



September 4

Labor Day

September 5

Curt Lindsley with
Spry Funeral Home

September 11

Patriot Day

September 11–15

Assisted Living Week

September 14

First Responders
Theme Lunch

September 15

“Elvis” in Concert

September 19

Rebecca Mae &
Jack Lawless

September 22

Fall begins

September 28

Choppin’ It Up!



SEPTEMBER NEWSLETTER 2017



Hello Residents,

Plan to join us for the First Responders Theme Lunch and Cookout on Thursday, September 14th from 11 a.m. to 1 p.m. The AMC Army Band will be playing as we show honor to those that serve us.

I want to remind everyone to stay hydrated. The summer heat is starting to abate and we would like to ensure everyone is happy and healthy.

I would like to challenge you to share your love for Regency with your friends. We are the top shelf of Huntsville, and you have told me so much in the conversations I have enjoyed with you. You have the ability to share that you live in a premier community with your friends.

Thank you again for staying with our family at Regency. I have enjoyed these precious months alongside you all, to see Regency grown and expand.

Tim Taylor,
Executive Director



Pandora-Styled Bracelets – July 26th

Craving jewelry with design and fashion, the ladies of Regency Retirement Village met in the Sun Room to create Pandora-Styled Bracelets. Large Rondelle beads! Murano Glass Beads! Lampwork Art! Tibetan Silver Spacers! All placed on a lobster-claw chain bracelet. What beautiful works of art they made, proudly displaying them on their wrist for friends and family to see. A few even created these for their family members to pass on as a gift. What a creative way to display self expression and to work the color wheel, creating unique jewelry!



National Chocolate Chip Cookie Day: Theme Lunch – August 4th

August 4th was “National Chocolate Chip Cookie Day”, and what better way to celebrate than with the delicious dessert this day is aptly named for! With fresh baked chocolate chip cookies and ooey gooey double chocolate chip cookies for dessert, the seniors enjoyed baked-herb fish, stuffed cabbage rolls, house French fries, spinach casserole, garden blend rice, and more for the main course. Chatting with friends as they enjoyed their favorite drinks, they spent quality time connecting and bonding. What a delectable and scrumptious way to enjoy lunch!



FUNtastic Friday: Backwards Day Party – August 11th

Music. Palindromes. Donuts and strawberries. Snacks galore. What a crazy way to celebrate FUNtastic Friday: Backwards Day in style! The seniors of Regency gathered together in the Sun Room with five residents entering the contest, dueling for the top three prizes. Then teasing their noggins with a word puzzle, we had a contest for who could come up with the most palindromes. With twenty residents gathered, Shady Grady sang and performed for the group, their top hits from years gone by. What a fantastic way to end a sweet week in the middle of summer!



Solar Eclipse Party – August 21st

Shortly after 1:30 p.m., the moon passed in front of the sun, allowing us a glimpse at the rare phenomenon. Joining in this incredible event, the Regency seniors gathered in the Sun Room to watch it on TV and to watch it outside with ISO 12312-2 filtered glasses. With over 32 people in attendance, the seniors sipped on Sunny D, snacked on Black-Out donuts from Krispy Kreme, and savored Oreos and Sun Chips. The residents of Memory Care also enjoyed a party and the opportunity to enjoy this event of a lifetime. What a perfect way to create wonderful memories and to enjoy Mother Nature and her bounty!





Bake Sale – July 21st

Who can resist the tempting aroma of fresh baked goodies? We hope no one, as we hosted a bake sale raising funds for a special purchase for our Activities Department. A big thank you to staff and family members who donated yummy cakes, cookies, pies, bars, and cupcakes to the cause. Sherry and David Sedberry generously donated their time by “minding the store,” as staff and visitors made their selections and enjoyed their purchases. Thanks to everyone’s efforts, nearly \$200 was raised. Stay tuned for more fundraising efforts to come.



Ice Cream Social – July 27th

I scream, you scream, we all scream for ice cream!! What a wonderful time we all had listening to music and enjoying our favorite flavor of ice cream. Residents, along with family & friends joined in on the fun. The wonderful sounds from the 50s and 60s, performed by Michael Havron, brought everyone back to the soda shop days. The room was beautifully decorated with the charm of an old ice cream parlor with flowers on the tables, pinwheels and balloons. A variety of ice cream flavors were served, topped with whipped cream and a cherry. One couple commented that it felt like they were on their first date.





