



August 4

International Beer Day

National Chocolate
Chip Cookie Day

The "Has Beens"
in Concert

August 11

FUNtastic Friday:
Backwards Day

August 15

Assumption of Mary

August 19

National Aviation Day
World Humanitarian
Day

August 24

St. Bartholomew
Cooking Show -
Snow Cones

August 26

National Dog Day

August 30

Lost in Antebellum
Alabama with Jim
Phillips

August 31

Regency Buck Auction

AUGUST NEWSLETTER 2017

Hello Residents,

With the summer heat upon us, I want to prompt everyone to stay hydrated. Be sure to stop by our water coolers to take a cup of fresh cool water with you.

I would also like to remind you of our new "Refer a Friend Program". You could receive \$500 for referring a friend to come live at Regency. Please see the Business office for more information.

We're so glad you continue to stay with our family here at Regency. If there's anything I can do for you, my doors are always open.

Tim Taylor,
Executive Director

THERAPY CORNER

Dear Residents,

Welcome to the first edition of Therapy Corner! This is an addition to the monthly newsletter that will focus on therapy-related topics here at Regency Retirement Village. In this first installment, I would like to introduce you to the therapy services offered here.

Many of you know therapy services are offered, but you may not be fully aware of all that is available. The therapy services here at Regency are provided by Restore Therapy Services. We offer physical therapy, occupational therapy, and speech therapy. Physical Therapy addresses issues related to walking, balance, and transfers. It incorporates strengthening of the legs and balance activities to improve safety with walking and performing daily tasks. Physical therapy also addresses back issues and any pain issues you may have. Occupational Therapy addresses issues related to everyday tasks such as bathing, dressing, and other activities of daily living that might be affected by injury or chronic pain. It may include recommendations for adaptive equipment and training in its use. It can also address pain in the hands, arms, and shoulders. Speech Therapy addresses issues with communication, hearing, voice problems, swallowing and cognition/memory. Changes in communication can cause anxiety and frustration, but speech therapy can help. So, as you can see, we can address just about any physical issues you may have.

Continued on pg 07.



Summer Celebration with Beer & Pizza – June 22nd

Summer is upon us! To see the season in with style our Regency family gathered in the Sun Room for pizza and beer. Mixing fun with food, while listening to Elvis on the boom box, we chatted, sang, and hung out with friends. Domino's. Bud Lite. Salad. Brownies. Talk about a meal mixing textures, flavors, temperatures, salty and sweet. A fantastic summertime experience to enjoy some of America's favorites.



Purple Hat Society – Monthly

Beading bracelets! Painting summer flowers! Savoring pizza and soda! All these are just samples of the different ways the Purple Hat Society enjoys their get-togethers on a monthly basis. Sitting down to enjoy a small lunch and a crafting class, the ladies relish quality time with each other while practicing their hand-eye coordination and building a strong sense of community as they bond over good eats.





Music and Memory Program – Daily

The Music and Memory Program officially rolled out as several seniors received Apple Shuffles loaded with their favorite tunes. Frank Sinatra! Patsy Cline! Elvis Presley! As the program progresses, Regency will distribute Apple Shuffles, with a music menu catered to each senior's taste. This is a perfect way to lighten the spirit and to stir fond memories, while activating virtually the whole brain and its cortex.



Gentlemen's Outing – 3rd Tuesday of the Month

Men dressed in fedora hats! Pizza and chips! 1950s Swing music wafting through the air! Painting model airplanes! Playing Pokeno! Monthly, the gentlemen from Memory Care meet in the Sun Room to enjoy good eats, reminisce, play games and create manly craft items. From model airplanes to ships, the seniors paint and decorate their item to take home as they chat and share their experiences with each other!





Hoedown – June 29th

June's evening event was a Hoedown! The entertainment was the Huntsville Traditional Music Association, who provided some good ol' knee slappin' music. The kitchen served up finger lickin' good fried chicken, beans, cornbread, coleslaw and chocolate cake. There was also a photo booth set up for families and friends to take photos together. The room was filled with residents and their loved ones singing & clapping hands!



The Folks that Make Us Beautiful – Daily

One of the highlights of our residents' week is going to the beauty shop, operated by 3 wonderful women: Becky, Mary and their assistant, Beatrice. They agree that the best part of their jobs is getting to know all the beautiful residents. They love the new building and are awaiting the completion of the renovation of the shop in the Retirement Village. Call and make an appointment or leave message: (256)852-0033.





Huntsville Dream Center – July 11th

About twenty-six 16 year olds & four adult volunteers came to share some smiles and laughs with our residents. The students were from all over the nation, who enjoy doing mission work and giving of their time to enrich others' lives. There were several stations set-up to include: bowling, dress-up dolls, Lincoln logs, word searches, ball toss, Uno, tic-tac-toe and coloring. The students stayed for an hour making memories for themselves as well as the residents. The time was well enjoyed and ended with lots of hugs.



