

## WHAT'S COMING UP

**May 1st**  
May Day

**May 2nd**  
National Brothers and  
Sisters Day

**May 3rd**  
National Space Day

**May 5th**  
Cinco de Mayo

**May 8th**  
Coconut Cream Pie Day

**May 18th**  
National Armed Forces Day

**May 23rd**  
National Taffy Day

**May 24th**  
National Road Trip Day

**May 27th**  
Memorial Day

**May 31st**  
World Parrot Day

## MAY 2024 NEWSLETTER



### ***Dear Regency Friends, Families and Residents,***

Happy May! We are amazed at how the year is flying by. We are looking forward to the opportunities for our community to spend time outside and enjoy the beautiful spring weather in Alabama.

Life Enrichment opportunities are continuing to grow. Watch our social media to see the fun that is happening every day within our community. Mande is always open to ideas of events and activities to try, so be sure to make suggestions. She loves to get everyone involved.

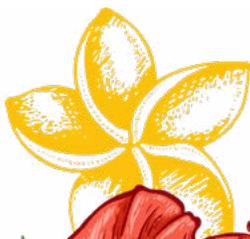
Renovations are continuing in the community, and we want to give our owners a big “thank you” for making our community even more beautiful. Come and see the wonderful enhancements that are benefiting our residents in our common areas and throughout the community.

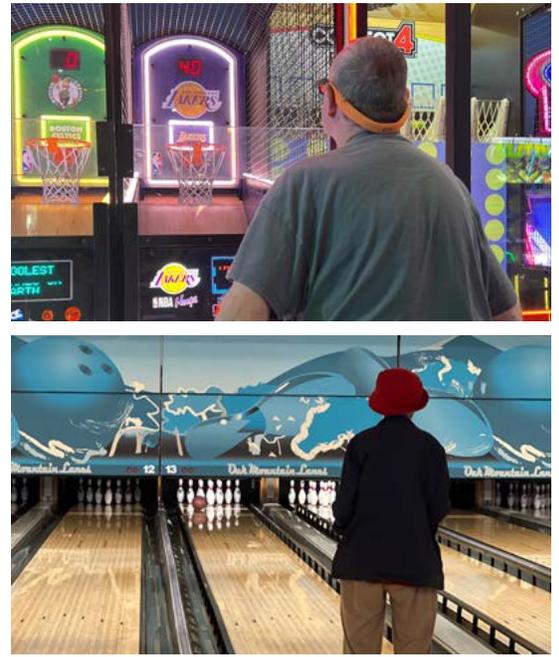
May is National Nurses Month, so take a moment to express gratitude to a nurse for their Christ-like care. This year's theme is "Our Nurses Make The Difference. Our Nurses Are Our Future." Let's make an effort to thank these dedicated professionals. Our prayer for healthcare workers comes from Psalm 90:17. Thank you for being a blessing wherever you serve.

***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.





## Bowling

The residents had an absolute blast during their bowling outing and are eager to return for another round of fun. It was the perfect activity to bring joy and excitement to their day.



## Creative Art

The residents made charming suncatchers using mason jar lids, coloring pages and a bit of oil to create a transparent effect. They were pleasantly surprised by how beautiful the finished product turned out.





## Music Performance

The Jubilee Singers from Shade Mountain Baptist Church performed a stunning show for the residents, spreading joy and music throughout the community.



## Alabama Symphony

Our trip to the Alabama Symphony was an absolute triumph. We relished the stunning music and the sunny day made it the perfect occasion to venture out and enjoy ourselves.





## Cinco De Mayo Fiesta

May 3rd at 11:30 am

Mark your calendars for a fun-filled Cinco de Mayo Fiesta on Friday, May 3rd at 11:30 am. We'll have delicious, authentic tacos and enjoy a festive celebration.



## Welcome Luncheon

May 8th at 11:30 am

In order to warmly welcome new residents to Regency, we are introducing a special luncheon just for them. This will provide a wonderful opportunity for them to meet and connect with other new residents. We are excited to create a welcoming and friendly environment for everyone to enjoy.



## Mother's Day Sip & Paint

May 10th at 1:30 pm

On Friday, May 10th at 1:30 pm, we will be hosting a special Mother's Day sip and paint event. Led by Mande's talented mom, this creative session will be a delightful way to celebrate and honor all the wonderful mothers in our community. Join us for an afternoon of artistic expression and fun!





## **Performance by The Alexanders**

May 16th at 1:00 pm

We are thrilled to announce a special performance by the talented Alexanders on Thursday, May 16th at 1:00 pm.



## **Men's & Women's Luncheons**

May 22nd & 29th at 11:30 am

The Men's Luncheon will be held on May 22nd and the Women's Luncheon will take place on May 29th. These gatherings will be a fantastic opportunity for both men and women to enjoy good food and great company. Mark your calendars and get ready for some wonderful conversations and connections!



## **Memorial Day BBQ**

May 24th at 11:30 am

Join us on Friday, May 24th at 11:30 am for a Memorial Day BBQ. This event promises to be filled with good company and delicious food. Let's come together to remember and honor those who gave the ultimate sacrifice.



## **Tim the Piano Man**

May 30th at 11:00 am

We are thrilled to announce that Tim, the talented piano man from Memphis, Tennessee, will be performing right here at our location. Get ready to be entertained by his incredible musical skills and enjoy an afternoon filled with soulful melodies. Don't miss out on this special performance.

WELCOME NEW RESIDENTS! 

