

## WHAT'S COMING UP

**July 4**

Independence Day  
6:30 – 8:30 All American Blast!

**July 7**

National Father Daughter  
Take a Walk Day

World Chocolate Day

**July 14**

National Mac and Cheese Day

**July 17**

National Ice Cream Day

**July 20**

National Hot Dog Day

**July 23**

National Gorgeous  
Grandma Day

**July 24**

National Parents' Day

**July 18**

Buffalo Soldiers Day

**July 30**

International Day of Friendship



## JULY 2022 NEWSLETTER



### ***Let Freedom Ring,***

We celebrate the 4th of July with fireworks, family, music, and of course food. Come join us on the 4th of July from 6:30 pm - 8:30 pm when we will be celebrating Independence Day with desserts, music and ending the evening with fireworks. John and his team will end the evening with a bang!

We are pleased to welcome to our team Ms. Tina Knowles, our new Activities Director, bringing with her over 10 years of experience in engaging seniors in living their best days. Please introduce yourself to her and join her for the fun! She has a goal for 50 volunteers to spend an hour a month with our residents. Come see where the fun is at!

The first fireworks were created in 200 B.C. The tradition of setting off fireworks began in Philadelphia on July 4, 1777 during the first organized celebration of Independence Day. Ships' cannons fired at 13 cannon salutes in honor of the 13 colonies.

In the 20th century, the 4th of July became a federal holiday with family gatherings, BBQ, and fireworks. We are pleased that you will be able to join us for our family celebration this year on the 4th!

We celebrate the freedom of our nation and the freedom that rings true in the scripture. 1 Galatians 5:1 - "It is for freedom that Christ has set us free to stand firm, then." 2 Romans 6:7 - "For one and who died has been set free from sin." John 8:32 - "And you will know the truth and the truth will set you free." John 8:30 - "So if the Son sets you free, you will be free indeed." 2 Corinthians 3:17 - "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."

Freedom rings in the hearts of Regency as we are celebrating the opportunities to have family and friends in our community for events and having guests who visit our residents, celebrating the opportunity to live in these United States. A nation whose flag flies and the National Anthem rings as a reminder of these freedoms we have.

We thank you for allowing us to serve you and your loved ones, we look forward to seeing you soon.

***Rachelle Gillespie,***  
*Executive Director*



## A New Cotton Candy Machine

Our residents are thrilled at the addition of our new cotton candy machine! The sweetness it makes is almost as sweet as them.



## Remembering Our Soldiers

Ms. Rachelle helped serve residents, family & staff at our Memorial Day BBQ. Thank you to all who have served in our military!





## A Game of Spades

Our residents enjoyed a friendly, but at times competitive, game of Spades! We have some Spades experts in our community!



## Putt-Putt at Regency

What is the best way to practice putting? Indoors, where it is nice and cool!





### **Bang! Boom! It's a Parking Lot Party!**

July 4th from 6:30 pm to 8:30 pm

Our Parking Lot Party will be on July 4th from 6:30 pm to 8:30 pm. Come join us for live music, sno cones, popcorn, cotton candy, and fireworks!



### **Spa Day with Mary Kay**

July 13th

Prepare for some pampering! Several Mary Kay consultants will be in Independent Living on June 13th to offer facials and hand massages.



### **Yoga Drumming**

July

This is a new activity that all of our residents will be enjoying. It's so fun, you forget it is actually exercise!



### **FOLLOW US ONLINE**

Like our FaceBook Page to keep updated on all of our events!

### **VOLUNTEERS WANTED:**

Spread the word, we are requesting volunteers to enrich the lives of our residents!





## The Fruits of Our Labor

### July

Our residents will enjoy fresh vegetables and herbs from their bountiful garden.



## Weekly Bible Study with Marcus

### July

Thank you, Marcus, for teaching our weekly Bible Study! The residents appreciate you, and we do too.

## NEWSLETTER CLUB

We have started a Newsletter Club! Here you find articles, poems, sports and much more. The Sports section will be published on a monthly basis and will be focusing on local sports like The Birmingham Barons, The Birmingham Stallions, and local colleges.

