

## WHAT'S COMING UP

**June 5**

World Environment Day

**June 8**

National Best Friends Day

**June 14**

Flag Day

**June 18**

Father's Day

**June 19**

Juneteenth

**June 21**

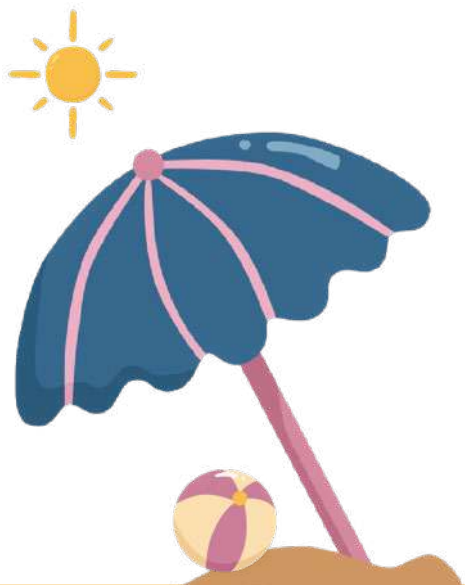
Summer Solstice

**June 27**

National Bingo Day

**June 29**

Hug Holiday



## JUNE 2023 NEWSLETTER



### ***Hello Residents,***

How are we already six months into 2023? Wow! Time has passed by quickly. If I have not met you yet, please make an appointment or drop by. We are planning a Family Night Bingo for June 29th at 6:00 pm. June 27th is National Bingo Day, so we thought we would celebrate it during the week!

Come join us on June 29th at 6:00 pm. If you like chocolate, cookies, and fruit such as watermelon, then you will be in the right place. There will be punch and water to keep you hydrated. Be sure to bring a friend with you to the Bingo celebration, each of your names will go into the drawing for a dinner for two at The Chophouse Downtown (\$100 Value)!

Bingo prizes for the night will consist of home appliances, beach towels, board games, candy, gift cards from various restaurants and retail locations around town, and other miscellaneous prizes.

Also, do not forget to contact Jenny Laubescher with any friends' names, phone numbers, and emails for Friends Make the Best Neighbors. Wouldn't it be awesome if you could get a free month of rent or \$2,500 cash? Jenny is our Outreach Liaison and her number is 205-752-5500 in case you have questions about the community.

Another reminder: you may want to take the time to join our Facebook Page — Regency Retirement Community of Tuscaloosa. We share a lot of great information through social media!

Lastly, if you have not purchased items like toiletries, a new toothbrush, toothpaste, a new hairbrush, etc. over the past year, you may want to drop off the necessities or ship those items to your loved one at 5001 Old Montgomery Highway, Tuscaloosa, Alabama 35405.

Have a spectacular June!

***Jennifer Anderson,***  
*Executive Director*



## Cinco de Mayo Social

We enjoyed nachos, chips, salsa, and Shirley Temples with trivia and dance music!



## Bean Bag Toss

There's nothing like a good game of bean bag toss. We enjoyed some beautiful sunshine and got some exercise too!



## Mother-Daughter Tea

We celebrated womanhood this year for Mother's Day. You don't have to give birth to be a mother, you might have been a source of support for a niece, nephew, next-door neighbor, coworker, etc. We want to honor all of our amazing women here at Regency Retirement Village of Tuscaloosa!



## Joshua's Joy Ministry

It's always a blessing to give back to someone, especially someone who is in a nursing home, hospital, or just a dear friend. We love it when Joshua's Joy Ministry comes and assists us in making cards for the sick. Join us every second and fourth Wednesday to give back!





## **Alzheimer's and Dementia Support Group**

June 1st at 2:00 pm

This is the time to ask questions and get the support you might be looking for. We hope you will consider joining us for an amazing support group! If you have any questions, please contact Brittani at 205-826-4261.



## **Cooking Class**

June 14th at 3:00 pm

Please join us for Strawberry Shortcake Day. We will be making our very own delicious strawberry shortcake, so you don't want to miss this cooking class!



## **Watermelon Social**

June 13th

Did you know watermelon helps you stay hydrated? Join us for some good, sweet and juicy watermelon and trivia in the courtyard!



