

## WHAT'S COMING UP

**May 1**

May Day

**May 5**

Cinco de Mayo

**May 7**

Kentucky Derby

**May 8**

Mother's Day

**May 21**

Armed Forces Day

**May 25**

National Senior Health & Fitness Day

**May 30**

Memorial Day



## MAY 2022 NEWSLETTER



### ***Happy May,***

May is a great season of fun and remembrances! Some fun ones are National Mother Goose Day, Wear Mismatched Shoes Day, Chocolate Chip Day, No-Diet Day, Hostess Cupcake Day and many more. We celebrate May Day, Mother's Day and Memorial Day for those that we are missing in our lives that leave a space in our hearts.

Watch for the dates and times so that you will be able to join us in the fun and remembrance. We continue to be blessed in our community with wonderful residents, families and staff who support each day with love and compassion. The true servant's heart is what makes Regency the wonderful community it is.

A servant's heart is the individual who has the mindset or desire to selflessly serve sacrificially towards others, regardless of your feelings towards them or what it may cost you.

Whoever is great among us is the servant to all. It is the individual who serves to their utmost even when no one is watching.

Seven keys to being a good servant: Be humble, remind yourself daily, be uncomfortable, slow down and be present, surround yourself with like-minded people, sacrifice your time, attention and money, be specific.

May is also National Nurses Month and Day. Take time to thank a nurse for all they have done and are doing to be that servant's heart, a gift truly given to all who wear the title of Nurse.

We thank you for allowing us to serve each one of you. Have a wonderful month of May. Slow down and take time to make someone feel special today. Your time with them has no dollar amount attached, but is priceless to the one you give it to.

**Rachelle Gillespie,**  
*Executive Director*



## **Music Therapy with Blake Franklin – April 4th**

Wow! Mr. Blake really knows how to put on a show. The residents enjoyed the great music and entertainment while being able to fellowship amongst each other. Everyone had a great time and can't wait to do it again.



## **Soap Making – April 6th**

The soap class was such a fun experience for us all that we did it again! We had so much fun mixing different colors and scents and using all types of molds to make them in. Regency knows how to turn anything into fun!



## **Shades Mountain Baptist Church Choir — April 14th**

The choir did such a wonderful job singing to our residents. The residents enjoyed the soft hymns, sounds and performance of the choir. The residents were singing and clapping and the smiles on their faces were shining!



## **Easter Brunch — April 16th**

The Easter Brunch was a huge success! There were children running and having so much fun, and so many varieties of food to choose from. Regency put so much into planning this wonderful event for everyone. If you missed out on the fun, be on the lookout for the next event!



## Mother's Day Tea

May 5th from 2:00 pm - 4:00 pm

Mother's Day is here to celebrate mothers. This event is open to the public and all residents and their families can participate. So come sip and mingle and be entertained by our special guest. There will be great food served and entertainment for everyone. We can't wait to see you there!



## Men's Coffee

May 25th at 8:00 am

Join us for a time to spend with the fellows and a few donuts. Regency celebrates our men, so please watch out for more details as we get closer.



## Memorial Day Cookout

May 27th from 1:30 pm - 4:00 pm

The cookout is in the making and we are working hard putting this great event together. Check the calendars and flyers for details for this event!



## The Spring Festival

Planning is still ongoing so please save the dates and don't miss out on all the fun!



## Father's Day

The Father's Day event will be in June and it's getting close. We look forward to seeing you all there!



## Fourth Of July

Please don't miss out on the fireworks! Everyone is welcome to come out, food will be served as well as entertainment for everyone to enjoy. So save the date as the time gets near.



## Family Luau

We have a Family Luau coming soon, so please watch for details as we get closer.

## MOTHER'S DAY WISHES

### As this new month of May begins, here are my wishes for you:

May this month bring you satisfaction, peace and joy. May all the desires of your heart be granted. May this be the beginning of new things in your life. Stay strong, be positive and fulfill your dreams, because every moment is a fresh beginning.

This month we celebrate all the mothers for Mother's Day. We are excited for all the wonderful things we have in the works at our community as the summer is near!



