

WHAT'S COMING UP

August 2

National Ice Cream
Sandwich Day

August 6

National Root Beer
Float Day

August 7

National Purple
Heart Day

August 9

National Women's Day

August 14

Navajo Code Talkers Day

August 15

National Relaxation Day

August 16

National Tell a Joke Day

August 17

National Nonprofit Day

August 19

World Humanitarian Day

August 21

National Senior Citizens Day

August 26

Women's Equality Day



AUGUST 2022 NEWSLETTER



Hello residents, friends, and family,

July was a hot one, but our residents managed to have plenty of fun in the sun while staying cool. Starting the month off with Independence Day made July feel like a month-long party! Thank you to everyone who attended last month's events—socialization does wonders for our residents.

"So do not fear, for I am with you; do not be dismayed, for I am your God." - Isaiah 41:10

Sometimes it can feel like there's something new to be concerned about each day. However, remember this verse. The scripture reminds us to lift our worries to God. Because of Him, we never need to feel as if the world's on our shoulders. On the contrary, it's in His hands.

Instead of worrying, there is so much for us to be celebrating! In August, we have a calendar packed with exciting activities for residents and their families. Guests are always invited and encouraged to attend events with their loved one(s). It means the world to them.

Thank you all again for entrusting your family to our community, we will continue to spend each month striving to provide them the best care possible.

Sincerely,

Your Regency Tuscaloosa Team



Celebrating Independence — July

For the 4th of July, we made patriotic headbands in our craft corner. The residents really enjoyed making these and sharing the time of celebration together.



Pizza Pan Flags — July

Another way we celebrated was by making flag door hangers. We used Dollar Tree pizza pans, stars and stripe-themed scrapbook paper, twine, ribbons, beads, mod podge, and a whole lot of love.



Pet Therapy — July

Mr. Rob from Pro Health & Hospice and Bonnie sure know how to put a smile on our faces! We just love when they stop by for pet therapy. Pet therapy can help people relax, reduce loneliness, lower anxiety, increase mental stimulation, and most of all, bring joy and laughter.



Butterfly Wreaths — July

In the crafts corner, we made butterfly wreath door hangers as well. We used Dollar Tree pizza pans, burlap to cover the pan, assorted butterfly decals, hot glue or craft glue, and a ribbon of choice. We laughed, told stories, and had so much fun making these door hangers.



Lunch at Cici's Pizza

August 1st at 11:00 am

Did someone say pizza?! Our residents will enjoy lunch at CiCi's Pizza as well as a nice country ride. Meet us at CiCi's Pizza in Northport for some good food!



When You Are Sent to a Hospital

August 4th at 2:00 pm

What happens when you go to the hospital? That's a good question! Join us Thursday, August 4th at 2 pm in the Assisted Living Activity Room. Laura with Oasis will discuss what happens when you get to the E.R. if you are admitted, need rehabilitation, and so much more!



Luau Party

August 5th from 11:00 am to 1:00 pm

Aloha! Join us Friday, August 5th, from 11:00 am to 1:00 pm for great entertainment, food, games, and laughter! Dress in your best Luau attire, and let's have some fun!



Lunch at the Blue Plate

August 8th at 11:00 am

We will be going on an outing to Blue Plate Diner. Blue Plate restaurants offer outrageously good home-cooked meals at a very affordable price!



Walmart Shopping

Every Monday at 2:00 pm

We will be doing some shopping at Walmart on Monday, August 1st, 15th, 22nd, and 29th at 2:00 pm.



Bible Study

Every Tuesday and Wednesday at 10:00 am

Join us every Tuesday morning with Mr. Harry Garrett from Christian Community Church and every Wednesday with Mrs. DeAnna Smith from New Life Assembly of God.



Caring Days Walk

August 27th at 9:30 am

Our band, the Regency Rhythm Band, will be performing at the Caring Days Walk. We encourage you to come and support our residents as we help Caring Days celebrate twenty-five years of service!

Save
the
Date

- Aug. 1st — Lunch at Cici’s Pizza
- Aug. 5th — Luau Party
- Aug. 3rd — Lunch at The Blue Plate

- Every Monday— Walmart Shopping
- Every Tues-Wed — Bible Study
- Aug. 27th — Caring Days Walk



Sylvia Hanna

Sylvia was born and raised in South Carolina. She graduated college with a Bachelor's degree and then went to the Army for four years. While in the Army, Sylvia was stationed in Germany. Sylvia graduated MUSC with Medical Admission after working for the V.A. in South Carolina. Then she moved to Tuscaloosa and worked for the Tuscaloosa V.A. for over twenty-five years.

