

WHAT'S COMING UP

March 1st

World Compliment Day

March 3rd

Music by Jordan Hopkins

March 9th

Tulip Festival Outing

March 10th

Special Speaker:
Ty Malugani, Sloss Furnace

March 12th

Daylight Saving Starts

March 17th

St. Patrick's Day Party at
2:00 with Live Music

March 19th

National Let's Laugh Day

March 20th

First Day of Spring

March 29th

Bingo Auction



MARCH 2023 NEWSLETTER



Welcome Spring,

March is the month of Spring and new beginnings. Some even are preparing for St. Patrick's Day full—of Irish food and music (along with green beer!) Who could forget Dr. Seuss' book "Green Eggs and Ham" Now, for those who have never had Green Eggs and Ham, I can assure you it is a once in a lifetime experience!

Our life enrichment director has been connecting with our residents to learn what is on their Bucket Lists. The question we have been asking them is, "If you could have the opportunity to complete a once in a lifetime experience, what would it be? We've been able to help residents cross off some of their Bucket List items like riding in a convertible. We even have the possibility of airplane rides in the works!

What is something you have always wanted to do, and what would be on your bucket list? We can assure you that our residents are living to the fullest and engaging in fun each day. They are enjoying days full of opportunity to spend time living! We look forward to having many more of you join us in the community as residents and volunteers.

Come join us in living!

We are looking for family members and volunteers who want to join us in the fun. Come share an hour or two each month, and engage with our residents in learning about their history through amazing conversations. You will soon learn they are a wealth of knowledge, and it is just pure enjoyment to be with them.

March is Employee Appreciation Month. As all you know, we work 24/7 to support your loved ones, and we feel blessed and privileged to have each of those hours! It is because of our employees and team here at Regency that we can be your family members support when you are not able to. We thank you for allowing us to serve, and we appreciate and thank God every day for the servant hearts of our team. Please join us in thanking them this month for all that they do. Thank you for choosing Regency to be your loved ones' home!

May God's blessing pour out over you and your family this month and throughout the remainder of this year.

Rachelle Gillespie,
Executive Director



Bible Study & Church Service

February was all about the month of love, and we started the month off with our love for God. We have started a weekly Bible Study and Church service with Pastor Larry. Everyone is invited and welcome to join us in the Assisted Living Dining Room. Please see the calendar for more information.



Valentines Day Party

Our Valentines Party was a blast with music by J. Quakenbush, food, balloons and the crowning of our Regency Birmingham Valentine Queen & King! Congratulations to our Queen and King!



National Kite Day

We celebrated National Kite Day by flying kites, sharing childhood memories, and remembering the times we flew them with our children. It was a day full of laughs. We all agree that kites have come a long way, and they are still as fun as they once were!

FUN FACTS

- » In old Roman calendars, one year used to be ten months long, starting in March and ending in December.
- » In the Roman calendar, the “Ides of March” was equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.
- » If you were born in March, your birth flower is a daffodil!
- » March babies are spoiled with two birthstones: aquamarine and bloodstone, which symbolize courage.
- » There are two zodiac signs in March. Pisces, which is until March 20, and Aries, which is from the 21st.
- » The first month of spring is March, which starts between the 19th and the 21st.
- » March is the equivalent of September in the Southern Hemisphere.
- » Every year, March and June finish on the same day of the week.
- » March is the time of year when animals start waking up from hibernation.
- » The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.
- » The Vernal Equinox occurs around March 20th or 21st. This is when the sun is directly above the equator, making the day and night equal in length.
- » The Anglo-Saxons called March “Hlyd monath,” meaning “Stormy month,” or “Hraed monath,” meaning “Rugged month.”
- » The popular social media outlet Twitter was launched on March 21, 2006, with the first tweet going out the same day. It was posted by the founder, Jack Dorsey, which read, “just setting up my twttr.”



Symphony

March 3rd at 10:00 am

If you haven't joined us for an outing to the Symphony, you should! The Coffee Concerts last one hour, and I promise you will not be disappointed. Please see Tina for more information.



Outing to The Tulip Festival

March 9th at 9:30 am

Please be on the lookout for more information! You don't want to miss this!



St. Patrick's Day Party

March 17th at 2:00 pm

Go ahead and find something green to wear! Our party will be March 17th at 2:00 in the Assisted Living Dining Room. You don't want to miss out on all the fun!





Edgewood Garden Club

March 22nd at 1:30 pm

Edgewood Garden Volunteers will be bringing fresh flowers and vases for you to make flower arrangements for your room. Please see Tina to sign up!



New! Drama Club

March 24th at 11:00 am

Come join us as we read and act out short skits. You never know – you may get noticed and become famous!



Wes Wyatt

March 24th at 1:00 pm

Wes is the Chief Meteorologist for WBRC FOX6 News. The last time he came he talked to us about weather and brought us weather radios. As promised, he is bringing his guitar for a sing along!



