

WHAT'S COMING UP

March 1st

World Compliment Day
World Day of Prayer

March 2nd

National Read Across
America Day

March 7th

National Cereal Day

March 10th

Daylight Saving Starts

March 17th

St. Patrick's Day

March 19th

First Day of Spring

March 20th

International Day of
Happiness

March 23rd

Purim

March 25th

International Waffle Day

March 31st

Easter



MARCH 2024 NEWSLETTER



Regency Residents, Family, Friends, and Staff,

Thank you all for joining us in the lively February events, from Super Bowl celebrations to Mardi Gras and Valentine's parties. It's been a joy getting to know each and every one of you. Our community at Regency is filled with fascinating individuals, and I am continually inspired by the stories of our residents and the positive impact they've made on others.

As we transition into March, I encourage you to mark your calendars for our Family and Friends Open House on March 21st, 2024, from 2:00 pm to 6:00 pm. Take a tour of our updated dining room, library, model room, and activity area, and enter our raffle for a chance to win exciting prizes. Plus, if you're a resident, don't forget about our referral program, see details below.

Looking ahead, let's embrace the spirit of spring and find ways to serve others. Join our Bible Studies or connect with Rob Steinbrook, our community chaplain. We're also sprucing up our surroundings with fresh flowers. If you'd like to honor a loved one by planting flowers in their name, let us know, and we'll proudly display a sign in their memory.

Here's to brighter days and warmer weather ahead. See you at the Regency Open House!

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 60 days from the move-in date.



Super Bowl Party

We had a blast at our Super Bowl Party. We danced, ate, and played trivia. We even had predictions that the 49ers would win, but the Chiefs beat them 25-22. That was a great game! Join us for our next event.



LIFT Students

We are grateful to The Culverhouse School of Accountancy (LIFT Students) for helping us keep our minds sharp and reminiscing with us about the good ol' days. They made crafts with us and helped us with our smartphones and tablets.





Mardi Gras Crafts

We had a ball making some Mardi Gras hats to show off at our Mardi Gras social.



Valentine's Day Crafts

We love making crafts, and for Valentine's Day we made hearts with cotton balls. There was a smile on each face! Join us for our next craft class.





National Cheerleading Week

March 1st through 7th

The first week in March is designated as National Cheerleading Week and recognizes cheerleading athletes worldwide. This week acknowledges the hard work and dedication of cheerleaders and their coaches. To celebrate, cheerleaders from high schools in Tuscaloosa will come by at different times throughout the week to lead us in some cheers! Join us in showing appreciation to our community's high school cheerleaders!



St. Patrick's Day Social

March 14th at 2:00 pm

Join us for our St. Patrick's Day social. There will be refreshments, trivia, and riddles. Don't get caught without your green on!



Employee of the Year Celebration

March 15th from
2:00 pm to 4:00 pm

Join us as we recognize all the Employees of the Month and our Employee of the Year from 2023 on March 15th from 2:00 to 4:00 pm. There will be refreshments, and DJ Tank will be in the house helping us party! Please invite your families and friends. If you have any questions, please see Brittani.



The History of St. Patrick's Day

March 17th at 1:30 pm

Join us on March 17th to learn about the history of St. Patrick's Day! Saint Patrick was a very interesting character, and there are many legendary tales about his life and work. We will have a speaker come out and talk to us about Saint Patrick's life and legends, and he'll teach us about Irish folklore as well.

What's Cooking Wednesday

March 21st at 11:00 am

Join us on Wednesday, March 21st from 11:00 am to 1:00 pm for some traditional Irish cuisine.



“Spring Into Regency”

Open House

March 21st from
2:00 pm to 6:00 pm

Come take a peep and see what we have to offer at Regency on March 21st from 2:00 to 6:00 pm. We will tour our beautiful community. There will be refreshments, and of course, giveaways!

Easter Brunch

March 31st at 11:00 am

Hop on over and join us for our Easter Brunch on Sunday, March 31st, from 11:00 am to 1:00 pm.





Ruth Shipp

Ruth Shipp was born in December 1937 and is a vibrant member of our community here at Regency. Ruth married Don Shipp and together they had two sons, Kerry (married to Lynn) and Kevin (married to Kelly), who both reside here in Tuscaloosa. She is proud to have four brothers: Harold, Hugh, Gary, and Keith, as well as a sister named Brenda. Her family brings her immense joy, including her grandchildren Laura and Jackson, and her great-grandchildren Samantha, Brooklynn, and Logan.

Throughout her life in the Corner Community of Jefferson/Blount County, Ruth dedicated herself to various endeavors, including serving as a church secretary for over 35 years and actively participating in the Mt. Zion Baptist Church in Corner. In her leisure time, Ruth enjoys indulging in her love for reading and solving word search puzzles. We are honored to celebrate Ruth, and we are grateful for her vibrant presence in our community.

WELCOME NEW RESIDENTS! 

Seth Ellison
Clifford Pots
Janet Lee
Debbie Anderson

Happy Birthday

Resident

Michael McKay March 15th
Jennifer Clair March 22nd
Janelle Langston March 23rd

Employee

Jerry Layton March 1st
Shirley King March 12th
Mykirrah Stone March 28th
Sophia Hawkins March 31st
Bernice Watkins March 31st

FUN FACTS

- » March’s full Moon, the Worm Moon, reaches peak illumination on the morning of Monday, March 25, 2024. Look for it on the evening of Sunday, March 24, as the moon rises above the horizon!
- » You may have heard the weather proverb, “If March comes in like a lion, it will go out like a lamb,” which means that if the month starts off stormy, it will end with mild weather. There is, however, a different interpretation: The constellation Leo, the lion, rises in the east at the beginning of March. Thus, the month “comes in like a lion,” while Aries, the ram, sets in the west at the end of the month, and hence, the month “will go out like a lamb.”
- » In 2024, the March equinox happens on March 19th at 11:06 pm EDT.
- » On March 10, 1876, Alexander Graham Bell made the first-ever phone call.
- » The family board game Monopoly was invented on March 7, 1933.
- » The Girl Scouts was officially founded on the 12th of March, 1912.
- » Chuck Norris, Jon Bon Jovi, Shaquille O’Neal, Bruce Willis, Elton John, and Denny Howell are some of the people who celebrate birthdays in March.
- » March’s birth flower is the daffodil or jonquil. The daffodil signifies regard or unrequited love. The jonquil means “I desire a return of affection.”



