

WHAT'S COMING UP

March 1st

World Compliment Day

March 3rd

World Day of Prayer

March 6th

National Cereal Day
Celebration

March 7th

Purim

March 11th

Johnny Appleseed Day

March 12th

Daylight Saving Starts

March 17th

St. Patrick's Day

March 25th

International Waffle Day



MARCH 2023 NEWSLETTER



Hello Residents,

Welcome, March!

According to weather folklore, if "March comes in like a lion – March will go out like a lamb." Regency will do just the same, forging forward like the lion.

Regency is ramping up with new activities added to the social calendar. The TVs in the common area will be up and running, displaying the social calendar so you know what is happening each day. The menu will be provided on the TVs as well, so you are "in the know" of the delicious food prepared for each of you daily.

Regency encourages each resident to get out and about, and what better way to start one's day than with a fresh cup of coffee in the Coffee Shop, followed by meditation during our Morning Devotion, and finally getting your blood pumping with some Morning Exercise.

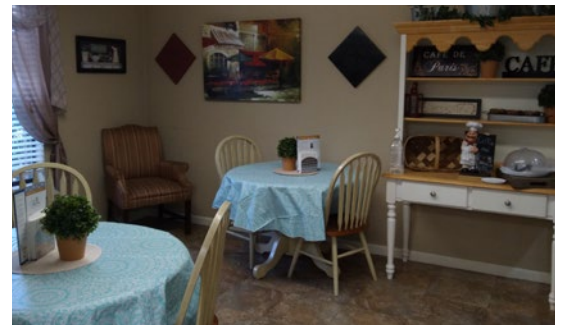
Regency is excited to reintroduce iN2L. iN2L offers content-driven engagement to support social interaction, cognitive and physical exercise, and therapy, education, reminiscing, areas of interest, memory support, and more with touch screen systems ideal for both group engagement and individual experiences.

Be on the lookout for scheduled activities on the social calendar. Regency will be introducing new volunteers to the social calendar. There have been several individuals who have shown an interest in willing to share their talent with us.

The first volunteer firehouse was started in Philadelphia by Benjamin Franklin in 1736. Volunteering was rooted in bettering the community and faith-based charity work during this time. The Revolutionary War was the first major volunteer recruitment effort in our nation's history.

Love the Life you Live at Regency.

Michelle Moffitt,
Executive Director



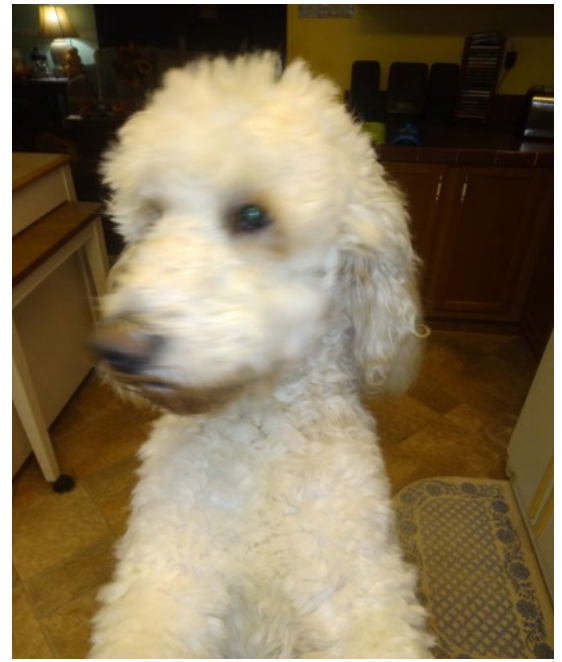
Coffee Shop

The Residents are now getting a bigger variety of treats with their coffee in the mornings. We are open seven days a week. We have hot, fresh treats like strawberry muffins, cinnamon rolls, banana nut muffins, chocolate walnut brownies, croissants, honey buns, and cookies. Residents, if you are not visiting the coffee shop, you are missing out!



Chocolate Day — February 14th

We baked chocolate walnut brownies and added some hot fudge and ice cream in individual bowls, and served all the residents that participated in this activity. Oh my, those were so good. We celebrated Chocolate Day with a bang!!!



Monica's Poodles and Doodles

You can't get in the mood for Valentine's Day without getting to pet some cute doggies. These two cuties aim to please. They eat up all that attention. It's a well known fact that pets help people stay happy and healthy!



