

## WHAT'S COMING UP

**May 1**

May Day

**May 4**

Star Wars Day

**May 5**

Cinco de Mayo

**May 9**

Mother's Day

**May 13**

National Apple Pie Day

**May 24**

National Brother's Day

**May 28**

National Hamburger Day

**May 31**

Memorial Day



## MAY 2021 NEWSLETTER



### ***Hello Residents,***

It's hard to believe that May is already here! We have been so blessed and continue to enjoy seeing families reconnect with their loved ones. Our residents were excited to see Regency's wonderful volunteer, Mrs. Wanda Reams, return to share in her powerful Bible Study sessions, as well as bringing joy to BINGO and other activities. Our residents and staff consider her one of a kind.

The entire staff is so appreciative of you all, and want to make every day something special. We recently had a Senior Prom and limo rides for our residents, and we thank you all for help in making that day so memorable!

We are planning to bring more special events/activities your way, but are also open to your creative ideas. Please share those with Aprille, our Activities Director, and she will try to incorporate them into the calendar. We continue to be blessed with new residents, and look forward to seeing new friendships blossom within our community.

Mother's Day is fast approaching, and we want to wish a very Happy Mother's Day to all the moms, mentors, and mother figures out there! Regency loves having you all as family! God Bless.

***Carol Wright,***  
*Executive Director*

## WHAT WE'VE BEEN UP TO

April has been a very exciting month for us here at Regency, being able to open our doors to the families and loved ones of our residents, as well as seeing the return of our volunteers! We had some wonderful events for Easter. One very special highlight was being able to welcome back our dear friend, Dr. Bob Agee, to preach our Easter Sunday service. All of the residents were thrilled to see him again, and we look forward to having him back as soon as possible.

We also had volunteers from Englewood Baptist Church who came to serve communion the day before Easter, following a devotion delivered by a chaplain from AseraCare.

A huge highlight for the month of April was our Spring Fling Senior Prom! Our residents had the chance to get fixed up, dressed to the nines, walk the red carpet, dance, and even take a ride in a limousine. It was a wonderful evening for everyone who was able to attend, and we hope to do more things like this in the future.



## NATIONAL SPACE DAY

The first Friday in May is National Space Day! This day is dedicated to celebrating the extraordinary achievements, benefits, and opportunities that come from space exploration and research. In honor of National Space Day, here are 10 things you probably didn't know about space exploration.

- 10.** A space suit weighs roughly 280 pounds, without the astronaut, and takes about 45 minutes to put on.
- 9.** To even apply to be an astronaut, candidates must complete at least 1,000 hours of fly time in a jet aircraft first.
- 8.** The first artificial satellite sent into space by the United States was the Explorer 1, launched on January 31st, 1958.
- 7.** America's first space station was Skylab, which contained almost 12,000 cubic feet of living space, and was longer than a 12-story building.
- 6.** A manned rocket reaches the moon in less time than it took for a stagecoach to travel the length of England.
- 5.** Each astronaut is allotted 3.8 pounds of food for each day, and the foods are individually-packaged for ease of handling in zero gravity.
- 4.** Flying American flags to space began with the flight of the first American astronaut, Alan Shepard, in 1961. Elementary students from a Cocoa Beach, FL school purchased the flag for Shepard to carry onboard the Freedom 7 Mercury spacecraft.
- 3.** A full NASA space suit costs \$12,000,000.
- 2.** Apollo 11 crew members Neil Armstrong and Edwin "Buzz" Aldrin made the first lunar landing on July 20th, 1969.
- 1.** In 1981, the first reusable spacecraft, the Space Shuttle Columbia, launched and returned from space.



**BLAST OFF!**

CONNECT THE DOTS

# GRADUATION SEASON

## Interesting Facts & Traditions

Whether you have celebrated graduations of your own or watched your kids or grandkids graduate from school or university, we all know it's a special time honoring hard work, commitment, and perseverance. But why do we celebrate with the traditions we do?

### Cap & Gown

This traditional graduation attire dates back to the 12th century. The get up was first adopted out of necessity, as the universities of that time did not have heating systems. Graduates wore the robes for warmth, and eventually the outfit was made the official attire of academia.

### Cap Tossing

The fun and celebratory tradition of tossing the graduation cap was started by the Naval Academy in 1912. Before that graduation, the academy's students were required to serve two years in the fleet as midshipmen before being commissioned as Navy officers. This

crew of 1912 was commissioned at graduation, and therefore no longer needed their hats, which they tossed into the air without the need of getting them back. Now this act is practiced as a gesture to commemorate the ending of a chapter.

