

WHAT'S COMING UP

April 1st

National Handmade Day

April 2nd

Palm Sunday

April 5th

Passover

April 6th

Maundy Thursday

April 7th

Good Friday

April 9th

Easter Sunday

April 13th

National Scrabble Day

April 26th

Pretzel Day

April 30th

International Jazz Day



APRIL 2023 NEWSLETTER



Regency Residents, Family, and Friends:

You will probably notice an increase in educational events that we are offering not only to our residents, family, and friends but also to the public. Regency staff are experts in their fields, and they are a resource that you should take advantage of.

Do you have a loved one or know someone that may have been diagnosed with Dementia? Do you struggle with short-term memory, but have a sharp long-term memory? As we age we all tend to have some memory challenges. We all also struggle with patience when dealing with others.

We are hosting an event on April 4th at 6:00 p.m. with author Vicky Fitch. Ms. Fitch is the author of *Dementia with Grace*, a book that talks about a behavioral management system that has been used successfully by families and communities to help calm the behaviors that are often associated with Dementia.

One of our upcoming events will be on nutrition and how the color of dinnerware and food can alter our appetite. The residents love the homemade foods that Veronica and the Dietary Department put on their plates. You are welcome to join us for a meal at Regency — just call 205-752-5500 to let us know you are coming.

Remember: Breakfast is a full breakfast with eggs (cooked your way), grits, bacon or sausage, biscuits, gravy, oatmeal, toast, etc. Lunch is on the heavy side with meat and two to three veggies along with bread and a dessert. Dinner is the lighter meal.

I look forward to having lunch with you in the near future or seeing you at one of the educational events.

Happy Easter! Rejoice and Be Glad.

Jennifer Anderson,
Executive Director



Exercise Class with Jenny Laubscher from Enhabit Home

Residents love to exercise with Jenny from Enhabit! Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.



Cooking Class: Peanut Butter and Banana Sandwich

Elvis Presley's famous peanut butter and banana sandwiches were a BIG hit. The residents enjoyed their PB&B sandwiches while listening to Elvis Presley's music!



Piano Recital

Ms. Jennifer Pearson provided a beautiful piano recital for residents. She has been playing piano since she was five years old. She currently works as a nurse in the Neonatal Intensive Care Unit at Northport Medical Center.



Employee of the Year Celebration

Lavonne Cameron, we greatly appreciate your hard work and dedication to our residents. Thank you for the 26 years of diligent, dependable, energetic love you have provided for residents!



FYZICAL[®]

Therapy & Balance Centers

FYZICAL

April 4th at 2:00 p.m.

FYZICAL Tuscaloosa is a medical and scientific-based physical therapy and fitness organization with a broad range of expertise. They provide prescribed physical therapy and medically-based physical fitness. Please join Mr. William Tindell for some exercises and tips on balance and walking, on April 4th at 2:00 p.m.



Easter Egg Hunt

April 6th at 2:00 p.m.

Join us in the courtyard for an Easter Egg Hunt, find the golden egg, and get a surprise!



Music with Jacob Phillips

April 8th at 10:00 a.m.

Jacob Phillips is a graduate student at the University of Alabama and has been playing music for many years. The fun of music is sharing it with people, so he'll be playing some songs on the piano and ukulele. Join us Saturday, April 8th, at 10:00 a.m. in the activity room.



What's Cooking? Easter Brunch

April 9th at 10:00 a.m.

Join us Sunday, April 9th from 10:00 a.m. to 1:00 p.m. for a perfect Easter Brunch with your loved one. Have a Happy Easter!



BINGO Night with Sigma Alpha Lambda

April 12th at 6:15 p.m.

Sigma Alpha Lambda (SAL) is a service-based honor society. We look forward to them coming and hosting a BINGO night for our residents!



West Alabama 2023 Senior Citizens Appreciation Day

May 11th at 9:00 a.m.

We will be taking our residents to a Shelton State Community College Senior Citizens Appreciation event. We will also have a table at this event — exhibiting for Regency!



Bible Study & Church Worship

Every Wednesday at 10:00 a.m. and Sunday at 9:30 a.m.

