

WHAT'S COMING UP

May 1
May Day

May 4
Star Wars Day

May 5
Cinco de Mayo

May 9
Mother's Day

May 13
National Apple Pie Day

May 24
National Brother's Day

May 28
National Hamburger Day

May 31
Memorial Day



MAY 2021 NEWSLETTER



April kicked off with our outdoor Easter luncheon with our residents and their families. We were thrilled that our families were able to eat and spend time with their loved ones, enjoying music, having pictures taken with the Easter Bunny, and of course enjoying lots of good food and goodies.

I appreciate the staff, volunteers, and our partners who supported us, as well as our residents for making this event possible. Josh and John moved 40 tables and 125 chairs, and Shewana coordinated our vendors who brought lots of goodies and information for our residents and their families. Chef Austin and his team made sure the food was plentiful and delicious, and no one went hungry. Charlie, our Director of Nursing, and his care team supported our residents, making sure they were able to be part of the festivities by escorting them to and from their apartments with the help of our volunteers Debbie Hutton, John Blackburn, and Tonya Anastasia. Rachel made sure the tables looked well dressed for our dining pleasure.

We are hopeful our Easter Event will be the springboard for more outdoor events, and opportunities to revive our time spent with families in a fun and lively atmosphere. As we move forward, we hope to bring forth new opportunities for residents to engage with families and our community because we know how important that is.

We appreciate your patience, and look forward to our next events in May and June, and we are thankful for the joy it brings us to serve you and be a part of your lives through Regency Birmingham.

We look forward to seeing you soon!

Rachelle Gillespie,
Executive Director

WHAT WE'VE BEEN UP TO

New EVENTS Coming Soon!

We are looking to add more family events to our calendar!
Stay tuned for upcoming info and event dates.

WHAT'S NEW?



Celebrate with Us

May 7th from 1:30-3:30pm, Join us for our Smoothies and Flowers event, a time to celebrate our mothers and the women who have been blessings in our lives.

June 18th from 1:30-3:30 pm, Join us for Car Washes for our fathers and men, with BBQ and car wash gift cards.

COMMUNITY STORY

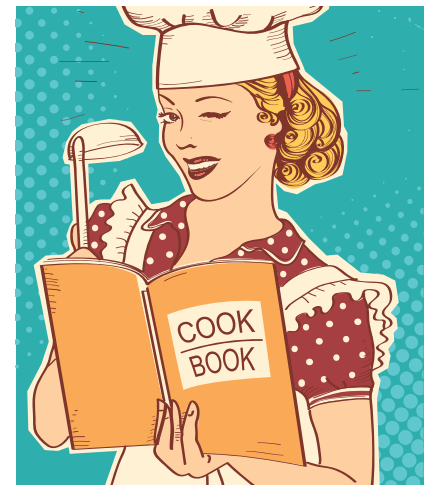
What is your family favorite recipe?

We would love to have family favorite recipes for a cookbook project. Help us put together a collection of favorite recipes you remember from your childhood!

Provide a story about what made your recipe special, and what memory it brings to light when you eat it or think about it. Also include where the recipe came from, and who cooked it in your family.

Please have your recipe submission to us by July 31, 2021.

Thank you!



FUN FACTS

- » Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- » On May 9, 1992, The Golden Girls aired their series finale.
- » The birthstone for May is the emerald, which represents love and success.
- » The Empire State Building opened on May 1, 1931.
- » On May 14, 1804, Lewis and Clark began their journey up the Missouri River.
- » May 22nd is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.
- » Edward Jenner, a doctor from Gloucestershire, England successfully tested his vaccination for smallpox on May 14, 1796.
- » On May 14, 1998, 76.3 million people tuned in for the series finale of Seinfeld
- » The New York Stock Exchange was formed in May 1792.
- » National Teacher Day is May 5th. Remember all the teachers in your life. We honor school teachers, but also parents, grandparents, and other mentors as well.
- » The traditional flower of May is known as the Lily of the Valley.
- » The Golden Gate Bridge was opened in San Francisco on May 27, 1937.
- » May 31st is Trinity Sunday– a day that celebrates the Christian belief in the Trinity (God is 3 distinct persons – The Father, The Son, and The Holy Spirit).
- » In addition to Star Wars Day, there are many other fun holidays in May, including International Hamburger Day and Dance Like A Chicken Day.
- » There is a cheese rolling contest to celebrate May Day in the town of Stilton, England.
- » Buffalo Bill's Wild West show opened in London, England on May 9, 1887.
- » May 4th is Star Wars Day. People celebrate by greeting each other, saying "May the Fourth be with you."
- » In any given year, no month ever begins or ends on the same day of the week as May does.
- » May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day."



