

WHAT'S COMING UP

January 1

New Year's Day

January 2

National Buffet Day

January 4

National Trivia Day

January 15

National Strawberry Ice
Cream Day

January 17

Martin Luther King, Jr. Day

January 19

National Popcorn Day

January 23

National Pie Day

January 25

National Opposite Day

January 29

National Puzzle Day



**Happy
New
Year!**



JANUARY 2022 NEWSLETTER



Dear Residents,

Thank you for choosing to make Regency your home!

Did you enjoy the Pictures with Santa event on December 17th? What a great day with hot chocolate, treats, candy canes and more. Two different Santas paid visits to our residents, taking time to strike a pose and assist with handing out treats. What a beautiful memory for the holiday!

We also had several other delightful holiday events such as Christmas Eve parties, a New Year's Eve Countdown with "Frank Sinatra" (aka Dave), Christmas Cards for Soldiers, Luanas Wahines Hawaiian Dancers with a Christmas tribute, Bethlehem Christian Academy Caroling and a Korean Dance Mission Group. Such a delightful and fun filled month of celebration!

In December, plan on joining Regency for several new activities. Please see your activity calendar for more details.

The cold weather has arrived, and it's time to bundle up. Continue to stay active by walking the halls and coming to an exercise class. Wash your hands frequently to keep the cold and flu at bay. Let's stay healthy and fit together as we enjoy a wonderful holiday season.

Would you like to have 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 90 days from move-in date.*

Tim Taylor,
Executive Director



1st Floor Decorating — December

Residents on all floors gathered together to hang ornaments, put up fireplace stockings, and chat while enjoying eggnog, Christmas cookies and music. Several ensured the exact placement of ornaments to make the tree even more delightful to the eye. Such a warm Christmas spirit was throughout the building as staff and residents alike made the our Regency look special.



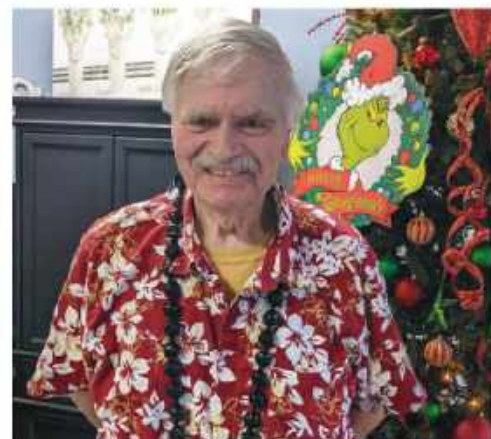
Ugly Christmas Sweater Day and the 2021 Employee Christmas Party — December

Present pong, a Saran Wrap Christmas ball, competitive wrapping, and a Christmas lunch buffet were all included in this event! The employees of Regency celebrated the season in a loving but hilarious way as they vied for prizes. Christmas carols drifted through the room amidst laughter and cheering. What a delightful event to increase team spirit and community bonding. Go Regency!



Bryan with Big Daddy Kingfish in Concert with National Brownie Day – December

“Silver Bells” were ringing as we were dreaming of a “White Christmas,” listening to Bryan singing and Larry tantalizing the keyboard. It wasn’t a “Hard Candy Christmas” because we all tickled our taste buds on brownies for National Brownie Day. We opened the hour of singing with “Jingle Bells” and closed it by wishing all a very Merry Christmas. There were also plenty of oldies but goodies in between. So much reminiscing, so much fun!



Luanas Wahines Hawaiian Dancers – December

Luanas Wahines shined with their grass skirts, leis, and flower pins as they grooved the hour away dancing to “Holiday Hula,” “Blue Hawaii,” “Aleloki,” “Santa’s Hula,” “Lovely Hula Hands,” and more. The residents learned a bit of Hawaiian culture and some hand motions to go with the songs as well. Such a great way to have a little bit of sunshine during the winter months!





Brandon Morris in Concert — January 4th at 2:45 pm

Brandon discovered his passion for singing and playing guitar at a young age, but he did not start putting it to use in a live setting until recently. He's currently recording some of his written songs with Fantom Airwaves. He plays cover songs for a living, and has done so now in many venues across Alabama including Moe's Original BBQ, Yellowhammer Brewing Company, Bridge Street, and even a Rodeo out in Luka, Mississippi. He'll be covering songs by Hank Williams, Johnny Cash, Elvis Presley, Waylon Jennings, and many more. Come and enjoy Brandon's talent and savor his voice!



Ray Hansen in Concert January 11th at 2:45 pm

Ray comes to us with a background in insurance sales. He plays piano as a hobby and has taught himself to read music. He plays locally at restaurants and has about 400 songs in his repertoire. His father used to run the Ray Hansen Orchestra in the 1960s. Come and join us for a great hour of classics!