### Dance In Moonlight

© 2022 by Resident Joe K. Faught

Lady lovely and fair, with golden hair,  
With me, dance in moonlight our love to share  
The grass our ballroom floor, to move more here and there  
Eyes so wise, a deer and gentle beings in a forest clearing smile  
As we exchange glances, so passionate and kind  
  
Even the stars witness our love, and so by it, are energized  
My joy beyond measure to see you smile, and to feel you care  
Lady fair, with now a moonlit golden halo around your hair  
Please, hold my hand, to dance in, moonlight, our love to share  
Take my hand, precious one, as rejoice in fairytale land  
  
Upwells a refreshing sea breeze, as the clock strikes three  
Lady with radiant hair, I'm so glad you are there  
Dance with me in moonlight, our love to share  
Lady lovely and fair with golden hair,  
With me dance in moonlight, our love to share



### Get to Know The Kerrs

Nadine and Rober Kerr have been living at Regency since January. They have been married for 13 years. Mrs. Kerr worked as a florist for over 35 years. She designed arrangements for several well-known celebrities such as Dixie Carter, Condoleezza Rice, Reba McEntire, and George H. Bush to name a few. Her favorite flower is the red rose.

Mr. Kerr graduated from The University of Alabama. He is an avid Alabama fan. He is always wearing an Alabama T-shirt! He is a retired Financial Planner and Insurance Salesman. He once enjoyed Cross Country Running. He serves as his family's spiritual leader. They are very proud of their children, grandchildren and their Great Grandson Milo.



## John T. Bird

John graduated from the Ivy League’s Dartmouth College in the class of 1977 with a major in History.

He served as Head Writer, Editor and Proofreader at Parisian, Inc. from 1987 to 1991.

He wrote the regional best-seller *Twin Killing: The Bill Mazerowski Story* (1995) helping “Maz” reach the Baseball Hall Of Fame in 2001.

He edited the following books:

- » *Of Permanent Value: The Story of Warren Buffett* by Andrew Kilpatrick
- » *The Unwept: Black American Soldiers and the Spanish-American War* by Dr. Edward Van Zile Scott
- » *Life’s Been A Blast* by Emily and Jeff Lyons - An abortion clinic bombing victim’s memoir
- » *SHORTY: A Life In Sports* by David H. White, Jr - The memoir of celebrated Banks High School and University of Alabama Football Coach, George O. “Shorty” White

John has served and continues to serve on many board memberships. His hobbies include fishing, mentoring writers and resume writing.

*Happy Birthday*

### Employees

Shaka Benjamin	July 7
Lashun Harris	July 13
Amberly Triggs	July 20
Shewana Picket	July 8

### WELCOME NEW RESIDENTS!

- Mr. Mark Blankenship
- Mr. Homer Wiley
- Mr. James Beckham
- Ms. Betty Banna

## FUN FACTS

- » July was named after the famous Roman general Julius Caesar by the Roman senate; as it was the month he was born in. Julius Caesar was a formidable military general and statesman who was largely responsible for changing the Roman Republic into the Roman Empire. The month was previously called Quintilis (Latin for fifth) as it was the fifth month of the 10-month-long ancient Roman calendar.
- » As the second month of Summer, July is, on average, the warmest month of the year in the northern hemisphere. Its southern hemisphere equivalent is January.
- » Julius Caesar wasn’t the only military genius born in July. Alexander the Great was another important historical figure who changed the shape of the world and was born around July 20, 356 BC. Other famous people born in July include Frida Kahlo, Franz Kafka, Marcel Proust, and Nelson Mandela.
- » The Anglo-Saxons had multiple names for the month of July, including Maed-monath and Hey-monath. Respectively, these translated into “the flowering of meadows” and “hay month.”
- » On July 4, 1776, the 13 American colonies declared their independence from the British monarchy. The 4th of July, formally known as Independence Day, has been a federal holiday since 1870 in the United States of America.
- » July has some pretty delicious month-long observances, too! In the US, there are three at least three in particular that stand out — It’s National Watermelon Month, National Hot Dog Month, and National Ice Cream Month. Yum!

