

WHAT'S COMING UP

April 1st

April Fools' Day

April 2nd

Autism Awareness Day

April 3rd

National Walking Day

April 5th

National Self Care Day

April 8th

National Zoo Lovers Day

April 18th

National Exercise Day

April 22nd

Earth Day

Passover Begins

April 23rd

National Picnic Day

April 27th

National Tell a Story Day



APRIL 2024 NEWSLETTER



Dear Residents, Families and Friends,

Welcome to a new month as spring graces us with its presence! It's hard to believe we're already in the second quarter of 2024.

We're thrilled to introduce our new Life Enrichment Coordinator, Ms. Mandee Espino. Life in the community is buzzing with excitement. Follow us on Facebook to stay updated on all the happenings. There's plenty of room for everyone to join the fun! Ms. Espino will be seeking volunteers to enhance resident engagement and enjoyment. We can't wait for you to share your talents with us.

We eagerly anticipate your next visit to witness the ongoing renovations throughout the community. Our heartfelt gratitude goes out to our owners for their unwavering support in our mission to provide the highest level of service to our residents and their families.

Exciting gatherings are on the horizon. Check our calendars and Facebook for upcoming dates and times for family-friendly events. April is brimming with Symphony performances, picnics, banana splits and much more!

For all your senior living needs, remember Regency Birmingham. Whether you're ready to join us or simply seeking information, it would be our pleasure to welcome you into our family.

Rachelle Gillespie,
Executive Director

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 60 days from the move-in date.



Monthly Men's Luncheon

Last month, the gentlemen enjoyed a luncheon at Mr. Wang's. The gathering was a success, and everyone is eagerly anticipating next month's lunch!



Happy 65th Birthday to Barbie!

We marked Barbie's 65th birthday with a festive celebration with games, snacks and a fun photoshoot inside a life-sized Barbie box!





Creative Art

We have some artists here at Regency of Birmingham! We enjoyed our time using our creative sides by painting dandelions. Everyone's artwork turned out so well.



St. Patrick's Day Celebration

Our St. Patrick's Day Celebration was an absolute blast as we sipped on green sparkling cider, indulged in green cookies and enjoyed a performance by the talented Amber Rose!





Symphony of Alabama

April 5th at 11:00 am

We will be enjoying beautiful music from the Symphony of Alabama on Friday, April 5th.



Bowling Outing

April 11th at 10:00 am

We will be heading out to play a few games of bowling!



Monthly Men's Luncheon

April 17th at 11:30 am

The men will be going to their monthly luncheon.





Homemade Banana Splits

April 17th at 2:00 pm

We'll be enjoying some homemade banana splits in Mande's kitchen to celebrate National Banana Day!



Picnic at Peach Park

April 23rd at 10:30 am

We will load up on the bus and head to Peach Park in Chilton County to enjoy a picnic for National Picnic Day!



Monthly Ladies Luncheon

April 24th at 11:30 am

The women will be going to their monthly luncheon.



Performance by Beyond Blessed

April 25th at 2:00 pm

We will have a performance by Beyond Blessed.



EMPLOYEE OF THE YEAR



Ms. Pauline Balfour, a dedicated member of the Regency team for nearly 15 years, has exemplified outstanding commitment. Throughout the challenges of COVID-19, she never faltered, consistently attending her shifts. Ms. Balfour’s journey, originating from Jamaica and raised by her grandparents, underscores her resilience and determination to seize opportunities.

She and her husband immigrated to the United States in pursuit of a better life, raising five successful sons who embody their parents’ values. Despite her achievements, Ms. Balfour remains humble, prioritizing the well-being of others, particularly the residents under her care. Her selflessness extends beyond words, often surprising others with thoughtful gestures, embodying the spirit of giving year-round.

With her unwavering professionalism and kindness, Ms. Balfour ensures her residents receive the utmost care and respect. Her story isn’t just about personal success but about instilling strong values in her children, who have thrived in their respective endeavors, reflecting her dedication as a parent.