Gospel Singing – July 20th

On the 3rd Thursday of each month Chase Park Church of Christ group comes to Regency. With their rich voices, they sing many favorite Gospel songs and hymns. All are very familiar with them as they have been coming here for over 25 years. The group includes many members of the congregation who are able to come that evening, and they range in age from babies to seniors. Everyone is encouraged to sing along.





Every 4th Thursday at 5:30 pm

“The Has Beens” in Concert

Barney Harding and “The Has Beens” will be performing live in the Sun Room on the 4th Thursday of every month. They feature a bass player, a fiddle, a lead guitar and a couple of vocalists. They’ll croon oldies, such as “You Are My Sunshine”, “Good Night Irene”, “I’ll Fly Away”, and more. With a goal of making the residents’ day brighter, they’re sure to touch hearts at Regency.



August 4th at Lunch Hour

National Chocolate Chip Cookie Day

Just imagine melted chocolate chips oozing out as you bite into freshly baked cookies! This will be Regency’s perfect way to celebrate National Chocolate Chip Cookie Day. If you would like to savor one of these deserts, please join us in the dining room on August 4th during lunch hour. Yum! Yum!



August 11th at 1:45 pm

FUNtastic Friday: Backwards Day

Shady Grady will be in concert singing the hits of the 1950s and 60s! To enjoy the FUNtastic Friday, we encourage residents to dress in reverse. This shall be quite interesting to see how creative folks will be! What crazy ideas will no doubt be generated as seniors strive to claim 1st, 2nd and 3rd prizes!





August 24th at 1:30 pm
Cooking Show - Snow Cones

Freshly shaved ice, topped with grape and/or strawberry syrup, served in true Hawaiian fashion! As the colors and flavors blend, seniors will savor the delicious cold treat as it melts in their mouths. We'll meet under the gazebo, enjoying the summer breeze and socializing with friends.



August 30th at 1:30 pm
Cooking Show: Tomato Sandwiches

What's a fruit that's often called a vegetable? Tomatoes! With multiple requests for summer tomato sandwiches, we'll be holding a cooking show to feature them. Come and join us under the gazebo as we enjoy a treat that spells summer and fun! We'll relax and enjoy Mother Nature living around us!



August 30th at 2:30 pm
Lost in Antebellum Alabama with Jim Phillips

Jim Phillips, a lecturer on early Alabama History, is coming to present a living, interactive talk on the history of Alabama. Jim will have a hands-on display of photos, coins, bottles, maps, buttons, and more for the seniors to handle and explore. Join us for this eventful hour and discover things you never knew, while refreshing your memory on Alabama's colorful past!



August 31st at 2:00 pm
Regency Buck Auction

Monthly, the Independent and Assisted residents convene to bid on items of pleasure and need. From paper towel to M&Ms, the seniors get quite animated in the bidding as several try to win the same item. It's clear to see the auction is another event that they savor, enjoying the chance to not just compete but to support each other!

***SAVE
THE
DATE***

September 1 — FUNtastic Friday



August 9th **Lunch Bunch**

We are excited to experience a new culinary delight as we enjoy the sights, sounds and aromas of Hibachi grilling. Our Lunch Bunch is looking forward to a trip to a Japanese restaurant this month as we anticipate the mouth watering flavors that await us.



August 10th **The Show Me State**

On this day in 1821, Missouri became the 24th state. We will be exploring the scenery, people, food & history of the “Show Me State.” We will taste traditional fare of St. Louis “Ribs and white bread,” as well as other regional favorites, and top it off with Missouri’s official state dessert, the ice cream cone.



August 24th **Summer Shenanigans!**

It’s been a long, hot summer of 2017, and we will be sending it off with a bang. Come join us for lots of great summer foods, lively music, and maybe a few shenanigans! Come one, come all.

Therapy Corner (Continued from pg 01.)

It has been my experience that most of the residents here at Regency fall into 1 of 3 categories when it comes to being aware of the therapy services available. First, there are those who don’t know therapy services are available on site. Second, there are those who are aware we have therapy, but think it is only in the skilled nursing or inpatient facility. Third, there are those who are aware we offer outpatient therapy, but are not aware of the services available. The outpatient therapy here is the same as a free-standing outpatient clinic. We have therapists on staff with outpatient experience. The only difference is the practice is in the same building as a skilled nursing facility so it’s conveniently located right here on site.

