



MARCH '20 NEWSLETTER

March 3

Caregiver Appreciation Day

March 6

Employee Appreciation Day
Mardi Gras Party

March 8

Daylight Saving Begins
International Women's Day

March 15

St. Patrick's Day Party

March 17

St. Patrick's Day

March 18

What's Cookin' Wednesday

March 19

Veteran's Luncheon

March 23

National Puppy Day



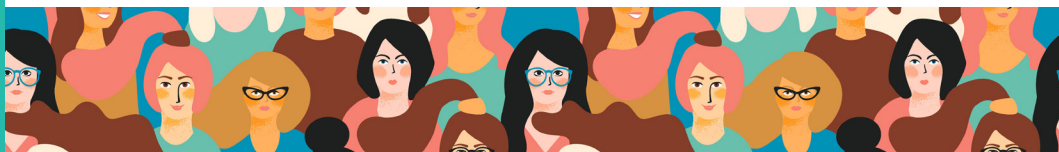
Hello Residents,

It is March again: time to Spring Forward this month on the 8th. We are in the time of year when the flowers bloom and the birds come out to sing. March is a time of celebration! The 3rd is Caregiver Appreciation Day and the 6th is Employee Appreciation, so thank the ones who give their time and hard work everyday to make Regency a great place to live.

We still need to be mindful of the flu virus, and take the necessary precautions. Please dress appropriately. We still have our Friends Make The Best Neighbors program where if you move in one of your friends or relatives, you could get a free month's rent or a check for \$2,500. Now that should make you want to "spring into action". We have our St. Patrick's Day Party the 15th at 2:00pm. The quote of the month is:

"May you always walk in sunshine. May you never want for more. May Irish angels rest their wings right beside your door."

Sonja Edwards,
Executive Director





Valentine's Family Night — February 14th

Our Valentine's Family Night was a blast! We enjoyed everyone who came out to celebrate with us. There was much fun and love shared.



Valentine's King and Queen Crowned — February 14th

We love finding out who is the Regency King and Queen. This year it is Mr. Ray Keeton and Ms. Helen McKee. They are the cutest and sweetest. We just had to make them the king and queen of Regency.



Employee of the Year Celebration — February 18th

We celebrated one of our own and the glorious job she does everyday. Lavonne Cameron is such a wonderful loving person to us and our residents. It was a great honor for us to show her exactly how much we truly love her and what she does everyday.



Veteran's Luncheon — February 20th

We show our appreciation every third Thursday to our Veterans who have served our country and made us proud. The luncheon is also open to the community, so please come out and join us.





Veterans' Luncheon — Every Third Thursday

March 19th at 11:00 am

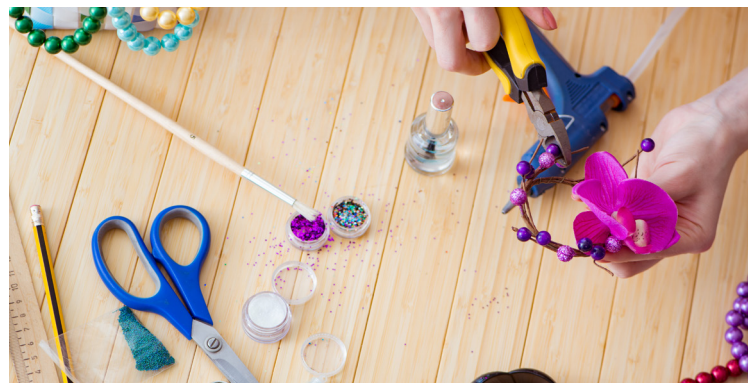
Each month Veterans enjoy time with each other while having lunch in our Dining Room. We also invite Veterans from the community to come join us in the fun. It is an honor to spend time with each and every one of you.



Bingo

Daily at 10:00 am

We have a bingo game daily at 10:00 am. Please feel free to come out and enjoy a nice friendly game or two.



Crafts

Every Tuesday in March

Come out every Tuesday in March and enjoy arts and crafts with Jessica. It will be loads of fun, and you get to show your creative side.