Deeply rooted in tradition and faith, Ms. Balfour sees America as a land of opportunity where hard work yields rewards. Her sons, true gentlemen, honor and cherish her, reflecting the love and respect she has instilled in them.

Ms. Balfour’s selection as Employee of the Year reflects her consistent embodiment of Christ-like behavior, both on and off the job. Her example reminds us that our conduct should remain steadfast, reflecting kindness and compassion in all interactions.

WELCOME NEW RESIDENTS! 🏠

Mr. & Mrs. Mann	Mr. Cathay
Mr. Hergenroder	Ms. Acton

Happy Birthday

Employee Paige Landry April 21 Lynn Hicks April 29

FUN FACTS

- » We know April is the fourth month of the year, but that’s only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julian calendar.
- » April also only had 29 days, but a 30th day was added when Julius Caesar established the Julian calendar.
- » In the Southern Hemisphere, April is the seasonal equivalent of October.
- » The etymology behind the word “April” comes from the verb “aperire,” which means “to open.” It’s commonly believed that the word refers to the season when trees and flowers begin to “open” or bloom.
- » Those who were born in April have a diamond as their birthstone, which represents innocence. Their birth flower is either a Daisy or a Sweet Pea.
- » There are two zodiac signs in April. Aries, which is until April 19th, and Taurus, which is April 20th and onwards.

WORD FIND

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

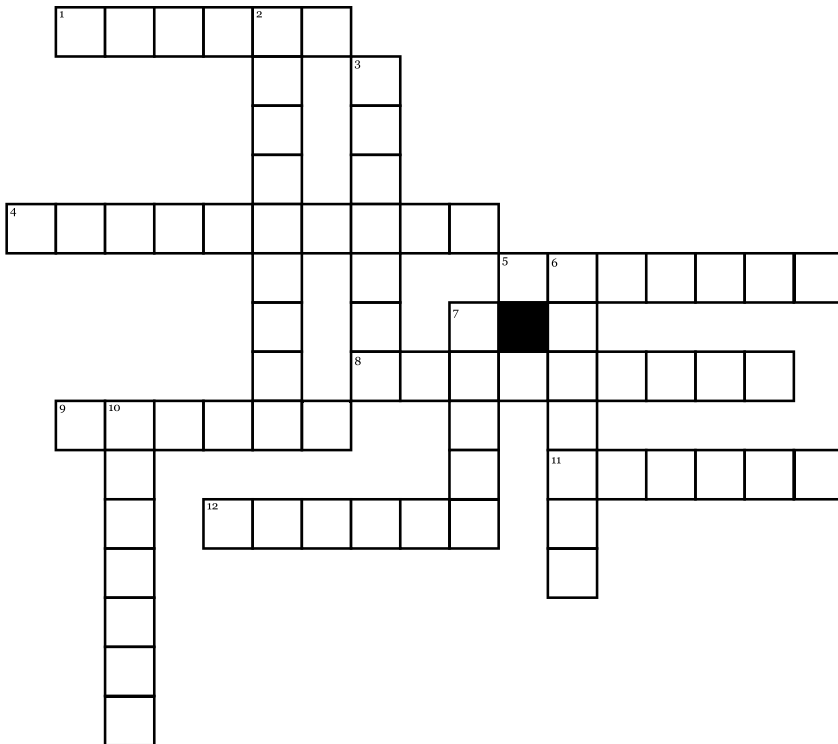
CHERNOBYL
 OLYMPICS
 ICEBERG

TITANIC
 GREGORIAN
 DIAMOND

BIRTHSTONE
 SOUTHERN
 HEMISPHERE

APRIL
 OCTOBER
 CANTERBURY

CROSSWORD



Down

- 2. Battle of _____ and Concord
- 3. Ford muscle car
- 6. "Houston we've had a _____ here"
- 7. Romans goddess
- 10. Ship that hit an iceberg

