

WHAT'S COMING UP

March 3

World Wildlife Day
National Anthem Day

March 6

National Oreo Cookie Day

March 9

National Meatball Day

March 15

Ides of March
National Napping Day

March 17

St. Patrick's Day

March 19

Red Nose Day

March 20

National Corn Dog Day

March 23

National Puppy Day



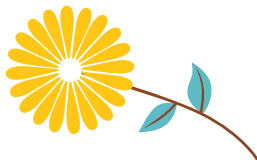
MARCH 2021 NEWSLETTER



Hello Residents,

I would like to thank everyone for your participation in the COVID-19 vaccine clinic. The clinic was a huge success, thanks to our wonderful staff. We have been through a lot of trials during this past year, but we keep rising to meet the challenges each and every day. We are very thankful to all of our families for being so patient and understanding during this time. We are approaching a year since the pandemic began, and we continue to serve each of you with love and compassion. We have begun a new volunteer program, so please notify Brittany Henderson, our Activity Director, for the guidelines. As always, thank you for your continued support.

Sonja Edwards,
Executive Director



FUN FACTS

- » March was actually named for the Latin Martius—aka Mars, the Roman God of war and a mythical ancestor of the Roman people.
- » The Anglo-Saxons called the month Hlyd monath which means Stormy month, or Hraed monath which means Rugged month.
- » On March 1, 2007, a detachment of 170 Swiss infantrymen accidentally invaded neighboring Liechtenstein when they got lost on a training mission. Luckily, after explaining the mistake to Liechtenstein, the Swiss army was given directions and returned home safely.
- » The Day of The Dude, March 6th, encourages participants to honor The Big Lebowski by takin'er easy all day, man.
- » Early depictions of St. Patrick show him wearing blue, and the official color of the Order of St. Patrick, part of Ireland's chivalry, was a sky blue known as "St. Patrick's Blue." One of the reasons green replaced blue was because of Ireland's nickname, The Emerald Isle. The green stripe in the Irish flag also played a role. Traditionally, the green represents the Catholics of Ireland, the orange represents the Protestant population, and the white in the middle symbolizes the peace between the two religions.
- » March's birthstones are aquamarine and bloodstone. Its flower is the daffodil, and the zodiac signs of March are Pisces and Aries.
- » Each year, National Read Across America Day is celebrated on March 2nd, the birthday of Dr. Seuss. The annual event is part of Read Across America, an initiative on reading created by the National Education Association.
- » On March 1, 1961, President John F. Kennedy issued an executive order establishing the Peace Corps.
- » On March 1, 1995, Yahoo! was incorporated.
- » The Battle of the Alamo took place on March 6, 1836.
- » Crochet Week is celebrated during the second week of March.
- » March 1st is World Compliment Day. Give a friend or family member a compliment today!
- » On March 7, 1876, 29-year-old American inventor Alexander Graham Bell received a patent for a little invention called "the telephone."
- » March 14th is International Fanny Pack Day.
- » Everyone's favorite neighbor, Fred Rogers, was born on March 20, 1928, and this holiday now serves as an occasion to remember the beloved TV star, and honor him by being kind, generous, and, well... downright neighborly!
- » March 30th is Doctor's Day. Symbolized by a red carnation, this honoring of our nation's physicians has been held annually since 1933.
- » Nikola Tesla received a US Patent for the wireless transmission of electric power on March 20th, 1900.
- » On March 21, 1859, The first Zoological Society was incorporated in Philadelphia. PA, today simply called 'The Philadelphia Zoo.'
- » 'An Act to preserve daylight and provide standard time for the United States' was enacted on March 19, 1918. It both established standard time zones, and set summer DST to begin on March 31, 1918. Daylight Saving Time was observed for seven months in 1918 and 1919. After the War ended, the law proved so unpopular that it was repealed in 1919 with a Congressional override of President Wilson's veto.

HOW WELL DO YOU KNOW THE MOVIES?

Test your movie quote knowledge by pairing the iconic movie quotes below with the movies they came from. Just draw a line from the quote on the left to the correlating movie title on the right. Then you can check your answers on the bottom of this page, but no peeking!

