

WHAT'S COMING UP

May 1

National Lemonade Day

May 2nd

National Brothers
and Sisters Day

May 4th

Star Wars Day

May 5th

Cinco de Mayo, National
Astronaut Day

May 8th

Mother's Day

May 13th

International Hummus Day
National Apple Pie Day

May 15th

International Family Day
National Chocolate Chip Day

May 17th

National Cherry Cobbler Day
Walnut Day

May 22nd

World Paloma Day

May 28th

National Brisket Day

May 30th

Memorial Day



MAY 2022 NEWSLETTER



Hello Regency Family and Friends,

With May comes Mother's Day, Cinco De Mayo, and Memorial Day. Uniting the holidays is a theme of support, from family and country. We hope to support our Regency residents each and every month, especially May.

1 Thessalonians 5:11 — Therefore encourage one another and build one another up, just as you are doing.

Looking around the Greater Chattanooga and North Georgia region, it's clear to see the April showers have indeed brought May flowers! It is such a beautiful time of the year; we are so blessed to be able to experience God's beautiful creations.

When planning your month please consider coming to join us for a daily activity or a meal, we enjoy seeing our families. I also encourage you to volunteer individually or with a group to keep our residents engaged throughout the year.

We love serving the residents and our families!

Sincerely,

Greg Pflug,
Executive Director



Productive Activities for Dementia Care

Activities that feel productive are so important to each resident at Regency. It gives each resident their own sense of purpose and value. It gives us a reason to get out of bed! It provides the opportunity to give and receive positive feedback. But with dementia, our productive activities might have to change a bit. It's important to consider what certain activities require

from us, examples could include fine motor skills, comprehending the project's big

What are some favorite pastimes?

What were some productive activities that were enjoyed before dementia was present? What types of activities helped you or a loved one feel useful around the house? Many of us love flowers our whole lives and enjoy gardening with them. A resident like this with dementia would very much enjoy making spring flower arrangements to go in flower boxes. Another example: if someone volunteered for soup kitchens prior to coming to Regency, making brown bag lunches for a local homeless organization is a similar picture, multi-tasking, etc. But instead of focusing on what can't be done, think about existing interests!





to be complicated, and the additional person might just be there to provide encouragement. It could be as simple as helping with chores, assisting in meal prep, or working on a project

What is motivating or inspiring?

You've heard it before, a body at rest tends to stay at rest. A lack of confidence can make activities daunting, several steps in the process might seem overwhelming. So what does it take to motivate or inspire productive action? Understanding that you or a loved one is doing the activity because they are good at it, or because it's helpful, can help. Knowing the value behind the productive activity can help us stop resting and start doing!

What can be done currently?

What are you or a loved one able to do independently or with a little support? Activities can always be a wonderful opportunity to sit side-by-side and do something productive together with another resident, staff or family member! Productive activities don't have

Whether or not you or a loved one is actively seeking something to do, productive activity is a way to achieve a sense of purpose and accomplishment. At Regency we are always looking for ways to make our dementia care as beneficial as possible to each individual resident. If you have an activity you would like assistance with, please reach out to your staff and let us know how we can help you or a loved one feel productive!



Staying Fit for Memory Care



Regardless of age or physical status, anyone can reap the benefits of exercise. Fun fact: exercise helps your cognitive health too! Staying active at one of our Regency senior communities encourages mobility and elevates energy levels too. Alzheimer's care homes, retirement homes and senior communities like ours have many opportunities to help you or a loved one get active. Here are our recommendations for ways to stay fit to promote memory care.

Stay balanced and upright to prevent falls.

Maintaining a good balance is critical for preventing falls and the complications that come with them. In our Regency living communities, you can participate in classes that help boost balance, be sure to check the monthly event calendar! You also can ask for guidance from one of our staff members as you perform individual exercises, including:

- Side leg raises performed while holding onto a chair.
- Standing and sitting without using your hands or arms.
- Walking heel-to-toe by placing your heel right in front of your toes on the other foot as you take steps.

Stretch your body and mind daily!

Joint mobility weakens as we age, it's just a part of life, but by stretching we can promote flexibility and maintain our range of motion. Some Regency residents like to practice Pilates, yoga or dancing. Properly warming up before stretching is incredibly important, and be sure to check in with a staff member to avoid injury when starting a new exercise routine. Getting your heart rate up on a regular basis also makes everyday activities easier, helping you maintain your independence.