Chaplin McClaney with Interactive Devotions and Bible Study

Every Wednesday at 1:00 pm

Chaplin McClaney is a welcome sight on Wednesdays as he comes to our home to give us an interactive devotion and Bible study. If you haven't had the pleasure of listening to his teaching, come see how he explains Bible verses and interacts with our residents. Be prepared to test your Bible knowledge as he quizzes on different scriptures. Such a delight!





Church Services on Sunday Every Sunday

Have you seen the latest activity calendar? We now have three church services on Sunday. Our Lady Queen of the Universe is Catholic, Ascension Church is Lutheran but does a non-denominational service, and Chase Park is Church of Christ but also does a very interactive service. Feel free to check out these services to maintain your spiritual health and fellowship with other Christians. The latest schedule is available on your activities calendar.



Tim Goff in Concert January 15th

Tim Goff has been practicing and learning new songs yet again for this month's concerts. Don't you just love his tenor voice and vocal gifts? With a winning personality and a loving spirit, he interacts with residents and employees alike to lift their spirits through song. Come and take a trip down memory lane as you listen to the "oldies but goodies" sang by our very own talent, Tim Goff. The rooms are always packed, so get there early! *Be sure to check the calendar for times.*

What's Cooking Wednesday on National Cheese Lovers' Day January 19th at 2:45 pm

What's ooey, gooey and dripping with Provolone and Monterey Jack Cheese? To celebrate National Cheese Lovers' Day we are going to indulge in homemade grilled cheese, all maxed out with real flavors and butter. What a perfect finale after Antonio's concert. Don't miss it, because this opportunity only comes around once or twice a year. Yum yum!

**Save
the
Date**

February 2nd — Groundhog Day
February 14th — Valentine's Day

February 21st — Presidents' Day



Ms. Doris Lamm

Ms. Lamm was born in Birmingham, Alabama in 1927. When she was 21 years old she married Jack, a musician she met while on vacation in Pensacola. They were married 50 years and had one son, Dale. She later remarried to Mack, and had one daughter. Doris loved working in accounting and jokes that she was born knowing how to do math problems. She first worked at First National Bank and then worked at the Norwood Clinic until she retired at 62 years old. Doris enjoys crossword puzzles and reading. She expresses that Regency is a wonderful place and feels fortunate to have lived with us for over a year. We are so delighted to have Ms. Lamm as one of our family members here at Regency!

WELCOME NEW RESIDENTS! 🏠

- | | |
|-----------------|-------------------|
| Vivian Denney | Joseph Ratliff |
| Nancy Yeats | George Bennett |
| Louise Nunamann | Francis Gaude |
| Mary Dunivant | Walter Ann Graham |
| Jerry Gann | Leah Bruno |
| Sue Gann | Andy Lindsey |
| Lydia Sanders | |

Happy Birthday

Resident

- | | | | |
|------------------|---------|-------------------|---------|
| Carolyn Wheeling | Jan. 1 | Dorothy Hembree | Jan. 21 |
| Claire Pickett | Jan. 13 | Jeannie Murphy | Jan. 22 |
| William Frazier | Jan. 14 | Karen Brown | Jan. 24 |
| Jean Glass | Jan. 14 | James Scarborough | Jan. 26 |
| Linda Vergara | Jan. 20 | Rita Schindler | Jan. 26 |
| John Tucker | Jan. 21 | Lucinda Crutcher | Jan. 28 |

Employee

- | | | | |
|-------------------|---------|---------------------|---------|
| Ashley Reed | Jan. 2 | Sheila Florez | Jan. 22 |
| Jennifer Watkins | Jan. 2 | Donna Meyer | Jan. 25 |
| Adrienne Robinson | Jan. 5 | Jacqueline McCarty | Jan. 26 |
| Dawn Hanvey | Jan. 12 | Yvonne Callahan | Jan. 30 |
| Amanda Caylor | Jan. 17 | Charles Jones | Jan. 31 |
| Kenneth McGee | Jan. 19 | Louise Merriweather | Jan. 31 |
| Stephanie Bogema | Jan. 21 | Deloris Ragland | Jan. 31 |

THERAPY CORNER

Welcome to another edition of Therapy Corner.

I hope you all had a Merry Christmas and a Happy New Year! This month I would like to discuss being active. This time of year, with the colder weather, we all tend to become less active. We want to hunker down in our warm rooms and not get out unless it is just absolutely necessary.

As enticing as staying in a warm room sounds, it is imperative to maintain some level of physical activity. You are fortunate here at Regency to have long hallways. Please use these to your advantage! A 10-15 min walk at least two times a day can make a tremendous difference in how you feel and your overall well-being.

Tap into your competitive nature to make it more challenging by timing yourself, and trying to improve your time daily or weekly. To make it interesting, you could even give each walk a theme. As you walk, think of things that pertain to the theme such as movies, people, or music. Sing the songs for the them or quote lines from a movie or book. You could even dress the part! This can make the walk more interesting and stimulate your mind while you're working the body!