Lunch Bunch – August 9th

Our monthly lunch bunch transported us to Japan, as we experienced the culinary delights of that country. Our trip, via the big yellow bus, brought us to the Tokyo Japanese Steakhouse. All 12 of us sat around the Hibachi grill eagerly awaiting the arrival of our chefs, and they did not disappoint. Everyone was mesmerized with their artful display of flaming chicken, onion smoke stacks, and a fireball with sparks which made our faces flush warm with surprise. Our meal included salad with Japanese dressing, a broth soup, and then the main course of chicken, rice and vegetables prepared on the grill before us. What a memorable experience.



A Taste of St. Louis – August 10th

In honor of Missouri becoming the 24th state on this date, we celebrated by learning some of the facts and history of the “Show Me State”, but the highlight was tasting some traditional Missouri food, specifically St. Louis ribs. Priscilla, from Dietary, tempted us with tender, fall off the bone ribs, brushed with BBQ smoky sauce; served with fresh white bread. The residents truly enjoyed these finger lickin’ good morsels as some asked for seconds and even thirds! It was easy to tell how much they loved them by the BBQ sauce from ear to ear. Our short visit to St. Louis was fun and we hope to return again someday.





September 5th

Curt Lindsley with Spry Funeral Home

All residents and family members are invited to join us in the Sun Room for “The Gift of Love Workshop”. This will cover 4 steps to leaving a legacy for your family that will offer peace and direction. The educational talk is free, with a question and answer time for those who are curious about details. If you or your family members have any questions on pre-planning, feel free to join us.



September 7th

Cooking Show - Banana Pudding Cake

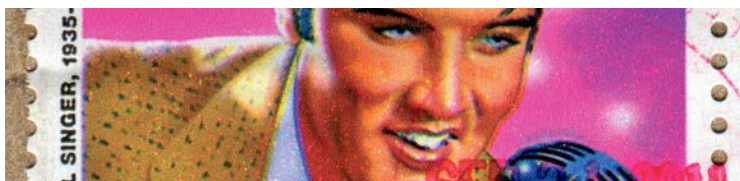
What could be better than rich vanilla cake combined with the typical banana pudding dessert? Well - let's top it with whipped cream and take a bite. Join us in the gazebo to taste this new dessert combination that's sweeping the nation and the Southern community. Guaranteed to be full of delicious ripe bananas and full-flavored whipping cream, this dessert is sure to satisfy your sweet tooth and to leave you craving more!



September 14th

First Responders Theme Lunch

Imagine this! The AMC Army Band playing rock and roll! The smell of hamburgers and hot dogs wafting through the air! First responders pulling up for a free lunch, as they sit and chat with residents! During this event, RRV will serve over 200 first responders in an effort to give back to those that give so much, thanking those that have served our community and continue to care for those in need! We're also inviting all the residents to join us in this chance to reach out to the community.



September 15th ***“Elvis” in Concert***

Every year, Regency Retirement Village celebrates Assisted Living Week during the second week of September. With multiple fun activities such as group singing, trivia, bowling, the First Responders Lunch, and more, we’ll catch a “Fever” with our Elvis Impersonator, Brian Howell, and party before “It’s Midnight” in the Dining Room, as friends, family and our “Little Sister” join in creating “Memories” and getting “All Shook Up.” With fancy appetizers and hors d’oeuvres, we’ll nibble and eat just a little “Too Much.” Yum. Yum. What a delicious and memorable way to end the week-long event!



September 22nd ***Cooking Show -*** ***Homemade Peach Cobbler***

Fresh picked peaches! A delicious topping made with yellow cake mix and butter! Baked to perfection with tips of light brown on the top, then topped with ice cream! Are you hungry yet? Come and celebrate the upcoming fall season by enjoying one of the summer treats our region has to offer. It’ll tickle your taste buds!



