

WHAT'S COMING UP

May 1st

May Day

May 4th

National Day of Prayer

May 5th

Cinco de Mayo

May 14th

Mother's Day

May 24th

National Brother's Day

May 28th

National Hamburger Day

May 29th

Memorial Day

May 31st

National Senior Health and Fitness Day

MAY 2023 NEWSLETTER



Remember & Honor,



The Honor and Remember Flag acknowledges the sacrifice of men and women in the United States Armed Forces who have given their lives for their country in over two centuries of American History.

The Flag's Symbolism: The Red Field Represents the blood spilled by brave men & women in the American Military throughout our history who gave their lives willingly so that we could remain free.

The blue star represents active service in military conflict. This symbol originated in World War I, but the flag signifies all generations of soldiers from the American Revolution to present-day conflicts.

The white border surrounding the gold star recognizes the purity of sacrifice. The gold star signifies the ultimate sacrifice and the warrior who will not return home.

The folded flag signifies and reveals the flame as an eternal reminder of the spirit who has departed this life and yet that life burns on in everyone's memories.

In 1 Samuel 2:30, The Lord's Promise states, "No, I honor those who honor me, and whoever despises me will be cursed."

We, as a Judeo-Christian Nation, commit to praying for the families who support our military. Pray also pray for the Chaplains who seek to share the love of Christ in these communities. Pray for all whose services are provided to support the life we hold dear in America. First responders, doctors, nurses, teachers, and anyone who serves someone in need.

Pray for their salvation and safety, Regency Birmingham is committed to praying daily for all who serve.

Rachelle Gillespie,
Executive Director



Easter Eggstravaganza

We had an exciting time at our campus-wide Easter Eggstravaganza! The day was filled with family, friends, music, an Easter egg hunt, and a cake walk.



Easter Cookie Decorations

Our residents came out to decorate cookies while listening to music and enjoying each other's company. The best part was eating the finished products!



Monthly Birthday Celebration

Regency Birmingham celebrates our monthly birthdays with parties on the last Friday of each month. Come on out and celebrate!



Midday Movie and Popcorn

The smell of freshly popped popcorn got residents out of their apartments to enjoy "A League of Their Own!" "There is no crying in baseball!" We're always smiling when we are together!





Happy Hour

May 3rd at 2:00 pm

Join us in Memory Care for mocktails and music with The Alexanders.



Cinco de Mayo Celebration

May 5th at 2:00 pm

No time to siesta, let's fiesta! Join us in celebrating Cinco de Mayo.



Thirsty Thursday Western Theme Party

May 11th at 2:00 pm

Saddle up and put your boots on! We are having a Western Party complete with a country western performance by Brandon Lee.



Mother's Day Tea

May 12th at 2:00 pm

Please join us in honoring all mothers at our lavish tea social.



Church Service

May 30th at 11:00 am

The monthly campus-wide church service will be held in our Assisted Living dining room. Please join us in prayer.



Men's Club: Casino Royale at Regency

May 30th at 2:00 pm

Our first monthly Men's Club will have a casino theme! There will be party favors, games, finger foods, and of course fun and lasting memories.



Drive-in with Dad

June 16th at 2:00 pm

Join us for a Drive-in with Dad to celebrate Father's Day. The movie selection is "The Pursuit of Happiness" and the menu will include nachos, hot dogs, popcorn, candy, and sodas. All the familiar favorites from drive-ins!

MORE UPCOMING EVENTS

Keep an eye out for our upcoming open house that will showcase our updated Pathways setting for our Memory Care residents! Also, on Memorial Day, please remember and honor those who sacrificed their lives. We will be hosting an event, so be sure to check the May calendar. Lastly, our Nurses Prayer Breakfast Drop-In is a wonderful upcoming opportunity for us to pray for you and send you with your breakfast to go. Regency's calendar is always packed with enriching opportunities, be sure to give it a look!



Ralph Whigham

Ralph has been at Regency of Birmingham since Fall of 2015. Prior to that, he lived his whole life in Prattville, Alabama. He was a dependable employee for the City of Prattville for over 30 years.

Ralph has always been a “people person,” interested in meeting and greeting others with a big smile! He has many family and friends who love him! Ralph enjoys doing puzzles, going on outings, and eating at restaurants! He loves taking part in activities at Regency.

Ralph’s favorite thing to do is to visit special friends in Florida every year. When you visit our Regency community you will surely be the recipient of his smile when he greets you!

WELCOME NEW RESIDENTS! 🏠

Stanford Brookes

Florrie Davis

FUN FACTS

- » 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 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.” 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!
- » Every year there is a particular meteor shower in May called the Eta Aquariids meteor shower. Discovered in 1870, this meteor shower passes by Earth between April 19 and May 28. It’s easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn.