"Here's looking at you, kid."

The Terminator, 1984

"You're gonna need a bigger boat."

When Harry Met Sally, 1989

"There's no crying in baseball."

Casablanca, 1942

"You can't handle the truth!"

Jaws, 1975

"Here's Johnny!"

A League of Their Own, 1992

"I'll have what she's having."

A Few Good Men, 1992

"Nobody puts Baby in a corner."

Cool Hand Luke, 1967

"You complete me."

The Shining, 1980

"I'll be back."

Dead Poets Society, 1989

"I have a feeling we're not in Kansas anymore."

Dirty Dancing, 1987

"What we've got here is a failure to communicate."

Jerry Mcguire, 1996

"Seize the day, boys. Make your lives extraordinary."

The Wizard of Oz, 1939

"Here's looking at you, kid." - Casablanca, 1942 | "You're gonna need a bigger boat." - Jaws, 1975 | "There's no crying in baseball." - A League of Their Own, 1992 | "You can't handle the truth!" - Jaws, 1975 | "There's no crying in baseball." - A League of Their Own, 1992 | "You complete me." - Jerry Mcguire, 1996 | "I'll be back." - The Terminator, 1984 | "I have a feeling we're not in Kansas anymore." - The Wizard of Oz, 1939 | "What we've got here is a failure to communicate." - Cool Hand Luke, 1967 | "Seize the day, boys. Make your lives extraordinary." - Dead Poets Society, 1989

FROM THE BLOG

Birdwatching in the Southeast

10 Birds You Might See Out Your Window

When the spring season is again upon us, often coming abruptly here in the Southeast, it's as though the world comes alive again with flora, fauna, and all kinds of wildlife. Spring is regarded as a time when all things are new, and there's something interesting and beautiful about watching nature begin again. When glorious spring does arrive, you're likely to notice some increased bird activity outside your windows, as the spring season is often deemed the most exciting time for birdwatching.

There are a lot of bird species you may see around these parts, and here is a roundup of some of the most popular types to keep an eye out for during your birdwatching in the southeast. Most of these species can be observed in the area year-round, but spring is a great time to keep a lookout for them from your coziest seat by the window!

1. NORTHERN CARDINAL

A very popular feeder bird, the Northern Cardinal is an easy one to spot. These gorgeous birds have a crest of feathers on their heads, and short, thick bills that are ideal for cracking open seeds. The males are a stunning red with a black masks and throats, and females are a pale brown color with hints of red on their crests, wings, and tails.

2. BLUE JAY

Bold of personality, Blue Jays sometimes get a bad rep, yet their extreme intelligence often makes them quite interesting to watch. Their bold, blue plumage makes them easy to spot with black bars running across their backs, a black necklace of feathers, blue crested heads, and white bellies. Males and females look the same.

3. AMERICAN GOLDFINCH

The American Goldfinch is another popular bird in the area, and a favorite at that. These delightful little birds are artful feeders, and can even feed upside down! In the spring and summer, the males are a bright yellow with a black cap and black wings, and the females are a more subdued yellow, and don't have the black caps.



4. HOUSE FINCH

House Finches have a pleasant song, and can be seen across almost the entire continent of North America. Adult males feature rose red heads and upper breasts, with brown streaks on their backs, tails, and bellies. Females are brown with darker streaks on their backs, tails, and bellies, but without the red flourishes. These birds feature conical beaks designed to eat seeds and notched tails.

5. HOUSE SPARROW

House Sparrows are an invasive species originally from the Middle East, and are now one of the most common bird types in the world. You can spot these sweet little birds in and around your yard. Males have gray crowns, black bib, white cheeks, and chestnut brown sides, faces, and necks. Their backs are mostly brown with black streaked patterns. Females are a duller brown color with black streaks, and their undersides are a lighter shade of brown. They can be easily distinguished by the tan line that extends behind their eyes.





6. MOURNING DOVE

You may have heard the coo of a Morning Dove, a soft call that is sometimes mistaken for the hoot of an owl. These common birds are grey in color with black dots on their wings. They have thin, black bills, long slender tails, and legs that are a pinkish color. You'll also notice a beautiful blue ring around their eyes.

