

WHAT'S COMING UP

June 5

World Environment Day

June 8

National Best Friends Day

June 14

Flag Day

June 19

Father's Day
Juneteenth

June 21

Summer Solstice

June 27

National Bingo Day

June 29

Hug Holiday



JUNE 2022 NEWSLETTER



Family and Friends of Regency,

Thank you for choosing Regency as your home. We love taking care of our residents and want them to be happy, safe, and active.

We have spent the whole month of May celebrating! Each month we have a big birthday party for all of our residents that celebrates the birthdays for that specific month. We also had a celebration of Mothers and our employees, both included families and friends. In June we look forward to celebrating fathers.

Personally, I had a daughter get married and have a grandbaby turning one in June. I am sure that you have also had lifetime celebrations in your families. Those lifetime memories are cherished and shared throughout our lives.

Cheryl Arnold, a sweet friend and volunteer, will be working on a shadow box project for our Memory Care residents. We would love for you to please send in a past photo of your loved one as well as a current photo. A good example of a past photo: One of our residents has a picture of herself as a cheerleader in high school. I love that photo and I am sure she loves it too! You can drop a photo off at the community or mail it to us at 5001 Old Montgomery Highway, Tuscaloosa, Alabama 35405.

We will be on the move this summer, taking day trips around the State of Alabama. If you would like to volunteer to go on a day trip with us or volunteer in another way, please contact us at 205-752-5500.

Moving also means getting out of bed and becoming active! We have exercise options for those that would like to participate. We also have a beautiful courtyard that includes some planting projects, if you would like to join in the fun.

I look forward to seeing each of you sometime this summer. Please reach out to me if you need me or have any questions.

Jennifer Anderson,
Executive Director



Mother's Day Tea

Mother's Day Tea was a success, the ladies really enjoyed themselves! We took turns introducing ourselves and sharing our children's names and ages.



Mother's Day Craft Corner

We made Mother's Day baskets and banners in our craft corner.



Ice Cream Social

Enjoying ice cream and soaking up some sunshine!



May Celebration

Thank you to Taylor from Forest Manor Health and Rehab for the yummy treats, donuts, and juice!



Let's Talk Diet and Exercise

Thursday, June 2nd at 2:00 pm

The key to successful weight loss is developing a healthy diet and exercise habits. You may not like those words — diet and exercise — but don't get hung up on them! Diet just means eating healthy, lower-calorie meals. Exercise means being more physically active. Join us for a diet and exercise talk with Laura Raschilla with Oasis.



Chair Fitness

Thursday, June 9th & 23rd
at 10:00 am

Let's get fit! Join us twice a month on June 9th and June 23rd for some chair fitness with Javon Howard.



Family Fun Day

Saturday, June 11th from
11:00 am to 1:00 pm

Join us in the courtyard for games, food and music at our Family Fun Day!



Father's Day Celebration

Friday, June 17th at 2:00 pm

"Take Me Out To The Ball Game" is our theme for our Father's Day Celebration! We will be celebrating the men of Regency with ballpark hot dogs, chips, popcorn, peanuts, and of course Big League Chew bubble gum.



Summer Start-Off

Tuesday, June 21st at 2:00 pm

Kicking off summer time, we will be flying kites in the courtyard!



Father's Day Luncheon

Sunday, June 19th at 11:00 am

"Dads are most ordinary men turned by love into heroes, adventures, story-tellers, and singers of songs." Join us for a Father's Day Luncheon!



The Pickens County Singing Men

Tuesday, June 14th at 6:00 pm

It has been a minute since we've heard these men sing us some beautiful songs! Join us in our Memory Care activity room to hear The Pickens County Singing Men.