Sylvia has two sons. One is in the military and is stationed in Seattle, Washington. The other son lives in Pennsylvania. She has one sister living in G.A. and one brother living in S.C. Sylvia loves to paint, crochet, and travel to the beach or mountains. She also loves dogs! Thank you so much for joining our community, Sylvia. We are so happy to have you!



Resident

Sarah Crawford	Aug. 2nd
Gayle Burton	Aug. 11th
Charlotte Address	Aug. 15th
Juanita Ellington	Aug. 15th
Merida James	Aug. 16th
Robert Huff	Aug. 21st
Iva Harbin	Aug. 22nd
Austin Roger	Aug. 22nd
Nina Perry	Aug. 22nd

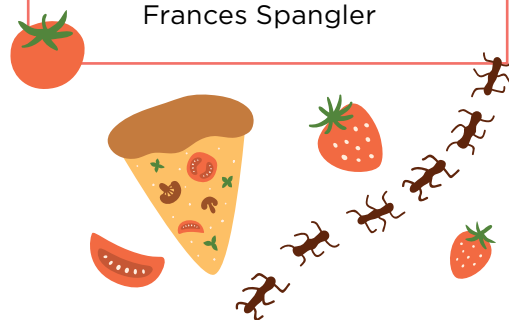
Employee

Shannon Mitchell	Aug. 6th
Latoria Forte	Aug. 8th
Vicky Malone	Aug. 14th
Shacreea Gibson	Aug. 15th



WELCOME NEW RESIDENTS! 🏠

Fox Harmon — Respite
Robert Spray
Mary O'Conner — Respite
Frances Spangler



FUN FACTS

- » August was once the sixth month of the year. In the original ten-month Roman calendar, the month went by the name of Sextilis, meaning "the sixth month" in Latin. It wasn't until around 700BC that August was pushed back in the order of months when January and February were added to the beginning of the year by King Numa Pompilius.
- » August has also changed its number of days multiple times. In the ten-month Roman calendar, the months all had either 30 or 31 days, totaling 304 days in the year. Not only did Pompilius add January and February to the calendar, but he also reduced the number of days in August down to 29. It wasn't until Julius Caesar introduced the Julian calendar that it was left with 31 days, and it's stayed the same ever since!
- » Another year, another change! After so many changes, you'd think the month would have had enough, but no – in 8 BC, the month was named "August" in honor of the Roman emperor Augustus.
- » August is also a little bit unique, most of the time at least. In a standard year, there is no other month that begins on the same day of the week as August. In a leap year, however, August begins on the same day of the week as February.