WORD FIND

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

ALAMOGORDO  
 APOLLO  
 LARKSPUR

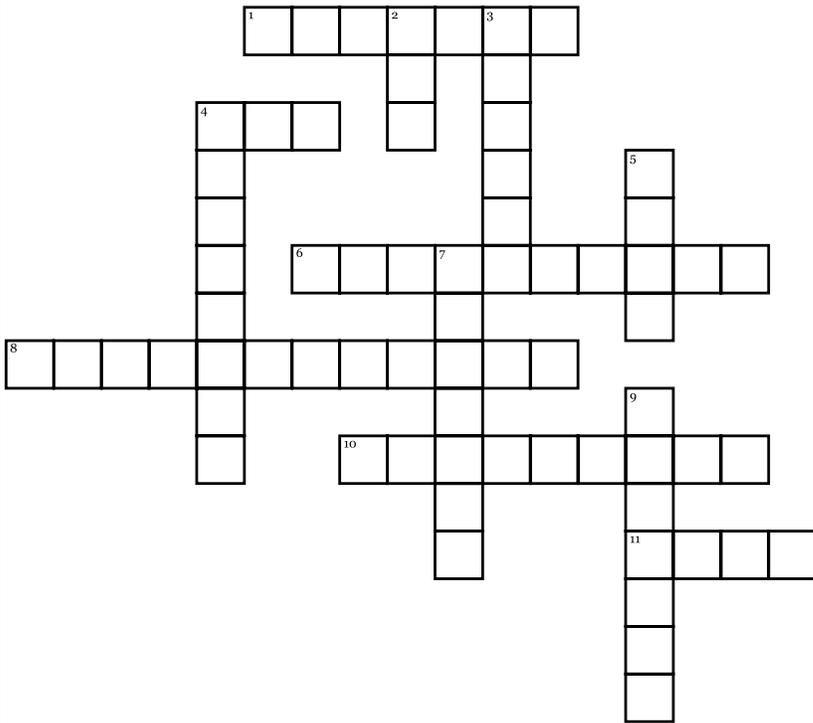
RUBY  
 ARMSTRONG  
 CANCER

QUINTILIS  
 HEMISPHERE  
 MONARCHY

JULY  
 LEO  
 ROMAN

NORTHERN  
 EMPIRE  
 REPUBLIC

CROSS-WORD



**Down**

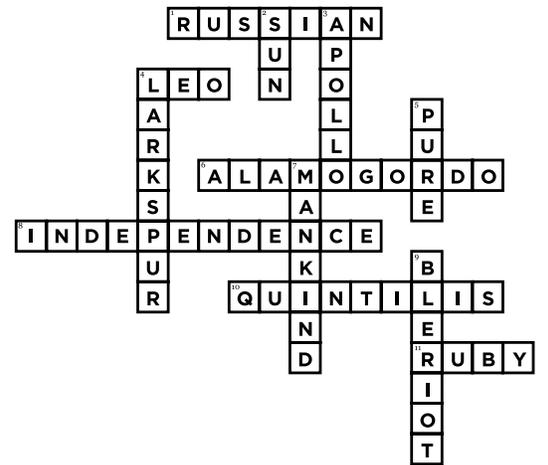
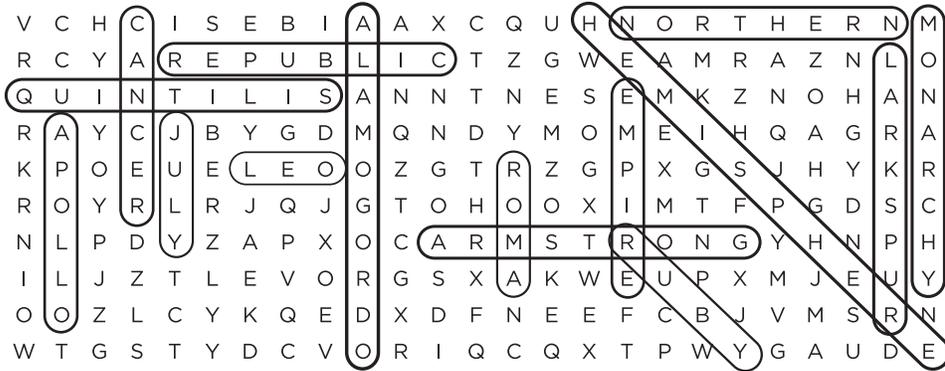
2. July 3rd is Stay out of the \_\_\_\_\_ Day.
3. The first crewed mission to the moon, the \_\_\_\_\_ 11 Mission, launched on July 16, 1969.
4. July has two birth flowers - the water lily and the \_\_\_\_\_.
5. The water lily is a symbol of a \_\_\_\_\_ heart.
7. That's one small step for man, one giant leap for \_\_\_\_\_!
9. On July 25, 1909, Louis \_\_\_\_\_ became the first man to fly an aircraft from one country to another successfully.

**Across**

1. July 12, 1943, \_\_\_\_\_ and German forces fought the largest tank battle in history.
4. There are two-star signs which fall in the month of July. One sign is Cancer and the other is \_\_\_\_\_.
6. On July 16, 1945, the first atomic bomb was detonated in \_\_\_\_\_, New Mexico.
8. The 4th of July, formally known as \_\_\_\_\_ Day.
10. Julius Caesar was born in the month of \_\_\_\_\_ which is a Latin word for July.
11. The birthstone of July is the \_\_\_\_\_.



ANSWER KEY



CONNECT WITH US

 Facebook.com/RegencyBirmingham

 RegencyBirmingham.com