### Turning the Tassel

Another graduation gesture is moving the tassel from one side of the cap to the other upon receiving a diploma. Though this cap adornment only goes back 40 or 50 years, moving the tassel from right to the left side of the cap symbolizes the student's movement from candidate to graduate.

**Cheers to all the classes of 2021!**



## FUN FACTS

- » Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- » On May 9, 1992, The Golden Girls aired their series finale.
- » The birthstone for May is the emerald, which represents love and success.
- » The Empire State Building opened on May 1, 1931.
- » On May 14, 1804, Lewis and Clark began their journey up the Missouri River.
- » May 22nd is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.



## FROM THE BLOG

### Mother's Day

#### Celebrating Motherhood in all its Forms

Mother's Day is so special, and carries with it its own meaning for each of us. Perhaps you celebrate this holiday as someone who had an incredible mother of your own. Perhaps you yourself are a mother, a stepmother, a godmother, mentor, teacher, or caregiver. As we honor the mothers in our lives on this Sunday in May, let's find some inspiration in the beautiful words of writers, poets, actresses, and other figures who perfectly express the beauty and raw strength that is motherhood.





**Maya Angelou**

“To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow.”

**Kate Winslet**

“Having children just puts the whole world into perspective. Everything else just disappears.”

**Robert Browning**

“Motherhood: all love begins and ends there.”

**Oliver Wendell Holmes**

“Youth fades; love droops; the leaves of friendship fall; a mother’s secret hope outlives them all.”

**Oprah**

“I believe the choice to become a mother is the choice to become one of the greatest spiritual leaders there is.”

**Mitch Albom**

“When you look into your mother’s eyes, you know that is the purest love you can find on this earth.”

**Victor Hugo**

“A mother’s arms are made of tenderness and children sleep soundly in them.”

**Abraham Lincoln**

“I remember my mother’s prayers and they have always followed me. They have clung to me all my life.”

**Henry Ward Beecher**

“The mother’s heart is the child’s schoolroom.”

**Michelle Obama**

“At the end of the day, the most important job is still mom-in-chief.”

**Sheryl Crow**

“Little souls find their way to you whether they’re from your womb or someone else’s.”

**Sophia Loren**

“When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.”

No matter how or who you celebrate on Mother’s Day, we hope it is a time of tribute for you and/or the strong, loving women in your life who have shaped you, comforted you, taught you, and showed up for you in many ways throughout the years. On this special Sunday, we honor all mothers and mother-life figures, motherhood in general, and the profound impact of mothers on society. They truly deserve all the thanks!



FEATURED RESIDENTS



**The Helpers**

This month, rather than to highlight one particular resident, I would like to draw attention to those who don't seek it out for themselves. These are just a few of our residents who love to help others, although I don't have enough space to name them all!

**Mr. James Smith (AL)**

Mr. James enjoys welcoming newcomers, and helping them acclimate.

**Ms. Wanda Lewis (MC)**

Ms. Wanda consistently volunteers to help out in any way that might be needed when she is able.

**Ms. Barbara Graves (MC)**

Ms. Barbara is always looking for ways she can help, whether it is helping to sweep up after a meal or put away clothes, she loves to be involved.

**Mr. Judge Davis (AL)**

Mr. Judge often helps at events by passing out napkins, throwing away trash, whatever he sees that he might be able to help with.

***Thank you to ALL of the helpers!***

— Aprille Roberts, Activities Director

**HAPPY BIRTHDAY!**

**Resident**

Carl Reasons	May 16
Lynda Wells	May 18
Beverly Dorrough	May 19
Claudia Graves	May 30