## Lula Goodson

This month's resident is Lula Goodson. Ms. Lula was born in Evergreen, Alabama and taught school for over 20 years. She has been a part of the Regency community for over 13 years. Ms. Lula states that when she was young and teaching school, she used to catch a ride with the mailman to get to work. She was married and had two daughters and grandchildren. Ms. Lula wanted to add this little note, that she has a granddaughter that's a doctor. Ms. Lula loves to smile and laugh and have fun, she loves her family and that her family comes first. Ms. Lula, we're honored to have you here at Regency Retirement Village!



# Happy birthday



### Resident

Louise Hoffman	May 2	Barbara Earley	May 24
Charlotte Handley	May 7	Kay Johnston	May 29
Donald Hadden	May 21	Arlene Maxwell	May 30

### Employee

Pamela Watts	May 15
Pamela Scott	May 18
Voncile Stinson- Smith	May 21

## FUN FACTS

- » The name May is the modern-day English adaption of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth.
- » A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word Maiores, the Latin word for “elders,” that the month gained its name.
- » The word May wasn't actually used until the middle ages were on their way out, around the 15th Century AD. Up until then, the Roman word Maius was still used.
- » May used to have a very different name in Old English. Back then, the month was referred to as the “month of three milkings.” Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!
- » May was once considered an incredibly ill-omened time to get married. There's an adage for it actually, which goes: “Marry in May and you'll rue the day.” It's not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!
- » May isn't just a bad time to get married, though. There's the Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn't wash any blankets either!
- » May is the month that the Eurovision song contest is held every year. For those not in the know, Eurovision is an international song contest that has been held every year since 1956. Some of the contest winners over the years have gone on to be incredibly successful groups, with the most notable being ABBA!
- » May is a special time for Star Wars fans worldwide and always a good reason to re-watch the movies. May the 4th is celebrated as Star Wars day, due to the way the date sounds similar to “May the Force [be with you].” We won't start the debate over whether the old movies are better than the new ones, because we all know the answer to that!

## WORD FIND

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

EUROVISION

GEMINI

BURGER

EMPIRE

VICTORIA

GARLANDS

MILKING

MAIUS

TAURUS

EMERALD

GODDESS

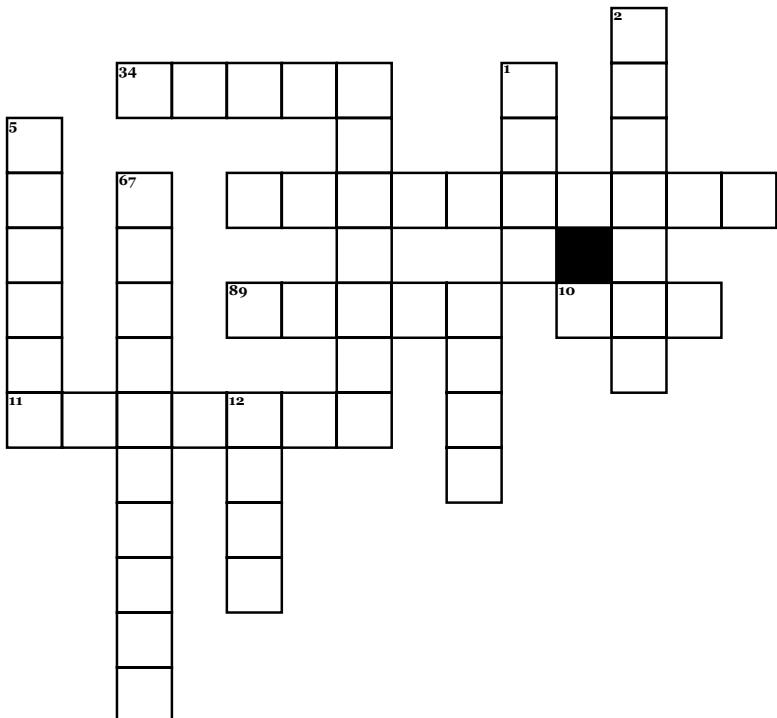
MAIORES

HAWTHORN

ETA

LILY

## CROSS-WORD

Down

1. A Roman poet by the name of \_\_\_\_\_
2. Emeralds are symbols of fertility and? \_\_\_\_\_
4. May was once considered an incredibly ill-omened time to get \_\_\_\_\_
5. The word May wasn't actually used until the \_\_\_\_\_ ages
6. It is said that those born in May have a greater chance of being more \_\_\_\_\_ in life.
9. May is a special time for \_\_\_\_\_ Wars fans world wide.
12. A Famous Swedish pop group? \_\_\_\_\_