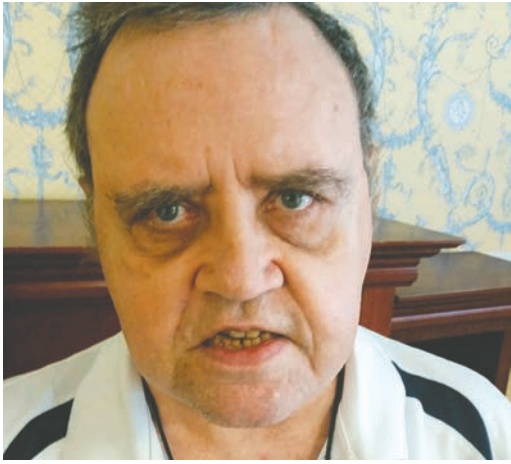
The primary goal of our outpatient therapy department is to keep you functioning at your highest level for as long as possible. One way to do that is to address any physical issue as soon as possible. If addressed early enough, therapy may help prevent a small problem from becoming a large problem. Please don’t suffer silently with pain or increased difficulty with walking and performing daily tasks and risk injury. Give us a call and give us a chance to help! With a doctor’s prescription, we can see you for an initial consult. You can call us at 256-424-6500 and ask for Emily or simply have your doctor fax the prescription to 256-859-8235 and we will contact you.

Thank you for your time and the opportunity to contribute to the newsletter. In future articles, I will address specific issues that are common in the older population and ways therapy can address these issues. If there is something specific you would like for me to address, please contact us and I will be happy to write about it. I will also be introducing you to some of our therapists to help you get more familiar with our team and those who will be providing your services. Thank you again, and hope you have a great August. Until next time.....

Thank you, Emily Harrelson

Outpatient Coordinator
Restore Therapy Outpatient
Regency Healthcare





Mr. Bill Frazier

Mr. Bill has lived with our Regency family for two years. He grew up in Huntsville and was a high school drum major. He worked five years as a Blood Bank Supervisor at Brookwood Medical Center and for Baldwin County Hospital. He loves to read and write, and during the fall season, he's watching football and cheering for Alabama. He participates in several monthly activities at Regency and is known for being a member of the ROMEO Club and attending lunches and dinners out. Regency is delighted to have Mr. Bill here; his quiet demeanor and sweet personality draw others to him, as he joins in the fun! We're proud to have Mr. Bill as a member of our family!



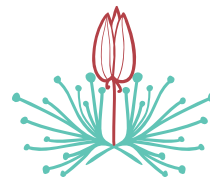
WELCOME NEW RESIDENTS!



Lois Tipton	Cecil Hurt	Delois Kitchen	James Larkin
James Gonzales	Judy Holder	Marjolaine Butler	



HAPPY BIRTHDAY!



Resident

- HC Tom Aug. 4
- Eva Larsen Aug. 5
- Ted Haas Aug. 7
- Frances Howell Aug. 7
- Suzanne Chapin Aug. 9

- Rose Carter Aug. 17
- Jane Thomas Aug. 20
- Linda Montgomery Aug. 31
- Sara Spurgeon Aug. 31

Employee

- Katherine Smith Aug. 2
- Eric Davis Aug. 9
- Christiny Seagroves Aug. 10
- Keya Blevins Aug. 17
- Tesa Gordon Aug. 17
- Robert Garner Aug. 19
- Jannie Crouse Aug. 28





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!



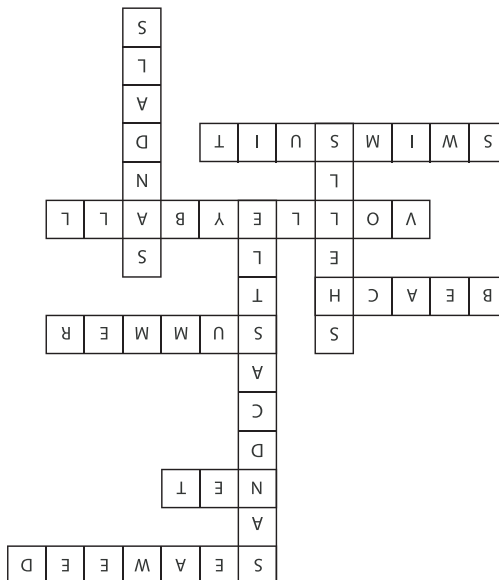
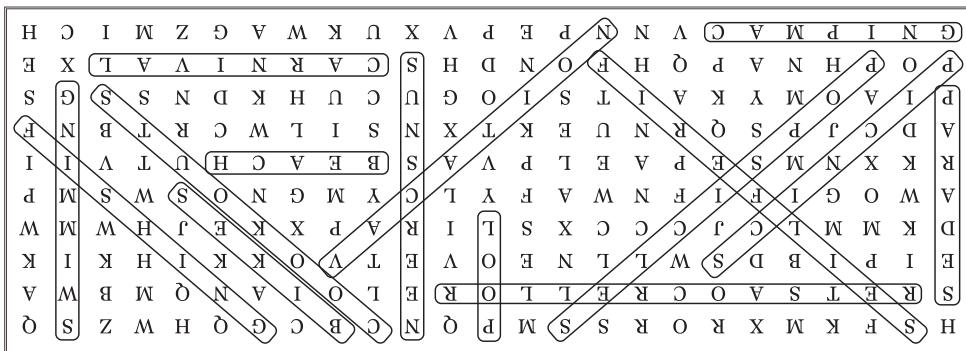
Resident