Bible Trivia

Every Thursday in March at 2:00 pm

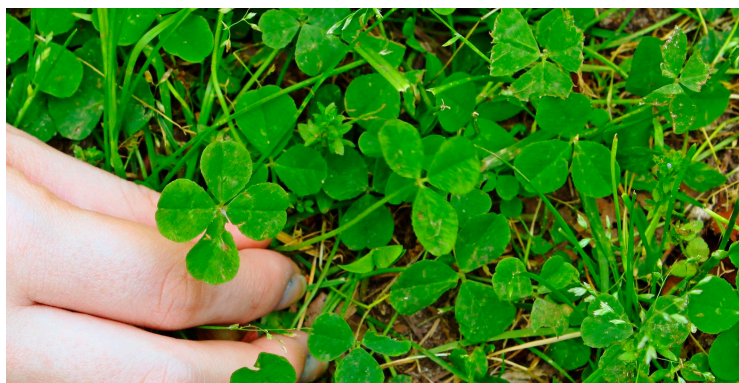
Come out every Thursday at 2:00 pm to see how well you know the bible, and win some cool prizes.



Mardi Gras

March 6th at 3:00 pm

Come join us for a late Mardi Gras celebration with beads and moon pies... throw me something, mister!!!!



St. Patrick's Day Party

March 15th at 2:00 pm

We are going to celebrate St. Patrick's Day with Irish foods, and see if we can find that lucky pot of gold.



What's Cookin' Wednesday

March 18th at 11:30 am

Every third Wednesday is What's Cookin' where we have a themed luncheon and great food prepared by our dietary staff. Luck of the Irish is the theme this month, so wear your green.

**Save
the
Date**

April 3rd — FUNtastic Friday



Marjorie Buzzerd

Marjorie was born in Lions, New York and her family owned a dairy. She moved to Tuscaloosa from Asheville, North Carolina. She has 4 children– three boys and one girl, and 7 grandchildren. She loves to cook, and spent most of her life working on the farm.

WELCOME NEW RESIDENTS!



Jackie Hardy
Tony Tingle
Irene & Marvin Lake
Marjorie Buzzerd
Minnie Jackson
William Kirby
Lillian Joiner

FUN FACTS

- » March was named for the Roman god of war, Mars. Traditionally, this was the time of year to resume military campaigns that had been interrupted by winter.
- » To coincide with Women's History Month in 2011, the White House issued a 50-year progress report on the status of women in the United States. It found that younger women are now more likely than their male counterparts to hold college degrees, and that the number of men and women in the labor force has nearly equalized.
- » Internationally, purple is a color that symbolizes women.
- » March is the only month in the year with a unique name consisting of three consecutive consonants.
- » In ancient Rome, before Julius Caesar's calendar reform, March was the first month of the year.
- » The expression "mad as a March hare" dates back to 1529. It refers to the wild behavior of male hares during the mating season in March.
- » Irish is the nation's second most frequently reported ancestry, ranking behind German.
- » In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies. Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure.
- » St. Patrick wasn't Irish, but he found his faith while being held as prisoner by a group of Irish raiders.

Happy Birthday

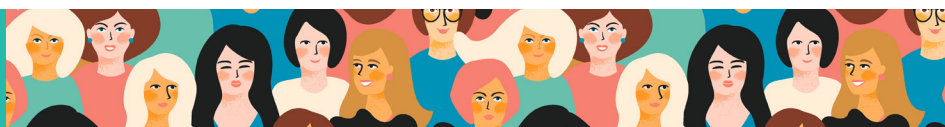


Resident

Archie Willingham	March 6
Grace Ward	March 10
Richard Ward	March 12
Pat Tedesco	March 29

Employee

Haley Trull	March 9
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WORD FIND

