

## WHAT'S COMING UP

### **August 2**

National Ice Cream  
Sandwich Day

### **August 3**

National Watermelon Day

### **August 6**

National Root Beer Float  
Day

### **August 7**

Purple Heart Day

### **August 9**

National Book Lovers Day

### **August 14**

Navajo Code Talkers Day

### **August 15**

National Relaxation Day

### **August 16**

National Tell a Joke Day

### **August 19**

World Humanitarian Day

### **August 24**

National Peach Pie Day

### **August 26**

Women's Equality Day

### **August 31**

Eat Outside Day



## AUGUST 2023 NEWSLETTER



### ***Happy August Residents and Families,***

We are thrilled to introduce Ms. Lynnda Gaines, our new Director of Nursing, who has joined our dedicated team. Lynnda's genuine compassion for our residents makes her a valuable addition as we continue our mission of serving residents and their families in our wonderful community. Welcome, Lynnda!

I am sure you have noticed the renovations and other improvements that have begun, all with the goal of enhancing your living experience here at Regency. This year, our owners have blessed us with generous investments in our Memory Care, Assisted Living and Independent Living programs. We are excited to maintain Regency as the Senior Living Community dedicated to providing the very best to our residents and their families everyday, with the caring spirit of Christ guiding us every step of the way.

Also, we hope you are looking forward to the tailgate party at the end of this month to kick off football season. We know Alabama is counting down the days and minutes like some countdown to Christmas. Both seasons will be here before you know it!

August holds a special significance as the "GOD month." While there are several characteristics to describe God, one thing we know for sure is that He is trustworthy (2 Samuel 7:28). Second Samuel tells the story of David, God's servant, and how Christ provided for Israel - offering protection, deliverance, and a permanent home in the promised land. Our community at Regency is guided by the trust we place in God each and every day, knowing that He is faithful always. We keep you all in our prayers and cannot wait for you to join us and experience what sets Regency apart.

Come and join the Regency family!

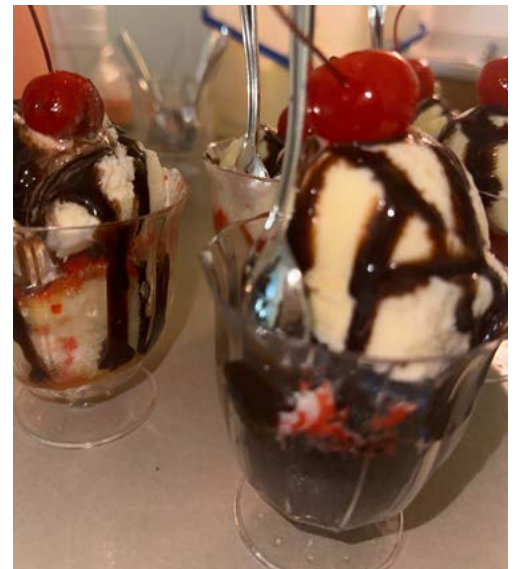
Warmest regards,

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



## Independence Day Celebration — July

Regency of Birmingham's Independence Day celebration was a BLAST! Our residents and family members enjoyed great food, company, karaoke, and plenty of sweet treats.



## Monthly Birthday Celebration — July

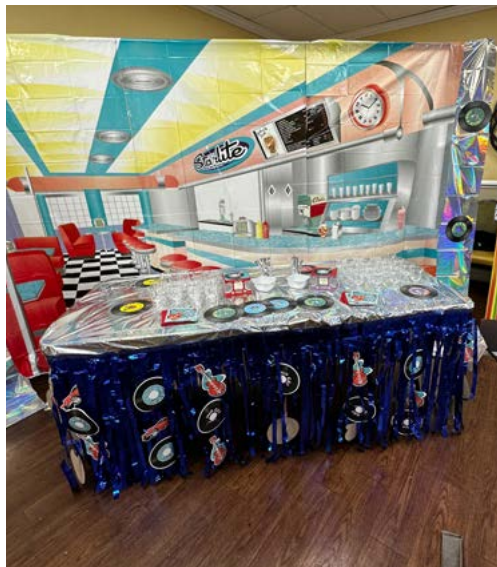
Our July birthday parties were red, white, and cool! We celebrated with birthday cake, disco music, and ice cream sundaes.





## Zoo Visit — July

The Pathway residents enjoyed the visit from the Birmingham Zoo. The residents and staff interacted with the animals up close and learned about their different qualities.



## '50s Sock Hop — July

The '50s are a time to remember! Nikki and The Infusions put on an awesome show for the residents at our 50's Sock Hop. It was memorable fun as the residents ate, danced and sang.

# comedy Show



## Christian Comedy Show

August 1st at 2:00 pm

Birmingham's own Christian comedian, Stacy J, will be performing her stand-up comedy in our Independent Living Community. Finger foods, beverages, and plenty of laughter is on the menu for this event!



## Hands-On Cuisine

August 2nd at 2:30 pm

Our Pathway Residents will have an Apple Dipping Bar on August 2nd. Apple slices on a stick, dipped into caramel or chocolate, then sprinkled with all kinds of goodness!



