

WHAT'S COMING UP

March 1st

World Compliment Day

March 3rd

World Day of Prayer

March 7th

Purim

March 11th

Johnny Appleseed Day

March 12th

Daylight Saving Starts

March 17th

St. Patrick's Day

March 25th

International Waffle Day



MARCH 2023 NEWSLETTER



Regency Residents, Family and Friends:

March is a month of new growth. We at Regency strive to see our residents grow and become active. We want to encourage everyone to become engaged and try new activities as they present themselves. We also want our residents to push themselves to become more mobile and healthier through exercise and nutrition. We have various exercise classes for our residents. We also have home health agencies that will be glad to work with you or your loved one with a doctor's order. We offer snacks in the morning and in the afternoon. Please encourage your loved one to take advantage of the options that we offer at Regency.

You will notice in our newsletter that there are a variety of activities throughout the month at Regency. If there is something that you would like to see offered, please let us know. For our new residents and families, if you are not receiving the text messages from me, please let me know. We want to keep our lines of communication open at all times.

We have directors that are over a specific area within their expertise. You can call the main number at 205-752-5500 and request the following individuals if you have questions in their area:

- » Friends Make the Best Neighbors Referrals - Rob Steinbrook, Outreach Liason or Beakie Powell, Community Consultant.
- » Spiritual Guidance - Brian Moon, Chaplain.
- » Activities and Outings - Brittani Henderson, Activity Manager.
- » Meals and Snacks - Veronica Sanders, Dietary Manager.
- » Any Clinical or Medical Questions - Vicky Malone, Unit Coordinator Assisted Living and Rachel Adams, Director of Nursing
- » Financial Questions - Donna Majkowski, Business Office Manager

Jennifer Anderson,
Executive Director



Matter of Balance Class — February

What is Matter of Balance? It's a program designed to reduce the fear of falling and increase activity levels among older adults. We would like to thank Area Agency on Aging and Lauren Ballard, Misty Richardson and Jailyn Thomas for teaching our residents with some great information on exercise.



Culverhouse School of Accountancy — February

Our good friends started back helping us with our cell phones, house phones, iPads, computers, and crafts! Each week they will be doing different activities with us. Come on in and join the fun!



Valentine Baskets from the University Place Elementary School — February

Love has no limits! These sweet students delivered goodie baskets to all of our Memory Care residents. The smiles on both the residents' and students' faces are amazing. Thank you to Mrs. Sara Livingston for organizing these special deliveries. Thank you to the wonderful students, staff and families that help make these baskets so special!



Book Mobile — February

The Tuscaloosa Public Library brought the book mobile to us. The book mobile will visit us once a month between 12:30 and 2:00 p.m. If you would like to check out a book you must have a library card. Please see Brittani.



Lost Treasures of 1800s Alabama with Jim Phillips

March 4th at 1:30 p.m.

Join us for a presentation from Alabama historian/videographer/explorer Jim Phillips. His presentation "Lost Treasures of Early Alabama" will feature many pre-Civil War treasures that have been discovered in the Tuscaloosa County area, including two of them found within 20 miles of the Regency. Don't miss this incredible opportunity to get hands on with history!



Employee of the Year Celebration

March 8th at 11:00 a.m.

The company's success is a direct result of your efforts. We hope you know how valuable and important you are to this organization's mission! Please join us for our Employee Appreciation Celebration, on March 8th from 11:00 a.m. to 1:00 p.m. We will have food, music by DJ Tank and an awards ceremony!



Introducing the IN2L to the families!

March 15th at 6:00 p.m.

What is IN2L? IN2L is technology designed to enrich the lives of our residents in senior living communities! This technology is a touch screen with different activities, games, therapy, reminiscing, music, virtual travel and much more. Please join us March 15th at 6:00 p.m. on the Memory Care floor!



What's Cooking? Irish Style

March 17th at 11:00 a.m.

“Laughter is brightest where food is best!”

Join on March 17th from 11:00 a.m. – 1:00 p.m. for some good Irish-style cooking.



Sip & Paint

March 23rd at 2:00 p.m.

Wine flies when you're having fun and painting is passion on canvas! Join us March 23rd at 2:00 p.m. for Sip and Paint. Hosted by Jenny Laubscher and Jonacha Ward from Enhabit Home Health and Hospice. Join us for some fun!



St. Patrick's Day Social

March 17th at 2:00 p.m.

“St. Patrick's Day is a day to celebrate our green heritage. The ancestry of Ireland. It is a day to celebrate what it means to be Irish and of Irish descent.”

– Anthony T. Hicks

Please join us for games, trivia, riddles and, of course, snacks. But don't get caught without wearing GREEN, you just might get pinched!