WORD FIND

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

SEXTILIS

LEGEND

POMPEII

LAVA

GLADIOLUS

ROMAN

ROCK

VESUVIUS

PERIDOT

PEACH

SUMMER

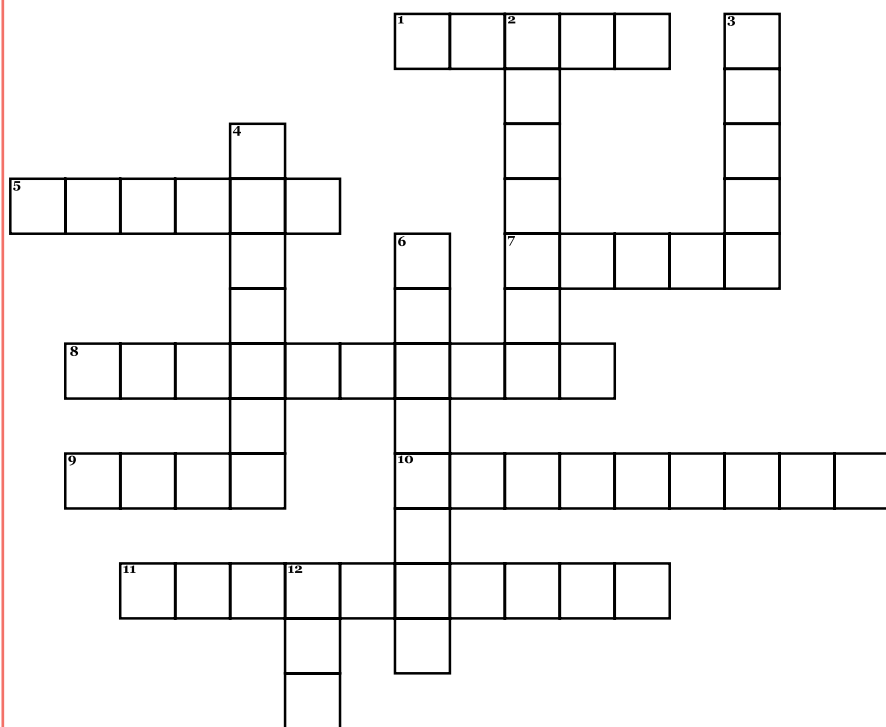
PANINI

PUMICE

TONGA

MOSQUITO

CROSS-WORD



Down

2. Mount Vesuvius erupted near the city of _____.
3. Plants that grow the fastest in the month of August?
4. August birthstone?
6. August 20th is _____ Day.
12. If you were born before August 22nd, you're considered to be a _____.

Across

1. August has two birth flowers — the Gladiolus and the deep crimson _____.
5. August is a common name for boys in _____.
7. Rock music legend that died on August 16, 1977?
8. Leos are said to be very proud people who display great _____.
9. In August the US celebrates National _____ Cheese Month.
10. August 5th is National _____ Day.
11. Virgos are _____, hardworking, kind, and loyal people.

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.

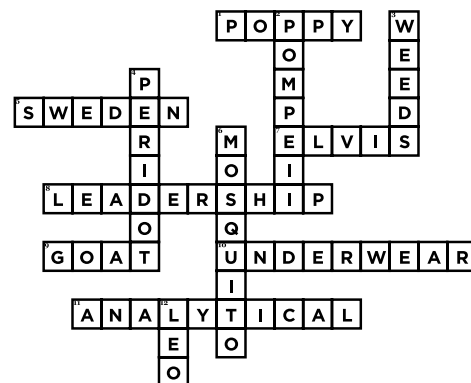
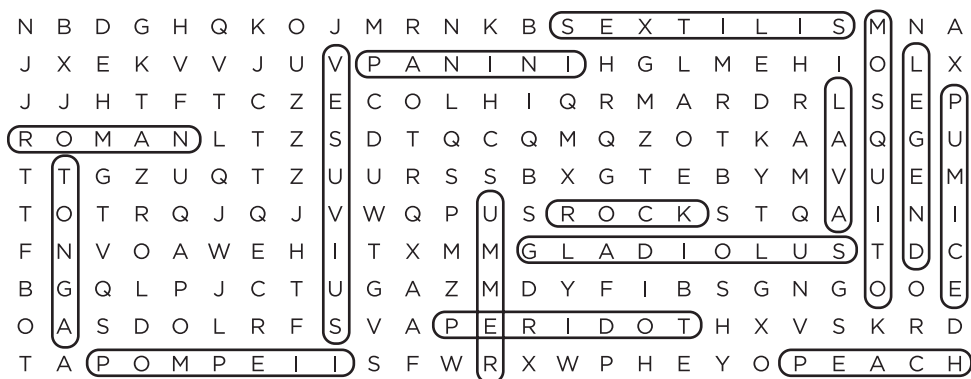
EMPLOYEE OF THE MONTH

Patti Herring



Patti was born and raised in Huntington Beach, California. She is married to her husband, Harry Herring. She has three children, two boys and one girl. Patti has three grandchildren, two boys and one girl as well. She has been a nurse for over twenty years and in healthcare for thirty-nine years. Patti has been a nurse with Regency for two years now! Along with working at Regency, she helps her husband run his machine shop business as his Office Manager. They have three fur babies, Layla, a six-year-old Yorkie, and two kittens, Mia and Pia. Patti and her husband love to take their travel trailer and go to the beach or around to new places. They also love to go out on their boat fishing as well as spend time at a cabin on the river. Her favorite foods are Mexican and seafood, especially lobster! Patti shared that her favorite part of her job here is talking with residents and hearing all about their past. She would like to thank each person that nominated her for Employee of the Month!

ANSWER KEY



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