## Father's Day Social

June 16th at 2:00 pm

Let's go fishing! Grab your fishing rods, worms, and net, and meet us by the lake!

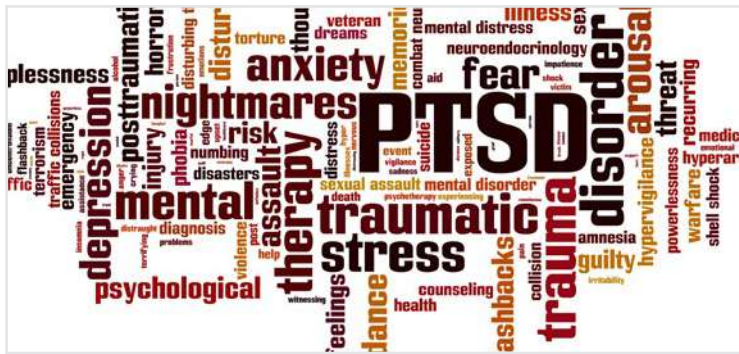


## What's Cooking Wednesday?

### Sock Hop

June 21st at 11:00 am

Dress in your best 1950s sock hop attire and join us for some good old-fashioned milkshakes, hamburgers, hot dogs, and fries.



## PTSD Talk

June 27th at 2:00 pm

PTSD is an anxiety disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death. PTSD may result in sleep problems, irritability, anger, recurrent dreams about the trauma, intense reactions to reminders of the trauma, disturbances in relationships, and isolation. However, PTSD can be treated. Join us for this conversation with Mr. Terry Sims as our guest speaker.



## Family Bingo Night

June 29th at 6:00 pm

Please join us for a Family Bingo Night! There will be snacks and punch! You could be entered to win a dinner for two at the Chophouse downtown, as well as so many other giveaways!



## James David Bonner

James David Bonner was the seventh child born to Oneal and Lucille Bonner. David graduated from Tuscaloosa County High in May 1964. David entered the Air Force right after high school. He served for twenty years and worked with the U-2 spy plane. David loves Diet Coke and breakfast from Jack’s. David says his mother Lucille didn’t discipline him very much which is something he’s quite proud of! He is a very tender-hearted person and a good brother. He has a daughter, Jennifer, a son, Josh, and two granddaughters, Whimsey and Cactus. Thank you for being a part of our community, David!

**WELCOME NEW RESIDENTS!** 

Jeff Keeton  
Willie Ellington  
Emma Baxter

# Happy Birthday



### Resident

Mary Williams	June 4th
Kay Christian	June 9th
Walter Harrison	June 14th
Robert Jagoe	June 23rd
Tera Biddles	June 30th
Charles Vaden Jr.	June 30th

