

WHAT'S COMING UP

August 2

National Ice Cream
Sandwich Day

August 3

National Watermelon Day

August 6

National Root Beer Float
Day

August 7

Purple Heart Day

August 9

National Book Lovers Day

August 14

Navajo Code Talkers Day

August 15

National Relaxation Day

August 16

National Tell a Joke Day

August 19

World Humanitarian Day

August 24

National Peach Pie Day

August 26

Women's Equality Day

August 31

Eat Outside Day



AUGUST 2023 NEWSLETTER



Hello Residents and Families!

We all thought that July was a little hot, now welcome to August! There are so many ways to celebrate life and the summer season while staying healthy at the same time. Make sure you stay hydrated while spending time outside during these hot, August days. We have hydration stations on each floor so that residents may get something to drink whenever they would like. Residents can also store drinks in their refrigerators to ensure there is always a refreshing beverage available. We hope you stay cool this month!

It has been an exciting and busy summer for Regency Tuscaloosa. Our community has welcomed many new residents (with more joining soon), and we are so glad they chose us to be their neighbors. We have enjoyed a family Bingo night, a luau, popsicle and ice cream socials, and more this summer already. Stay tuned for more entertainment, including our Regency Rhythm Band that will be performing at the Caring Days Walk to Remember event this month.

Our staff and residents are over the moon that our Crimson Tide will be playing soon. We have tailgates, picnics, and other fun fall events planned. Keep an eye on our calendar for dates and times. Also, if you are not getting my texts, please call 205-752-5500 to let Ms. June know so that she can add you to my list. We love to communicate with our families and residents and want to keep you in the loop!

Jennifer Anderson,
Executive Director

Friends Make the Best Neighbors

Would you like a free* month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion! Invite your friends to move into our community and receive a free month or a check for \$2,500 for each referral who becomes a resident.

*Referring residents will be paid out 90 days from the move-in date.



Peach Park — July

We enjoyed an outing to The Peach Park in Clanton, Alabama. We ate delicious BBQ and shopped for fruits and vegetables. Sign up for our next outing in August!



FUN-tastic Friday — July

We have theme days on the first Friday of each month for residents and staff to dress up. For the month of July, our theme was 1970s Day, and we dressed to impress! Join us on our next FUN-tastic Friday.



Birthday Celebration — July

We host a birthday party each month to celebrate everyone born in that month. I encourage you to come to our next birthday celebration to eat and mingle with everyone! I would like to thank Julia from ProHealth Home Health and Hospice for sponsoring our birthday cupcakes.



Memory Cafe — July

Our lovely Memory Care residents went to a Memory Cafe workshop where they painted a flower pot and received flowers that they got to bring home! Thank you to Area Agency on Aging for giving us an opportunity to join in on some fun!



All About Regency

August 5th, 10:00 am

Jenny and Brittani will be hosting a presentation at Cornerstone Full Gospel Church on August 5th at 10:00 am where they will discuss how to become a member of our community, details on what is included in our community, fun filled activities, and so much more!



What's Cooking Wednesday: Luau Style

August 9th, 11:30 am - 1:00 pm

Ready to hula? This month's "What's Cooking Wednesday" will be Hawaiian cuisine! Dress in your best luau attire and let's have some fun. Aloha!



Pet Therapy

August 15th, 2:00 pm

Metro Animal Shelter is a non-profit organization that opened its doors in July 1994. Their mission is to provide resources, programs, and information needed to build a more humane community that values animals and promotes compassion and kindness towards animals. Join us Tuesday, August 15th at 2:00 pm for pet therapy to meet some of these wonderful animals.



ROMEO

August 21st, 11:30 am

We're calling all men to join our ROMEO group. What is ROMEO? It stands for "Retired Old Men Eating Out", and this group will be held once a month for men only! The men will pick a restaurant to eat at, where we will reminisce about things from the past and think about the future. Participants will need to pay for their own meal. T-shirts will be made for every man that participates in this group. You must wear this T-shirt during ROMEO outings. If you have any questions, please see Brittani.



Caring Days Walk

August 26th, 9:30 am

Our wonderful band, the Regency Rhythm Band, will be performing for a second time at the Caring Days Walk. We encourage you and your family to come and support our residents as we help Caring Days celebrate twenty-six years of service! If you have any questions, please see Brittani.



Fall Connection Day at Shelton State Community College

August 29th & 30th

This year we have the pleasure of going to Shelton State Community College for Connection Day. Jenny, our Outreach Liaison, will be recruiting volunteers at the college and educating everyone on "Friends Make The Best Neighbors" at Regency Retirement Village.



