

REGENCY STAFF

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957-6249

Ebony Clark,
Director of Nursing
957-6250

Karmen Jones,
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Laura Dooley,
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Kelli Skinner,
Community Consultant
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Austin Connor,
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957-6252

Chris Goodwin,
Maintenance Director
957-6254

Debbie Jenkins,
Activity Director
957-6258

Assisted Living Nurses Station
957-6251

AUGUST NEWSLETTER 2017



Hello Residents,

Well, the “dog days” of summer are definitely here! Debbie has been hard at work coming up with ideas to keep you cool and entertained this month. We will have a special Resident Appreciation Dinner on the 9th, trips, movie outings, and much more. Be sure to check your calendar for other exciting outings we have planned.

Also, I am pleased to let you know that we have a new therapy partner in our community. Restore Therapy is opening a clinic in apartment 3I and their staff of therapists will be meeting and greeting residents soon. This will be a great addition to the services we already offer in our community.

Chris Blackerby,
Executive Director



Botanical Gardens

If you have not been to the Botanical Gardens, put that on your bucket list. The golf cart trip made our visit more enjoyable and gave us the ability to see ALL the gardens. Our tour guide was so knowledgeable and we didn't get exhausted from all the walking.

DID YOU KNOW:

- The Bruno Vegetable Garden feeds Birmingham's hungriest through Magic City Harvest
- The Japanese Garden has an authentic tea house
- There are over 3,000 species of plants in the gardens



Mega Jackpot BINGO

Mega Jackpot BINGO is \$1 per card with a three-card limit. The jackpot is usually around \$100. Besides winning, everyone just wants to beat Johnny! We all agree he is lucky in BINGO.

Kelli Skinner called the games and then announced the next chapter in her life is taking her away from Regency. Kelli, thanks for all you have done for everyone. You will be missed!

DID YOU KNOW:

- Kelli was raised on Lay Lake
- Kelli has always sung in the choir



Krispy Kreme Run

Vernon Rudolph opened his donut doors in 1937 in Winston-Salem, NC. People began lining up the day before, hoping for a chance to win a dozen free donuts every month for an entire year! Eighty years later, you will find Regency standing in line for Krispy Kreme donuts! Thanks to all the residents who made the run!

DID YOU KNOW:

- The secret ingredient calls for mashed potatoes
- One dozen glazed donuts has 2,280 calories



Pontoon Ride

ANY day out on the lake is a good day! Our annual trip to Lake Purdy was a success! We had hats to keep the skin from burning, a cool breeze, Austin's awesome boxed lunches, and friends! The residents had a chance to pilot the boat, so we had wonderful captains. If you missed the trip, make sure you don't miss it next year!

DID YOU KNOW:

- * You get vitamin D from the sun
- * Vitamin D helps your bones, heart, brain, and immune system function



Friday, August 4 ***Men's Breakfast With Chris***

Men of Regency... mark your calendar for August 4th and join Chris Blackerby for breakfast at IHOP. Besides the food and fellowship, Chris will buy your breakfast! All you have to do is sign up! The bus will leave at 8:00 am. Don't be left behind!



Monday, August 7 ***Restore Outpatient Services***

We are excited to have Restore Outpatient Services on-site at Regency. They will offer Physical, Occupational and Speech Therapy and you never have to leave the building. You are invited to their meet and greet on August 7th at 3:00 pm in Berkshire. Come on out and see what they can do for you! Refreshments will be served.



Wednesday, August 9 ***Resident Appreciation Dinner***

We LOVE our residents at Regency! You are invited to our first Hobo Hullabaloo! A hobo classic meal will be served to ALL residents in Somerset's Dining Room at 5:00 pm. The bus will pick up any resident from Berkshire who needs a ride over. Regular takeout meals apply. This is going to be fun!



Monday, August 14

Yogurt Mountain Run

We are taking a trip to Yogurt Mountain and hope you will come along! If you have been before, you know what a treat it is. If you have NOT, come and experience the flavor. Frozen yogurt is actually good for you and it tastes GREAT! Please sign up! The bus leaves at 2:00 pm.