WORD FIND

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 L N O E D T I T H E M P I R E S A R C R E I O U A
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MAY
 MAIA
 LEVI

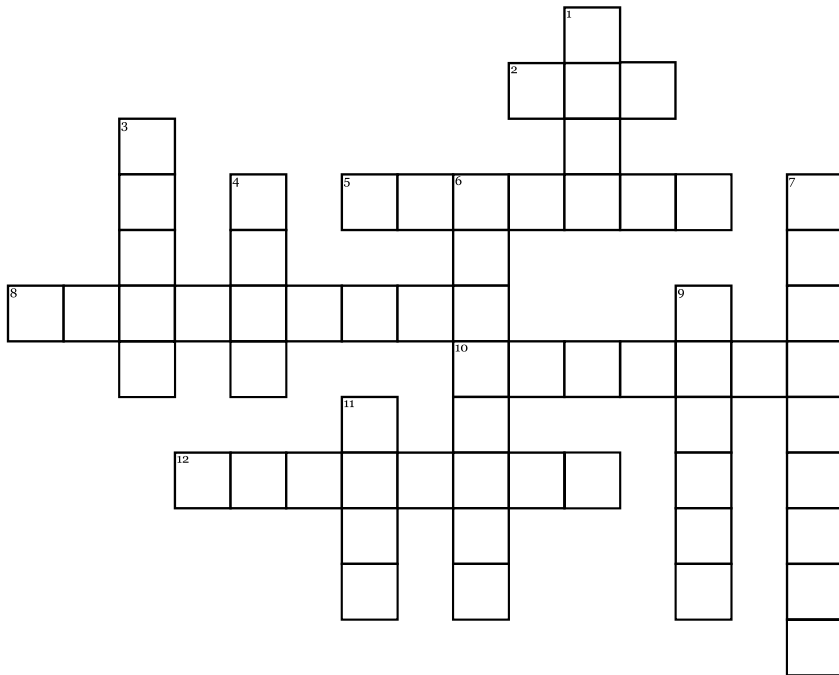
AQUARIIDS
 EMERALD
 FERTILITY

GREEK
 EMPIRE
 ZODIAC

GARLANDS
 TAURUS
 FLOWERS

UNLUCKY
 EUROVISION
 QUEEN

CROSS-WORD



Down

1. ____ Roman goddess of growth
3. Latin word for May ____
4. May the 4th is celebrated as Star ____ Day
6. Actor born in May, Clint ____
7. Emeralds are symbols of ____ and rebirth
9. May Zodiac signs, Taurus and ____
11. ____ celebrates Golden Spike Day on May 10th

Across

2. ____ was once considered an incredibly ill-omened time to get married
5. The birthstone for May is the ____
8. Meteor shower in May. The Eta ____
10. The Empire State Building was the ____ building in the world in 1931
12. May birth flowers, the Lily-of-the-Valley and the ____

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!

EMPLOYEE OF THE MONTH

Doris Smith

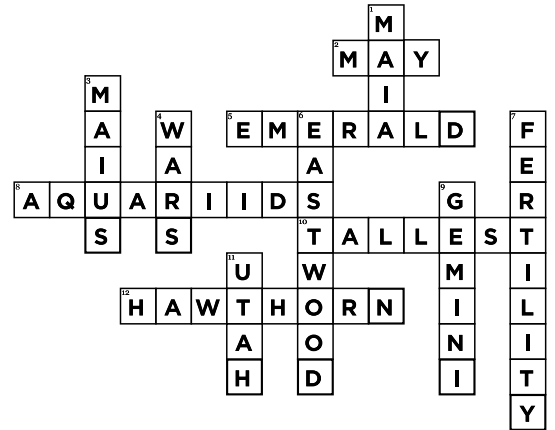
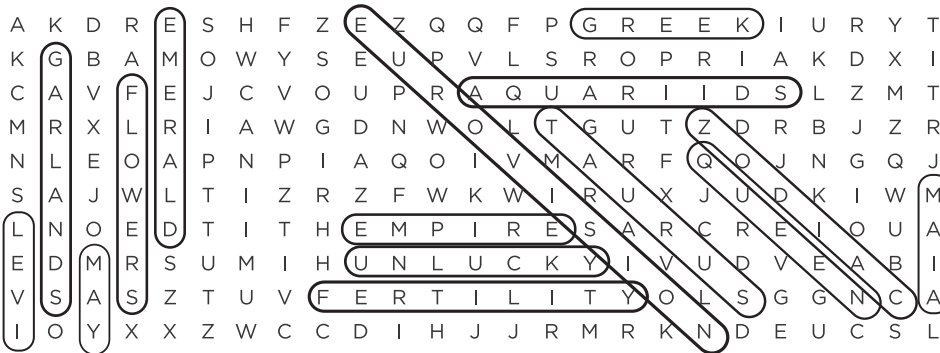


Congratulations, Doris, for being our Employee of the Month for May! She has been with Regency for a year in a half. Doris loves cooking for the residents at Regency. She shared that cooking a meal brings alive all the senses: sight, sound, smell, taste, and

touch. Being able to create a meal that satisfies so many residents makes Doris love what she does.

She also loves engaging with the Residents by telling them stories about her life. You will find her visiting and singing for the residents on a regular basis, and during lunch she brings joy to all. Thank you, Doris, for all you do each day!

ANSWER KEY



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