Leprechaun On The Loose

A little luck o' the Irish and some perseverance are needed to round up these leprechauns. Collect the most, and perhaps a pot of gold is in your future... or at least bragging rights! Once you've found the Leprechaun take him to the concierge and receive a chocolate gold coin! Good luck.

Save
the
Date

Mar. 4th — Lost Treasures

Mar. 15th — Introducing the IN2L

Mar. 17th — Irish Style Cooking

Mar. 20th — First Day of Spring

Mar. 23rd — Sip & Paint



Reverend Lucinda R. Byrd

Reverend Lucinda R. Byrd was born March 22nd, 1938 in Greensboro, AL to Gates and Mahalia Rainer. Lucinda accepted Christ at an early age and united with Cassimore A.M.E. Zion Church in Greensboro. She graduated from Druid High School in 1957. While attending high school, Lucinda met the love of her life, the late Mr. Eddie Byrd, Sr. The two became acquainted and knew it was 'love at first sight' on a blind date to the Sweetheart Ball. They married on June 7th, 1958 and God blessed them with 6 children, four girls and two boys: Eddie Jr. and Erik. Lucinda has a lot of love to share with her 22 grandchildren, 37 great-grandchildren, and 6 great-great-grandchildren. She is known in the community for spreading God's word and showing love to mankind. Lucinda enjoys spending time with her family, planting flowers, and gardening. Lucinda was the first Black employee hired by F.W. Woolworth Parkview Center in the early 1960s. She is a retired minister with a ministry spanning 45 years. She is a member and associate pastor at Tabernacle A.M.E. Zion Church. She also retired from the Alabama Department of Transportation.

To know Lucinda Byrd is to love her.

WELCOME NEW
RESIDENTS! 

Ray Keeton



Happy Birthday



Employee

Alexis Gallery Mar. 1st

Victoria Knox Mar. 1st

Jerry Layton

Mar. 1st

Charlene Porter-May

Mar. 13th

FUN FACTS

- » In old Roman calendars, one year used to be ten months long, starting in March and ending in December.
- » In the Roman calendar, the "Ides of March" was 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 symbolize courage.
- » There are two zodiac signs in March. Pisces, which is until March 20, and Aries, which is from 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 finish on the same day of the week.
- » March is the time of year when animals start waking up from hibernation.
- » The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.
- » The Vernal Equinox occurs around March 20th or 21st. This is when the sun is directly above the equator, making the day and night equal in length.

WORD FIND

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

MARS
EQUATOR
PHONE

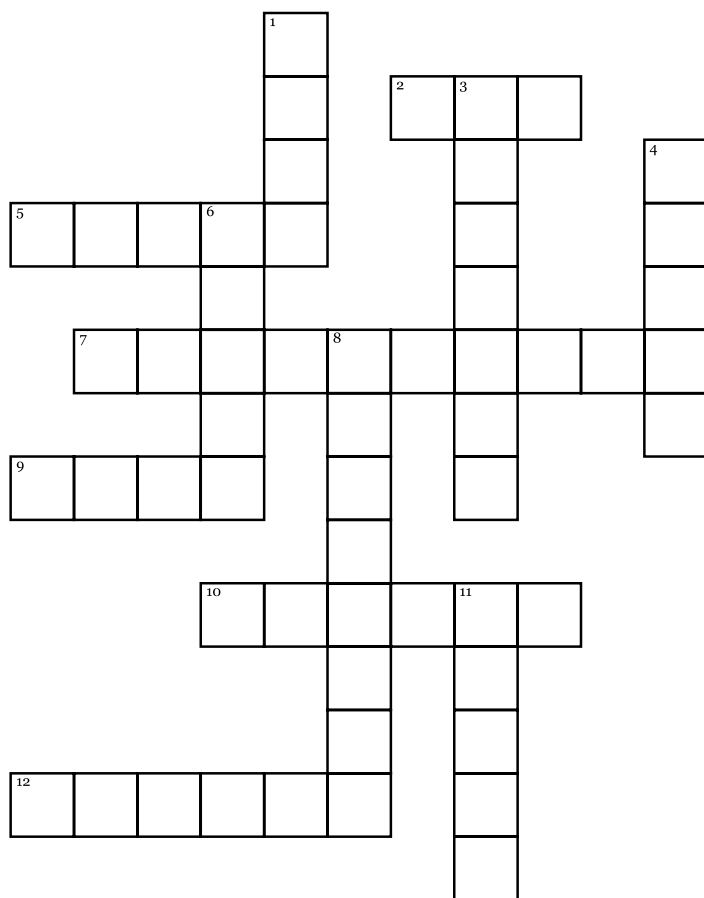
ARIES
PISCES
ROMAN

MADNESS
STORMY
SAXONS

EQUINOX
EIFFEL
PEACE

BELL
CAESAR
TOWER

CROSS-WORD



Down

1. The name for March comes from _____
3. The Vernal Equinox is when the sun is directly above the _____
4. There are two zodiac signs in March. Pisces, and _____
6. Alexander Graham Bell made the first-ever _____ call on March 10th
8. If you were born in March, your birth flower is a _____
11. Julius Caesar was assassinated on the 15th of _____