Ms. Kimberly Armstrong  
 Ms. Kathleen Freda  
 Mr. Bobby Mann  
 Mr. Sam Stewart  
 Ms. Robin Brashier

# Happy Birthday

## Employee

	Deztanee Sanders	May 3
	Pamela Watts	May 15
	Pamela Scott	May 18
	Voncile Stinson-Smith	May 21



## FUN FACTS

- » The name May is the modern-day English adaptation of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after Maia, the Greek goddess of growth.
- » The word May wasn't actually used until the Middle Ages were on their way out, around the 15th Century A.D. 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!
- » Did you know that there is a 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.
- » It is said that those born in May have a greater chance of being more successful in life and experience more love. While this may not be scientifically factual, it has been noticed that people born in May understand the importance of love and success more than others.
- » The Empire State Building opened its doors on May 1, 1931. At the time of its construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it's still an awe-inspiring feature of the New York cityscape!
- » Back in the day in Europe, it wasn't a good May if you didn't celebrate it with a maypole. In the UK, maypoles have been present since at least 1350 A.D. Celebrants would erect a long pole and attach flowers, garlands, and strips of fabric to it, around which certain dances would take place.

WORD FIND

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

EMERALDS  
 TAURUS  
 MARRY

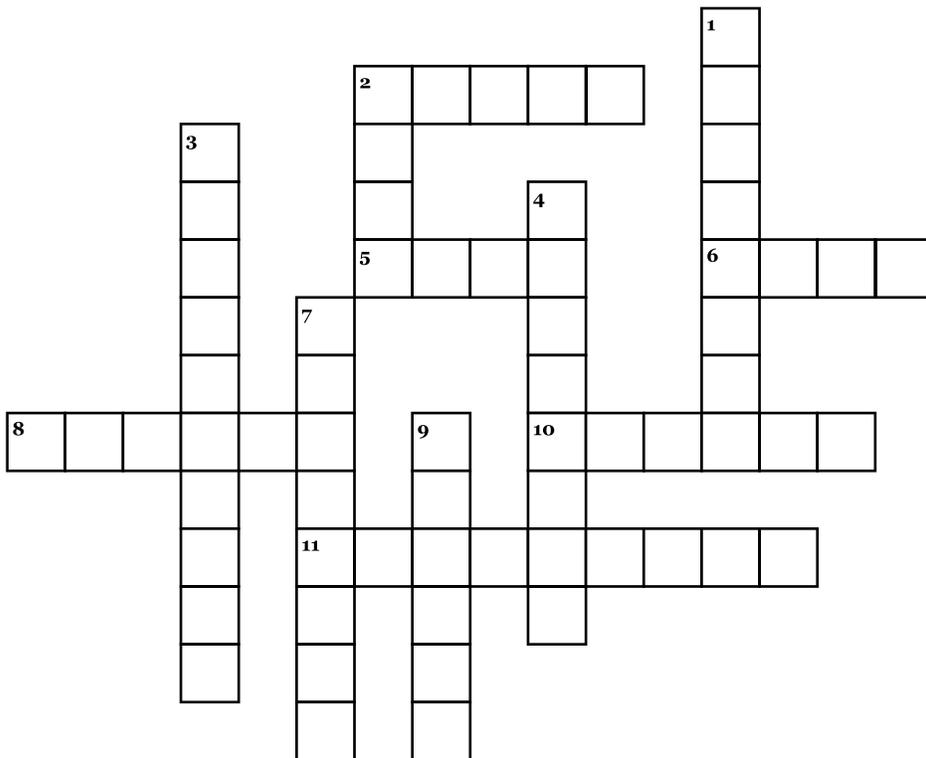
EARTH  
 CITYSCAPE  
 CORNISH

BURGER  
 GEMINI  
 TRANSCONTINENTAL

RAILROAD  
 AMERICAN  
 GARLANDS

EUROVISION  
 GREEK  
 MILITARY

CROSSWORD



Down

1. A former Queen of England
2. Greek goddess of growth
3. Song contest
4. May birth flower
7. May birthstone
9. May Zodiac sign

Across

2. Latin word for May
5. Swedish music group
6. Roman poet
8. The \_\_\_\_\_ State Building
10. State that celebrates Lei Day
11. Meteor shower called the Eta \_\_\_\_\_



# 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

Ms. Shamika Russel

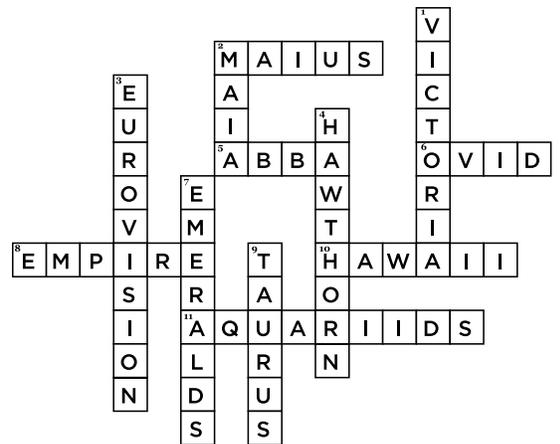


Ms. Shamika is our dedicated caregiver who provides unwavering support to our residents while the world sleeps. Her compassionate care throughout the night is invaluable. With a heart set on serving, she shines

brightly in her commitment to our community. We thank her for making our residents' lives better and more comfortable. We salute you, Ms. Shamika!

## ANSWER KEY

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



## CONNECT WITH US

Facebook.com/RegencyBirmingham

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