August 4
Friendship Day

August 14
Theme Meal Celebrating Raymond Tanner's 20th year at Regency

August 16
National Tell A Joke Day

August 21
Senior Citizens Day

REGENCY STAFF

Barbara Chatman,
Executive Director
957-6249

Charlie Goff,
Director of Nursing
957-6250

Tila Eubanks,
Reflections Unit Coordinator
957- 6256

Rachelle Gillespie,
Community Consultant
957-6260

Laura Dooley,
Business Manager
957-6253

Austin Connor,
Director of Dietary
957-6252

Chris Goodwin,
Maintenance Director
957-6254

Debbie Jenkins,
Activity Director
957-6258

Assisted Living Nurses Station
957-6251

AUGUST 2019 NEWSLETTER

Regency
Retirement Village

Hello Residents,

I pray everyone is having a special summer and enjoying these hot months we are having. I would like for you to help me welcome two new employees to our Regency family, Rachelle Gillespie and Charlie Goff. Rachelle is serving in the Community Consultant role. She comes to us with a lot of experience and has come right in working to get new residents into the Community. Please don't forget you can help as well by making a referral to her or me and receive the outstanding incentive we have going. Remember, you can earn a month free rent or receive a cash payout of $2,500.00.

Charlie is serving in the Director of Nursing role and he too comes with experience. I like that Charlie is very easy to talk to and has a great deal of knowledge in the clinical field. He will be working to ensure policies and procedures within our clinical are efficient and effective. I am so excited and look forward to our Community becoming an even better place to be.

I know we will have some exciting activities come up this month and encourage you all to participate!!!

Remember my door is always open and I am here to serve YOU!

Stay blessed my friends,
Barbara Chatman,
Executive Director

Oak Mountain Petting Zoo

Did you know there is a petting zoo at Oak Mountain? Turns out, it is a pretty good one! They have donkeys, pot belly pigs, peacocks, goats and chickens. They have a unique breed of chicken called a Silkie, with black bones, and blue beaks and earlobes. The goats were friendly because they wanted food! Their goats can also drive!

Thanks to all the residents who braved the heat and humidity for a fun day at the petting zoo! And how about those snow cones from Sno Biz?

God Bless America

We always have a great time at our themed meals. Last month's theme was "God Bless America." Have you ever seen colors prettier than red, white and blue? We live in a great nation with freedoms that other countries can only dream about. Sheila and Mike Dempsey performed songs that we all could sing along to. And, of course, Chef Austin and his team filled us to the brim with delicious food.

If you missed this theme meal, mark your calendar for Wednesday, August 14 at 5:00 pm for the next one! It is going to be BIG!

Chef Austin's Cooking

Chef Austin was very busy this past month! Of course he is responsible for your three meals a day, but that was not the end of his duties. Were you in Somerset's dining room when he gave a cooking demonstration with sautéed meat and vegetables? The smell alone was wonderful, but were glad everyone received a taste of all the dishes prepared.

Additionally, Chef Austin and Rachelle were on 33/40 Talk of Alabama. Austin prepared Bananas Foster and Chicken Milanese, while Rachelle shared what a great place Regency is to live!

Show and Tell

Did you have 'Show and Tell' at school? You remember, the teacher would ask you to bring something that was special to you and then you would share why it was important to you! Our residents played along and we saw some great items. John Bird shared a book he wrote about Pittsburgh Pirates second baseman Bill Mazeroski. Mrs. Rogers had pictures of children playing when she was the Director of Vestavia's Recreation Department. Ralph Whigham had a plaque for 34 years of service for the city of Prattville, AL. Thank you residents for sharing! Do you have an item that is dear to your heart? Share its story with someone.

Annual Supplies For Our Students
Month of August

During the month of August, we are helping our friends at Jesse's Place get ready for BACK TO SCHOOL. This is the group we collect mittens for at Christmas. Regency is collecting: spiral notebooks, markers, colors, glue sticks, loose leaf paper, composition books and backpacks. THE BACKPACKS HAVE TO BE MESH OR CLEAR!

Drop off your donations in the lobby of Berkshire and Somerset!

Nifty 90s
August 1st at 11:00 am

Those who were born from 1920 – 1929 survived the Great Depression and Pearl Harbor. They saw the inventions of the radio, washing machine, television, and sunglasses!

To celebrate them, we want to invite everyone in their 90s to a complimentary meal at Cracker Barrel on Thursday, August 1 at 11:00 am. Mark your calendar!