Evelyn Biggers Aug. 04 Faye Miller Aug. 14
 Bobby Southard Aug. 07 Jean Ryan Aug. 22
 Wendell Nutt Aug. 12 Jacqueline Dewalt Aug. 27
 Virginia Wiggins Aug. 13 Norma Montgomery Aug. 30

Employee

Emily Wright Aug. 05 Jackie Allison Aug. 17
 Sabrina Crutcher Aug. 06 Constance Flynn Aug. 20
 Renie Leke Aug. 07 Varonica Carroll Aug. 21
 Jackie Horton Aug. 09 Terrance Melton Aug. 23
 Tracy Yopasa Aug. 12 Ellen Jennings Aug. 29
 Beverley Lovelace Aug. 15 Jessica Brackin Aug. 30
 Deborah Green Aug. 16

ANSWER KEY:

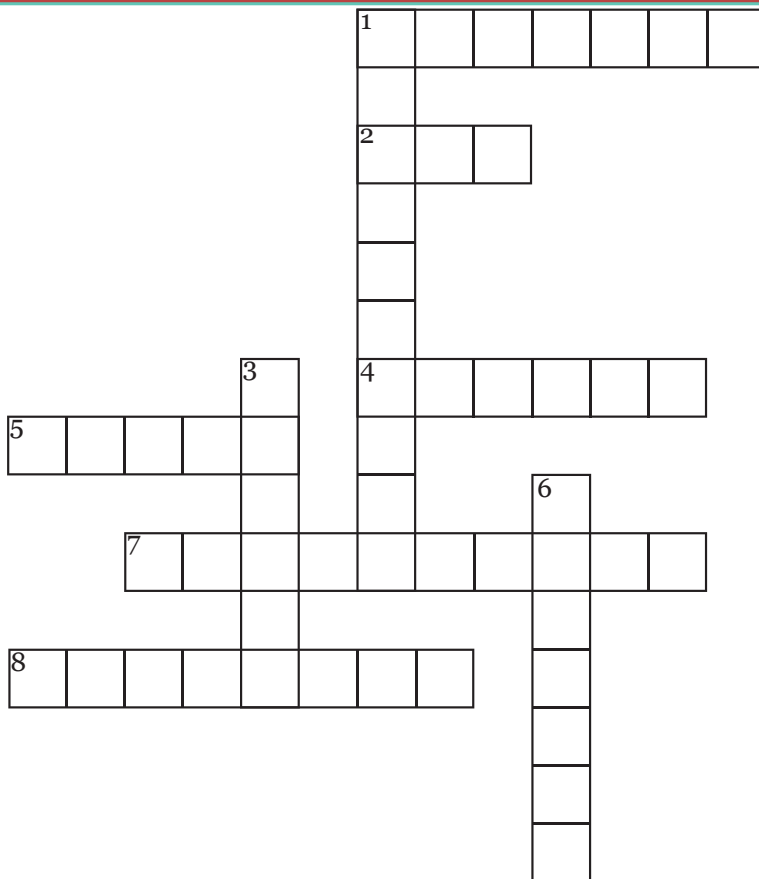


WORD FIND

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

Richard Wade



Richard was selected as Employee of the Year because of his dedication to the residents and winning attitude. He goes out of his way to assist seniors and their families, as well as employees.

Richard is an asset to RRV, serving since 2009 in the maintenance division. He takes on extra jobs to help out and goes over and above his assigned duties in maintenance. Richard is a vital piece of the RRV family here in Huntsville and a welcoming face throughout the building. RRV is honored to have him!

EMPLOYEE OF THE MONTH

Tony Ray



Regency has been honored to have Tony for four and a half years. He works as a dishwasher and also distributes food carts to the floor. With a winning personality, he performs over

and above his duties, helping those in need and spreading smiles and laughs as he jokes and chats. He loves his 12 year old daughter, and he enjoys movies and watching sports. Of course, he's rooting for Auburn! Congratulations, Tony! Regency is delighted to have you helping our residents!

HEALTH CARE EMPLOYEES OF THE MONTH

Connie Flynn



Connie has been an Activities Assistant here at Regency for a little over 2 years. She is a wonderful asset to our activities program as she helps plan and implement our daily activities for the residents. Her contagious smile and warm hugs brighten the residents' day. She states, "I love what I do and love the residents so much."

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