FROM THE BLOG

Mother's Day

Celebrating Motherhood in all its Forms

Mother's Day is so special, and carries with it its own meaning for each of us. Perhaps you celebrate this holiday as someone who had an incredible mother of your own. Perhaps you yourself are a mother, a stepmother, a godmother, mentor, teacher, or caregiver. As we honor the mothers in our lives on this Sunday in May, let's find some inspiration in the beautiful words of writers, poets, actresses, and other figures who perfectly express the beauty and raw strength that is motherhood.





Maya Angelou

“To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow.”

Kate Winslet

“Having children just puts the whole world into perspective. Everything else just disappears.”

Robert Browning

“Motherhood: all love begins and ends there.”

Oliver Wendell Holmes

“Youth fades; love droops; the leaves of friendship fall; a mother’s secret hope outlives them all.”

Oprah

“I believe the choice to become a mother is the choice to become one of the greatest spiritual leaders there is.”

Mitch Albom

“When you look into your mother’s eyes, you know that is the purest love you can find on this earth.”

Victor Hugo

“A mother’s arms are made of tenderness and children sleep soundly in them.”

Abraham Lincoln

“I remember my mother’s prayers and they have always followed me. They have clung to me all my life.”

Henry Ward Beecher

“The mother’s heart is the child’s schoolroom.”

Michelle Obama

“At the end of the day, the most important job is still mom-in-chief.”

Sheryl Crow

“Little souls find their way to you whether they’re from your womb or someone else’s.”

Sophia Loren

“When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.”

No matter how or who you celebrate on Mother’s Day, we hope it is a time of tribute for you and/or the strong, loving women in your life who have shaped you, comforted you, taught you, and showed up for you in many ways throughout the years. On this special Sunday, we honor all mothers and mother-life figures, motherhood in general, and the profound impact of mothers on society. They truly deserve all the thanks!



FEATURED RESIDENT

Ms. Virginia Points

Ms. Virginia Points has been a resident in our independent setting since March of 2020. She is grandmother to four grandchildren, and two great grandchildren. Her daughter, Glennis, called her the matriarch of their family, as she has been a caregiver to all. Ms. Virginia has a great faith, and is very active in her church, Ephesus Seventh Day Adventist of Birmingham. She is an avid crossword puzzle enthusiast, and enjoys her study of the word. She is the first black female Psychometrist to graduate from the University of Alabama with a Master's Degree in Psychology. Ms. Points dedicated her time to serving students in schools to ensure they received the best education possible. Ms. Points has a positive outlook on life, and is a pleasure to have as a resident in our community.

WELCOME NEW RESIDENTS!

Ms. Helgard Loeffler
Mr. John Crumpton

Ms. Rawleigh Hill
Mr. Wayne Dutt

HAPPY BIRTHDAY!

Resident

Ms. Louise Hoffman	May 2
Ms. Peggy Theis	May 5
Mr. Daniel Wheeler	May 8
Ms. Virginia Points	May 17
Ms. Kay Johnston	May 29

Employee

Ms. Jamesia Sharp	May 1
Ms. Tamela Lindsay	May 27
Ms. Keshonda Cummings	May 31

NATIONAL SPACE DAY

The first Friday in May is National Space Day! This day is dedicated to celebrating the extraordinary achievements, benefits, and opportunities that come from space exploration and research. In honor of National Space Day, here are 10 things you probably didn't know about space exploration.

- 10. A space suit weighs roughly 280 pounds, without the astronaut, and takes about 45 minutes to put on.
- 9. To even apply to be an astronaut, candidates must complete at least 1,000 hours of fly time in a jet aircraft first.
- 8. The first artificial satellite sent into space by the United States was the Explorer 1, launched on January 31st, 1958.
- 7. America's first space station was Skylab, which contained almost 12,000 cubic feet of living space, and was longer than a 12-story building.
- 6. A manned rocket reaches the moon in less time than it took for a stagecoach to travel the length of England.
- 5. Each astronaut is allotted 3.8 pounds of food for each day, and the foods are individually-packaged for ease of handling in zero gravity.

- 4. Flying American flags to space began with the flight of the first American astronaut, Alan Shepard, in 1961. Elementary students from a Cocoa Beach, FL school purchased the flag for Shepard to carry onboard the Freedom 7 Mercury spacecraft.
- 3. A full NASA space suit costs \$12,000,000.
- 2. Apollo 11 crew members Neil Armstrong and Edwin "Buzz" Aldrin made the first lunar landing on July 20th, 1969.
- 1. In 1981, the first reusable spacecraft, the Space Shuttle Columbia, launched and returned from space.

BLAST OFF!