September 19th ***Rebecca Mae and Jack Lawless***

With voices that are music to our ears, Jack Lawless and Rebecca Mae will come to RRV to put on a show. Jack has opened for several country acts such as Kenny Rogers, Ronnie Milsap, and the Gatlin Brothers; and Rebecca has toured nationally and did a guest appearance on the ABC hit series, “Nashville” which has since moved to CMT. With Jack and Rebecca serenading, the seniors will clap and sing along, remembering their favorite hits and hearing tantalizing tidbits about their top artists. What a fantastic show it will be!



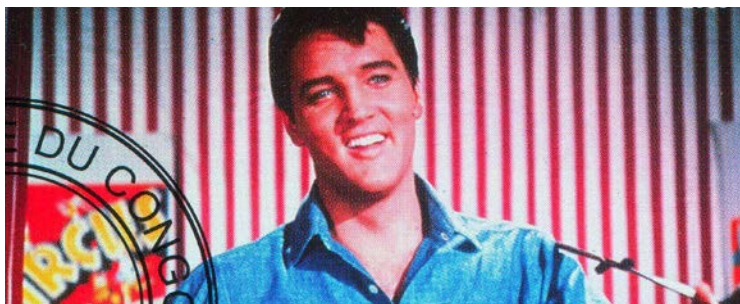
September 27th ***Craft Time - Decorated Wooden Trays***

In our upcoming craft project of specialized gifts and products, the seniors of RRV will create decorated wooden trays. Measuring 6”x6”, we’ll color coordinate the paint, decorative tape, and design to highlight our intended usage. What will your color choice be? What a perfect way to express our creativity and to make a gift for a loved one!

SAVE
THE
DATE

Sept. 01 — FUNtastic Friday
Sept. 04 — Labor Day
Sept. 11-15 — Assisted Living Week

Sept. 15 — “Elvis” in Concert
Sept. 22 — Fall begins



September 15th at 10:00 am ***“Elvis” in Concert***

“Elvis” will be in the building on Sept. 15th! Family and friends are invited to come and join in the fun as we rock & roll with the “King of Rock & Roll.” It will be exciting to relive the memories that many have, who actually got to experience a concert firsthand when Elvis came to Huntsville back in the ‘70s.



September 28th at 6:00 pm ***Birthday Party w/ Wayne & Margaret***

There are many September birthdays to celebrate this month. We will gather in the dining room to recognize each resident for their birthday. Cake will be served along with other goodies as we sway along to the music. Wayne and Margaret Alexander will be entertaining us with their wonderful tunes and stories.



September 22nd ***Fall Follies***

Cooler air and beautiful fall colors will be a welcome sight, as we drift into the autumn season of the year. We will be taking fall strolls and enjoy other fall time activities as we get outdoors after a long hot summer. It will be a fun time to enjoy some festive fall snacks and get creative with fall crafts.



September 28th at 6:00 pm ***Choppin’ It Up!***

Health Care will be hosting our version of the popular TV show “Chopped.” Employees will participate in the cook-off to show off their culinary skills. We will have a panel of “celebrity” judges to sample the food and choose the winner. Everyone gets to enjoy tasty treats as they are entertained by the live cooking show. Family and friends are invited to come and share the evening with their loved ones.





Wanda Hall

Ms. Wanda was born in 1932 and grew up in North Carolina. She married Joe Hall and together they owned an automobile repair shop. They have four children together: Susan, Shanda, Stacy, and Sharon. We were delighted when Ms. Wanda joined our community in 2016. Today she loves to join us in activities, going for every outdoor stroll possible and relishing in the raised garden bed and the trees. She also savors the Music & Memory Therapy Program, as she relaxes to her favorite tunes. We are happy that Ms. Wanda is part of the Regency family and we love her winning spirit and friendly personality.



WELCOME NEW RESIDENTS!

Cecille Hill	Jimmie Reid	Joyce South	Lydia Goodman
Robert Pearson	Donald Allen	Larry Goodman	Donald Holder

HAPPY BIRTHDAY!

