

WHAT'S COMING UP

March 1st

Mardi Gras

March 2nd

Ash Wednesday

March 8th

International Women's Day

March 14th

National Pi Day

March 15th

Ides of March

March 17th

St. Patrick's Day

March 19

National Quilting Day

March 20th

Spring Equinox

March 22nd

World Water Day

March 23rd

National Puppy Day

March 25th

National Medal of Honor
Day



MARCH 2022 NEWSLETTER



Hello Residents,

I have been part of the Regency family for three months now, and how much I have enjoyed getting to know the residents, families, and the staff thus far! I look forward to many more talks and new bonds to be forged.

You may note a few changes at Regency:

1. We are wide open, and we want you to visit! Please just continue check-in at the kiosk.
2. We are communicating with you through texts. If you are not getting those, please email me at janderson@regencytuscaloosa.com and I will make sure you are on the list. You are welcome to add other family members and friends to our text communication by sending me an email.
3. Brittani has been adding new activities each month. If there are ways that you feel that you can contribute by volunteering or providing supplies or ideas, she is open to new activities.
4. We have been actively recruiting new residents. We have a few openings and would like for you to help us by sharing your experience with others. If you refer a new resident and they move in – you receive \$2500.00 – Cha Ching!
5. The dining room has a new employee. Please help us in welcoming Ms. May to the Regency team. Dietary also has new tablecloths and china. Join us for lunch or dinner with your family members to check out the changes! Just call to let us know you will be joining us, so that we have a place set for you.
6. We have new caregivers and nurses that are excited about serving our residents. We will feature some of our staff on social media.

We take pride in knowing that our resident's hearts are full. There are several activities scheduled for the month of March. Like us on Facebook to enjoy all the photos from these events! If you have not signed a photo release, please do so – we want to feature your loved one! #Sharethelove #Showthelove

Jennifer Anderson,
Executive Director



We had a lively time playing penny auction with Chris Powell from Cornerstone Caregivers. Thank you so much Chris for taking the time and making sure we had a good time. We love a good penny auction. Who wouldn't mind getting the items they like for a penny? Thank you Monica McCracken from Amedisys Home Health for donating our goodies.



Will You Be My Valentine?

In a partnership with Southview Elementary School, Regency residents made Valentine's Day goodie bags for the students. Thank you Mrs. Cotton for allowing us to share our Valentines with you all!





Alzheimer's and Dementia Support Group

March 3rd at 3:00pm

On the first Thursday of each month we will have an Alzheimer's and Dementia Support Group with Laura Raschilla at 3 pm. We hope you'll consider joining us for support and community.



Pet Therapy

March 15th

We look forward to having pet therapy with Rob and Bonnie on March 15th. Rob is with Pro Health and serves the senior population of West Alabama



Sip & Paint

March 18th at 2:00pm

Family time is always good. We will be hosting another Sip and Paint event on March 18th at 2:00pm and hope friends and family can join us for this fun and relaxing activity!



Leprechaun McFarland

“Leprechaun McFarland” Once you’ve found me take me to the concierge please. I will be hiding throughout the building. Good Luck :)



Mardi Gras Celebration

Fat Tuesday you say?! We will be having a Mardi Gras celebration and hope all residents will don their most festive gold, purple, and green attire for the day for fun and festivity!



Manicures

March 23rd at 1:30pm

What’s not to love about a fresh coat of nail polish? Shelton State will be here on Wednesday, March 23rd at 1:30pm to give our resident’s manicures. We hope you’ll join us!

**Save
the
Date**

March 3rd — Alzheimer’s & Dementia
Support Group

March 15th — Pet Therapy

March 18th — Sip & Paint

March — Leprechaun McFarland

March — Mardi Gras Celebration



Resident of the Month: Lorna Smith

Lorna Smith was born April 15th in Santa Maria, California, and adopted at nine days old by her parents Stanley and June Smith of Galetton, California. She graduated from San Marcos High School in 1962. Lorna later attended Florist School to receive her floral license and worked at Heather Glen Florist.

At the age of fifty, Lorna attended Grand Island Central College and received a Business and Computer Degree. She also worked for the Goleta school systems, had a government job thirty-nine years on the Air Force Reserve base, and was a Tuscaloosa VA, Home Administer.

Lorna has been a resident of Tuscaloosa for about eighteen years, and a resident at Regency since August, 2021. She shared that she loves living here, having met so many new and kind people. She also enjoys writing to friends, especially those that attend her church. She prays every night and writes in her journal. She enjoys sending get well, birthday, and thinking of you cards.

Lorna, having you as a member of our rich community is such a treat– we are glad you are here!

