

WHAT'S COMING UP

September 4th

National Wildlife Day
Labor Day

September 5th

International Day of Charity

September 6th

National Read a Book Day

September 8th

World Physical Therapy Day

September 9th

International Sudoku Day

September 10th

Grandparents' Day

September 11th

Patriot Day

September 15th

POW/MIA Recognition Day
Rosh Hashanah

September 16th

National Trail of Tears
Commemoration Day

September 21st

World Alzheimer's Day
World Gratitude Day

September 22nd

Native American Day
Falls Prevention Awareness
Day

September 23rd

Fall Equinox

September 25th

National Cooking Day

September 28th

National Good Neighbor Day



SEPTEMBER 2023 NEWSLETTER



Regency Family and Friends,

I have so many wonderful things to share. First, let me start by saying that we are all blessed to have a caring staff and a place to call home. I feel fortunate to be able to get to know our residents, their families and our staff. We hosted our New Resident Reception this past month and I thoroughly enjoyed getting to know more about those that attended.

Regency Tuscaloosa continues to extend its presence within the community. The enchanting melodies of our Regency Rhythm Band graced the Caring Days Walk, showcasing our commitment to outreach. Meanwhile, our community outreach liaison actively participated in the VA resource day, further underscoring our dedication to serving our veterans. Reflecting on the past month, I'm thrilled to highlight our successful Veterans Lunch, and rest assured, more engaging events are on the horizon.

There's a palpable sense of excitement as our calendar fills up with captivating events and vibrant activities. We recently relished the return of Elvis, who enthralled us with his performance. We swayed and celebrated during our lively luau and yelled "Roll Tide" at our Tailgate.

Your input is invaluable; if you have any event ideas you'd like to share, please don't hesitate to reach out!

Please make sure that you are receiving communication from me by text. If you are not, please text me your name and phone number to 205-534-9613.

We love serving our residents and their families.

Jennifer Anderson,
Executive Director





Watermelon Social

We celebrated National Watermelon Day on August 3rd. We had sweet, refreshing watermelon and did some trivia on the 2nd floor patio!



Performance from Elvis Presley

In honor of Elvis Week, we had the King of Rock 'n Roll in the building. Did you know Elvis was highly influenced by Gospel music? How about Elvis serving in the United States Army? We love Elvis!



ALOHA!

On August 10th, we had a blast during our annual luau party. We would like to thank Julia N Critter Glass for sponsoring the delicious fruit trays and shout out to our wonderful dietary team for our delicious meal! Thank you to all the staff for being a part of our luau party!



Welcoming Our New Residents

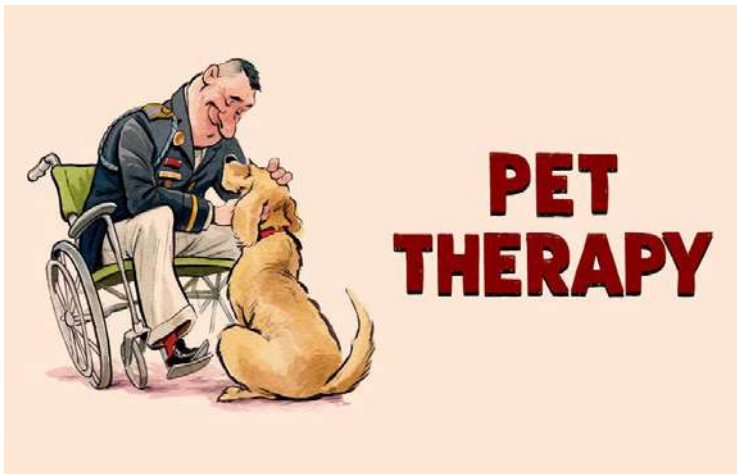
Welcome to your new residence! We're so pleased to have you in our community and can't wait to see all the great things you'll bring to our community. Our Marketing Manager Beakie Powell presented our new resident Jennifer Clair with a gift. Please join us by welcoming Jennifer and our new residents to Regency Retirement Village of Tuscaloosa!



Piano Concert

September 1st at 3:30 pm

Baylor, a local sixth grader, has been taking piano lessons at the Music Corner for about 2 1/2 years. He has received superior ratings at Festival in both Junior Solo and Junior Hymns and is excited to come play for us. He also enjoys baseball, reading, drawing and video games. Please join us on September 1st at 3:30 pm in the second floor activities room to hear him perform!



Pet Therapy

September 8th at 2:00 pm

The purpose of pet therapy is to help people cope with health or emotional problems and make them feel good. We look forward to having pet therapy with Rob and Bonnie on September 8th at 2:00 pm. Invite your friends and families to come meet our favorite pet, Ms. Bonnie.