7. BLACK-CAPPED CHICKADEE

These personable little birds feature short, thin bills, black bibs and caps on their heads, and white cheeks. The rest of their plumage is predominantly grey, and they have light tan bellies. They typically don't stay long at feeders, swooping in to grab a bite to eat elsewhere; however, they can be trained to feed from the hand with some patience.

8. AMERICAN CROW

Many people dislike crows, but they are highly intelligent birds, and they help keep hawks away. These large birds are all black with glossy feathers, thick, long bills, and they are smaller than ravens, which they are sometimes confused with. You've likely seen them around.

9. EUROPEAN STARLING

This invasive species often likes to travel in flocks, and

can sometimes chase away other feeding birds nearby. They are stocky of build, and about the size of an American Robin, and they feature black feathers with a sheen. They have short tails, and long slender beaks. They often have a green-purple tint, and in the winter they develop white spots all over.

10. RUBY-THROATED HUMMINGBIRD

This beautiful showstopper of a bird is small in size, but mighty in color and showmanship. Males have metallic green backs, black masks, and vibrant red throats (hence the name), and females are green with white underbellies. Both males and females have long bills designed to insert into flowers for feeding.

Our area is teeming with beautiful birds, and watching them can be a fascinating practice. Robert Lynd wrote, "In order to see the birds, it is necessary to become a part of the silence." It's amazing what we can see and appreciate when we slow down, and open our eyes. Happy bird watching this spring! May you find joy through these little creatures as they flit about with happiness, not a care in the world.



FEATURED RESIDENT



Joyce Naramore

Joyce was born January 24th to her parents, Lillian and T.J. Martin. After high school, she began her dream job working in the Tuscaloosa Courthouse as a Clerk. She met and married her husband, Bill Naramore. Joyce loves dogs, and has had several of her own. Her favorite activities are playing dominoes and exercising.

HAPPY BIRTHDAY!

Resident

Archie Willingham	Mar. 6th
Grace Ward	Mar. 10th
Karen Donour	Mar. 15th

Employee

Thomas Simmons	Mar. 6th
Yasmin McClain	Mar. 17th
Anasia Mosley	Mar. 28th

FUN FACTS ABOUT ST. PATRICK'S DAY

St. Patrick's Day is coming up this month, and here are a few fun facts about the holiday and Irish culture to help get you in that lucky holiday spirit.

- » This holiday commemorates St. Patrick and the arrival of Christianity in Ireland.
- » It also celebrates Irish heritage and culture in general.
- » Celebrations often include public parades and festivals, and the wearing of the color green.
- » Why green? Wearing green and sporting shamrocks is a nod to St. Patrick because he is said to have used the three-leafed shamrock plant to explain the Holy Trinity to the pagan Irish.
- » St. Patrick's Day became an official public holiday in Ireland in 1903.
- » The very first St. Patrick's Day parade was also held in 1903 in Waterford.
- » Some of the most iconic names in poetry and literature hail from the Emerald Isle such as Oscar Wilde, Bernard Shaw, W.B. Yeats, and Samuel Beckett.
- » The potato was imported in the 17th century, and still today remains a symbol of Irish culture and hospitality.
- » Another important part of Irish culture is dancing—jigs, reels, and step dancing—popularized in the 1990s as a result of popular touring shows like Riverdance.
- » Traditional Irish music sees the use of instruments such as the fiddle, piano, and acoustic guitar, as well as native instruments like bouzoukis, uilleann pipes, and the Celtic harp.

WELCOME NEW RESIDENTS!