Football Kick-Off Pep Rally

August 31st, 1:30 pm

Please join us on August 31st at 1:30 pm for our second annual Football Kick-Off Pep Rally! We will have games, prizes, snacks, and special guests! Dress in your favorite college football team's colors and start off this season with FUN!

**Save
the
Date**

August 5th — All About Regency

August 9th — What's Cooking Wednesday

August 15th — Pet Therapy

August 21st — ROMEO

August 26th — Caring Days Walk

August 31st — Football Kick-Off

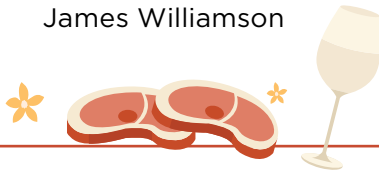


Mary Miller

Mrs. Mary Pauline Miller was born on February 14, 1940, in Bibb County. She married Robert Gene Miller in 1959. She is the proud mother of four boys: Ricky Eugene Miller, Robert Dewayne Miller, David Meigs Miller, and Bryan Henth Miller. She attended Mt. Carmel Baptist Church in West Blocton and remained a member for many years. Mrs. Mary loves to sew, cook, and take care of her family. She often participates in daily fun activities, but her favorite is word search puzzles. She does her best at maintaining happy friendships and making peace with everyone she meets. We are happy to have you with us, Mrs. Mary!

WELCOME NEW RESIDENTS! 🏠

Jessie Burnett
James Bigham
John Brown
Jackie Lord
James Williamson



Happy Birthday



Resident

Judy Pugh	August 8
Gayle Burton	August 11
Robert Huff	August 12
Juanita Ellington	August 15
Charlotte Andress	August 15
Nina Perry	August 22
Iva Harbin	August 22

Employee

Shannon Mitchell	August 6
Sarah Cole	August 14
Vicky Malone	August 14
Lakesha Neal	August 24
Frances Coleman	August 28
Rachel Holmes	August 30

FUN FACTS

- » In the Roman calendar, August was known as “Sextilis”, the Latin word for 6. It wasn’t until 700 BC when January and February were added to the calendar, that August was bumped down to become the 8th month of the year.
- » Come on, August! Make a choice! The number of days in August has changed many times. First it was 30 days. Then, 31. When January and February came onto the scene, August got reduced to 29 days. Then, Julius Caesar changed it back to 31. Thankfully it has remained that way ever since.
- » While “Sextilis” does have a somewhat naughty ring to it, it was in 8 BC when it was dropped and Augustus became the official name. The month was named in honor of Augustus Caesar, the Roman emperor and adopted son of Julius Caesar. Eventually, Augustus was shortened to simply, August.
- » Here is one of the more interesting August facts – in a regular year, no other month starts on the same day of the week as August. In a leap year, that other quirky month, February, will start on the same day of the week as August. It’s interesting the way the days fall within a month, isn’t it?
- » No, we’re not in a Madonna music video! The two zodiac signs that represent the month of August are Leo and Virgo. Leos, represented by the lion, are people born from August 1st to August 22nd. Virgos, represented by the virgin, are people born from August 22nd to August 31st.
- » A birthstone of the highest beauty, period. Errr, we mean peridot. Peridot is a stunning green gem that is forged in lava. While it may not be the most well known of the birthstones, its stunning range of color from electric grass to subtle olive, will make anyone green with envy.