Invest in a good pair of shoes.

Try to find a pair that puts safety first! Look for walking or running shoes with rounded toes, different sizes according to width, and light but soft cushioning. Shoes for a retirement home or Alzheimer's care home should accommodate some of the changes that occur in your feet as you get older (widening, loss of natural cushioning, etc.). Health experts recommend at least half an hour of moderate-intensity activity every day. In your Regency assisted living community you could go for a walk, dance and engage in scheduled events to get your heart pumping! If you're just getting started, take it slow, and ask for help if you need it.



Staying active helps your memory care!

A combination of exercises focusing on stretching, balance, and cardio can keep your range of movement, prevent accidents, and even reduce mental fatigue. Assisted living communities like ours feature a variety of fitness activities that can help you maintain and even improve your balance, flexibility, strength and memory care. Take these tips to heart, and make an effort to stay fit for your memory care.



FUN FACTS

- » The name May is the modern-day English adaption 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 the Greek goddess of growth.
- » A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word Maiores, the Latin word for “elders,” that the month gained its name.
- » The word May wasn’t actually used until the middle ages were on their way out, around the 15th Century AD. 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!
- » May isn’t just a bad time to get married, though. There’s the 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 [be with you].” 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!
- » On April 15, 1912, the famous ship Titanic hit an iceberg and sunk on her first and only voyage.
- » George Washington was inaugurated as the First President of the United States on April 30, 1789.
- » Back in the time of the Ancient Romans, April was sacred to the goddess Venus.
- » One of the most well-known dates of April is April Fools’ Day, celebrated on the 1st of the month. No one is sure where this celebration originated from, but some believe it to be inspired by the story “Nun’s Priest’s Tale” from Geoffrey Chaucer’s “Canterbury Tales.”
- » On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line “Houston, we’ve had a problem here” was said, and is today usually misquoted.
- » After a 1,500 year break, the first Olympics of the modern era took place on April 6, 1896, in Athens.
- » The explosion of the Chernobyl nuclear plant in Ukraine occurred on April 26, 1986, which forced everyone within a 300-mile radius to be evacuated.
- » The smaller animals that hibernate for the winter in the Northern Hemisphere usually start coming out of their burrows in April.
- » April is also the month that the birds migrate north and settle down for the summer to mate.
- » For all the car enthusiasts out there, Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.
- » The Battles of Lexington and Concord broke out on April 19, 1775, starting the Revolutionary War.

WORD FIND

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EUROVISION

GARLANDS

GODDESS

GEMINI

MILKING

MAIORES

BURGER

MAIUS

HAWTHORN

EMPIRE

TAURUS

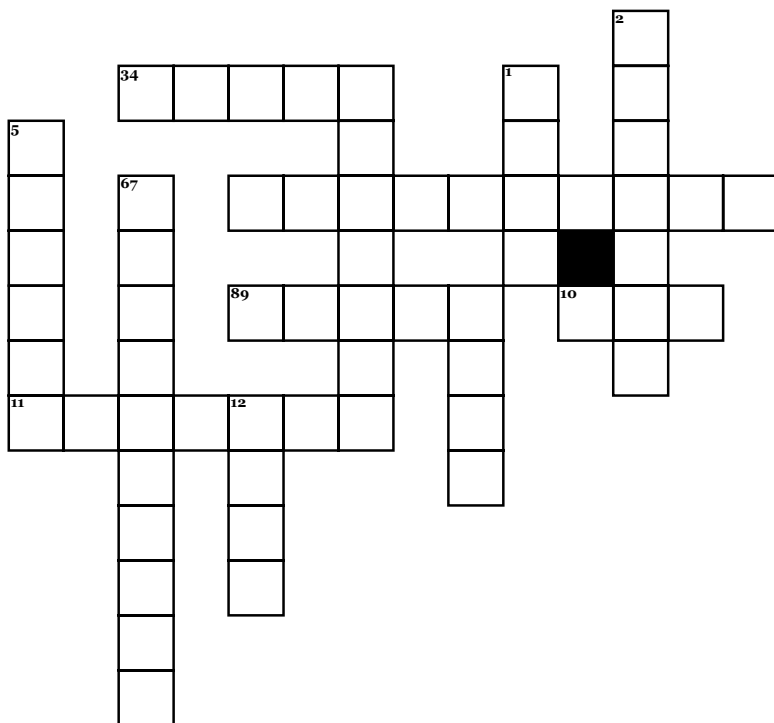
ETA

VICTORIA

EMERALD

LILY

CROSS-WORD



Down

1. A Roman poet by the name of _____
2. Emeralds are symbols of fertility and? _____
4. May was once considered an incredibly ill-omened time to get _____
5. The word May wasn't actually used until the _____ ages
6. It is said that those born in May have a greater chance of being more _____ in life.
9. May is a special time for _____ Wars fans world wide.
12. A Famous Swedish pop group? _____

