

WHAT'S COMING UP

May 1st

May Day

May 4th

National Day of Prayer

May 5th

Cinco de Mayo

May 14th

Mother's Day

May 24th

National Brother's Day

May 28th

National Hamburger Day

May 29th

Memorial Day

May 31st

National Senior Health and
Fitness Day

MAY 2023 NEWSLETTER



Regency Residents, Family, and Friends,

Throughout the month of May, we all enjoy the rebirth of our Earth. We are enjoying our outdoor spaces and encourage you and your family to take advantage of the wonderful weather outside. There is nothing quite like Vitamin D and some fresh air to help you feel springy!

A couple of reminders to the families of our residents:

- » As you bring in items for your loved ones, please make sure that you take some items out of their rooms, specifically worn and discolored items. Many of our residents have overcrowded closets and drawers. We want to keep the resident's life as simple as possible!
- » Also, if you are bringing in any new items to a loved one please make sure that you are labeling their items either with fabric tape and a marker or a Sharpie.
- » For all of the Memory Care families, if you find any item in your resident's room that does not belong to your loved one, please give that item to the nurse. The nurse will get it to the correct person. By State Law, we cannot lock the rooms and therefore another resident may be visiting with a neighbor and accidentally pick up something that is not theirs.

Congratulations to our Regency staff! Our community, Regency Tuscaloosa, was chosen as a community of the month. We are so proud of our employees. When you see our employees in the hallways, dining room, or activity room — please take a moment to introduce yourself and congratulate them.

I hope to see everyone at our Memorial Day and Community of the Month Celebration on May 24th!

Jennifer Anderson,
Executive Director



Girl Scout Troop 100

We had the pleasure of seeing some cute little faces! Girl Scout Troop 100 gifted all our residents with some cookies. Thank you, Lindsay and James Schaeztle, for allowing these little troopers to stop by and put smiles on our residents' faces!



FYZICAL Therapy and Balance

We wanted to thank Will and Rachel Tidell from FYZICAL Therapy and Balance Class for their training on fall prevention. These lessons included getting out of bed more easily and different ways of getting in and out of a chair.



Easter Sip & Paint

This year we did an Easter Sip and Paint. Thank you, Jonacha Ward and Jenny Laubscher with Enhabit Home Health and Hospice, for hosting our sip and paint! As you can see we had a blast!



Ebony and Gents SCC

We would like to thank Ebony and Gents for choosing our community and hosting a big Bingo event with our residents.





Cinco De Mayo

May 5th at 2:00 pm

Join us for some nonalcoholic margaritas and nachos as we celebrate Cinco de Mayo!



Celebrating Nurses Week

May 6th-12th

We want to honor nurses and the positive impact they have shown our residents, staff, and visitors. We would like to thank each and every one of you for your amazing dedication!



Nurses and Caregivers Meeting

May 9th at 2:00 pm

Regency nurses and caregivers have an in-service day and offer training on the second Tuesday of every month at 2:00 pm. Check the calendar for more details!



Mother's Day Tea

May 12th at 2:00 pm

Our Mother's Day honors motherhood, maternal bonds, and the influence of mothers in society. We cannot wait to celebrate all our inspiring women during this special occasion.



Spring Market

May 19th at 12:00 pm

We will have different vendors setting up items for residents to purchase. Examples of vendors include On Fire Catering, MedSrubs, Mary Kay, and Paparazzi Jewelry. Come out and shop! If you have any questions please see Brittani.



West Alabama Senior Citizen Appreciation

May 11th at 8:30 am

We will be traveling to Shelton State Community College for music, games exhibits, and prizes. We will leave around 8:30 am and come back around 2:00 pm.



Community of the Month Celebration

May 24th at 11:00 am

Regency Retirement Village of Tuscaloosa has been chosen as the Regency Community of the Month. We will celebrate with a BBQ, toe-tapping music, and an ice cream truck. Come join in on some fun!

Save
the
Date

May 12th — Mother's Day Tea
May 14th — Mother's Day
May 24th — Memorial Day Celebration



Margaret New

Margaret New is a joy to have in our family here at Regency! Mrs. New and her husband Bill raised three children and many grandchildren. She loves singing hymns, crafts, bingo, and having fun. She always has a smile on her face and we are grateful to have her as part of the Regency family.



Employee

Oscar Johnson	May 2nd
Kaitlyn Rentas	May 3rd
Christina Richardson	May 5th
James Schaetzle	May 5th
Christopher McClain	May 8th
Shawanda Hood	May 9th
Haleigh Lundell	May 16th
Shanon Withrow	May 18th
Valarie Deloach'King	May 19th
Tracy Collins	May 27th
June Barnett	May 28th

FUN FACTS

- » The name May is the modern-day English adaptation of the Latin word Maius, which has origins going back to the time of the ancient Greeks.
- » A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word Maiores, the Latin for “elders,” that the month gained its name.
- » The word May wasn’t actually used until the middle ages were on their way out, around the 15th Century AD. Up until then, the Roman word Maius was still used.
- » May used to have a very different name in Old English. Back then, the month was referred to as the “month of three milkings.” Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!
- » May was once considered an incredibly ill-omened time to get married. There’s an adage for it actually, which goes: “Marry in May and you’ll rue the day.” It’s not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!
- » May isn’t just a bad time to get married, though. There’s the Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn’t wash any blankets either!
- » May is the month that the Eurovision song contest is held every year. For those not in the know, Eurovision is an international song contest that has been held every year since 1956. Some of the contest winners over the years have gone on to be incredibly successful groups, with the most notable being ABBA!
- » May is a special time for Star Wars fans worldwide and always a good reason to re-watch the movies. May the 4th is celebrated as Star Wars day, due to the way the date sounds similar to “May the Force.” We won’t start the debate over whether the old movies are better than the new ones, because we all know the answer to that!
- » Every year there is a particular meteor shower in May called the Eta Aquariids meteor shower. Discovered in 1870, this meteor shower passes by Earth between April 19 and May 28. It’s easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn.
- » It is said that those born in May have a greater chance of being more successful in life and experience more love. While this may not be scientifically factual, it has been noticed that people born in May understand the importance of love and success more than others.
- » The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it’s still an awe-inspiring feature of the New York cityscape!