Save
the
Date

June 2nd — Lat's Talk Diet & Excercise
June 9th — Chair Fitness
June 11th — Family Fun Day

June 17th — Father's Day Celebration
June 19th — Father's Day Luncheon
June 21st — Summer Start-Off

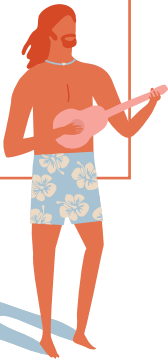


Kay Christian

Kay Christian was born on July 9th, 1948 and grew up in Vance, Alabama. She has two brothers and a sister. Kay has held several interesting jobs. She worked at historic Bryce Hospital, drove a school bus, and for over 25 years she was a US Postal Carrier. She delivered mail on a rural route in Duncanville, Alabama and was well recognized by the residents of her route. Before moving to Regency, she resided in Moundville, Alabama for ten years with her husband Stanley. She has two sons, Myles and Hunter and loves the outdoors. She has been a resident at Regency for a year and was crowned Homecoming Queen of Regency for 2022. Kay has made many new friends since joining us, and we are so happy she did!

WELCOME NEW RESIDENTS!

Mary O'Conner
Lynn Jackson
Betty Pippins
Alan Harland



Happy Birthday



Resident

Bobby Keith June 7
Kay Christian June 9
Walter Harrison June 14
Robert Jagoe June 23
Eddie Brown June 27
Charles Vadden Jr. June 30
Tera Biddle June 30

Employee

Valorie Rubio June 10
Tammy McNeil June 11
Alexandria Hopkins June 22
Amber Morrow June 27



FUN FACTS

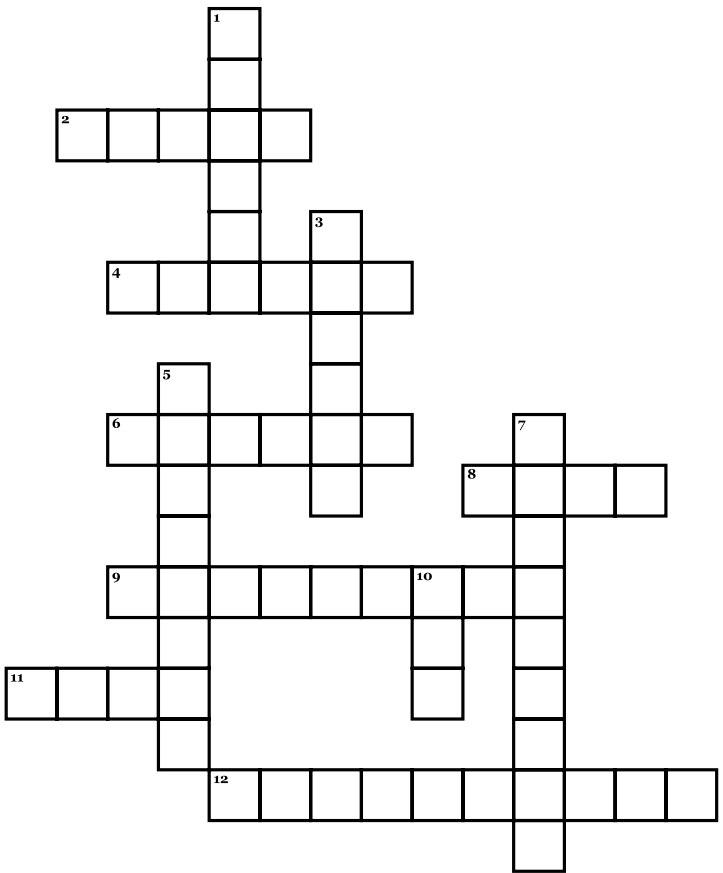
- » The name June is the modern day adaption of the Latin word Junius, which has its origins dating back to the ancient Romans.
- » There are multiple theories as to what the month of June was named after. One theory is that it was named after the Roman goddess of marriage, Juno. Another theory is that its name originates from the Latin word iuniores, which translates into "younger ones". Yet another possibility is that the month was named after Lucius Junius Brutus, the founder of the Roman Republic.
- » June was called sera monath by the Anglo-Saxons, which translated into "dry month".
- » June used to be the fourth month in the year. Before Julius Caesar came to power, the calendar year only had 10 months. In 46 BC he created the Julian calendar by adding two more months to the year, which made June the sixth month.
- » No other month in the year begins on the same day of the week as June.
- » June has both the longest and the shortest days of the year, depending on where you're standing! If you live in the northern hemisphere, then June 21st is the longest day of the year. If you live in the southern hemisphere, then the 21st is the shortest day of the year.
- » The first day of summer in the northern hemisphere is June 21st.