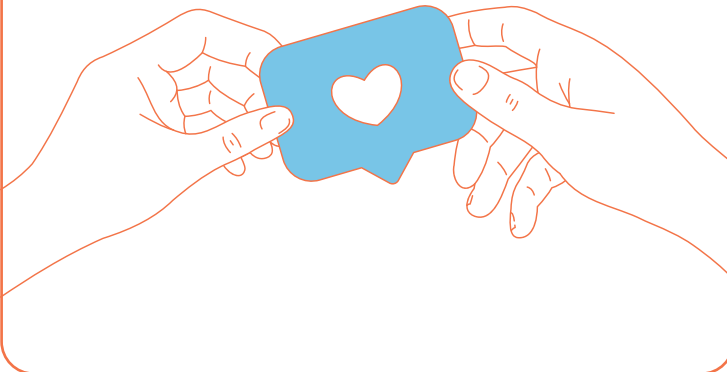
Across

- 1. NASA space program
- 4. First President of the United States
- 5. April in Latin
- 8. Roman calendar
- 9. Olympic city
- 11. April meteor shower
- 12. Roman Emperor _____ Caesar

Stay Connected!

Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.

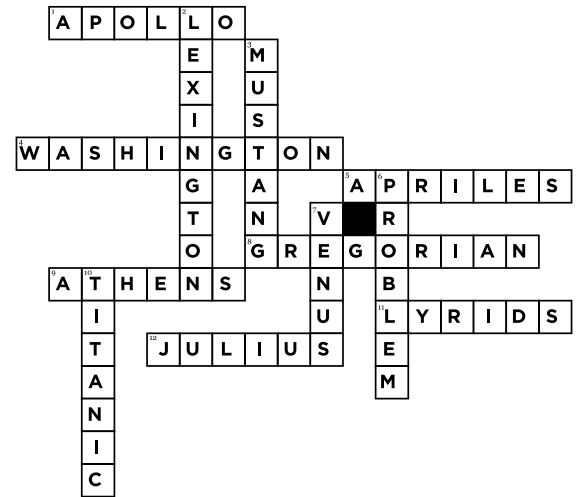
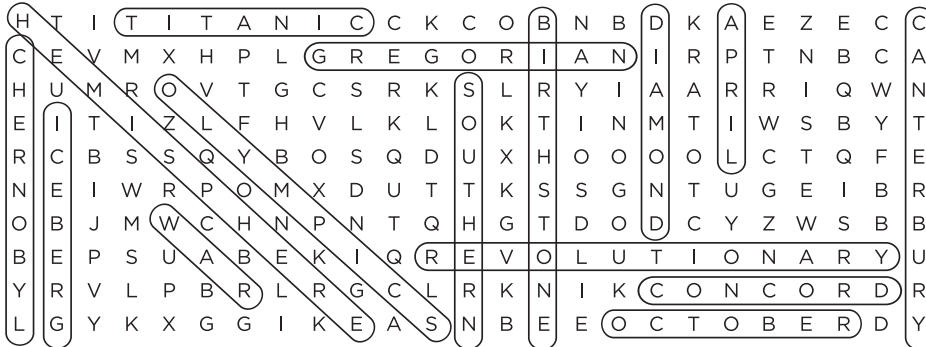


EMPLOYEE OF THE MONTH

Destiny Sanders

Destiny Sanders celebrates her one-year anniversary with Regency Birmingham this month. With a smile on her face every day, she diligently ensures our residents' homes are clean and welcoming for them and their families. We are grateful for her dedication to both the Regency family and her own. Destiny exemplifies our mission to serve with Christ-like compassion, and we are fortunate to have her on our team.

ANSWER KEY



CONNECT WITH US

 [Facebook.com/RegencyBirmingham](https://www.facebook.com/RegencyBirmingham)

 [RegencyBirmingham.com](https://www.RegencyBirmingham.com)

Regency Senior Living's mission is to

- Serve our residents and families while
- Engaging in relationships
- Respecting individuality and
- Valuing the contributions of those who
- Evolve our care every day