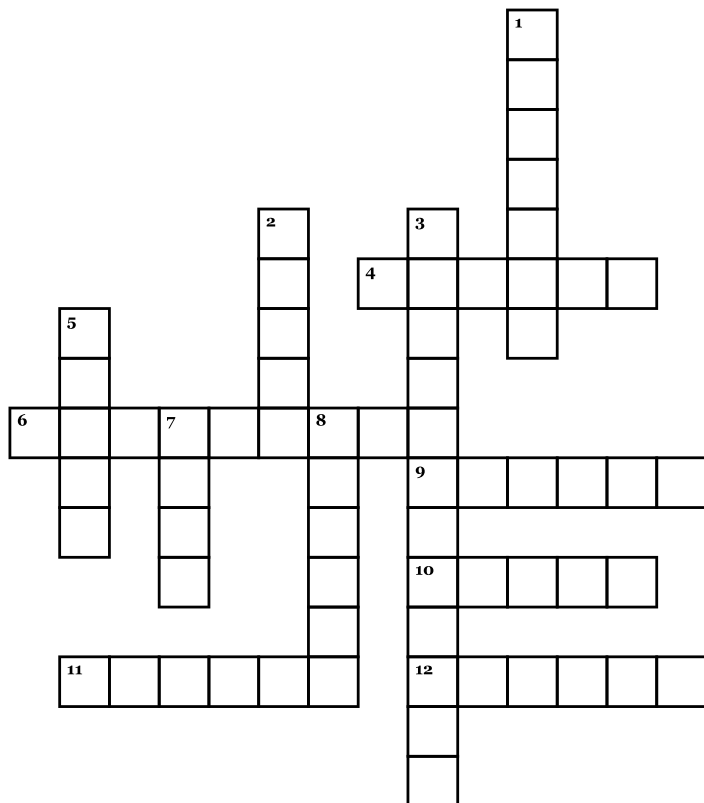
CONNECT THE DOTS

WORD FIND

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| MAY | GOLDEN | JEANS | SEINFELD | JEDI |
| LILY | EMPIRE | TRINITY | MARITIME | JOURNEY |
| EMERALD | BRIDGE | VACCINE | DOROTHY | TEACHER |

CROSS-WORD



Across

4. The traditional flower of May - Lily of the _____
6. A popular food served on a bun
9. Teachers might receive these on Teacher Appreciation Day
10. Lewis & _____
11. Formerly the tallest building in the world, the _____ State Building
12. Dorothy's mother in The Golden Girls

Down

1. Gemstone that's the color of envy
2. Darth _____ - Luke's father
3. City where the Golden Gate Bridge is located
5. Pants made out of denim - usually blue
7. Well-known figure of the Wild West - Buffalo _____
8. One of Jerry's best friends in Seinfeld

EMPLOYEE OF THE YEAR

John Meja

John Meja is the kind of employee you are always hoping for! John is a dedicated team member, shows up to work on time, arrives with a great attitude, consistently goes the extra mile, and is a pleasant service provider for our residents.

John is proactive in his daily support of our residents and our community. We are blessed to enjoy his great sense of humor, and know his presence is a blessing to our entire team here at Regency Birmingham.

We are pleased to honor him with this award. Thank you, John!

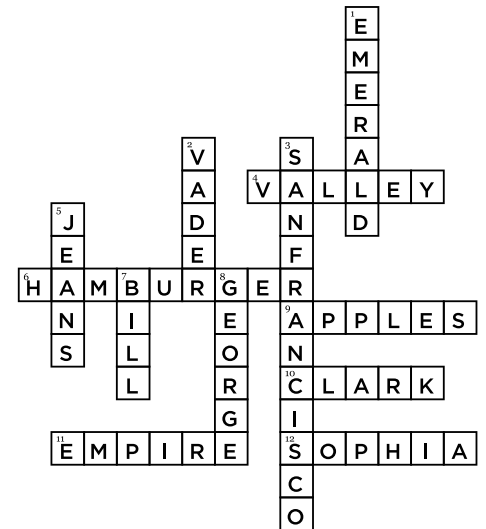
EMPLOYEE OF THE MONTH

Earl Minter

To our team and our residents, Earl is known as Leroy. He has been a member of Regency's Dietary Team for almost a year now, and he has proven to be an asset to that team. He is also quick to assist any department that may require his help as our utility person. Leroy is a Birmingham native, has two sons, and retired after 35 years of work with McDonald's. Even though Leroy has dealt with some health challenges, he continues to be a positive individual. He also supports beautifying his neighborhood by running a lawn service, and is well known in Ensley, Alabama for his altruism. Congratulations, Mr. Minter, on being chosen as Regency Birmingham's Employee of the Month for May 2021! We appreciate your service to our community.

ANSWER KEY

C	A	O	Y	B	Z	X	E	K	M	A	R	I	T	I	M	E	A	P	B	V	L	X	P	B
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