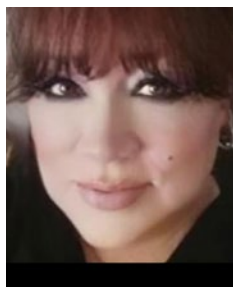
Across

3. There's the Cornish superstition that buying a new _____ in May is unlucky.
7. May is the month that the _____ song contest is held every year
8. The Latin word for May? _____
10. Every year there is a particular meteor shower in May called the? _____ Aquariids meteor shower.
11. The birthstone for May is the? _____



EMPLOYEE OF THE YEAR

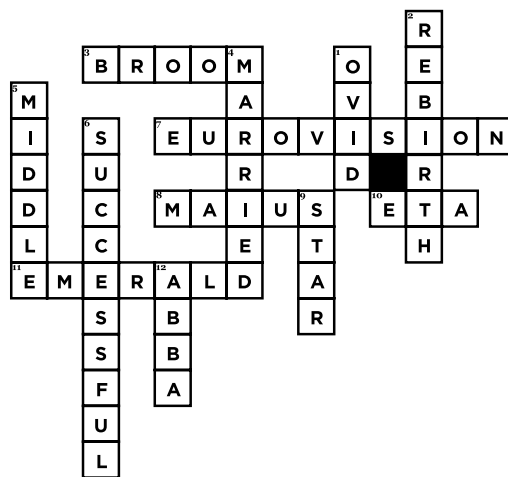
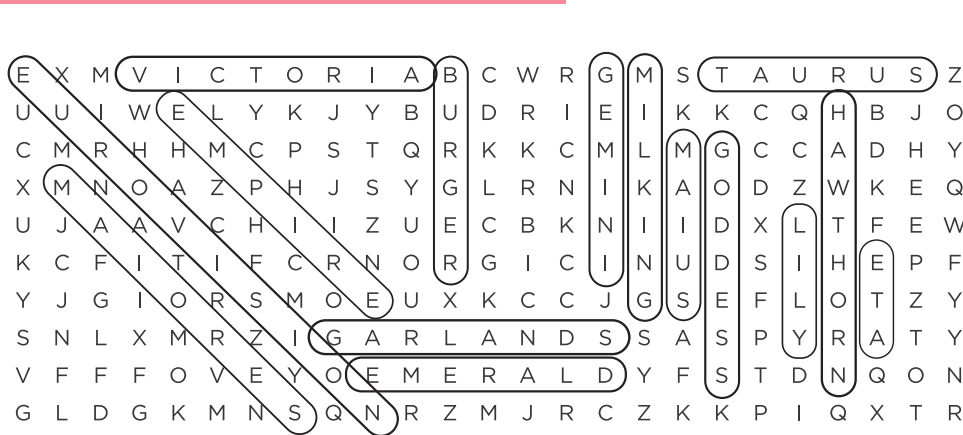
Maria Medina



Maria has been an employee with Rosewood for over nine years. She works in our Personal Care department and is a model employee. She balances resident care, family needs, and department function with skill and professionalism. Maria is cherished among the residents. She always looks out for their best interest and well being. Maria's primary duties include passing and recording prescribed medication. She may address wounds or other health issues as well. She is responsible for guiding the care staff and directing the daily function of her department.

Maria works very hard to ensure the utmost standard for anyone in her care. She is always directing and promoting care staff to develop and execute the best care possible. Honest, reliable, and full of integrity are just three character traits that describe Maria and her work ethic. Her love for the residents is seen in everything that she does. She is praised weekly by residents, residents' families, and coworkers. Maria sets a very high bar with her abilities, and challenges those standards daily to make herself even better than the day before. She is strong in her purpose and dedicated to detail in everything she does. Maria is the very definition of Employee of the Year.

ANSWER KEY



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