### Employee

Ashley Lee	June 3rd
Valarie Rubio	June 10th
Amber Morrow	June 27th

## FUN FACTS

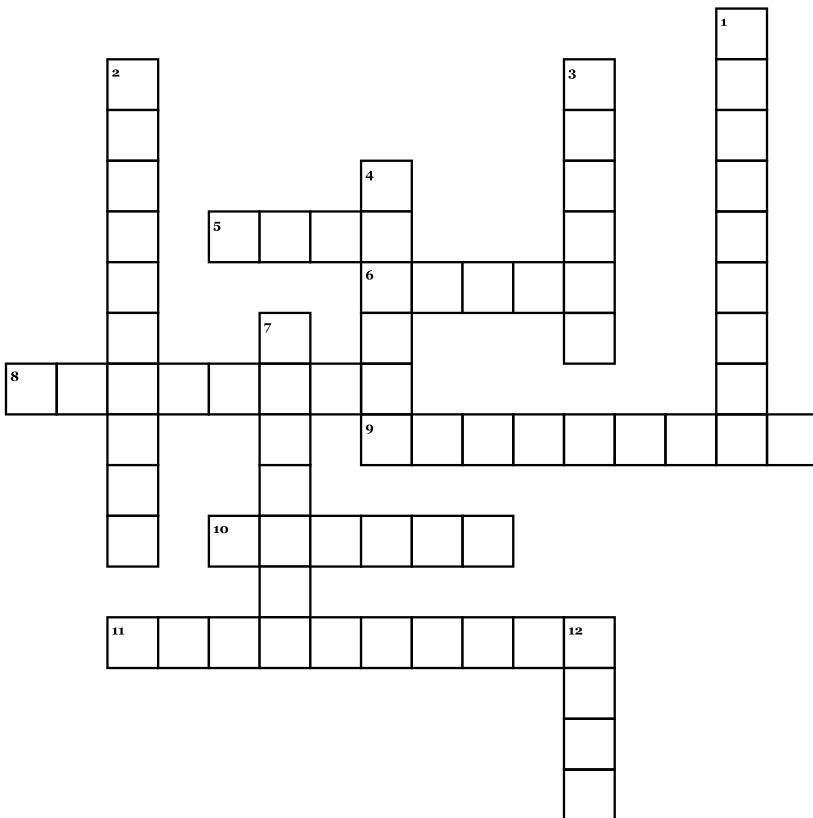
- » In 2009, June was the 662nd most popular name for girls in the USA.
- » In both common and leap years, no other month begins on the same day of the week as June.
- » June is accordion awareness month, as well as candy, dairy, and papaya month.
- » June 19th is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating slaves in the state.
- » June 20th is the summer solstice, which heralds the start of summer in the Northern Hemisphere. It’s the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.
- » National Yo-Yo Day is June 6th.
- » June’s full Moon, the full Strawberry Moon, occurs on Saturday, June 3rd. In the evening — just after sunset — look towards the southeast to watch the full Moon rise gently above the horizon. There, it will appear large and golden-hued. June’s full Moon will reach peak illumination at 11:43 p.m. Eastern Time.
- » June is often considered a “summer month,” whereas September is not — even though September has twice as many summer days as June.
- » On June 4, 1919, the US Congress approved the 19th Amendment to the United States Constitution, which guaranteed voting for women, and sent it to the individual states for ratification.
- » The Young Men’s Christian Association (YMCA) was founded in London on June 6, 1844.

WORD FIND

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- |          |            |            |              |           |
|----------|------------|------------|--------------|-----------|
| SUMMER   | STRAWBERRY | DAIRY      | ACCORDION    | ANIMATED  |
| SOLSTICE | NIAGARA    | JUNETEENTH | EMANCIPATION | PEARL     |
| MONORAIL | PAPAYA     | CARTOON    | GEMINI       | MOONSTONE |

CROSSWORD



Down

1. AKA a squeezebox
2. Location of the first daily operating monorail system in the Western Hemisphere
3. The first day of \_\_\_\_\_ happens on June 21st
4. One might get this type of wire tattooed around their bicep
7. \_\_\_\_\_ Falls State Park is the oldest state park in the U.S.
12. The toy known for bobbing up and down on a string

Across

5. It's fun to stay at the \_\_\_\_\_
6. Get your kicks on \_\_\_\_\_ 66
8. This happens on June 20th
9. Type of dog in the first animated cartoon
10. Home of America's first drive-in
11. June's full Moon identifier

**EMPLOYEE OF THE MONTH**

**Alma Jones**



Alma Jones is one of our nurses here at Regency Tuscaloosa. She is from Lisman, Alabama, is married to LeMicki Jones, and has two children, Amare' and MeLani. She's been a nurse for ten years and told us she really enjoys it thanks to

her coworkers and the residents. Outside of work, she enjoys spending time with family and friends. Alma shared with us, "A smile is contagious so pass one along!" Thank you for giving us all a reason to smile, Alma!

**Meet Jenny Laubscher**  
**OUTREACH LIAISON**



Jenny started her nursing career in 2007 at DCH. She worked over eleven years as a pediatric nurse before transitioning into case management. Jenny began her outreach career working for Enhabit Home Health, where she discovered her

love for senior living communities. "After so many years loving every minute as a pediatric nurse, I never dreamed I would fall in love with caring for seniors the way I did! I'm so proud to be joining the team of wonderful people at Regency! I can't wait to get out in Tuscaloosa and the surrounding areas to let everyone know what a wonderful community we have here!" Jenny resides in Northport with her husband, Buddy, and their puppy, Roscoe. She also enjoys spending time with her daughter, Carly, and many friends. We would like to welcome Jenny Owens Laubscher to our Regency Retirement Village of Tuscaloosa family as the new Outreach Liaison.

**ANSWER KEY**

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