Thursday, August 17

Funnel Cakes with Austin

If you've been to the state fair or most carnivals, you probably saw the funnel cake concession stand. It's that doughy batter, fried up in a skillet, with powder sugar on top. YUM YUM! Chef Austin is cooking it up just for you! Join us at 2:00 pm in Somerset and 3:00 pm in Berkshire for a sweet treat!



Monday, August 21

What Are Fidget Spinners?

Remember marbles, spinning tops, hula hoops and the slinky? Now it's Fidget Spinners. The toy has been advertised as helping people who have trouble with focusing or fidgeting by relieving nervous energy or psychological stress. Or it could just be fun! Come see what it is all about. We will see you at 2:00 pm in Somerset and 3:00 pm in Berkshire.



Wednesday, August 23

Communion At Regency

Jesus said, "This is my body given for you; do this in remembrance of me." Rev. Reid Crotty from Trinity United Methodist Church will be at Regency to serve you communion. All faiths are invited to attend. Communion will be served at 2:00 pm in Somerset and 3:00 pm in Berkshire.

***SAVE
THE
DATE***

Why does a chicken coop have a front door and a back door?

Because if it had 4 doors, it would be a sedan!



Raymond Tanner

I guess you can say Raymond is one of Regency's ambassadors. On any given day, you will find Raymond on his daily walk around our community. Raymond has lived at Regency for 18 years. He grew up in Eastlake and is an only child. Raymond enjoys fishing, playing Chicken Foot Dominoes, and listening to music. Outside of enjoying the people at Regency, Raymond also likes the fact that his church is just across the parking lot. Regency benefits from Raymond's sweet spirit! Raymond, we are glad you call Regency home!

AUGUST FUN FACTS



- Origin of August's name: August was the 6th month in the early Roman calendar, named after Julius Caesar Augustus.
- August has two birthstones, PERIDOT and SARDONYX: Peridot is among the oldest known gemstones. It ranges from olive to lime green, sometimes with a brownish tinge. Sardonyx is a gem with white and brown bands and it is believed to have mystical powers: it eliminates negative thinking!
- August 24th. On this day in A.D 79, Mount Vesuvius erupted and destroyed the cities of Pompeii, Stabiae and Herculaneum.
- August's flower: Gladiolus.



HAPPY BIRTHDAY!



Resident

Eugene Hafner	Aug. 11	Florene Mathis	Aug. 24
Rachel Braxton	Aug. 16	John Mathis	Aug. 27
Betty Czachowski	Aug. 16	Diane Choyce	Aug. 29
Roy King	Aug. 22		

Employee

Leniqua Wood	Aug. 5	Danterria Black	Aug. 26
Earlesia Williams	Aug. 7	Amber Hudson	Aug. 29
Brandon Johnson	Aug. 11		
Karmen Jones	Aug. 13		

