

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,

May has arrived quickly, and there have been changes to Regency Retirement Village. I recall reading in Ecclesiastes 3: 1-8, "To every thing there is a season, and a time to every purpose under heaven."

Regency Morristown is going through changes and new growth in many areas of the community, not only with new associates coming on board, but also with new approaches in every area in the community. You will notice changes to the library, gym, coffee shop, theater room, and the new "card and puzzle" room. The Senior Leadership team has the best interests of each resident in mind, and we are looking to enhance and grow Regency.

As King Solomon expressed in the Ecclesiastes scripture mentioned above, change is inevitable, but still there is a purpose for everything. Each member of the Regency community, i.e., resident or associate, is meant to be at Regency at this very moment to enjoy the many gifts that Regency has to offer.

Michelle Moffitt,
Executive Director

WHAT WE'VE BEEN UP TO

We have been spreading our wings to enhance everyday life here at Regency, and we have finally got back to our monthly calendar. We have the coffee shop open again, and we're serving hot, fresh cinnamon rolls, blueberry muffins, strawberry muffins, honey buns, danishes, and cookies with coffee every morning.

We are once again going out to eat at some favorite restaurants on Fridays, which has been a lot of fun. We kicked off April with a spring carnival with games, music, and hot funnel cakes. We have also had a country music performer, Steven Carr, perform for the residents, and we even took our first bus trip out to Yoder's Amish Market for a fun outing.

We also started holding church services again just in time for Easter Sunday, enjoying fresh flowers and a beautiful communion service in honor of the holiday. We are working hard to give the residents lots to do to stay busy and enjoy each day, and we are looking forward to the upcoming months.



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.
- » Edward Jenner, a doctor from Gloucestershire, England successfully tested his vaccination for smallpox on May 14, 1796.
- » On May 14, 1998, 76.3 million people tuned in for the series finale of Seinfeld
- » The New York Stock Exchange was formed in May 1792.
- » National Teacher Day is May 5th. Remember all the teachers in your life. We honor school teachers, but also parents, grandparents, and other mentors as well.
- » The traditional flower of May is known as the Lily of the Valley.
- » The Golden Gate Bridge was opened in San Francisco on May 27, 1937.
- » May 31st is Trinity Sunday— a day that celebrates the Christian belief in the Trinity (God is 3 distinct persons— The Father, The Son, and The Holy Spirit).

WHAT'S NEW?



Mother's Day Tea Party

Coming up in May, we have a Mother's Day Tea Party. We also have a Spring Fling planned for our staff, where we'll be recognizing our Employee of the Year. Other upcoming plans include a Memorial Day cookout, and more!

COMMUNITY STORY

Graduation Season— Interesting Facts and 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!



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 RESIDENT

Jeanette Greene

Jeanette Greene just joined the Regency family, and we want to welcome her by sharing her story. She is originally from Harrogate, Tennessee, though she lived with her husband in Middlesboro, KY, where they built their home. Her husband served in the Navy, and they met while working in a factory. He eventually became a barber, and opened up his own barber shop, and she became a housewife and raised their four children, Rosemary, Linda, Johnny, and Dennis. Her children attended college, and became school teachers and nurses. Mrs. Greene is a member of the East Cumberland Baptist Church where she used to sing in the choir. She loves to read books, listen to gospel music. She also likes to play games like checkers and BINGO, enjoys cooking, and loves dogs. She said her husband always had dogs. Mrs. Greene is a sweet lady with an amazing personality, and we are so happy to welcome her to Regency!

WELCOME NEW RESIDENTS!

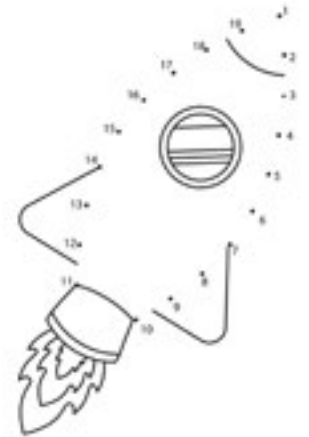
Mary Millier	Jeanette Greene	Eugene McClain
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NATIONAL SPACE DAY

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.



CONNECT THE DOTS

HAPPY BIRTHDAY!

Resident	
Myra Johnson	May 1st
Marlene Oehmig	May 4th
Nancy Bewsey	May 12th
Charles Holden	May 16th
Keith Jackson	May 21st
Beverly Causey	May 22nd
Judith Bayer	May 23rd
Judith Brant	May 27th
Myra Murdock	May 28th
Blanch Johnson	May 31st
Marion Keith	May 31st

Employee	
Grace Emerson	May 11th
Ashlyn Tuttle	May 13th
Peter Bartow	May 13th
Tamara Wichelns	May 22nd
Douglas Barrow	May 23rd
Kaye Southerland	May 26th
Mary Williams	May 29th