## Drive-In Movie

August 11th at 2:00 pm

LIGHTS, CAMERA, ACTION! Join us as we host yet another drive-in movie per our residents' requests, since the first was such a success. This time, the movie selection is "Bruce Almighty," featuring Morgan Freeman and Jim Carrey. The menu will include nachos, popcorn, candy, and soda.





## Elvis Presley Concert

August 18th at 2:00 pm

It's concert time! Join us for a show with Elvis Presley in his prime.



## Tailgate Party

August 24th at 4:00 - 6:00 pm

Let's celebrate with a tailgate to kickoff football season! We'll have food, entertainment, and fun to look forward to.



## Penny Auction

August 25th at 11:00 am

Our change makes a difference! Don't miss out on the prizes, and a little bit of competition. Pennies will be provided to attendees.

**Save  
the  
Date**

**August 1st** — Christian Comedy Show

**August 2nd** — Hands-On Cuisine

**August 11th** — Drive-In Movie

**August 18th** — Elvis Presley Concert

**August 24th** — Tailgate Party

**August 25th** — Penny Auction



## James "Jim" McDonald

Mr. McDonald has been a resident of Regency of Birmingham for one year. Mr. McDonald was born and raised in Alabama, the youngest of six children in his family. He spent four years in the navy as a firefighter, and also worked as a firefighter for the Birmingham Airport. Later, Mr. McDonald became a master plumber and he loved his work. He has traveled to many places, including Hawaii, New York, Paris, London, California, and Canada just to name a few! He would travel with his wife of 50 years, who was also his high school sweetheart. They have four children, nine grandchildren, and nine great grandchildren. Mr. McDonald loves going to church and gardening, and anyone who has the chance to speak with him can count themselves lucky. I know we sure do!

### WELCOME NEW RESIDENTS! 🏠

Ms. Vivian Bowles  
Ms. Martha Abrams



## Happy Birthday



### Resident

Judith Scamardo	August 3
Mary Gravitte	August 9
Peggy Schoel	August 12
Dr. Kelly Snow	August 12
Shirley Ousley	August 15
Martha Abrams	August 18
Peter Herring	August 19
William Devan	August 26

### Employee

Shamika Russell	August 8
Karmen Jones	August 13
Sandra Hall	August 24
Devin Rickett	August 26
Marcus Gardner	August 27



## Friends Make the Best Neighbors

Would you like a free\* month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion! Invite your friends to move into our community and receive a free month or a check for \$2,500 for each referral who becomes a resident.

*\*Referring residents will be paid out 90 days from the move-in date.*

## FUN FACTS

- » In the Roman calendar, August was known as "Sextilis", the Latin word for 6. It wasn't until 700 BC when January and February were added to the calendar, that August was bumped down to become the 8th month of the year.
- » Come on, August! Make a choice! The number of days in August has changed many times. First it was 30 days. Then, 31. When January and February came onto the scene, August got reduced to 29 days. Then, Julius Caesar changed it back to 31. Thankfully it has remained that way ever since.
- » While "Sextilis" does have a somewhat naughty ring to it, it was in 8 BC when it was dropped and Augustus became the official name. The month was named in honor of Augustus Caesar, the Roman emperor and adopted son of Julius Caesar. Eventually, Augustus was shortened to simply, August.