WELCOME NEW
RESIDENTS! 🏠

James Smith



Resident

Archie Willingham Mar. 6th

Employee

Alexis Gallery Mar. 1st
Yasmine McClain Mar. 17th
Scoteesha James Mar. 29th

FUN FACTS

- » In old Roman calendars, one year used to be ten months long, starting in March and ending in December.
- » The “Ides of March” was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.
- » If you were born in March, your birth flower is a daffodil!
- » March babies are spoiled with two birthstones: aquamarine, and bloodstone which symbolizes courage.
- » There are two zodiac signs in March. Pisces, which is until March 20th, and Aries which begins on the 21st.
- » The first month of spring is March, which starts between the 19th and the 21st.
- » March is the equivalent of September in the Southern Hemisphere.
- » Every year, March and June end on the same day of the week.
- » March is the time of year when animals start waking up from hibernation.



WORD FIND

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HIBERNATION

HEMISPHERE

EQUINOX

ROMAN

MADNESS

AQUAMARINE

COURAGE

WINTER

ARIES

VERNAL

BLOODSTONE

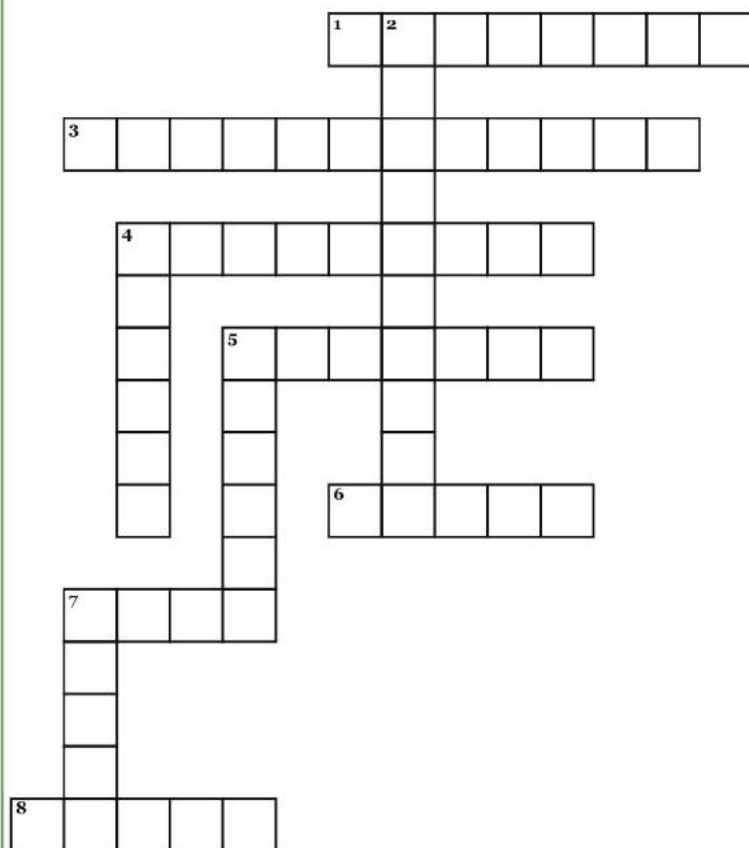
GREGORIAN

KENNEDY

SAXONS

PHONE

CROSS-WORD



Across

1. March birth flower is? _____
3. March is the most _____ month of the year.
4. March is the equivalent of _____ in the Southern Hemisphere.
5. March 17 is celebrated in many western countries to commemorate the day Saint _____ died.
6. President John F. Kennedy founded the _____ Corps on March 1, 1961.
7. The Roman god of war? _____
8. On March 10, 1876, Alexander Graham Bell made the first-ever _____ call.

Down

2. March birthstone is? _____
4. The Anglo-Saxons called March? Hlyd monath, meaning "_____ month"
5. There are two zodiac signs in March _____ and Aries
7. The Vernal Equinox occurs around? _____

EMPLOYEE OF THE YEAR

Haleigh Lundell

I was born in Jackson, Mississippi but I've lived in Tuscaloosa for most of my life. I graduated from Hillcrest High School and am currently trying to go back to school and continue my education in the medical field. I hope to become a nurse one day. I started at Regency a year out of high school. I was introduced to the practice by taking care of my sick mom, and I've been here ever since. I enjoy helping other people. My six-year anniversary at Regency was this year. When I'm not working at Regency I'm at home taking care of my niece and nephew. I spend my free time soaking up the sun in the pool or shopping. Thank you all for choosing me to be Employee of the Year.

EMPLOYEE OF THE MONTH

Bethanie Defee



Bethanie was born in Troy, AL and later lived in Luverne, AL. She has one daughter named Katie. She loves going to the beach and being around family. She has worked in the caregiving field on and off for about 25 years.

Beth has been a part of the Regency family for almost two years. Bethanie loves working with the residents and the staff here at our community! We appreciate Bethanie for all of her hard work. We are so proud of Beth! She has taken on the role of scheduler for our community. Thanks for all you do, Bethanie! You are the BEST!e Employee of the Month, Tammy!

ANSWER KEY

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