WORD FIND

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

MAY

AQUARIIDS

GREEK

GARLANDS

UNLUCKY

MAIA

EMERALD

EMPIRE

TAURUS

EUROVISION

LEVI

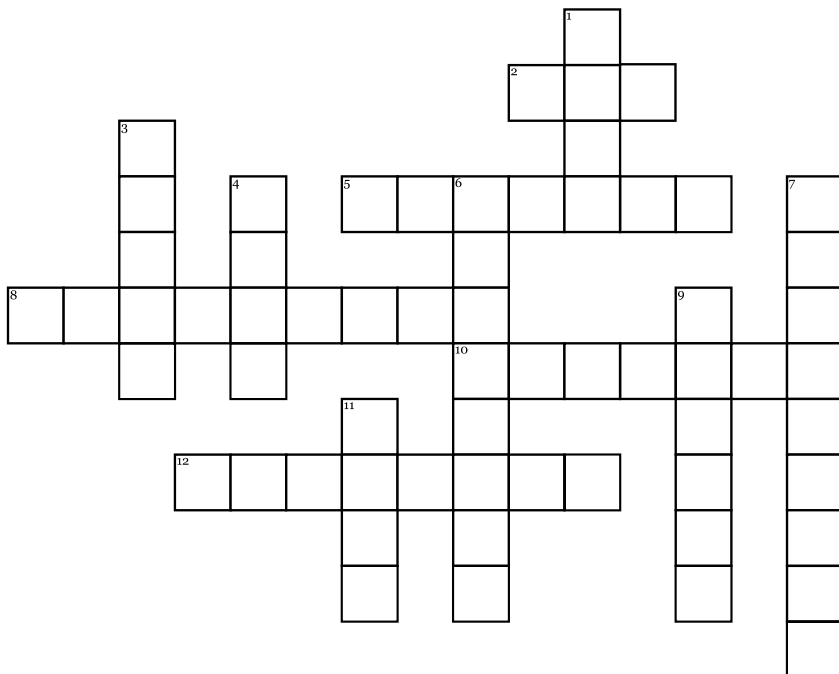
FERTILITY

ZODIAC

FLOWERS

QUEEN

CROSS-WORD



Down

1. ____ Roman goddess of growth
3. Latin word for May ____
4. May the 4th is celebrated as Star ____ Day
6. Actor born in May, Clint ____
7. Emeralds are symbols of ____ and rebirth
9. May Zodiac signs, Taurus and ____
11. ____ celebrates Golden Spike Day on May 10th

Across

2. ____ was once considered an incredibly ill-omened time to get married
5. The birthstone for May is the ____
8. Meteor shower in May. The Eta ____
10. The Empire State Building was the ____ building in the world in 1931
12. May birth flowers, the Lily-of-the-Valley and the ____

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!

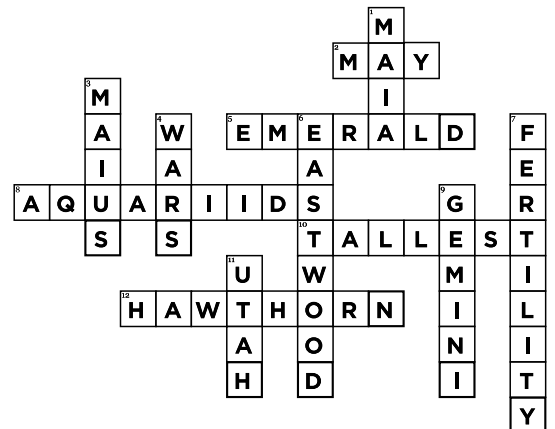
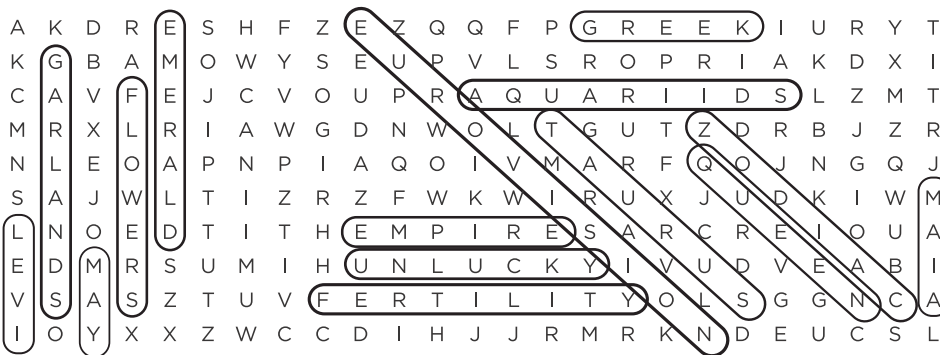
EMPLOYEE OF THE MONTH

Jerry D. Layton

Jerry D. Layton has been married to his childhood sweetheart for fifty years. They have two sons and three grandchildren. His hobbies include crocheting and word searches. He also enjoys spending time with coworkers, residents, and other staff members at Regency. Jerry shared, “I would like to thank everyone who chose me for employee of the month. May God Bless each and every one of you.”




ANSWER KEY



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