Easter Eggstravaganza

April

Join us for our Easter Eggstravaganza and egg hunt!

Save
the
Date

Mar. 3rd — Music by Jordan Hopkins

Mar. 12th — Daylight Savings

Mar. 20th — First Day of Spring

Mar. 29th — BINGO Auction



Charles Birdsong

Charles Birdsong is such a joy to be around! We're so happy to have him here at Regency. He certainly brings a smile to the faces of everyone he's around. We love you, Charles!



SUDOKU PUZZLES

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WORD FIND

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MARS
EQUATOR
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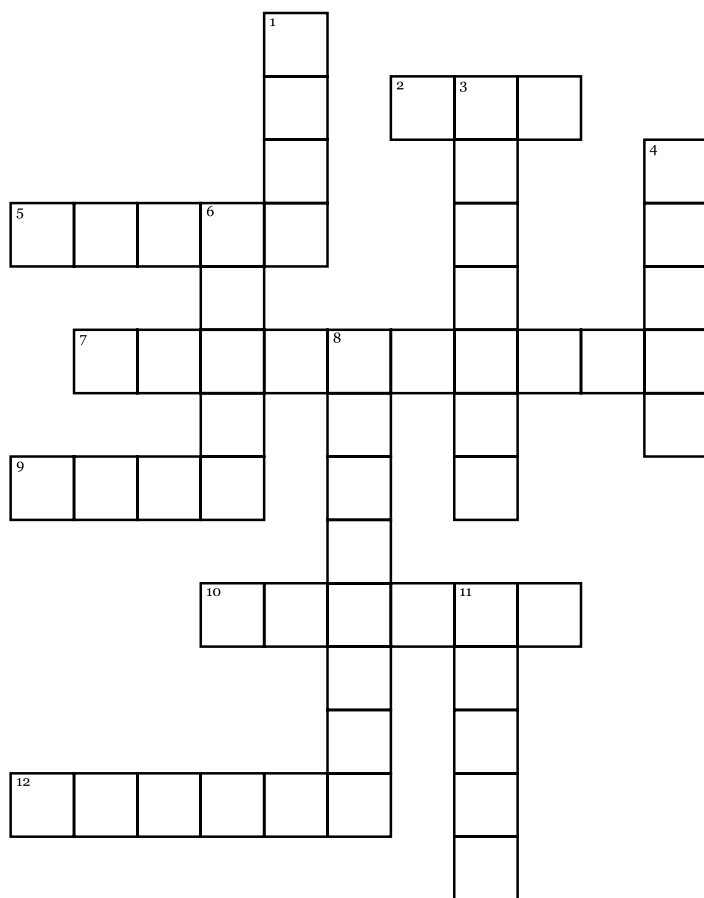
ARIES
PISCES
ROMAN

MADNESS
STORMY
SAXONS

EQUINOX
EIFFEL
PEACE

BELL
CAESAR
TOWER

CROSS-WORD



Down

1. The name for March comes from _____
3. The Vernal Equinox is when the sun is directly above the _____
4. There are two zodiac signs in March. Pisces, and _____
6. Alexander Graham Bell made the first-ever _____ call on March 10th
8. If you were born in March, your birth flower is a _____
11. Julius Caesar was assassinated on the 15th of _____

Across

2. In old Roman calendars, one year used to be _____ months long
5. John F. Kennedy founded the Peace _____ on March 1, 1961
7. March birthstones are aquamarine and _____
9. Every year, March, and _____ finish on the same day of the week
10. The Anglo-Saxons called March "_____ month"
12. The _____ Tower was ascended for the first time on March 31, 1889.



EMPLOYEE OF THE YEAR

Chelisa Jeffries

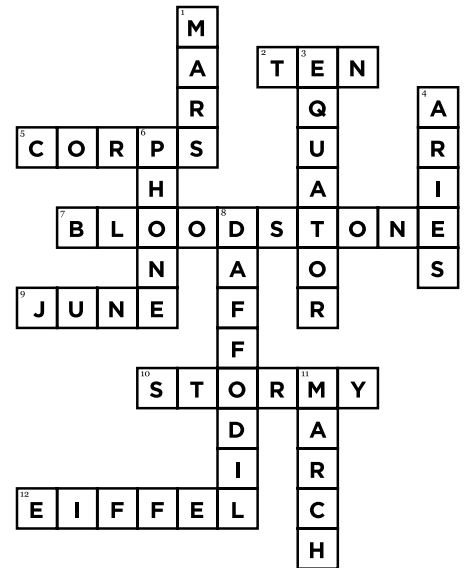


Chelisa (Chi-Chi) is a wonderful and caring LPN that works the 3rd shift in our Memory Care Unit. She works well with staff and is nurturing and caring to our residents in Memory Care. She is always willing to fill in and help when needed.

We are so thankful she is on our team here at Regency. Thank You, Chelisa, for all you do!

ANSWER KEY

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