Valentine Romance Movie Time

All of us want to feel love in our hearts. What better way to do that than watching movies at our Regency Theater on the 3rd floor — it's always free! You get free candy, popcorn, and a drink. Come up with your friends and watch a good, heart-warming movie. We have had a few tear-jerkers! We show a variety of movies. Come and check it out!

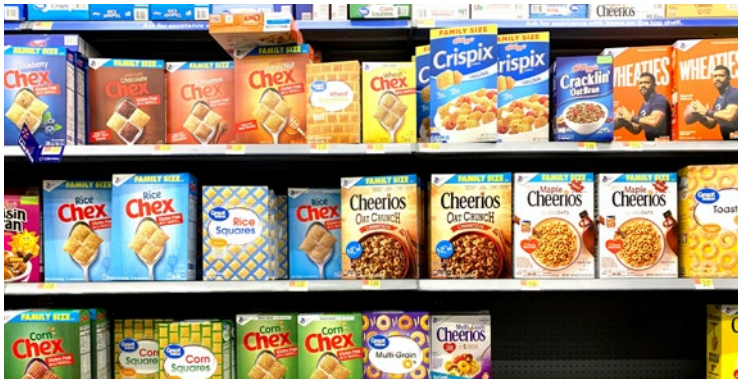




Communion Service

March 5th at 2:30 p.m.

Thank you Panther Springs United Methodist Church for offering this to our residents. Brenda Bell will be doing the ceremony the first Sunday of every month at 2:30 p.m. in the Parlor. All residents are welcome.



National Cereal Day

March 6th at 2:30 p.m.

We will be celebrating National Cereal Day on the 6th at 2:30 p.m. Residents will learn some fun facts about cereal and will get to eat cereal of their choice. We will have a variety of cereals to choose from. This event will be in the parlor.



Museum Trip to Lincoln Memorial in Harrogate

March 8th at 1:30 p.m.

We are going to be restarting our museum trips. We are going to do one a month to start out until the weather gets nicer. We will be visiting the Lincoln Museum in Harrogate, on the college campus. They have remodeled the museum. There will be lots of things about President Lincoln to see — from his childhood to his last days as President.



Morristown Hamblen Library

Every Other Friday in March

We will be starting trips to the Morristown Hamblen Library every other Friday in March. Residents that would like to go will need to sign up for this event.



St. Patrick's Day Party

March 17th

We will be throwing a St. Patrick's Blast of a Party on the 17th of March for our residents. There will be music, refreshments, and door prizes. We will find out who has the luck of the Irish. Don't forget to wear green or you might get pinched.



St. Patrick's Day Themed Meal

March 15th at 11:30 a.m.

Themed Meals are back! Our first themed meal will be on March 15th. Our theme this month is St. Patrick's Day. Come and taste some Irish cooking with some Irish music to set the scene.



Grief Counseling Meeting

March 31st at 2:30 p.m.

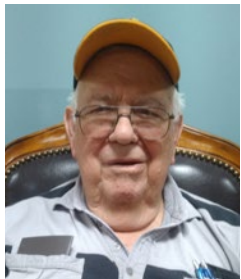
Will will be revamping the Grief Counseling Meetings. They will be held in the Bingo Room, the last Friday of each month at 2:30 p.m. Linda Feltman will be leading this event with help from her church's pastor. Come and join the group. It's not only for those who have lost a love one, it can be for anyone struggling with things like depression.

Save
the
Date

Mar. 1st — World Compliment Day
Mar. 3rd — World Day of Prayer
Mar. 6th — National Cereal Day Celebration

Mar. 7th — Purim
Mar. 11th — Johnny Appleseed Day
Mar. 12th — Daylight Saving Starts

Charlie Freeman



Charlie is of the Baptist faith. Charlie worked for Holston Defense and was the County Commissioner for Hawkins County for 16 years. He also served in the Army. He likes college football, country music,

and animals. Charlie moved to Regency to take care of his wife. Charlie and his wife met through a friend and were married for 61 years. His wife was a Registered Nurse. Charlie has two children, six grandkids, and six great grandkids. Charlie Freeman is one of the most generous and good-hearted people. He is a good friend and an even better man. He is easy to talk to, and we want to thank him for joining us at Regency. Let's welcome him to our community!