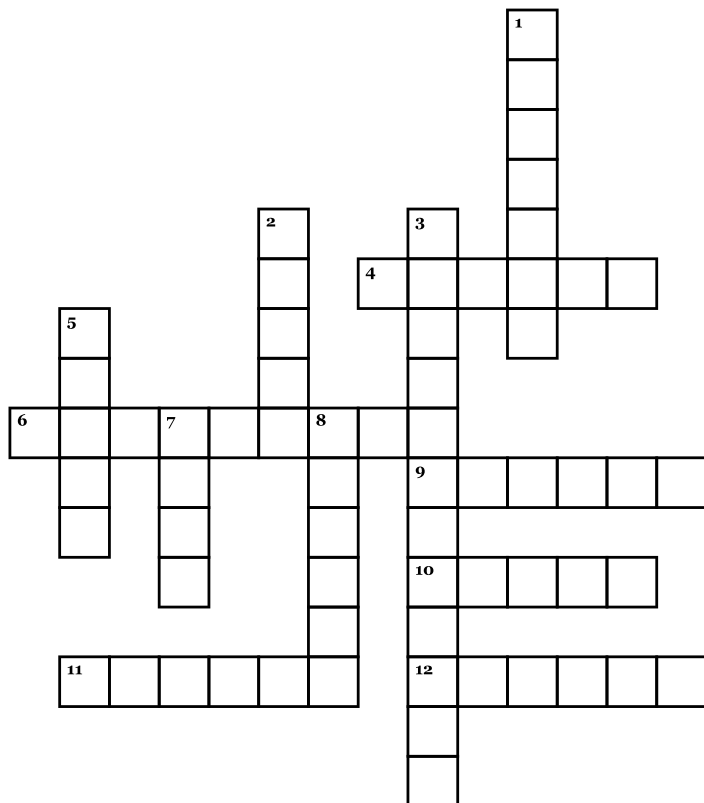


WORD FIND

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|---------|--------|---------|----------|---------|
| 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

Phyllis Musick

Phyllis Musick has been at Regency for six years. She works in our dietary department and has experience doing pretty much every job within the department. She has a daughter named Donna that she loves dearly and is still waiting on grand-babies, “but no luck so far,” she says.

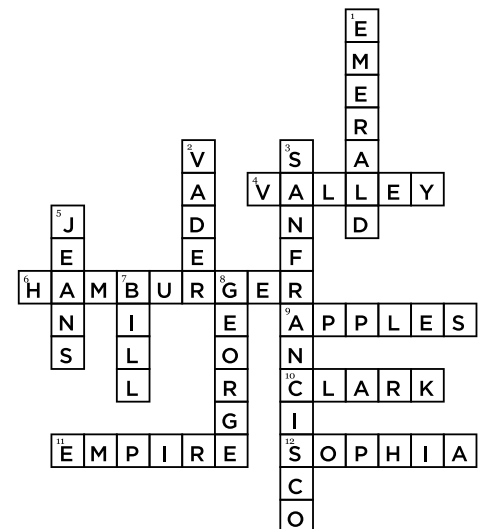
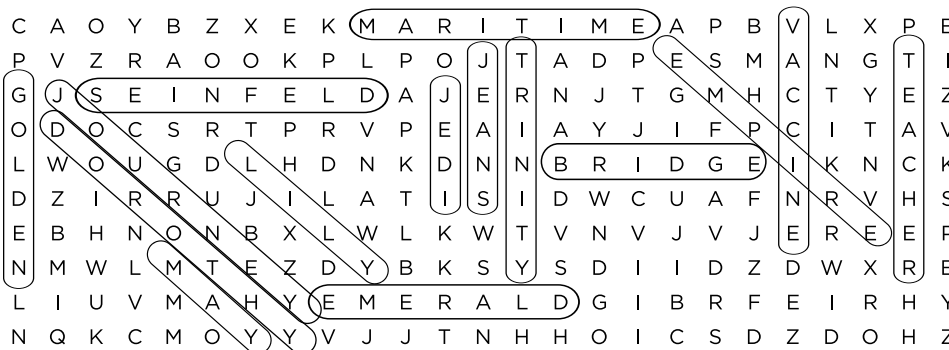
Phyllis loves to collect recipes and try them during family holidays. When she is off work, she loves spending time with her dog, Benji. A mix of Spitz and Poodle, Benji was the runt of the litter, but she loves him regardless. Phyllis describes Regency as an exceptional place to work and values all the people she’s met here. Talking to residents when she delivers meals is one of her favorite aspects of her job. During COVID-19, she’s been a friendly face when taking meals to residents while still upholding the highest standards of safety. We want to thank her for her service here at Regency. All jobs are imperative to ensure our facility runs smoothly while providing a good, safe, and healthy life for our residents. Thank you, Phyllis, for your service.

EMPLOYEE OF THE MONTH

Connor Bunch

Connor started here at Regency in 2018. He also attends college at Walter State, where he is studying to become a pharmacist. He will graduate this summer, and then plans to attend ETSU in Johnson City to finish up his studies. He said he has a lot of great memories from his time here, and appreciates the friendships forged. He wanted to recognize two of his coworkers, Donna and Gail, who he counts as genuine friends. He said they have given him love and encouragement throughout his time here. We would like to wish Connor well in his future endeavors. Congratulations, Connor, and thanks for all you’ve done for our community.

ANSWER KEY



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