

WHAT'S COMING UP

July 4

Independence Day

July 7

National Father Daughter
Take a Walk Day
World Chocolate Day

July 14

National Mac and Cheese Day

July 17

National Ice Cream Day

July 20

National Hot Dog Day

July 23

National Gorgeous
Grandma Day

July 24

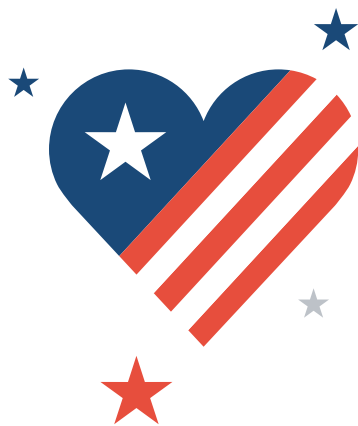
National Parents' Day

July 18

Buffalo Soldiers Day

July 30

International Day of
Friendship



JULY 2022 NEWSLETTER



Hello Regency Residents, Family, and Friends,

Wow - it has been HOT here at Regency and we are embracing the heat. We have hydration stations set up on both floors for our residents and guests. As you look through the newsletter, you will notice that there are a variety of activities, day trips, and social events happening in our community. I would like to encourage you to get involved!

Our residents love company. Stop by and bring the kids, the grandkids, the nieces, the nephews, your friends, and even your pets (as long as they have a vaccination card)! A friendly game of dominos is always a welcome favorite of most of our residents.

Mr. Huff has a green thumb and has been babying his tomato plants out back. Hopefully, he will share a fresh tomato sandwich with us! Mr. Williams brought in watermelon to share with the residents and staff, and we all enjoyed it. A volunteer, Mrs. Vivian Tant, is repainting the Veteran Wall for us this week. Mrs. Tara Lee and her sewing group made walker bags for our residents. These selfless acts are just a sampling of our big-hearted Regency family and friends. There is never a gift too small or too large for our residents. We love the gift of time and engagement. If you have time you would like to donate, please call us at 205-752-5500.

Lastly, I would like to introduce Rachel Adams, our new Director of Nursing. Rachel has been in healthcare for over 35 years and has a daughter named Trinity. Rachel is a wonderful asset to our Regency Family, we could not be more excited to have her and her expertise!

Jennifer Anderson,

Executive Director



Bingo with Ms. CeCe Washington

One of our volunteers, Ms. CeCe, leads bingo for our residents and they absolutely love her. Whenever she says “winner, winner” after someone has bingo, it always brings smiles to their faces!



Family Day Bingo

Thank you to our vendors that donated prizes, including Monica McCracken from Amedisys, Chris Powell from Cornerstone, Rob Steinbrook from ProHealth, Laura Raschilla from Oasis Hospice, Kelly Bonner from West Alabama Hospice, and Taylor Marine from Forest Manor. Family is so important to us, and we’re so thankful to those of you who were able to join us.





Drummer Therapy

This exercise class is a big hit with our Memory Care residents! We have named the band “The Regency Rhythm.” They also performed at our Family Fun Day. The residents and families enjoyed the show. The Regency Rhythm was featured on WVUA and will be performing live at the Caring Days Walk on August 27 at University Mall.



Chair Fitness with Javon Howard

Our residents love to stay active and Javon was a great instructor! We moved and grooved in our seats to the beats. Arm raises, leg kicks, shoulder rollers and many more exercises. After the class she passed out gifts to all the residents. Thank you, Javon!





Summer Gala “Pop Up Shop”

July 9th from 11:00 am to 2:00 pm

Come shop till you drop! We will have different vendors selling all types of goodies. There will be Papparazzi Jewelry, Mary Kay, candles, Avon, clothes, treats, T-Shirts, a food table and much more!



University Mall Outing

July 11th from 11:00 am to 2:00 pm

This outing will let the residents shop, have fun, and eat lunch away at the University Mall. Families are welcome to meet us at the front entrance of the mall and spend some time with their loved one. Residents will have two hours to shop, then we will meet in the food court for lunch. We will leave the mall around 1:30 pm and back to the community.



Coffee and Donut Chat

July 5th at 2:30 pm and July 12th at 2:00 pm

The purpose of this activity is to catch up with the residents and provide them a space and time to share anything going on they want to share. These chats help bonds grow stronger.



Picnic at Lake Lurleen with Memory Care

July 18th at 10:00 am

We will enjoy a little fun in the sun and sand between our toes with a picnic by the water. Don't worry, there will be a certified lifeguard with us. Families are encouraged to meet us at the lake and have some fun!



Movie Matinee

Every Friday at 1:30 pm in the Activity Room

Shows for this month are as follows:

- » July 1st - Yes Day
- » July 8th - Steel Magnolias
- » July 15th - The Bucket List
- » July 22nd - Grand Daddy Day Care
- » July 29th - Honey Girl

Come enjoy movie time with a nice bag of popcorn!