Happy Birthday

Resident

Howard Case	Mar. 1st
Barbara Fromberger	Mar. 1st
Linda Kirkpatrick	Mar. 2nd
Harold Lingerfelt	Mar. 5th
Robert Jackson	Mar. 9th
Robert Ware	Mar. 17th
Eleanor Olszewski	Mar. 21st
John Carr	Mar. 24th
William Murphy	Mar. 27th
Wilma Hagen	Mar. 31st

Employee

Dominique Inman	Mar. 3rd
Sheila Nicely	Mar. 8th
Emily Rutherford	Mar. 9th
Cameron Barnard	Mar. 11th
Deborah Young	Mar. 11th
Katie Watkins	Mar. 13th
Rhonda Whaley	Mar. 21st
Christine Stryjewski	Mar. 22nd
Dianna Meinke	Mar. 24th
Rebeka Tuttle	Mar. 27th
Cynthia Gulley	Mar. 28th
Donald Rosebrugh	Mar. 30th

WELCOME NEW RESIDENTS!

John Hale	Charles Johnson
Cathy Hall	Joan Wegerbauer

COMMUNITY STORY



In the month of January, two of our residents turned 100 years old — Adrien Eldridge and Johnny

MacNowsky. Adrien and Johnny Mac each had their own party! Everyone was invited to make it special. Johnny Mac served in WWII, was a professional basketball player, and a teacher. We want to say again that we appreciate these two residents for choosing Regency as their home. We feel honored to serve you!

FUN FACTS

- » On March 10, 1876, Alexander Graham Bell made the first-ever phone call. It was to his assistant, and he said, "Mr. Watson, come here. I want to see you."
- » In the Roman calendar, the "Ides of March" was equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.
- » If you were born in March, your birth flower is a daffodil!
- » March babies are spoiled with two birthstones: aquamarine and bloodstone, which symbolize courage.
- » There are two zodiac signs in March. Pisces, which is until March 20, and Aries, which starts on the 21st.
- » Twitter was launched on March 21, 2006, with the first tweet going out the same day. It was posted by the founder, Jack Dorsey, which read, "just setting up my twttr."
- » The Eiffel Tower was ascended for the first time on March 31, 1889. Eiffel himself led a group of government officials and members of the press to the top. The elevators were not in operation yet, so the journey was made on foot and took over an hour.
- » President John F. Kennedy founded the Peace Corps on March 1, 1961. It is a successful volunteer organization that has since sent at least 235,000 Americans abroad to developing countries to help with health care, education, and other human needs.

