

WHAT'S COMING UP

May 1st
May Day

May 2nd
National Brothers and
Sisters Day

May 3rd
National Space Day

May 5th
Cinco de Mayo

May 8th
Coconut Cream Pie Day

May 18th
National Armed Forces Day

May 23rd
National Taffy Day

May 24th
National Road Trip Day

May 27th
Memorial Day

May 31st
World Parrot Day

MAY 2024 NEWSLETTER



Regency Family, Friends, Residents, and Staff:

May is known as a month of transition. If you live in the Northern Hemisphere, the fresh cold winds are gone, as are the early spring rains.

By the time May comes around, the spring flowers are blooming, birds are chirping and it is starting to get brighter each day! Take advantage of the weather, go outside, and enjoy a little fresh air. We have a balcony with rocking chairs and a family room on the second floor that you can use to get a little private time with your families.

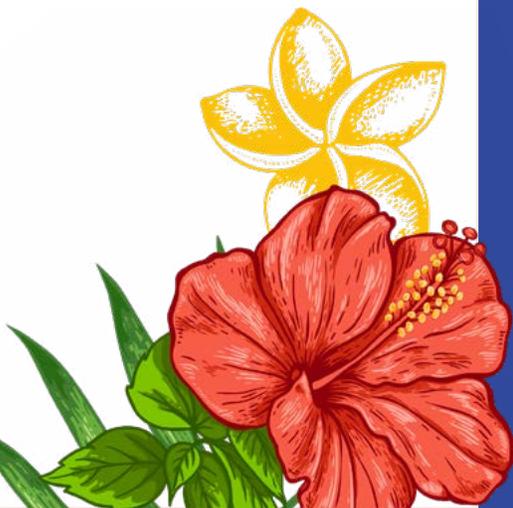
This May, we look forward to celebrating all the moms in our lives. Keep an eye on the calendar, website, and Facebook page to see all of the fun and memorable activities that we have scheduled for May, including Mother's Day and Memorial Day!

I hope to see each of you soon. Thank you for allowing us to serve your loved one and for being a part of our Regency Family.

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.





A-Day Tailgate

ROLL TIDE ROLL! We are ready for some football, Alabama Crimson Tide Football! We did a little pre-tailgate for the A-Day game. A big thank you to our favorite mascot Big Al for always coming to Regency and showing us love! A big thank you also goes out to our dietary staff for a delicious lunch and thanks to all the staff that made the day special!



Easter Social

The great gift of Easter is Hope! We celebrated Easter with a social. We ate snacks, listened to music, and did trivia. We all had a great time and enjoyed one another's company. I encourage you all to please join our next social!



Open House

It's OPEN HOUSE season! We had an Easter-themed open house and invited the community to see what Regency had to offer. Thank you to all the staff for their hard work and everyone who stopped by to see what Regency is ALL ABOUT!



Prom

Our residents were invited to a senior prom at Connect. They danced, ate and did different activities. Our very own Brenda Brown won Prom Queen. We go to Connect every Tuesday from 10 am to 2 pm If you would like to go please see Leo!





Cinco de Mayo Social

May 3rd at 2:00 pm

Join us on Friday, May 3rd at 2:00 pm for nonalcoholic drinks, nachos and trivia as we celebrate Cinco de Mayo!



Nurses Week

May 6th to the 12th

Calling ALL of the Regency Nurses! This week we honor you! We want to show our love and appreciation for all of the hard work and the positive impact you all have shown our residents, staff, family members and visitors daily. Once again we thank you!



Mother's Day "Muffins with MOM"

May 9th at 2:00 pm

Mother's Day honors motherhood, maternal bonds and the influence of mothers in society. This year we are having muffins with mom, and of course, tea! So dress in your best and let's have a good time while bonding with each other on Thursday, May 9th at 2 pm. Please see Brittani if you have any questions!





What's Cooking Wednesday? Take Me Out to the Ballgame

May 15th from 11:00 am to 1:00 pm

Each month we select a Wednesday to enjoy a special themed luncheon for all of our residents and staff to enjoy. What's Cooking in May will be a HOME RUN menu with hot dogs and cheeseburgers. I ask that all residents and staff members join us in their best baseball attire for this special "Take Me Out To The Ballgame" Wednesday lunch!



West Alabama Senior Citizen Appreciation

May 23rd from 8:30 am to 2:30 pm

For the second straight year, we will be attending West Alabama Senior Appreciation at Shelton State Community College. This is an all-day event with music, games, exhibits, lunch and prizes! We will leave around 8:30 am and will return at 2:30 pm. If you would like to join us, please sign up at the activity table!



Memorial Day Ceremony at Veterans Memorial Park

TBA

We will be attending the Memorial Day Ceremony at Veterans Memorial Park. The date and time will be announced at a later date. We are asking all of our Veterans to join us as we pause to remember and honor those who made sacrifices for our freedom. If you have any questions please see Brittani!



Prime Time Singers Performance

TBA

Our choir consists of about 25 senior adults who love the Lord and enjoy meeting 2-3 times a month to rehearse and enjoy fellowship. They sing a few times a year for our Triple L group. The Triple L group meets every month and also enjoys going into the community to sing at nursing homes and retirement centers.



Ray Keeton

Ray Keeton was born on February 27th in Nauvoo, Alabama. His parents are Burvil and Beatrice Keeton. Ray has three brothers and one sister. He was married to Janet Keeton for 67 years. Ray has three boys, seven grandkids and seventeen great grands. He attended Lupton Junior High School until he quit to join the US Navy in 1945. His favorite food is chicken fettuccine alfredo and fried fish. He loves visiting the mountains. Ray loves bible study and playing BINGO at Regency.

