

WHAT'S COMING UP

May 1st
May Day

May 2nd
National Brothers and
Sisters Day

May 3rd
National Space Day

May 5th
Cinco de Mayo

May 8th
Coconut Cream Pie Day

May 18th
National Armed Forces Day

May 23rd
National Taffy Day

May 24th
National Road Trip Day

May 27th
Memorial Day

May 31st
World Parrot Day

MAY 2024 NEWSLETTER



Hello Residents,

Of course the famous saying is “April showers bring May flowers,” and the time for the results is here! With petals bursting forth across the campus, we are enjoying the subtle, gentle breezes as they carry wisps of beautiful fragrances and the bumble bees. The birds are chirping and feeding their young, bringing us hopes of a wonderful summer.

We had a glorious time in April. We enjoyed our Spring Festival, a performance by Jeff and Taylor, celebrated National Stuffed Pizza Day, came to together to support United Cerebral Palsy, crafted with Carol Kay and got hand massages from Angela! What memorable times!

Be sure to check out your copy of the May 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.





Partnership with United Cerebral Palsy

Partnering with United Cerebral Palsy, the residents of Regency Towers have volunteered to make a difference in the lives of little ones. The seniors have made little gifts for over 400 children. What an impact!



Painting Party and Napkin Flowers with Carol Kaye on April 5th

Creating flowers in a whimsical manner, using paint drops on a wet, black canvas and paper towel, the residents of the Towers experienced painting in a completely new fashion. With each end result unique from the others, we left them to patiently dry. What a beautiful Friday afternoon we enjoyed!



Free Hearing Tests from Quality Hearing HC on April 11th

Jasmine, from Quality Hearing HC, was here on a special mission to help our residents hear better. With in-house free testing and one-on-one time with the specialists, several residents worked with Gage and Alexis to get new devices, replace the batteries, and more. What a great in-house service!



Rocket City Trio in Concert and Papa Murphy's Stuffed Pizza on April 10th

Bringing back the hits from the '50s to '70s, Rocket City Trio brought rounds of applause to the sun room. As the concert finished, we brought out huge 16" pizzas in three different flavors: Chicken Bacon Ranch, 5-Meat, and Veggie. Scrumptious and delicious, the residents dined to their heart's content. Of course, we finished off the afternoon with a rousing game of Penny Horse Races.



Chaplain Tom with Live Music in the Dining Room

Mondays and Wednesdays

Learning new songs on a regular basis, Chaplain Tom entertains our residents in the dining room as they recapture the magic of the “oldies.” From “You Are My Sunshine” to “Amazing Grace,” he lifts their spirits as they enjoy the music while chatting with friends during lunch. What an uplifting time!



Bible Fellowship with Harry

Saturdays at 10:00 a.m.

Do you desire an uplifting word from The Lord? Do you love prayer and bible devotions? If so, check out Harry’s teaching on Saturdays in the Sun Room at 10 a.m. He comes willing to share. Harry hopes to inspire us all to a life honoring Christ. Be sure to check your calendar for more details.



Games with Tom

Tuesdays at 12:45 p.m.

Golf. Hatchet Throwing. Bean Bag Toss. What game do you love to play to win Regency Bucks? With a rotating request list, Tom is sure to entertain you as everyone cheers you on. It gets quite competitive. Who can be the highest scorer? Let’s find out!





Sunday Church Services

Sunday Mornings

Did you know Regency has a host of volunteers who put together three different church services on Sundays? If you would like to participate in Catholic Communion, let the activity director know for the 9 a.m. time spot. If Ascension Lutheran with their non-denominational service is more to your liking, be sure to visit the sun room at 9:45 a.m. Of course, the Chase Park Church of Christ holds their service at 12:45p.m. Come and be inspired!



Shirley G on Piano

Third Monday of the Month

With Shirley G on the piano with old-time hits and music trivia, it's bound to be a good time. Shirley has been a regular volunteer at Regency as she plays top 1950s and 1960s hits on the piano, with a rag-time flair. What's all the fuss about? Come and find out!



Liz with Senior Reading Hour

Sunday, April 21st at 3:00 p.m.