WORD FIND

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

VESUVIUS
AMERICA
PERIDOT

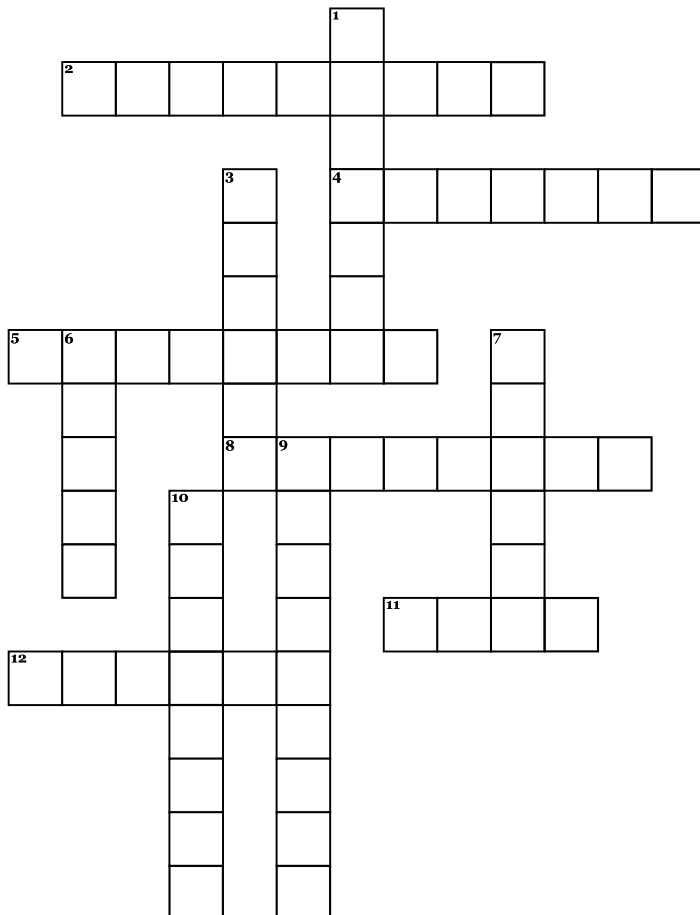
PARIS
AUGUST
ZODIAC

MONATH
LEO
FLOWER

BAMBOO
POPPY
ROMA

PEPPER
VIRGO
WEED

CROSSWORD



Down

1. Destroyed Italian city
3. _____ Caesar Roman Emperor
6. King of Rock and Roll
7. The Original Blonde Bombshell
9. First Man on the Moon
10. Discoverer of the Americas

Across

2. August Flower
4. August birthstone
5. Old Latin Name for August
8. Bread with Meat Inside
11. "I Have a Dream" Orator
12. Popular Boy's Name



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Join Our Facebook Group

Did you know Facebook has almost 3 billion users? Don't get lost in the crowd — join our Friends & Family group by scanning the QR Code below!



EMPLOYEE OF THE MONTH

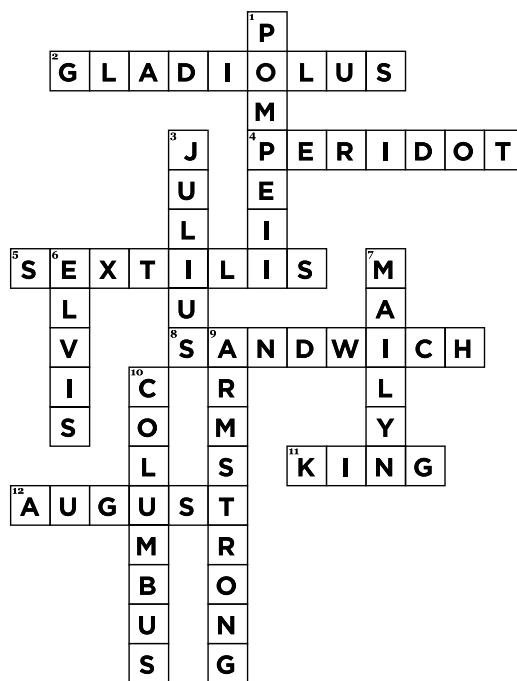
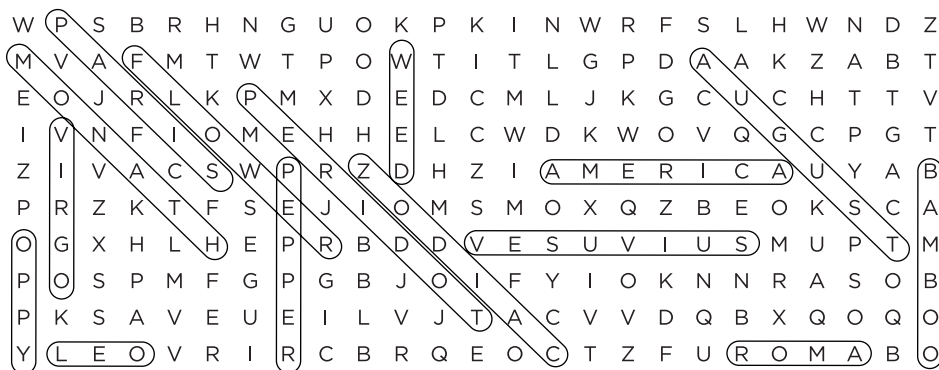
Beth Kelley



Beth shared that the residents and the staff here make her job so much fun. She loves coming to work and being with you all. She thanks you for letting her share this time with you. Before working at Regency of Tuscaloosa, she retired from the

University of Alabama — where she was a team leader in Custodial Services. Her hobbies include crafting, sewing, baking, cooking, and painting. She has two daughters, Christina and Tasha, and four grandchildren: Wesley, Jayden, McKenzie, and Turner. Thank you again for your service, Beth!

ANSWER KEY



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