WELCOME NEW
RESIDENTS! 🏠

Mr. Robert Beckley
Ms. Christine Chaffee

Happy Birthday



Resident Sharron Muller May 29



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. They named the month of May (or Maius) after Maia, the Greek goddess of growth.
- » The word May wasn't actually used until the Middle Ages were on their way out, around the 15th Century A.D. 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!
- » Did you know that there is a 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.

WORD FIND

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

EMERALDS
 TAURUS
 MARRY

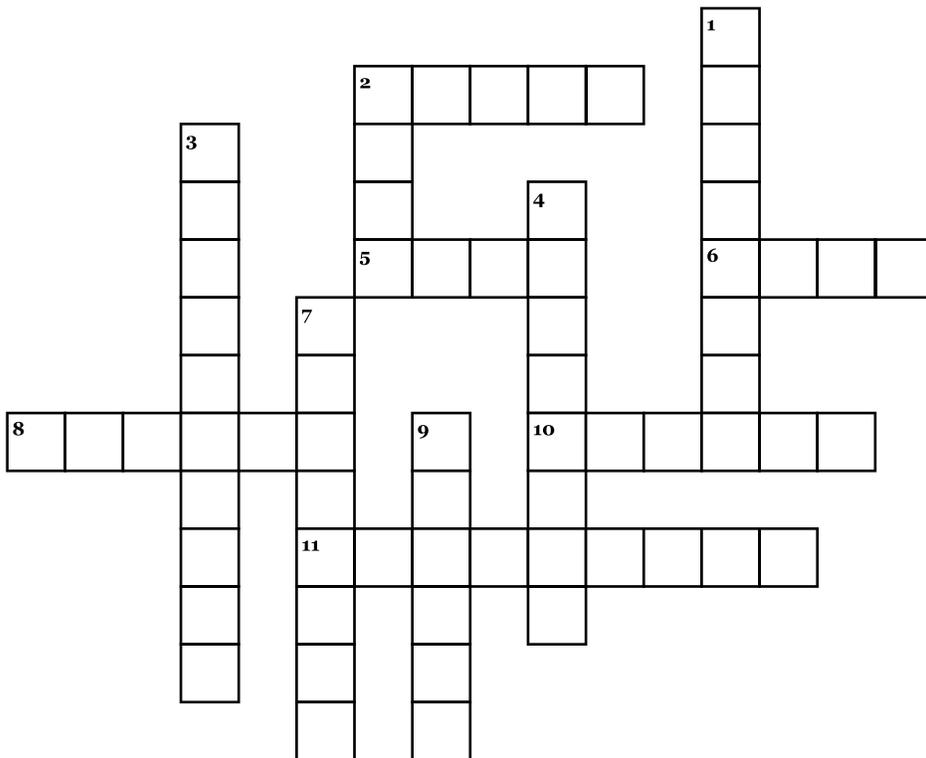
EARTH
 CITYSCAPE
 CORNISH

BURGER
 GEMINI
 TRANSCONTINENTAL

RAILROAD
 AMERICAN
 GARLANDS

EUROVISION
 GREEK
 MILITARY

CROSSWORD



Down

1. A former Queen of England
2. Greek goddess of growth
3. Song contest
4. May birth flower
7. May birthstone
9. May Zodiac sign

Across

2. Latin word for May
5. Swedish music group
6. Roman poet
8. The _____ State Building
10. State that celebrates Lei Day
11. Meteor shower called the Eta _____

Stay Connected!

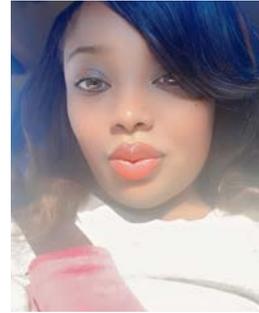
Join Our Facebook Group

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

Kristy McClain



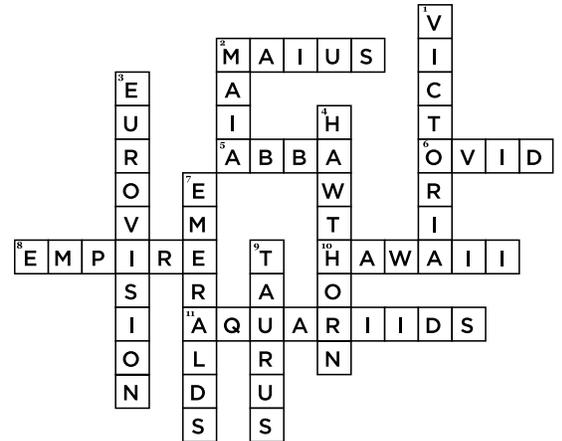
Kristy was born on August 19th in Tuscaloosa, Alabama. She has four handsome boys. Kristy is a student at Ultimate Medical Academy. She loves seafood. Her hobbies include cooking, writing, traveling, designing, and spending leisure time with

her family. Kristy's favorite color is black. She is set to graduate from Ultimate Medical Academy in the summer of 2025. She has worked in healthcare since 2011. Kristy's favorite vacation place to visit is Gatlinburg, Tennessee, though she stated she would like to go on a cruise too!

Kristy would like to thank everyone for choosing her for Employee of the Month!

ANSWER KEY

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



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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