Vulcan Tour
August 7th at 12:30 pm

Did you know Vulcan was the Roman god of fire and forge? He watches over all of Birmingham as a symbol of the city's iron origins.

Join us for a tour of the Vulcan Museum and Observation Tower. Afterwards, we will enjoy free ice cream sundaes. The bus departs at 12:30 pm.

Let's Go To The Movies
August 12th, 23rd, and 26th

If you enjoy movies, there will be a variety to choose from in August.

August 12th — "Freedom Summer" Documentary

August 23rd — To Be Announced

August 26th — "Going In Style"

These movies are free. You are welcome to purchase concessions. Check the calendar for times.

Theme Meal
August 14th at 4:45 pm

This is a very special Theme Meal. The food will be awesome, the entertainment will soothe your soul, and the fellowship will be great! The cherry on top? Celebrating Raymond Tanner's 20th year at Regency! It is sure to be a special evening. Transportation will be provided for Berkshire residents at 4:45 pm.

Museum of Art
August 16th at 12:30 pm

Founded in 1951, the Birmingham Museum of Art has one of the finest collections in the Southeast. With more than 24,000 paintings, sculptures, prints, drawings, and decorative arts representing numerous diverse cultures, we hope you'll join us for this fantastic outing.

Sign up and hop on the bus at 12:30 pm.

Resident Council Meeting
August 28th

2:00 Somerset | 2:30 Berkshire

Executive Director Barbara Chatman wants to hear your complaints and compliments! She will also share with you what is going on at Regency that you need to know about. After this meeting, Resident Council will be held quarterly.

Save the Date

August 2nd — National Ice Cream Sandwich Day

August 6th — National Root Beer Float Day

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 20 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!

FUN FACTS

- August was the 6th month in the early Roman calendar and was called Sextilis in Latin; later on its name changed to August after the Roman emperor: Julius Caesar Augustus.
- In the early Roman calendar, August was actually the sixth month of the year. It was originally 30 days in length, but an extra day was added so that it would equal the number of days in July.
- Norwegians' Love for August as a name, around 22% of Norwegian people are actually born in August, among which August is the name for most Norwegian people.
- 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!
- On August 2nd, 1790 the first United States Census was conducted. There were 3,929,214 people counted that year.
- Although civil rights activist Martin Luther King, Jr., is honored in January, when he was born, he is best known for his famed "I have a dream" speech, which was given on August 28th, 1963.

WELCOME NEW RESIDENTS!

Dan Holovac

Alene Holovac

HAPPY BIRTHDAY!

Resident	
Stephen Breckenridge	Aug. 6
David Jackson	Aug. 9
Dan Holovac	Aug. 14
Bill Bankston	Aug. 14
Rachel Braxton	Aug. 16
Alene Holovac	Aug. 21
Diane Choyce	Aug. 29

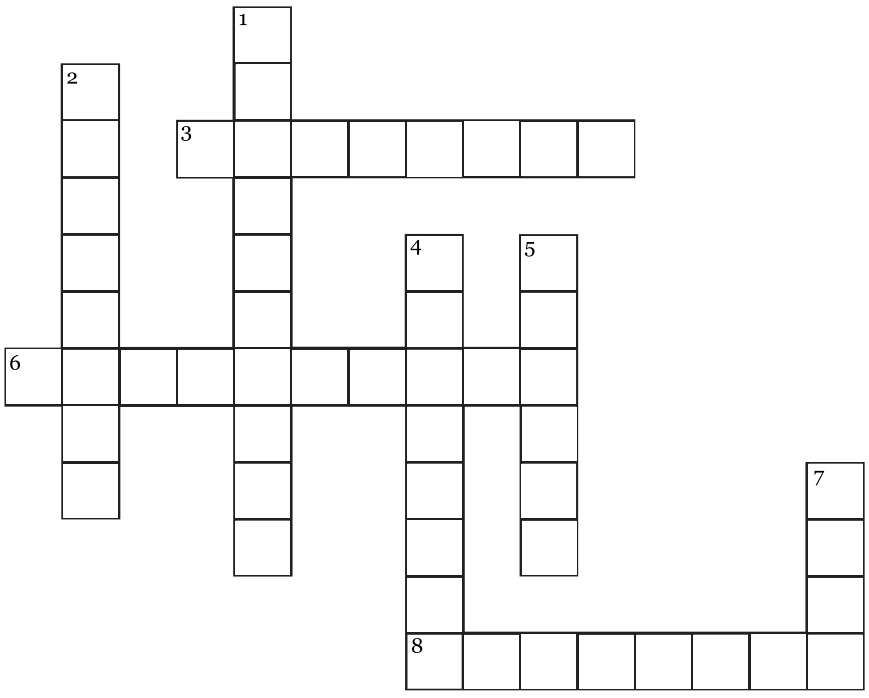
Employee	
Quiawanna Dallas	Aug. 25
Charles Goff	Aug. 28
Gladys Johnson	Aug. 31