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

WOMEN
SHAMROCK
LUCK

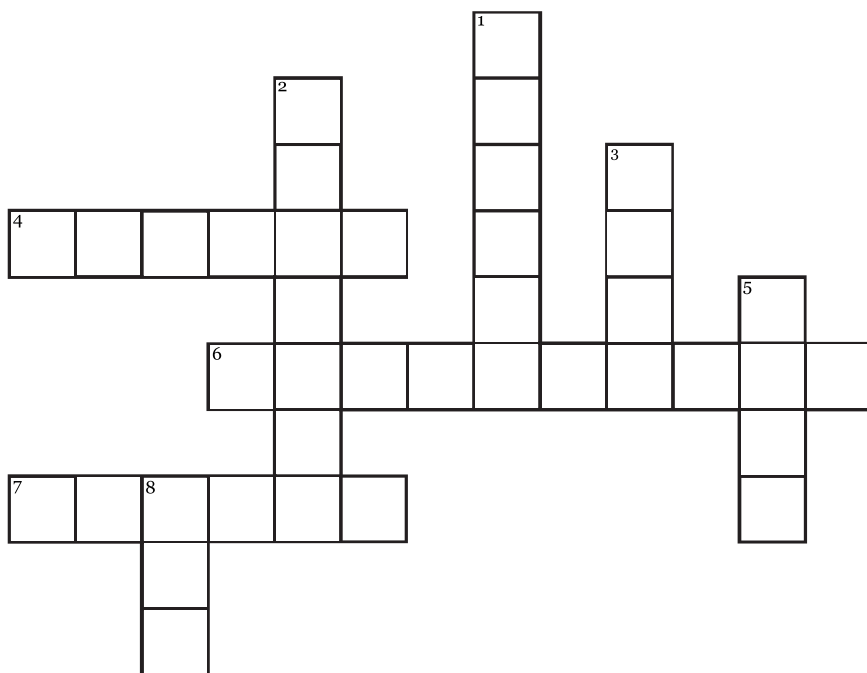
CLOVER
RAINBOW
GOLD

LEPRECHAUN
SPRING
INTERNATIONAL

IRISH
MARS
CABBAGE

AQUAMARINE
DAYLIGHT
TULIP

CROSS-WORD



Across

4. Capital of Ireland.
6. What sport does March Madness celebrate?
7. Last name of the founder of the American Red Cross.

Down

1. International color symbolizing women.
2. Which city dyes their river green for St. Patrick's Day?
3. "March comes in like a lion, and goes out like a _____."
5. Color originally associated with St. Patrick's Day.
8. First color of the rainbow.



EMPLOYEE OF THE YEAR

Lavonne Cameron



Lavonne Cameron has been an employee at Regency for many years. She has been married for 32 years and has 2 sons, 2 step daughters and grandchildren. Her hobbies are cooking, fishing, and being with family. Lavonne has an

enduring spirit filled with compassion for residents, and her gift of giving shines everyday. We are truly grateful for having Lavonne be a part of Regency, and her hard work and kindness shown to co-workers and residents is highly appreciated. A well deserved congratulations on Employee of the Year.

EMPLOYEE OF THE MONTH

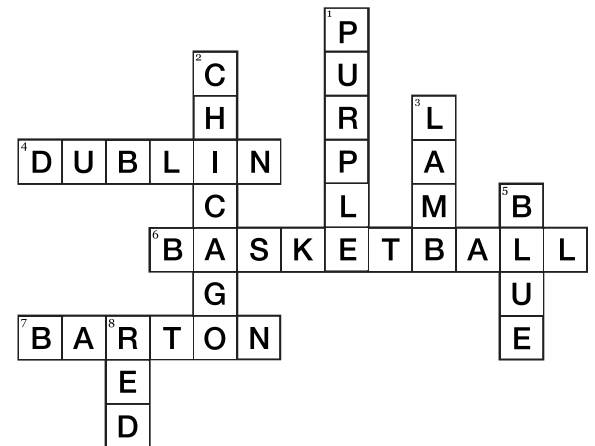
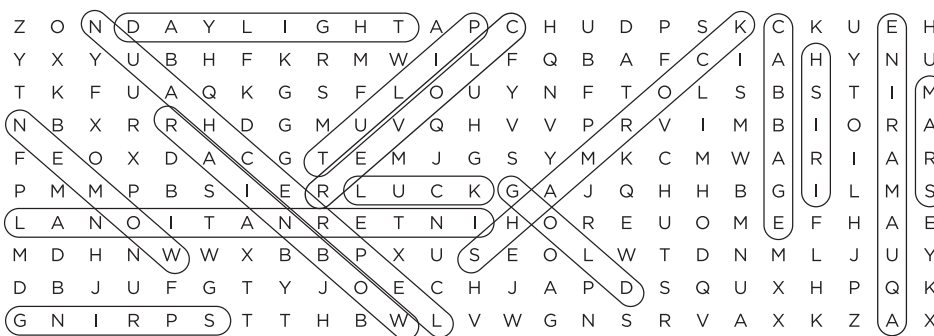
Gloria Williams



Gloria works in our dietary department and is a wonderful addition to our family. She is fairly new to the Regency family. She loves crafts and people. She is very humble and compassionate as well as soft spoken. Gloria

has three children, and is a Tuscaloosa native. We are proud to make her our March employee of the month.

ANSWER KEY



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