Heat Stroke and Dehydration Talk

July 21st at 2:00 pm

Jenny from Enhabit Health will discuss the signs and symptoms of heat stroke and the importance of staying hydrated. Did you know there are three stages of heat stroke? Come join us for this discussion and get some good information!



Splish Splash Fun in the Sun

July 28th at 1:30 pm in the Courtyard

It's summertime and what better way to enjoy this warm weather than some poolside fun? We're going to sit around the pool and enjoy some nice cold popsicles.

Marilyn Dyne

Marilyn Dyne was born Marilyn Royer on 10/15/1949. She was the youngest child of Lois Royer and Robert Royer. Marilyn was married at 19 and had three children. She worked at the Welch's grape juice factory in Northwestern PA. She supplemented her income by trimming grape vines for piece-rate early on. She also went to cosmetology school for yet another way to add extra cash to the coffers.

By the end of the 1970s, she and her husband Gene Penberthy got a divorce. She moved herself and the three boys to town. She needed a more stable source of income and decided to go to LPN school. She studied hard and graduated top of her class. She worked as an LPN through most of the 80s and all of the 90s. The boys moved off, the eldest to Florida, the middle to Alabama, and the youngest to Tennessee. The middle child got married and had a child of his own.

Marilyn moved to Alabama so she could be part of her granddaughter's rearing (not to mention she was also tired of the horrible weather in Northwestern PA). She worked as a home health LPN when she first arrived in 1997. By the early 2000s, she wanted to go back to school and get her RN. She went to Shelton State and graduated with top honors. Her eldest and youngest children both moved to Alabama by then, as did her mother and father. She had her whole brood plus grandchildren together again.

Marilyn was an avid gardener and enjoyed sewing. She was also a prolific quilter and sold some on occasion. She loved to raise chickens and always had a dozen or so in the backyard. She's a lover of dogs and trained them in her off time. She loves to paint and draw as well. She wrote poetry, and even had a few poems published! The poem on the right was published in the local paper during the Gulf War.



Happy Birthday

Resident

William "Billy" Wilson July 7
 Donna Roberts July 12
 Julia Dyer July 22
 Donald Jacobs July 24
 James Hilbish July 29
 Lovin Payne July 29

Employee

Darlene Cottrell July 4
 Ireka Williams July 5
 James Hudson July 12
 Caitlyn Jackson July 14
 Zaniya Walters July 20
 Haley A. Hottinger July 27
 Dana Ofeldt July 28

CADENCE OF WAR

"A glorious day! My son is born,
 I wonder what he will be.
 He's soft and warm and smells so sweet
 And he is a part of me.

"The days pass by so quickly,
 First tooth, first words, first step.
 The terrible twos are truly here,
 By my side he's safely kept.

"Then, outside the school bus honks.
 He walks alone this day.
 I know he must go by himself,
 'He is growing up,' I say.

"The teenage years come swiftly.
 I can't believe my eyes!
 He's grown into a fine young man,
 But then, I am not surprised.

"Graduation comes and goes,
 He joins the Army Corps.
 I know he will be leaving soon,
 But that is what I raised him for.

"As he walks into the life he chose,
 He smiles and shows no fears.
 I watch his plane and wave good bye,
 Holding back my tears.

"Then that call, he says, 'I must go'
 Says 'It's what they trained me for.'
 The mother's heart inside my breast
 Cries 'Don't send my boy to war!'

"As I think of all he's been to me,
 How he has filled my life with pride,
 I know he could not have become this man
 Without God by his side.

"And I know he didn't walk alone
 That first day of school back then.
 I am sure that he'll return to me,
 God will walk him home again."

WELCOME OUR
 NEW RESIDENT!