Resident

Edward Magee	Sept. 2	Robert Pearson	Sept. 10
Peggy Tom	Sept. 3	Minnie Bass	Sept. 12
Elizabeth Medlen	Sept. 3	Jeanette Greer	Sept. 20
Sarah Irvin	Sept. 6	Martha Bradley	Sept. 23
Marguerite Wurster	Sept. 7	Joyce South	Sept. 23
Paul Sonnenburg	Sept. 7	Willie Gaines	Sept. 26
Betty McGowan	Sept. 8	Barbara Rouse	Sept. 30

Employee

Jordan Martin	Sept. 2	Denise Fulford-Leshore	Sept. 29
Scottie Sledge	Sept. 4	Debbie Campbell	Sept. 30
Amy Walz	Sept. 4		
James Copeland	Sept. 11		
Torreon Perkins	Sept. 11		
Amanda Upshaw	Sept. 26		
Janice Davis	Sept. 29		





SEPTEMBER FUN FACTS

- The first celebrated US Labor Day was on Tuesday, September 5, 1882 in New York City, planned by the Central Labor Union.
- 10,000 workers marched from City Hall all the way to 42nd Street and then met with their families in Wendel's Elm Park for a picnic, concert, and speeches.
- Canada is said to have originated the idea of hosting a day honoring the labor movement. In 1872, they held a "Nine-Hour Movement" to show support for striking workers.
- The decision to make Labor Day the first Monday of September was approved on June 28, 1894.



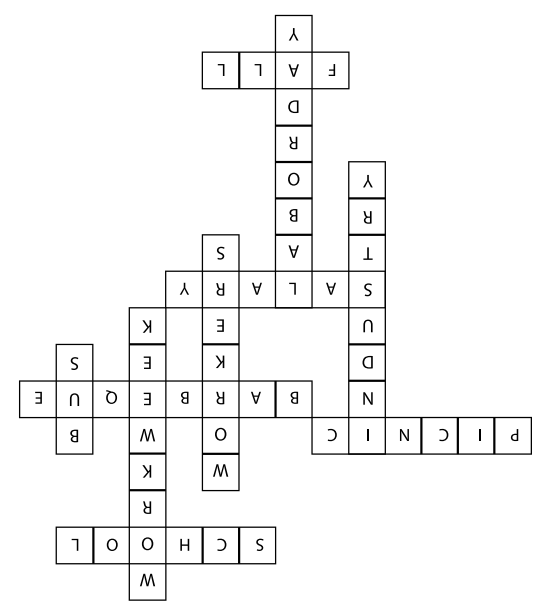
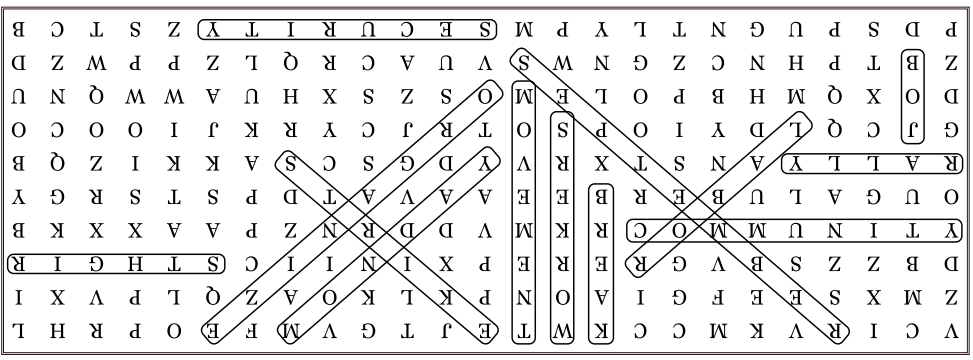
Resident

Aldredge Stephens	Sept. 5	Lena Davis	Sept. 28
W. H. Milligan	Sept. 7	Sara Stubblefield	Sept. 28
Roland Otts	Sept. 8		
Irma Malone	Sept. 16		
Anita Penney	Sept. 18		
Doris Lohr	Sept. 22		
Nina Jones	Sept. 22		
John Cook	Sept. 23		