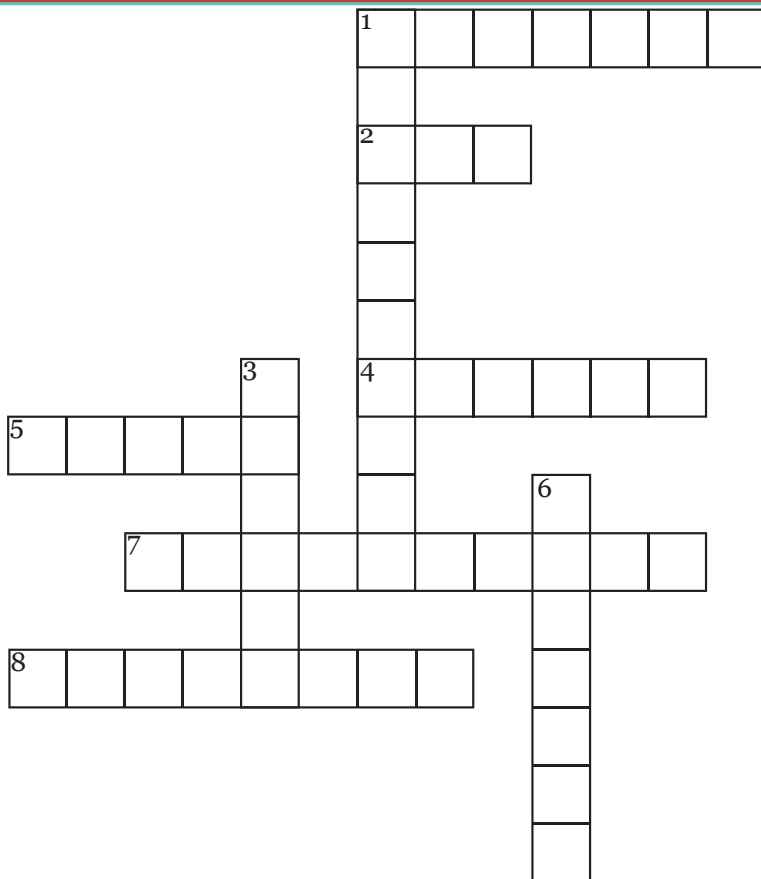


WORD FIND

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

BEACH	CARNIVAL	FISHING	POOL	SUNSCREEN
BIKES	COOKOUTS	PARADES	POPSICLES	SWIMMING
CAMPING	FIREFLIES	PICNICS	ROLLERCOASTER	VACATION

CROSS-WORD



Across

1. Green, brown and slimy.
2. Use this to fish for crabs in the pools.
4. Season after spring.
5. Place with lots of sand.
7. A game people like to play at the beach.
8. What you wear to get into the pool.

Down

1. Build using lots of sand and shells.
3. Little creatures used to live in them.
6. Wear these on your feet to be cool.



EMPLOYEE OF THE YEAR

Danyetta Robinson



From the day that Danyetta joined our Regency family, she has been a ray of sunshine. Her hard work and dedication to her residents is matched only by her giving spirit that she displays daily.

She leads by example and exemplifies the SERVE philosophy of our community. She always has the best interests of our residents in mind, and you can tell she truly loves what she does. Thank you, Danyetta, for your incredible leadership and servant's heart. Congratulations on being our Regency Employee of the Year!

EMPLOYEE OF THE MONTH

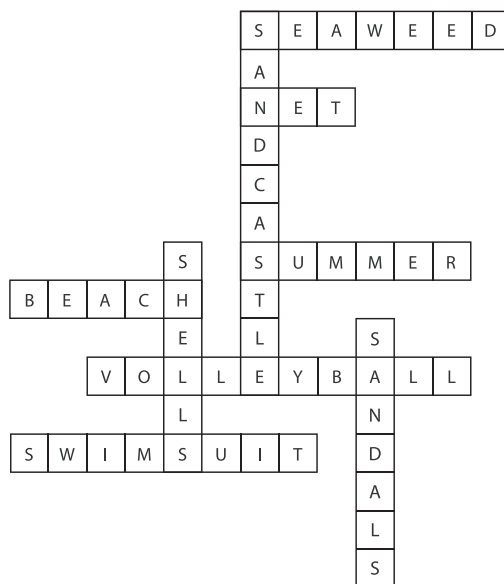
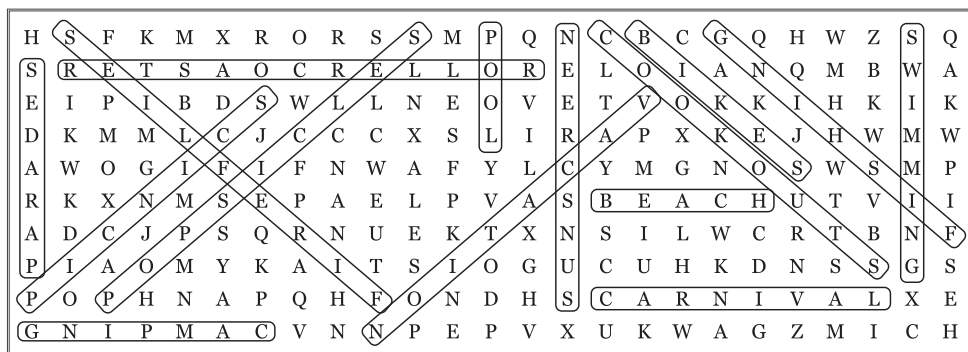
Tisa Owens



If you see a shy lady from dietary, you have found Tisa Owens. Born in Mississippi, she later moved to Birmingham. She is mom to a 16-year-old son and 15-year-old daughter.

Tisa is a good cook due to years of cooking with her grandmother. She is also a photographer. Her advice is to always do your best! Tisa, Regency is thankful for your service.

ANSWER KEY:



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