Lunch Outing at Logan's Roadhouse

September 11th at 11:00 am

A lot of the residents have been asking when we were going out to a steakhouse. Well join us on September the 11th at 11:00 am for our lunch outing at Logan's Roadhouse. Come out and enjoy some laughs and juicy steak!



Grief Bereavement Support Group

September 14th

Starting Thursday, September 14th, immediately following our Devotional, we are introducing a Grief Bereavement Support Group led by Mr. Brian Moon from ProHealth Home Health and Hospice. This group will meet once a month. Mr. Moon is also our Chaplin at Regency Retirement Village of Tuscaloosa. This support group will provide you with valuable guidance and tips, leading you to relief, comfort and peace of mind. Please remember you're not alone, you'll always have someone to talk to!



The Culverhouse School of Accountancy (LIFT Students)

September 18th from
1:00 pm to 2:00 pm

Keep your mind sharp and reminisce about the good ol' days with students from the University of Alabama's Culverhouse School of Accountancy. Tutoring for smart phones, tablets and smart TVs is also available at any session, FREE of charge! Join us starting Monday, September 18th, from 1:00 pm to 2:00 pm. If you have any questions or concerns, please see Brittani!



Assisted Living Week

September 10th through the 16th

This annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long term care. Be on the look out for our flyer and dress up with each themed day of the week.



Afro-American Gospel Choir

September 30th at 1:30 pm

This choir is a special interest organization from the University of Alabama. The members all share a common enjoyment for the ministry and serving God through song and dance. Join us Saturday September 30th at 1:30 pm.



Don Guyer

Meet Donald “Don” Guyer. Don, a native of Texarkana, Texas, and his late wife Frankie had one child, Ron, a continuing source of pride and joy for Don.

Don was a Staff Sergeant in the Air Force during the Vietnam War, where he served side by side with his twin brother. After his military service, Don worked at BF Goodrich, furthering his passion for working on cars. Don is an avid traveler and talented photographer who also enjoys tending to his garden, spending time with his pets, watching movies and fishing.

Don’s warm and engaging personality has made him a cherished member of our community. He delights in conversations with staff and fellow residents, often sharing laughter and camaraderie in the cafeteria.

WELCOME NEW RESIDENTS! 🏠

Donald V. Shelton
Charlotte Van Dyke
Judith Tillman
Jennifer D. Clair
Hellen Williams

Happy Birthday



Resident

Brenda Brown Sept. 3rd
Barbara Christopher Sept. 10th
James Dodson Sept. 11th
Judith Tillman Sept. 13th
Nancie Buck Sept. 19th

Employee

Wanda Mckinstry Sept. 12th
Teresa R. Ford Sept. 13th
Travisia Hill Sept. 18th

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.*

FUN FACTS

- » Many famous people were born in September, including Beyoncé, Keanu Reeves, Freddie Mercury, Stephen King, Estee Lauder, and Sophia Loren, to name just a few. Bask in this fact knowing you share the same birth months as these amazing people.
- » In addition to Labor Day, September is a month of remembrance for many people. It’s a time to honor and remember those who have made sacrifices for their country, their community, or their loved ones.
- » Some of the observances during this month include Patriot Day on September 11th, POW/MIA Recognition Day on September 18th, and Gold Star Mother’s Day on the last Sunday in September, which honors the mothers who have lost a child in military service.

WORD FIND

P	P	H	U	G	P	D	C	K	H	T	K	E	I	S	O	V	I	E	T	Q	B	G	B	C
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QUEEN