WORD FIND

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

MARS
EQUATOR
PHONE

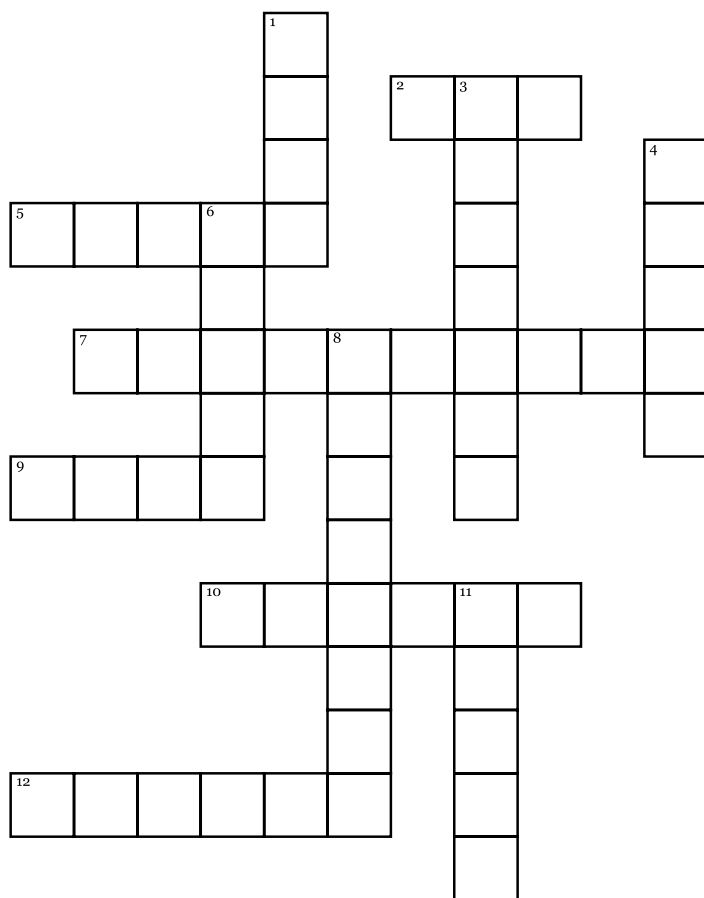
ARIES
PISCES
ROMAN

MADNESS
STORMY
SAXONS

EQUINOX
EIFFEL
PEACE

BELL
CAESAR
TOWER

CROSS-WORD



Down

1. The name for March comes from _____
3. The Vernal Equinox is when the sun is directly above the _____
4. Thee two zodiac signs in March: Pisces, and _____
6. Alexander Graham Bell made the first-ever _____ call on March 10th
8. If you were born in March, your birth flower is a _____
11. Julius Caesar was assassinated on the 15th of _____

Across

2. In old Roman calendars, one year used to be _____ months long
5. John F. Kennedy founded the Peace _____ on March 1, 1961
7. March birthstones are aquamarine and _____
9. Every year, March and _____ finish on the same day of the week
10. The Anglo-Saxons called March "_____ month"
12. The _____ Tower was ascended for the first time on March 31, 1889.

EMPLOYEE OF THE YEAR

Judy Turner

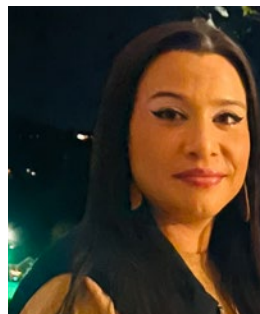


Judy has been with Regency since May 2018. She has worked in different departments here at Regency and is a very dedicated employee. All the residents know her and depend on her for their Dietary needs. She is faithful and dedicated to our residents.

Thank you, Judy, and congratulations on being recognized as Employee of the Year!

EMPLOYEE OF THE MONTH

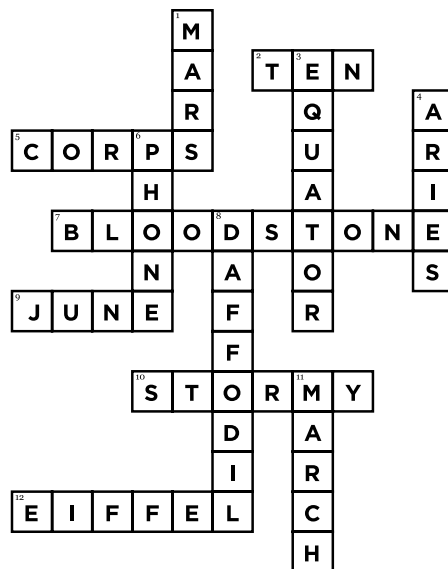
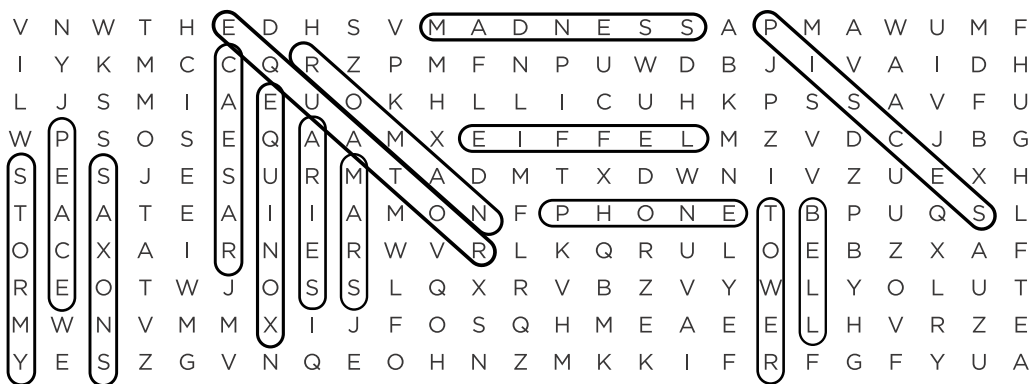
Maranda Cuadras



Maranda is a great nurse and a good friend. She seems to have a smile on her face every time you pass her in the hallway. She works in the Memory Care Unit. She did work the night shift but moved to days. She is good with the residents and enjoys being a

nurse. Nurses play a vital role in our facility and have a lot of responsibility to keep our residents on schedule with their medications. Maranda is engaged and has three daughters — Gianna, Italia and Avery. Thank you Maranda for what you do for the residents on the Memory Care Unit. Congratulations!!!

ANSWER KEY



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