Have you checked out the new volunteer program with Liz that's one Sunday a month? This month, she's coming on April 21st to share a popular story and for discussion. Always a good time and highly praised by others, we keep this on the calendar for your enjoyment. Let's enjoy being a part of a great book club!



Pennies for Ponies

Wednesdays at 3:30 p.m.

Implemented by popular demand, we've "rode ahead" with playing our "pennies for ponies" game! Cheering and calling the numbers of your pony, this game is quite exciting as you look to see who will win. Of course, it's anyone's guess, but that's all the fun of the game. Don't throw those pennies out, but come and have some fun!





Mr. and Mrs. Rudy and Josie Galindo

Rudy and Josie Galindo come to us all the way from Southern California. They have been married for 56 years. They have 4 children, 8 grandchildren and 9 great-grandchildren. Josie is an avid seamstress. She also served as Kitchen Manager for “Our Place,” a sanctuary for those with mental illness. Rudy also served as a dance instructor at “Our Place.” In addition to being a professional motorcycle rider for

Yamaha, Rudy owned his own business, Galindo Designs, where he sold motorcycle accessories. He also managed the rock band “Slant.” We are truly delighted to have these two amazing residents here with us, as they brighten any room they dance into.



Resident

Ray Tucker	May 6
Shirley Adcock	May 8
Peggy Hunter	May 8
Williams Ledbetter	May 16
Fred Kooi	May 17
Thomas James	May 25
Sharon Murphree	May 25

Employee

Yvette Blake	May 1
Raasheda Erskine	May 1
Dorothy Sampson	May 3
Nesta Wilson	May 3
Tyra Hammons	May 4
Beatrice Tennyson	May 5
Vershanda Jackson	May 8
Margaret Selby	May 8
Nadine Brock	May 9
Leona Rabino	May 9
Janette Edmondson-Haygood	May 17
D’Neishea Nichols	May 17
Latoya Keith	May 21
Dustin Greer	May 22
Anita Williams	May 22
Corrina Ross	May 23
Mavis Smith	May 26

WELCOME NEW RESIDENTS!

Josepha Galindo	Willodean Holley
Rudy Galindo	Bettye Poole
Charles King	Doris Ann Taylor
Sharman Hendrick	Henrietta Bolton

THERAPY CORNER

May is Better Speech and Hearing Month, so I would like to take this time to talk about speech therapy and what it involves.

What do speech language pathologists do and how can they help you? Did you know that...

- » Speech pathologists can treat swallowing disorders. A swallowing disorder is called dysphagia, which can affect a person’s ability to swallow their food, medications, and liquids. As you can imagine, not being able to enjoy your favorite foods and liquids can lead to decreased enjoyment of eating. Speech pathologists can treat swallowing disorders through exercises, modifying diets, and compensatory strategies.
- » Speech pathologists also help with memory to increase overall independence. Have you had trouble remembering what medicines you take or what activities you’ve done recently? We can train memory strategies to improve your ability to remember prior and new information.
- » Speech pathologists also provide services related to improving voice and hearing. Restore Therapy has an audiologist on staff who can provide hearing evaluations. We work closely with our audiologists in therapy to improve hearing. We also can address vocal deficits and train strategies to improve your ability to be heard!

If you think you could benefit from speech therapy services, please contact us!