WORD FIND

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

ICECREAM **POPSICLE** **WATERMELON** **FISHING** **AUGUSTUS**
LEMONADE **SANDALS** **COOKOUT** **PICNIC** **PEACH**
POOL **SUNGLASSES** **FIREFLIES** **VACATION** **VIRGO**

CROSS-WORD



Across

3. Winter & summer have this.
6. A Summer fruit, that's actually a vegetable.
8. At one time August was known as _____.

Down

1. The _____ was invented by Thomas A. Edison.
2. On August 1, 1876 _____ became the 38th state.
4. On August 3, 1492, _____ set sail on his first voyage across the Atlantic.
5. "I'm as corny as _____ in August" is a line from a Rodgers and Hammerstein musical.
7. In 2012 NASA's Curiosity rover landed on the surface of _____.

That's Why We're Here

EMPLOYEE RECOGNITION PROGRAM

Thank You,

for your outstanding service & care!

EMPLOYEE OF THE YEAR

Latricia Gardner

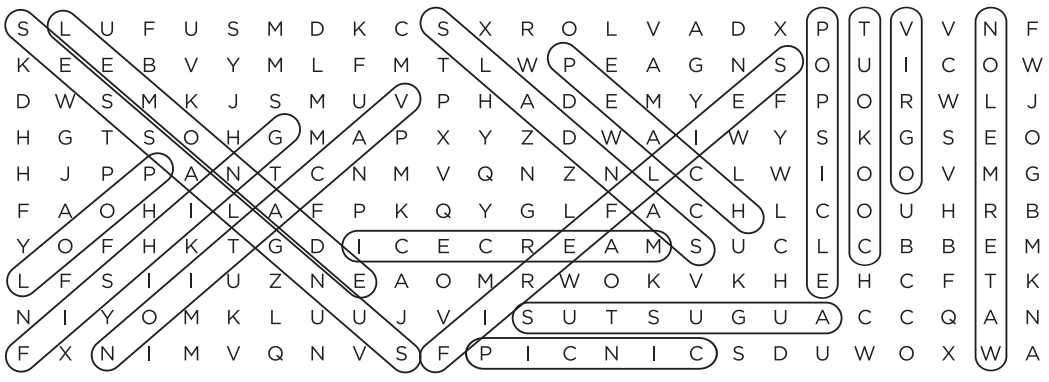
Latricia works as a cook and server in Dietary. Her primary job is raising 4 sons. Trish worked at McDonald's for 11 years as a tour manager. She left to help her mother overcome a bout with cancer. Trish's life experiences led to a calling of working with seniors. She has a positive outlook and is always available to help anyone. Trish, congratulations on being named Employee of the Year!

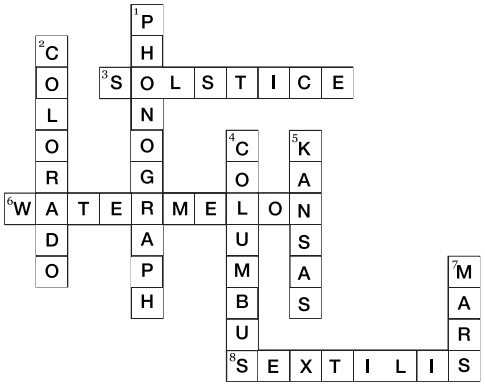
EMPLOYEE OF THE MONTH

Pauline Balfour

Pauline grew up in Jamaica and has lived in the US for 30 years. She has been married for 26 years and has five sons, ages 16-26. Pauline has worked at Regency for ten years and is also a medical transcriptionist at Brookwood. She enjoys crocheting, playing dominoes and cooking. Pauline, thank you for your service to our residents.

ANSWER KEY





CONNECT WITH US

facebook.com/regency.retirementbham

pinterest.com/regencybham

285 West Oxmoor Rd. Birmingham, AL 35209 | (205) 942-3355