Across

3. There's the Cornish superstition that buying a new \_\_\_\_\_ in May is unlucky.
7. May is the month that the \_\_\_\_\_ song contest is held every year
8. The Latin word for May? \_\_\_\_\_
10. Every year there is a particular meteor shower in May called the? \_\_\_\_\_ Aquariids meteor shower.
11. The birthstone for May is the? \_\_\_\_\_

### EMPLOYEE OF THE YEAR

#### Leroy Minter

Leroy Minter has been chosen because of his dedication to Regency. Mr. Leroy has been a part of Dietary for two years. Leroy has gone above and beyond what has been requested of him, in many meaningful and substantial ways.

Leroy came to work and fulfilled his responsibilities to his Dietary team and anyone else who needed help even on the hardest days.

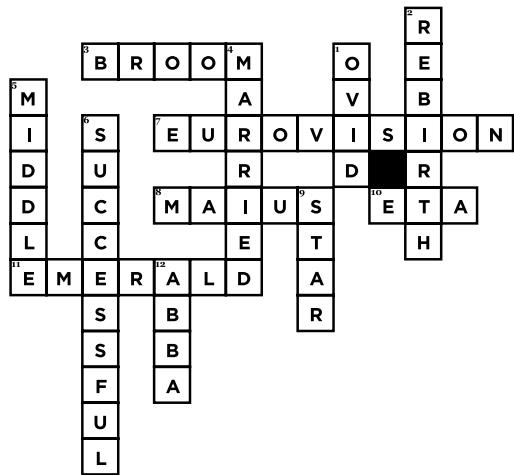
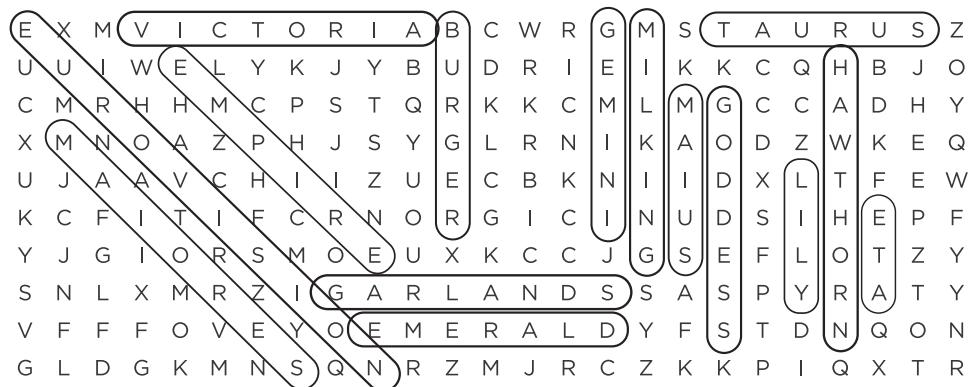
Leroy has two sons, enjoys landscaping and being a jack of all trades. Mr. Leroy, we sincerely appreciate all you do!

### EMPLOYEE OF THE MONTH

#### Pamela Watts

We are so excited to recognize Mrs. Pamela Watts as the Employee of the Month! Pam has been with us for a short time now, since December 2021. Pam is the Admin Assistant, she ensures quality care and supports our mission with compassion. Mrs. Pam has been married for 47 years and she has two sons and three grandchildren. In her spare time, Pam loves to travel and enjoys going to the beach with her family. We are blessed to have you and we appreciate your great attitude, you consistently go the extra mile by helping keep things in order. Welcome aboard, Pamela! We are glad to have you on our team.

### ANSWER KEY



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