Across

2. In old Roman calendars, one year used to be _____ months long
5. John F. Kennedy founded the Peace _____ on March 1, 1961
7. March birthstones are aquamarine and _____
9. Every year, March, and _____ finish on the same day of the week
10. The Anglo-Saxons called March "_____ month"
12. The _____ Tower was ascended for the first time on March 31, 1889.

EMPLOYEE OF THE YEAR

Lavonne Cameron



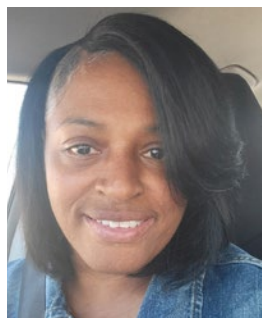
Lavonne is our Activity Assistant in Memory Care. She is always providing love and comfort to Regency residents. She has worked in the building for 26 years.

Some of our residents affectionately call her their "leader" as she directs their activities in Memory Care. Lavonne has been married to her wonderful husband Carlos Cameron for 36 years and is also a mother and stepmother.

Our Regency family is so honored to have her as one of our own, and we are truly grateful for her passion and service to our residents. Lavonne would like to thank everyone for choosing her for as the Employee of the Year!

EMPLOYEE OF THE MONTH

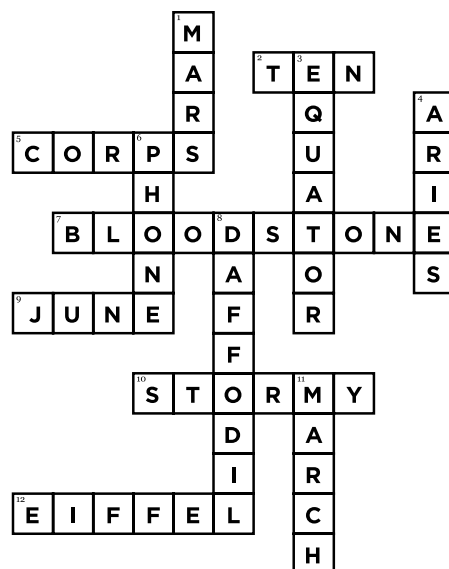
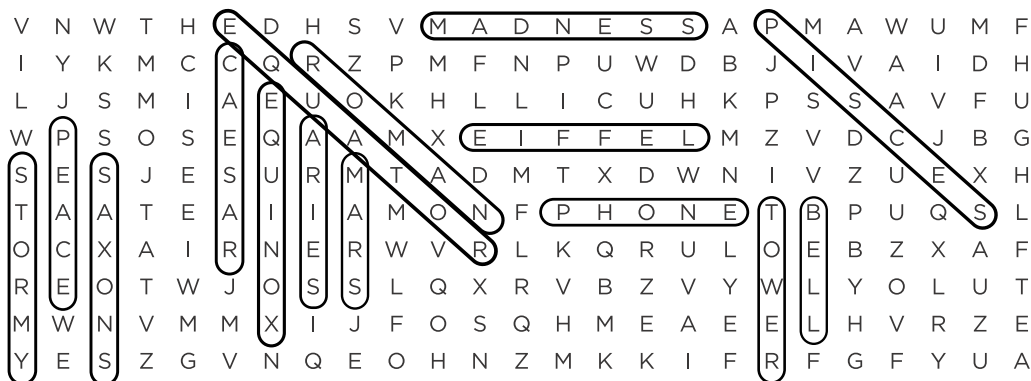
Wanda Daniels



Wanda Leverette Daniels was born in Alabama and later moved to Detroit, Michigan. She is the 10th of 14 children; her two boys Andrew Jr. and Austin are her world. She has been in the medical field for 30 years. In her spare time she loves to bake and watch any

good series on TV and loves to crochet. She spends her weekends off with family and catching up on sleep. Wanda has been with employed at Regency Retirement Village since June 2022 and loves the staff and residents. Thank you all for choosing me as Employee of the Month

ANSWER KEY



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