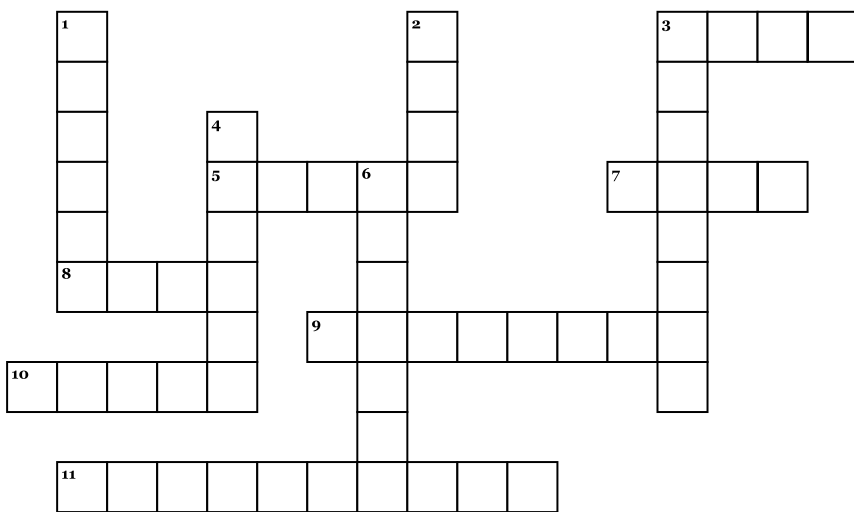


WORD FIND

M S F L S B G R O G K P K X W A K A L Z Z D E X H
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|------------|------------|--------|-------|---------|
| MARCH | BLOODSTONE | RAIN | LION | PHONE |
| DAFFODIL | SPRING | LEO | SALEM | CAESAR |
| AQUAMARINE | LAMB | PISCES | IDES | MADNESS |

CROSSWORD



Down

1. The ___ Tower was ascended for the first time on March 31, 1889
2. The ___ of March, or March 15th
3. Board game known to cause fights among families
4. Popular doll
6. The Vernal Equinox is when the sun is directly above the ___

Across

3. Where the word March comes from
5. One of March's zodiac signs
7. March's Full Moon
8. In like a lion — out like a ___
9. March's birth flower
10. The ___ Corps
11. Trials in Salem, Massachusetts



Stay Connected!

Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



EMPLOYEE OF THE MONTH

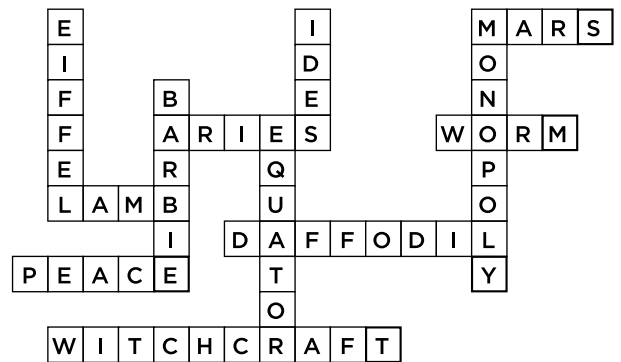
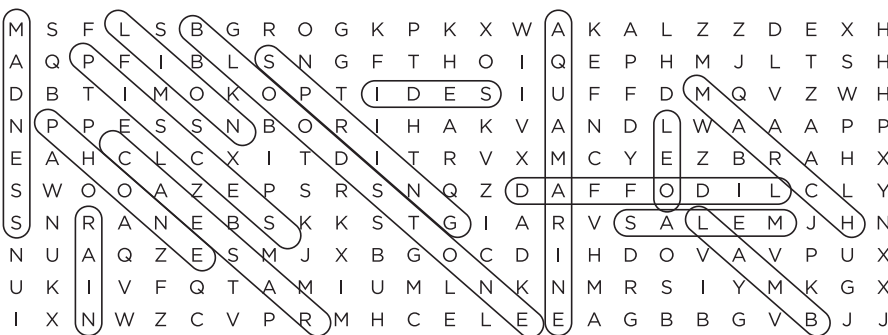
John Hunt Sr.



John's passion for his work shines through in every interaction he has with residents, whom he enjoys transporting wherever they need to go. In addition to his role, John serves as the pastor of Tha Power House, a church he and his wife, Leanita,

established in November 2019. John recently completed nail technician and barber programs at Shelton State Community College, showcasing his commitment to lifelong learning. In his free time, John finds joy in singing, ministering, teaching, and spending quality moments with his family. He's an avid fan of Alabama football and Lakers basketball, and he takes pride in caring for his clients' hair and nails. John's compassion extends beyond his professional and personal life. He actively supports the elderly and individuals with disabilities, enjoys movie nights, and delights in barbecuing. Thank you, Pastor Hunt, for your unwavering dedication to our community at Regency Tuscaloosa!

ANSWER KEY



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RegencyTuscaloosa.com

Regency Senior Living's mission is to
 Serve our residents and families while
 Engaging in relationships
 Respecting individuality and
 Valuing the contributions of those who
 Evolve our care every day