NEPTUNE

SALADIN

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SOLAR

LIBERTY

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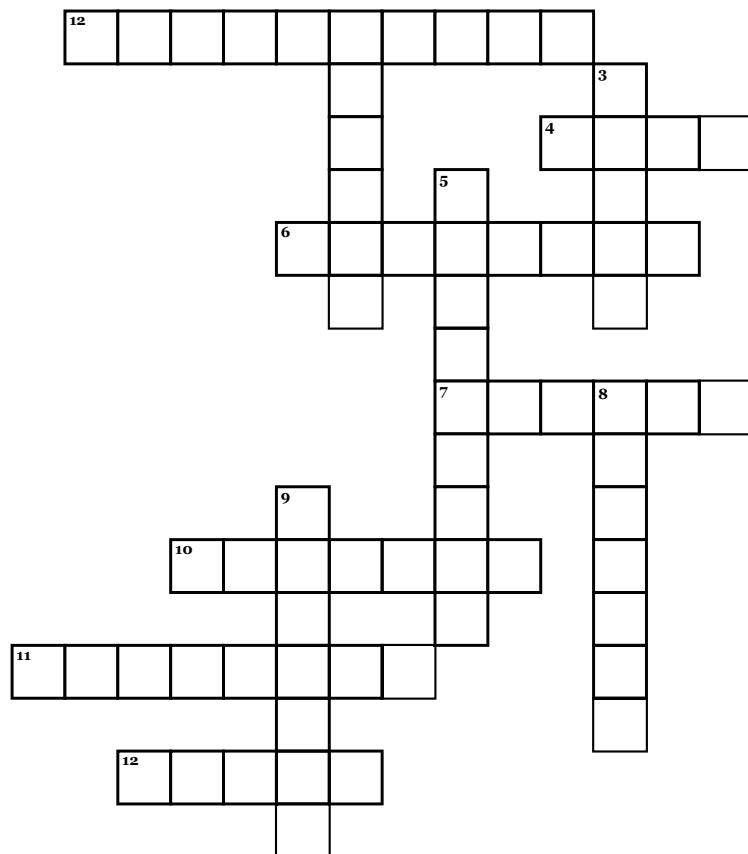
HALLEY

RANGER

KING

CONGRESS

CROSSWORD



Down

- Comet discoverer
- President of Jamestown colony _____ Smith
- _____Where Are You?!
- Gottfried Galle discovered the planet
- Muslim general

Across

- Soviet Premier
- "Queen of Scots" _____ Stuart
- Legendary man-god
- America's first newsboy _____ Flaherty
- Lone Ranger _____ Moore
- First US black delegate Frederick
- Michelangelo's sculpture



Stay Connected!

Join Our Facebook Group

Did you know Facebook use is higher by 18% on Thursday and Friday? Log on and see what's happening in our Friends & Family group! Scan the QR Code below to join!



EMPLOYEE OF THE MONTH

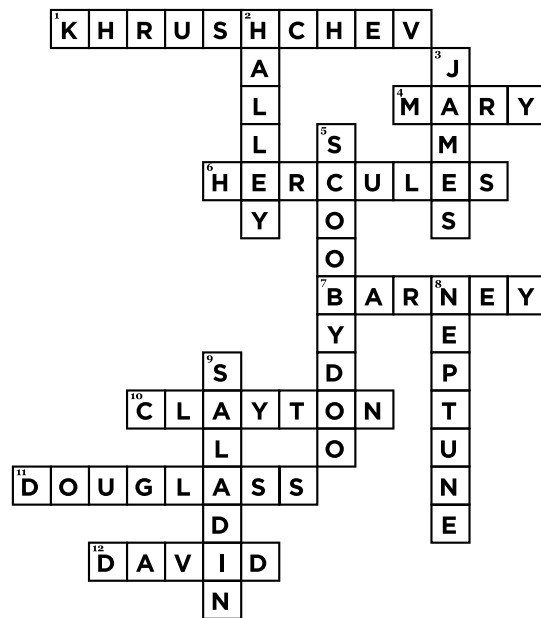
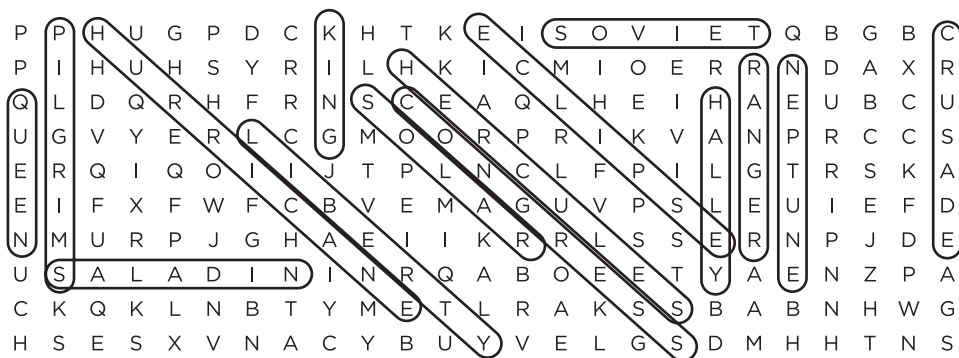
Amber Morrow



Amber has been married to her wonderful husband Trent for three years. She has three beautiful daughters: her oldest is seven and her twins are four years old. She loves the beach and gardening. Amber has been a nurse for eight years and has been with Regency

for four. Amber is a 2023 ADN graduate from Beville State Community College. All the residents and staff love her. Amber would like to thank everyone for choosing her for Employee of the Month for September!

ANSWER KEY



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