If you are not a walker or have difficulty walking, I encourage you to take advantage of the 9:30 exercise classes Regency offers every day. I hope you find this information helpful and will heed my suggestion to **keep moving!**

— Ryan Parden, PTA

WORD FIND

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

JANUS
 GARNET
 PARADE

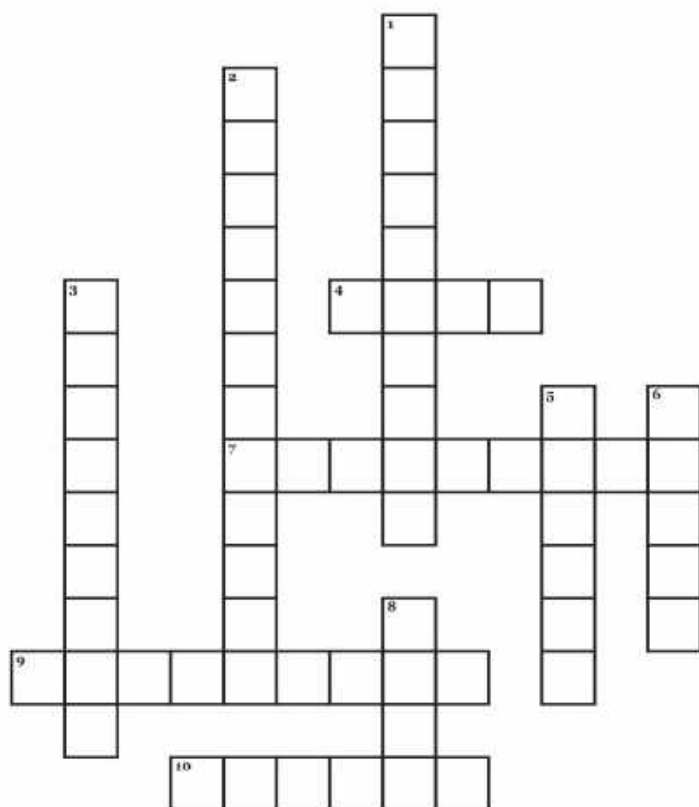
JANUARY
 ALASKA
 DIANTHUS

CAPRICORN
 AQUARIUS
 CARNATION

LONDON
 SUBWAY
 PASADENA

CALIFORNIA
 LILIUOKALANI
 AUSTRALIA

CROSS-WORD



Down

1. What the Anglo-Saxons used to call January?
2. Who was the last queen of Hawaii?
3. The birth flower of January is what?
5. _____ officially became the 49th State of the United States.
6. Roman God with two heads
8. London is famous for its extensive subway system, nicknamed "The _____"?

Across

4. Parade held every year since 1890 in California
7. The first Penal Colony was established in January 1788 by the British in _____
9. The second king of Rome, responsible for adding both January and February to the Roman calendar?
10. The birthstone is for January is the _____

EMPLOYEE OF THE YEAR

Jennifer Watkins



Mrs. Jennifer has served at Regency periodically since 1984. Currently she's one of the top Resident Assistants in Pathways, taking care of the residents and ensuring their needs are always met. Jennifer has three biological children, one adopted child, 15 grandchildren, and one great-grandchild. Even though she's extremely busy, she finds time for her family, softball, volleyball, football, basketball, and fishing. She's a happy person and loves working at Pathways. Please join us in thanking Jennifer for her service and her positive, happy spirit. She's a delight to be around! Congratulations, Jennifer. You are the Employee of the Year!

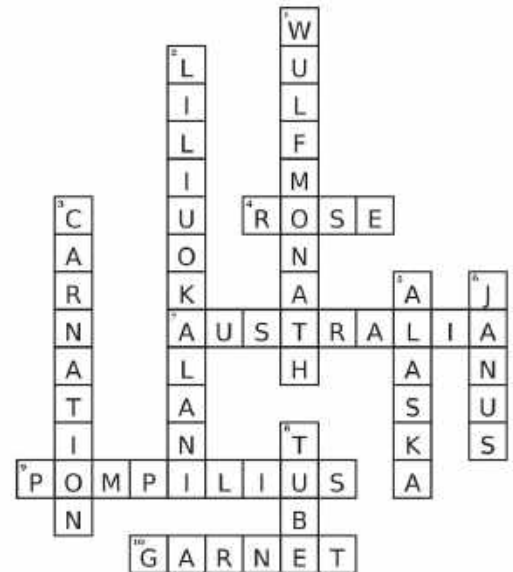
EMPLOYEE OF THE MONTH

Zion Kirby




Zion serves at Regency as a Floor Tech in the Housekeeping Department. He's an energetic and dedicated employee that goes above and beyond his call of duty, taking on additional projects and responding to emergency situations. When he's not at Regency, he plays football and basketball in his spare time. Zion recently graduated from high school in 2021. Join us in congratulating Zion for winning January's Employee of the Month! Good job, Zion!

ANSWER KEY



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