Employee

Velma Lionel	Sept. 5	Lashan Rainey	Sept. 17
Brandon Pope	Sept. 7	Lashe Rainey	Sept. 17
Lisa Robinson	Sept. 7	Mardaisha Derrick	Sept. 18
Sherry Sedberry	Sept. 8	Sylvia Douglas	Sept. 22
Di-Gay Timmons	Sept. 12	Michael Davis III	Sept. 24
Latasha Smith	Sept. 16	Susan Mullin	Sept. 24
Brittany Leslie	Sept. 17	Faith Ejila	Sept. 26
Lavar Moore	Sept. 17	Deja Langford	Sept. 30

ANSWER KEY:

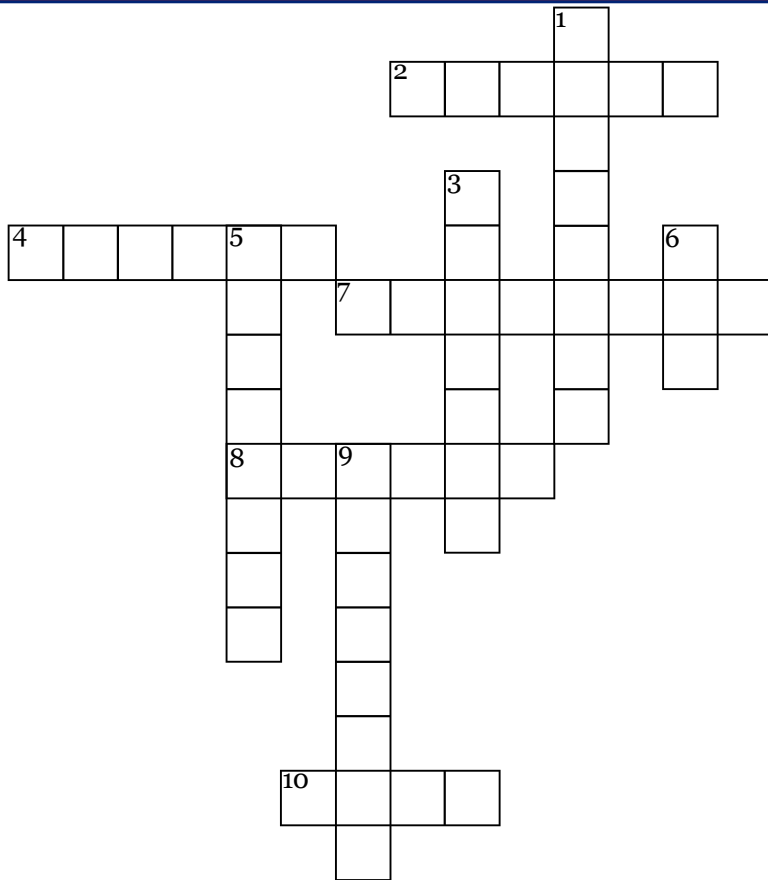


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|-----------|----------|----------|-----------|----------|
| BREAK | LABOR | ORGANIZE | SECURITY | UNION |
| COMMUNITY | MONDAY | RALLY | SEPTEMBER | VACATION |
| JOB | MOVEMENT | RIGHTS | STRIKE | WORKERS |

CROSS-WORD



Across

- 2. Kids return to after Labor Day
- 4. Lunching outside
- 7. Cookout
- 8. Annual pay
- 10. Autumn

Down

- 1. Monday through Friday
- 3. Laborers
- 5. Production sector
- 6. Travel on to school
- 9. Day honoring workers



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

Louise Sampson



Ms. Louise has worked with the Regency family for 9 years. This is the second time she's received the Employee of the Month Award, as the first time was shortly after she started

here. It's clear to see that Louise loves her family at Regency and she embraces those who are under her care. Her dedication to her family and to Regency is outstanding, as she's suffered the loss of both her husband and her daughter while still caring for the residents. We are proud to have Louise as part of our family and we cherish the way she delights herself in showing others God's love!

HEALTH CARE EMPLOYEES OF THE MONTH

Janice Strickland



Janice is a day shift LPN who has been at Regency for 2 years. She has been a nurse for 20+ years. Janice is described as very nice and professional, neat and organized by her co-workers. She states that in her off time she enjoys concerts in the park, food trucks, and loves action movies. Thank you, Janice, for being a valued member of Team Regency.

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