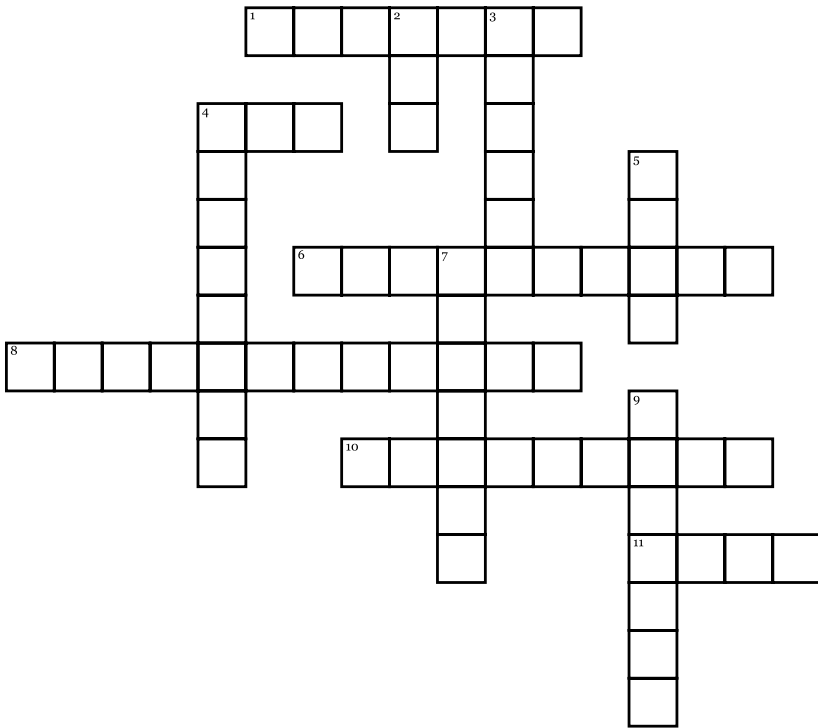
Joan Corbett

WORD FIND

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

- | | | | | |
|------------|-----------|------------|-------|----------|
| ALAMOGORDO | RUBY | QUINTILIS | JULY | NORTHERN |
| APOLLO | ARMSTRONG | HEMISPHERE | LEO | EMPIRE |
| LARKSPUR | CANCER | MONARCHY | ROMAN | REPUBLIC |

CROSS-WORD



Down

2. July 3rd is Stay out of the _____ Day.
3. The first crewed mission to the moon, the _____ 11 Mission, launched on July 16, 1969.
4. July has two birth flowers - the water lily and the _____.
5. The water lily is a symbol of a _____ heart.
7. That's one small step for man, one giant leap for _____!
9. On July 25, 1909, Louis _____ became the first man to fly an aircraft from one country to another successfully.

Across

1. July 12, 1943, _____ and German forces fought the largest tank battle in history.
4. There are two-star signs which fall in the month of July. One sign is Cancer and the other is _____.
6. On July 16, 1945, the first atomic bomb was detonated in _____, New Mexico.
8. The 4th of July, formally known as _____ Day.
10. Julius Caesar was born in the month of _____ which is a Latin word for July.
11. The birthstone of July is the _____.

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

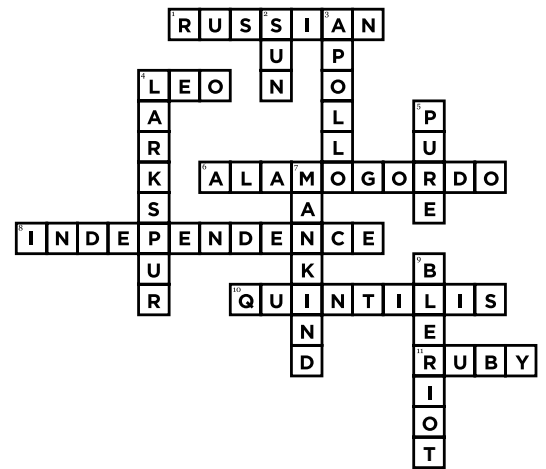
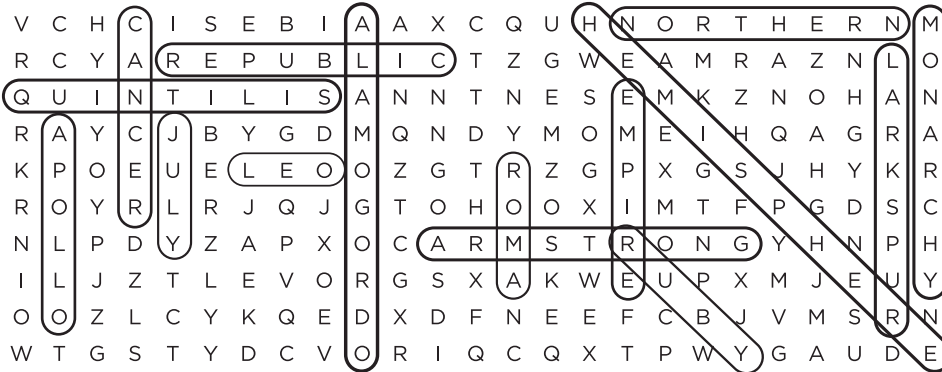
Javon Howard



Javon Howard, known as Jay, is 38 years old and Ohio-born. However, she says 'Bama raised her since the age of 5. Jay enjoys all things music and dance, she's a licensed fitness instructor teaching Xtreme hip hop, step aerobics, and Zumba fitness for over 8 years. Jay also has her own photography

business. Traveling is her favorite thing to do year-round. Jay graduated from Post University with a degree in Business Administration, and enjoys serving and making people smile. As far as plans, the sky is the limit when it comes to Jay! Thank you for all you do, Jay!

ANSWER KEY



CONNECT WITH US

Facebook.com/RegencyTuscaloosa

RegencyTuscaloosa.com