Until next time,
Your Restore Therapy Family

WORD FIND

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

EMERALDS
 TAURUS
 MARRY

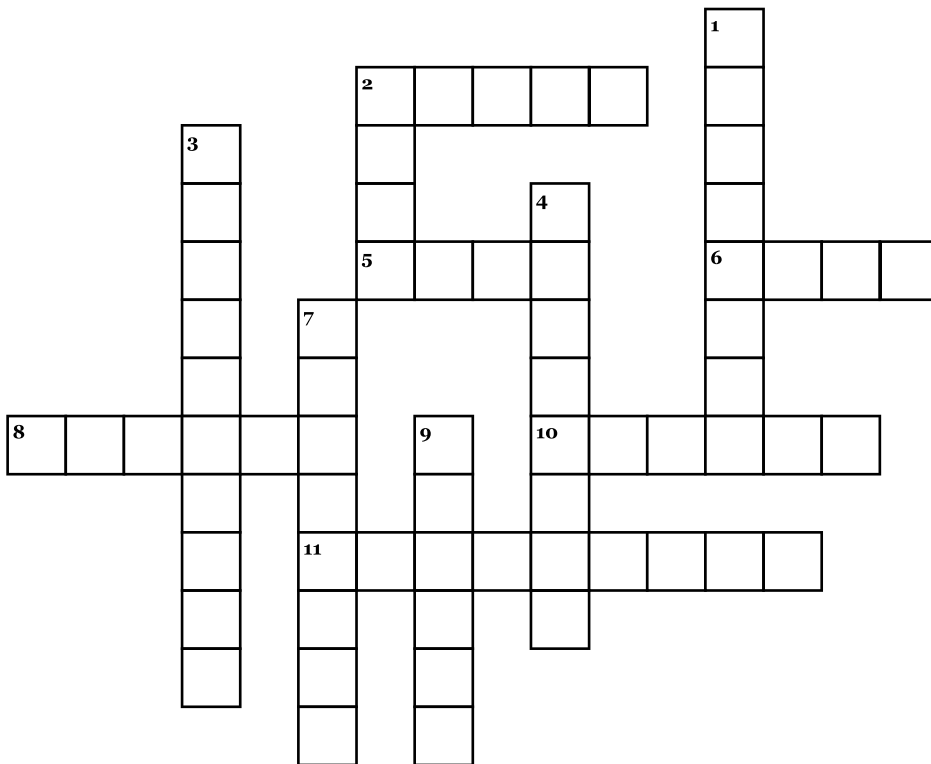
EARTH
 CITYSCAPE
 CORNISH

BURGER
 GEMINI
 TRANSCONTINENTAL

RAILROAD
 AMERICAN
 GARLANDS

EUROVISION
 GREEK
 MILITARY

CROSSWORD



Down

1. A former Queen of England
2. Greek goddess of growth
3. Song contest
4. May birth flower
7. May birthstone
9. May Zodiac sign

Across

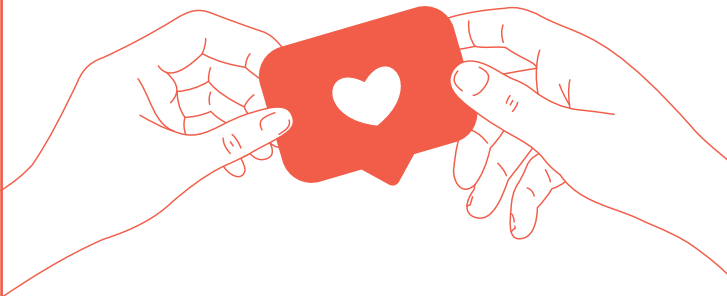
2. Latin word for May
5. Swedish music group
6. Roman poet
8. The _____ State Building
10. State that celebrates Lei Day
11. Meteor shower called the Eta _____



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

Cynthia Nance



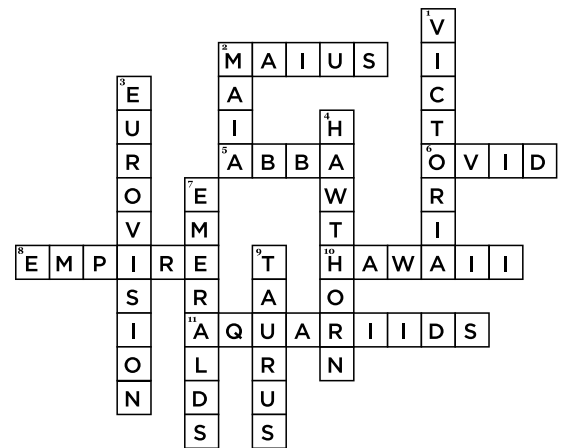
Cynthia Nance has been an employee of Regency for 10 years and during this time she has grown, excelled and become one of our most valued employees. She was recently promoted to Lead MedTech for our assisted living unit on the 3rd floor.

She is now teaching others to walk in her footsteps. Cynthia loves and cares for our residents and they love her in return. She is the mother to three fabulous children and will be the proud grandmother to her very first grandchild very soon.

When she is away from us, her favorite things are shopping, cooking and spending time with her loved ones. Congratulations Cynthia!

ANSWER KEY

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



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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