## WORD FIND

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

VESUVIUS  
AMERICA  
PERIDOT

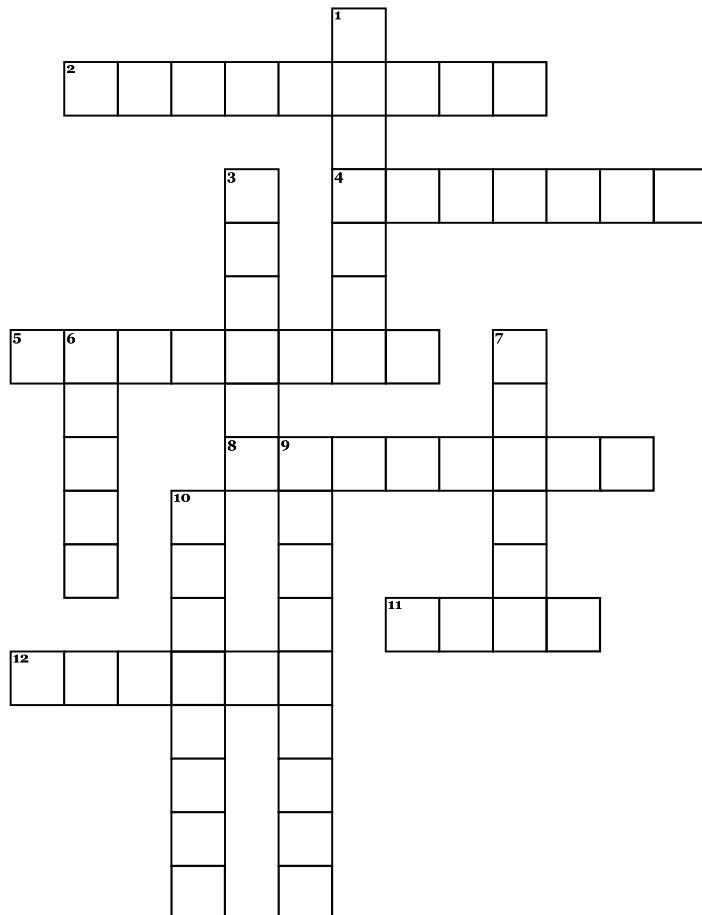
PARIS  
AUGUST  
ZODIAC

MONATH  
LEO  
FLOWER

BAMBOO  
POPPY  
ROMA

PEPPER  
VIRGO  
WEED

## CROSSWORD



### Down

1. Destroyed Italian city
3. \_\_\_\_\_ Caesar Roman Emperor
6. King of Rock and Roll
7. The Original Blonde Bombshell
9. First Man on the Moon
10. Discoverer of the Americas

### Across

2. August Flower
4. August birthstone
5. Old Latin Name for August
8. Bread with Meat Inside
11. "I Have a Dream" Orator
12. Popular Boy's Name

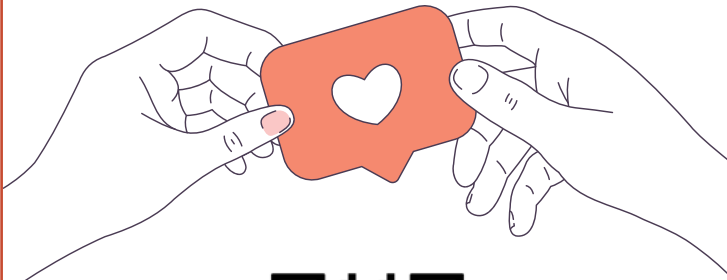




## Stay Connected!

### Join Our Facebook Group

Did you know Facebook has almost 3 billion users? Don't get lost in the crowd — join our Friends & Family group by scanning the QR Code below!



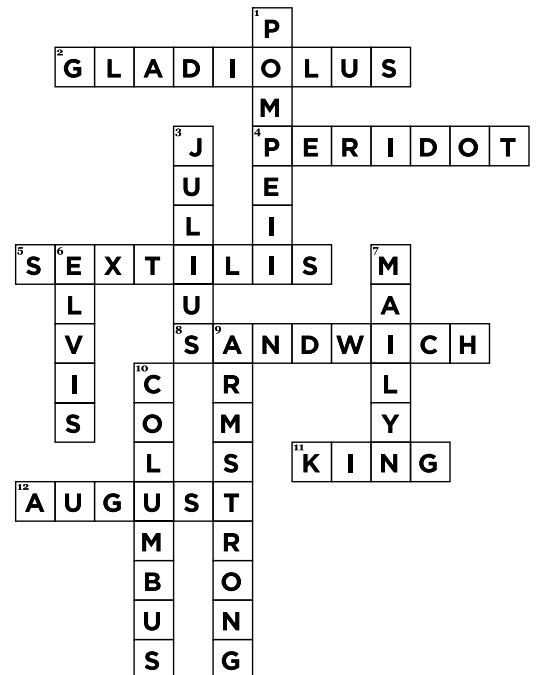
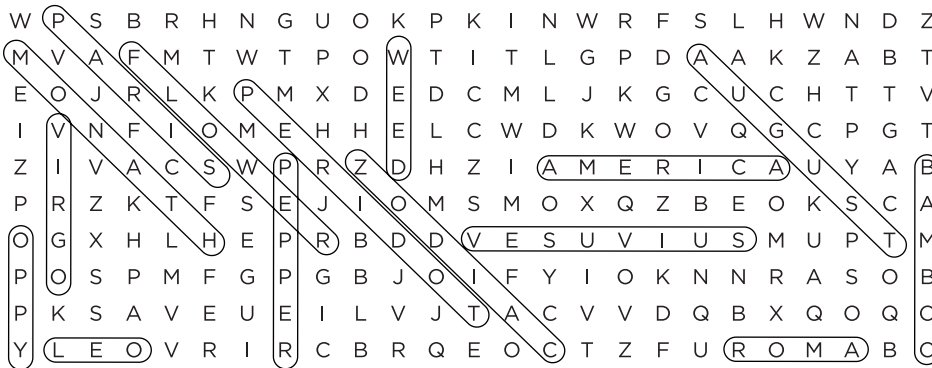
### EMPLOYEE OF THE MONTH

#### Rynthia Honeycutt

We are excited to announce Ms. Rynthia as our employee of the month! Ms. Rynthia represents the servant spirit well through her kindness and care. She makes sure each and every resident in her care looks good and knows they are loved. She is quite the dedicated caregiver and we appreciate her compassionate service at Regency.

Thank you Ms. Rynthia!

### ANSWER KEY



### CONNECT WITH US

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RegencyBirmingham.com