pride in her work and assists the residents

in such a gentle manner they all feel at home. In her off time, she loves to hike and read. Her favorite book is "Remarkably Bright Creature", as she also loves animals. She is the proud owner of a mini poodle.

Join us in congratulating Sophie in being awarded April 2024 Employee of the Month!

## ANSWER KEY



## CONNECT WITH US

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

[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