John and Peggy perform church music with a soulful blues feel as well as a musical comedy. This beautiful couple hosts church worships every Sunday morning at 9:30 a.m. and Mr. John teaches bible study every Wednesday morning at 10:00 a.m. Please join us and worship the Lord!



New Balcony



All residents are welcome to sit back, rock in the rockers and enjoy a nice breeze on our new balcony!



Nina Perry

Nina Perry was born August 22, 1932 in Scottsboro, Alabama to Carl and Mary Mae Law. She has one brother, Albert, and one sister, Beryl. Nina is the youngest of her siblings.

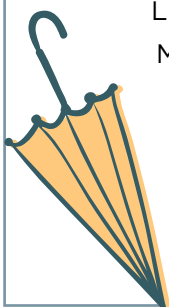
She moved to Huntsville when she was very young and attended school in Hazel Green where she graduated with high academic honors. Nina then went to UNA and later finished her degree at Alabama A&M in accounting.

She worked for 29 years with the federal government. At NASA she was the head of the travel office, having direct contact with the likes of Dr. Werner Von Braun and even Walt Disney. She was married to Leonard Ray Perry, and has a daughter named Linda Kay Perry and one son named Kirk Perry.

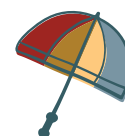
Nina enjoys good food, mystery novels, and traveling with the First Baptist Church in Huntsville and other groups. Thank you for being a part of our community, Nina!

WELCOME NEW RESIDENTS! 🏠

Rose Bain
Libby Austin
Mabel Tilley



Happy Birthday



Resident

Joyce Morrow	April 4th	Albert Weatherspoon	April 17th
Sara Hester	April 6th	James Bonner	April 22nd
Prentess Miller	April 6th	Marjorie Buzzard	April 26th
Janice Thomas Hamilton	April 7th	Betty Pippins	April 29th
Lorna Smith	April 15th		

Employee

Wanda Daniels	April 11th	Donna Majkowski	April 18th
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FUN FACTS

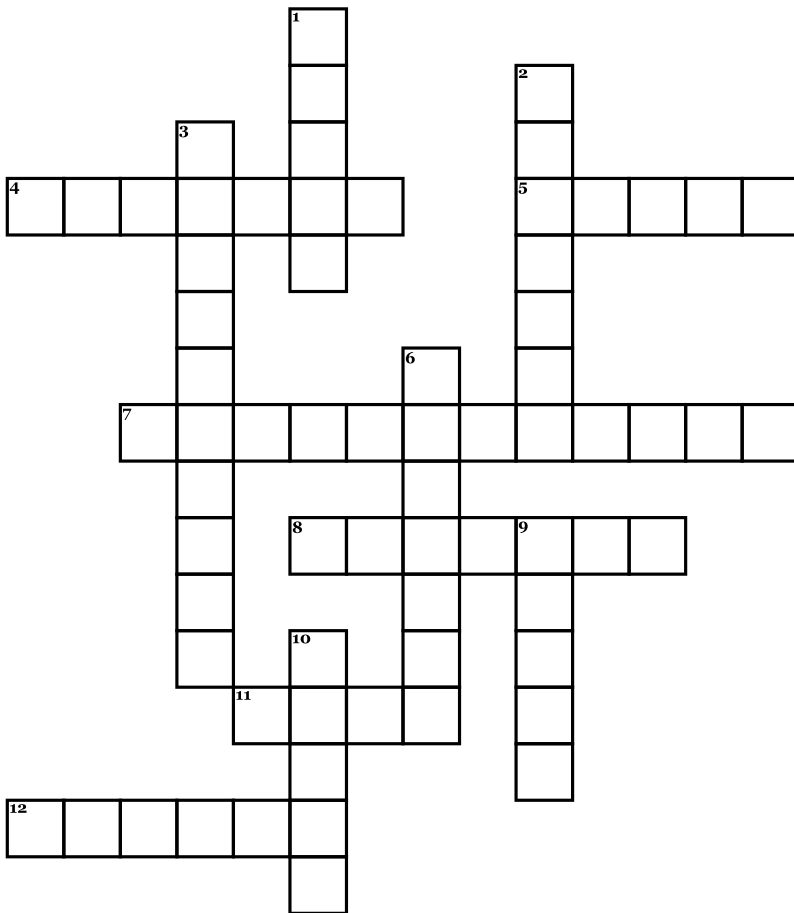
- » NASA announced America's first astronauts on April 9, 1959.
- » The birthstone for April is the diamond.
- » The zodiac signs are Aries (March 21 – April 19) and Taurus (April 20 – May 20).
- » The birth flowers for April are the sweet pea and the daisy.
- » Noah Webster copyrighted the first Webster Dictionary on April 14, 1828.
- » The Titanic sank on April 15, 1912.
- » The Revolutionary War in America began on April 19, 1775.
- » The United States Library of Congress was established on April 24, 1800.
- » Our first President, George Washington, was inaugurated on April 30, 1789.
- » Steve Jobs and Steve Wozniak formed Apple Computer Company on April 1, 1976.