Frank Wyatt

Gail Eberhardt

Mary Whitaker

WORD FIND

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

MARCH

PATRICK

SEUSS

YAHOO

READ

DAFFODIL

IRELAND

ARIES

PISCES

ALAMO

AQUAMARINE

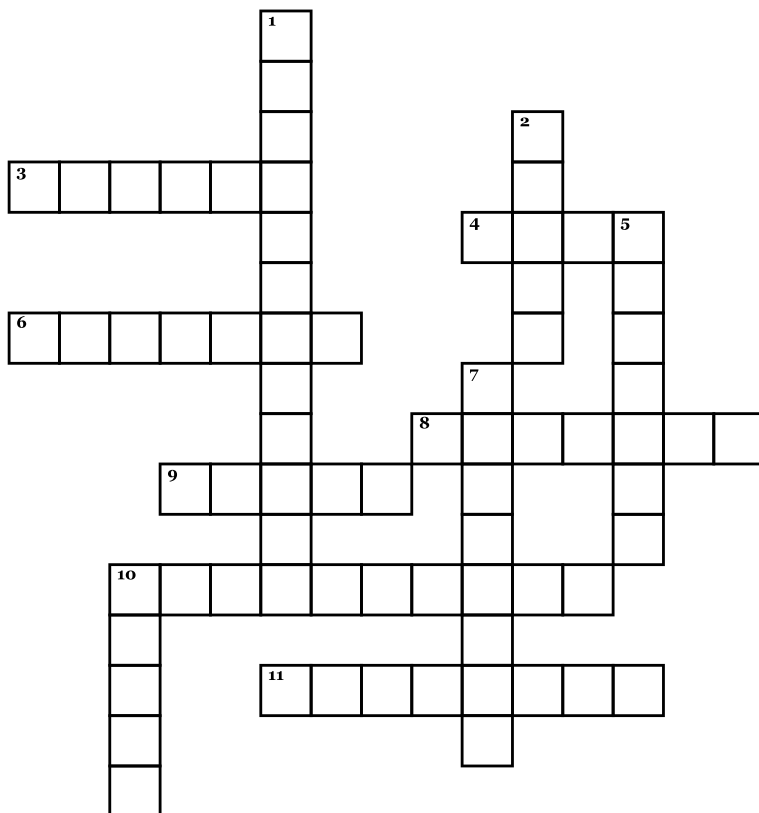
PEACE

CROCHET

TELEPHONE

DAYLIGHT

CROSS-WORD



Across

3. Tower built for the 1889 World's Fair
4. In like a lion, out like a _____
6. Craft involving looping yarn with a hooked needle
8. Primary patron saint of Ireland
9. "Yet Another Hierarchical Official Oracle"
10. One of the two birthstones of March
11. "Won't you be my _____?"

Down

1. Home city of the first zoo
2. Corps established by JFK
5. The Dude's favorite pastime
7. _____ Saving Time
10. Remember the _____!

EMPLOYEE OF THE YEAR

June Barnett

June is an exemplary employee, and a wonderful asset for our residents and community alike. Our team is better because we have her on it, and we can't thank her enough for all she brings to our amazing Regency family. Thank you, June!

EMPLOYEE OF THE MONTH

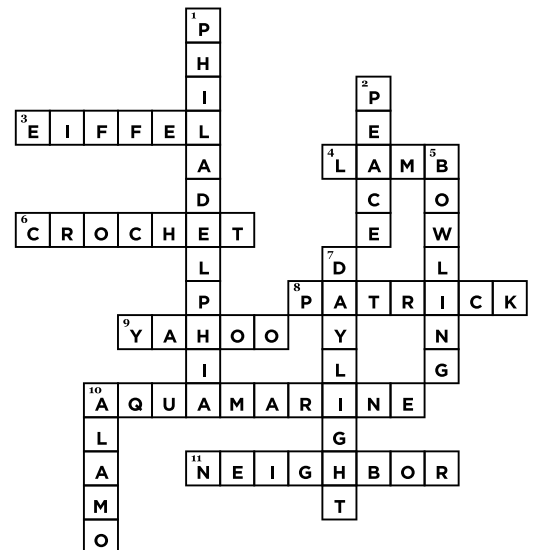
Amber Morrow

Amber has been married to her wonderful husband, Trent, for a year. She has three beautiful daughters, a five year old, and two-year-old twins. She loves the beach and gardening. Amber has been a nurse for six years, and been with Regency for almost two years now. All the residents and staff adore her. Amber is honored to receive the Employee of the Month award.




ANSWER KEY

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



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