WORD FIND

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

ZODIAC	ASTROLOGER	CLEOPATRA	JULIUS	GODDESS
GEMINI	SOLAR	MOONSTONES	ASTUTE	LOYALTY
CANCER	HISTORY	JUNIUS	BLOOM	FLAG

CROSS-WORD



Down

1. In 46 BC Julius Caesar created the _____calendar by adding two more months to the year.
3. The first day of _____in the northern hemisphere is June 21st.
5. The period of time from the middle of May to the middle of June was considered by the ancient Romans to be an ill-omened time for _____
7. June has three birthstones -alexandrite, _____, and pearl.
10. June was called sera monath by the Anglo-Saxons, which translated into "_____"month"

Across

2. In the United Kingdom, June is National _____Month!
4. June is the modern-day adaption of what Latin word? _____
6. Those born under the star sign _____are said to be loyal friends with great emotional depth.
8. The birth flowers of June are the honeysuckle and the _____.
9. The tennis tournament _____runs through the month of June.
11. The United States celebrates _____Day, on June 14th.
12. Geminis are said to be, _____adaptable, and smart.

EMPLOYEE OF THE YEAR

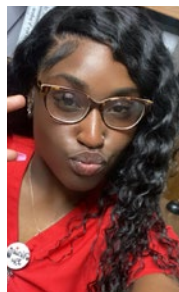
Haleigh Lundell

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

Ra'jeeyah Peters

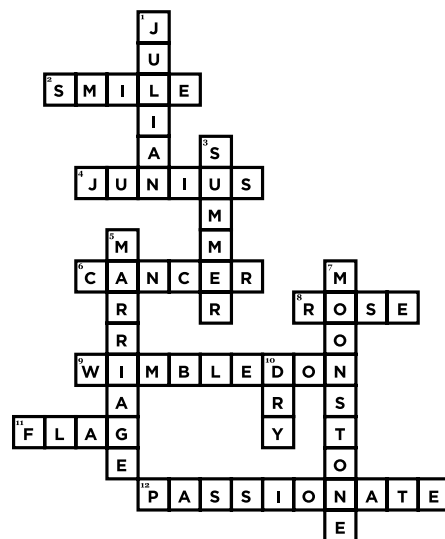
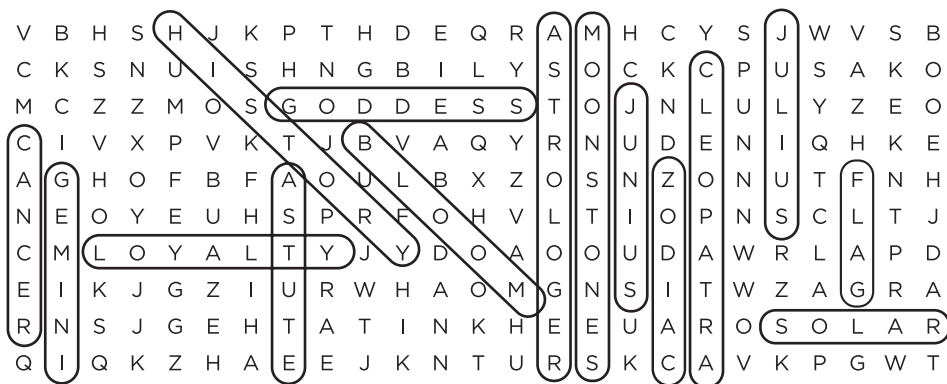


Re'jeeyah Peters, who goes by Ray-Ray, comes to us from Wisconsin. She is Jamaican and twenty-one years old. Ray-Ray came to Alabama to further her education in becoming a nurse. She enjoys spending her free time with family and friends.

Ray-Ray loves working with residents and getting to know all of them. Working at Regency helped her realize that she has a family in Tuscaloosa, and it's called Regency.

She thanks everyone that nominated her and thanks Regency Retirement Village of Tuscaloosa for this opportunity. (Thank YOU, Ray-Ray!)

ANSWER KEY



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