WORD FIND

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

APRIL	MUSTANG	DAISY	PRESIDENT	APPLE
ELVIS	TITANIC	DIAMOND	BARBARA	BROADWAY
SHAKESPEARE	WEBSTER	ASTRONAUT	SPRING	CONGRESS

CROSS-WORD



Down

- Don't step on his blue suede shoes
- Number 10 on Mohs Hardness Scale
- Commander of the Continental Army in the Revolutionary War
- A popular name in dictionaries
- These showers bring May flowers
- One of two birth flowers for April

Across

- The unsinkable that sank
- Company founded by two Steves
- The declaration of this lives at the Library of Congress
- Iconic Ford car released in April 1964
- This musical opened on Broadway in April 1968
- It's a car and zodiac sign

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

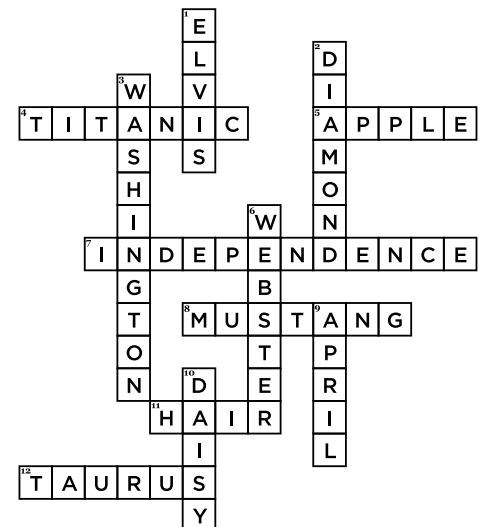
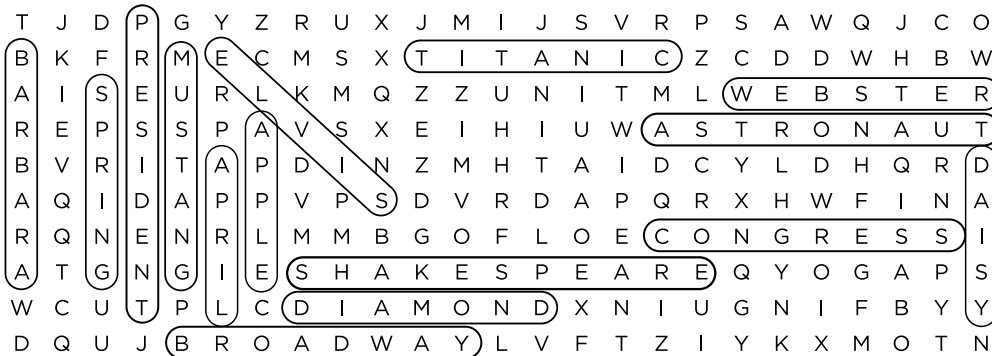
Oscar Johnson



Oscar rarely meets strangers, loves to joke, and has a lot of fun with his friends and family. He's an extremely hard worker that takes pride in his work. He's also a very helpful person and coworker. His favorite team is the Auburn Tigers and he loves

bike riding. Oscar would like to thank each and every person who voted for him for Employee of the Month. WAR EAGLE!

ANSWER KEY



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