**Employee**

Bobbie Hensel	May 11
Febi Pearson	May 19
Gromekia Shanklin	May 22

**WELCOME NEW RESIDENTS!**



Glenna Hartley

Martha McGee

George Pakis

Robert "Buddy" Weir

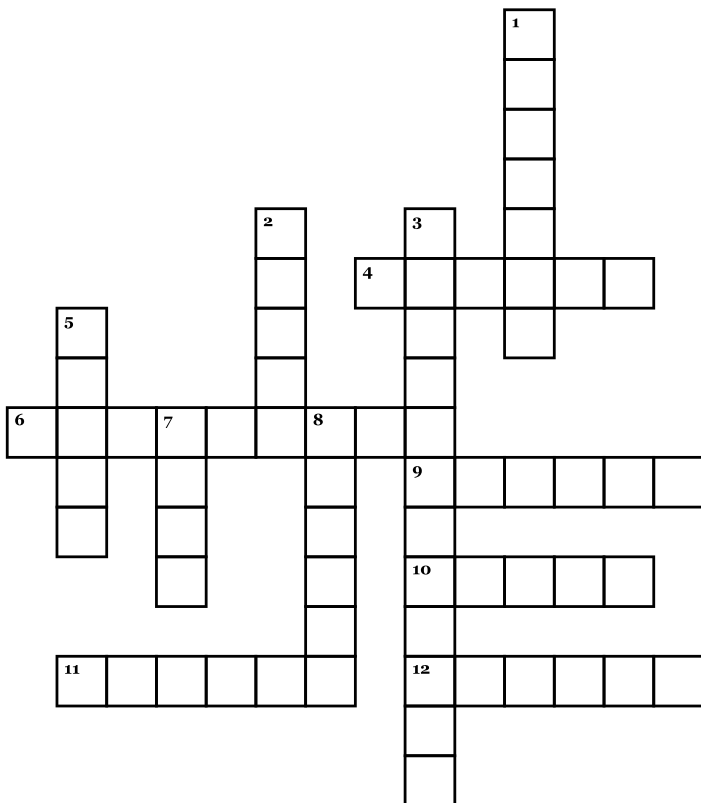


WORD FIND

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

- |         |        |         |          |         |
|---------|--------|---------|----------|---------|
| MAY     | GOLDEN | JEANS   | SEINFELD | JEDI    |
| LILY    | EMPIRE | TRINITY | MARITIME | JOURNEY |
| EMERALD | BRIDGE | VACCINE | DOROTHY  | TEACHER |

CROSS-WORD



Across

4. The traditional flower of May - Lily of the \_\_\_\_\_
6. A popular food served on a bun
9. Teachers might receive these on Teacher Appreciation Day
10. Lewis & \_\_\_\_\_
11. Formerly the tallest building in the world, the \_\_\_\_\_ State Building
12. Dorothy's mother in The Golden Girls

Down

1. Gemstone that's the color of envy
2. Darth \_\_\_\_\_ - Luke's father
3. City where the Golden Gate Bridge is located
5. Pants made out of denim - usually blue
7. Well-known figure of the Wild West - Buffalo \_\_\_\_\_
8. One of Jerry's best friends in Seinfeld

**EMPLOYEE OF THE YEAR**

**Teresa Love**

Teresa always goes the extra mile for our residents at Regency. She does her job with excellence, showing love and kindness to each resident she comes in contact with. She is available whenever needed, even if it is not her normal scheduled time. Her main objective is to be sure that our residents have the care they need and deserve. Thank you, Teresa for a job well done all throughout the year. You are so very appreciated, and we are grateful to have you as part of our Regency family.

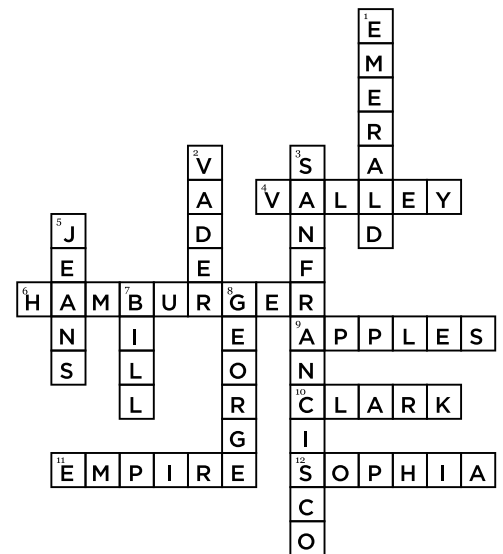
**EMPLOYEE OF THE MONTH**

**Sherry Overton**

Our Employee of the Month for April is Sherry Overton. Sherry is a dedicated caregiver for our Assisted Living residents; however, she has proven over and over again that she is willing to do whatever is needed, wherever needed. Sherry has covered extra shifts and done extra work any time that the need has arisen. She is patient and attentive to the needs of each resident, and does her work with great care. It is obvious that she puts her whole heart into all that she does, and we are blessed to have her on board at Regency. Thank you, Sherry, for all you do!

**ANSWER KEY**

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



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