

WHAT'S COMING UP

February 1st

National Freedom Day

February 1st

Chinese New Year

February 1st

Black History Month Begins

February 2nd

Groundhog Day

February 4th

National Wear Red Day

February 12th

Lincoln's Birthday

February 14th

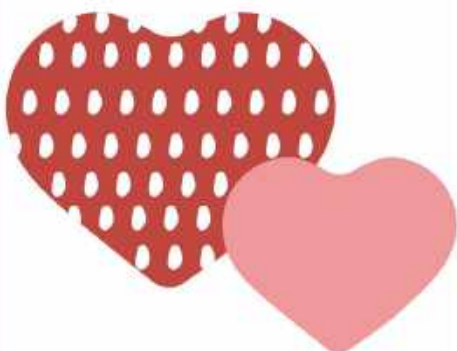
Valentine's Day

February 21st

Presidents' Day -
Washington's Birthday

February 25th

Carnival



FEBRUARY 2022 NEWSLETTER



Dear Residents,

Thank you for choosing to make Regency your home!

Hasn't the month of January been interesting? From chocolate chip pancakes to Antonio in concert, from the bean bag toss to Brandon Morris and his music, from National Cheese Lovers Day to the auction, it's been a whirlwind of fun events and activities for all to participate in.

Coming in February, check your calendars for more details on the Valentine's Day Celebration! We will also have live music and love songs by Michael Havron, Courtney doing karaoke, our homemade brunch, National Pizza Day, and more. Of course, we'll still enjoy our daily exercises, bingo, wine and cheese, birthday parties, and such.

Regency Management is also working diligently on perfecting the cable service. Stay tuned for more details. Be sure to check out the new hallway paint and beautiful colors as we strive to improve and update the building.

The cold weather has certainly arrived, and it's time to bundle up. Please continue to stay active and exercise by walking the halls and coming to exercise classes. Find a friend to walk with and chat as you go. We would also like to encourage good health by reminding everyone to wash their hands frequently to keep the cold and flu at bay. Let's stay fit together as we look forward to spring.

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 the move-in date.*

Tim Taylor,
Executive Director



Door Decorating — December

What is the best way to show off your holiday spirit? By decorating the entryway to your apartment for all to see! The building decided to show off their sense of style by shining brightly with ornaments, trees and more. After touring all the doors participating in the contest, we voted on the top three for prizes and bragging rights. Mr. Kessler even gave us a personalized tour and details on how he hand created his beautiful clocks and decorations. What beautiful scenes!



Santa with Snacks — December

Santa cruised through the building with his friendly elves helping along the way, striking poses for pictures along the indoor Tinsel Tree Trail and all six floors. Cookies and hot chocolate melted in the mouths of the residents as laughter filled the hallways. Several families gathered for a long overdue photo opp with everyone together. Regency is such an amazing family!



New Year Celebration — December

10. 9. 8. 7. 6. 5. 4. 3. 2. 1...and so the New Year began at Regency! To see it in style and flair, we met in the dining room, with Dave as “Frank Sinatra,” and with elegant sweet and savory treats. While blowing our horns and donning head gear and necklaces, people smiled, laughed and fellowshiped as we looked forward to the new year. What a great time!



Exercises Classes

Would you like to keep your current muscle or develop a strong core? Do you enjoy working out? If so, Regency holds weight lifting classes on Mondays, Wednesdays and Fridays. We also hold Theraband and Kinesthetics on Tuesdays, Thursdays and Saturdays. You can safely exercise with a group of friends six days a week. Be sure to join and keep growing stronger and healthier!





Chinese New Year

February 1st at 10:00 a.m.

With several residents excited, Regency is going to celebrate the Chinese New Year! Sushi! Fortune cookies! Spring rolls! The Korean Mission Dance Academy performing a special tribute! Come and join in the fun and let's savor this tradition together!



Bryan and Larry with BDK Band and National Pizza Day

February 9th at 1:30 p.m.

Cheesy pepperoni pizza, hot and fresh from the oven! Tickle your taste buds with a savory snack while we listen to the oldies but goodies sung by Bryan and played by Larry on the keyboard. Aren't they a hoot to watch as they go all in for their performance? What a great way to pass the afternoon with friends and peers!



Valentine's Day Party

February 14th at 1:30 p.m.

Celebrate the day of love with us on Valentine's Day! We'll gather in the Sun Room to enjoy Valentine's Day cookies, goodies and live music with Michael Havron. He'll be touching our hearts with love songs from the past, as sweet memories swirl in our heads of the ones we love. What a beautiful way to think of others!

WELCOME NEW RESIDENTS!

Joan Clopp	Melvin Atchley	Peggy Bishop	Jack Johnson	Dessa Brown	Pat Folsom
Ruth Momson	Peggy Atchley	David Hepler	Helen Brothers	Christine Craig	Annie Hight





Chaplin McClaney

Every Wednesday at 12:45 p.m.

Would you like to hear some spirited preaching and interactive biblical devotions from Comfort Care's Chaplin? If so, join us in the Sun Room weekly on Wednesdays to hear Chaplin McClaney preach and query us on the Bible and daily life. He always enriches the lives of others and gives us something to glean. What a great way to work on your spiritual life!



Ascension Church with Bi-Weekly Devotions

Bi-weekly on Thursdays at 12:45 p.m.

Ascension Church is back and in the swing of things. Continuing on from their Sunday services, they will now join us bi-weekly on Thursdays for a devotion and small church service. Do you like to sing hymns? Read scripture? If so, join them to lift your spirits and to improve your relationship with Christ.



Antonio and Mike in Concert with What's Cooking Wednesday and National Cherry Pie Day

February 16th at 1:30 p.m.

Sweet and tangy cherry pie, warm from the oven with cool whip cream sitting on top will be served as we indulge our senses in great music from Antonio and Mike with "The Brez Band." Do you enjoy the oldies? Love cherry pie? If so, come for our monthly treat as we savor sweet eats and great music. Such a sweet hour of community!



Wine and Cheese

February 25th at 1:30 p.m.

We have fallen in love with the musical stylings of Brandon Morris, and he is back to play again for our February Wine and Cheese event. We'll nibble on sweet and savory snacks; drink wine, beer and sparkling grape juice as his music floats through the air. If you haven't had your chance to see this local talent, now is your chance. He is exceptional!

Save
the
Date

February 1st — Chinese New Year

February 9th — Music & Pizza Day

February 14th — Valentine's Day

February 16th — Music & Cherry Pie Day

February 25th — Wine and Cheese

Wednesdays — Chaplin McClaney



Mr. Dan McDougall

Dan McDougall became a part of the Regency family in 2020. Most of our staff and friends call him “Doc.” He was born in 1937 and raised in Clarksville, Indiana. He spent four years at the University of Kentucky College of Pharmacy and four years in medical school while serving in the Army. Doc obtained his degree in anesthesia after two years of residency training at Valley Forge. Mr. McDougall and his wife Norma have four children: two wonderful girls and two wonderful boys. He is the definition of Catholic devout. Doc has made such a big impact on so many lives with the positive effects of attitude and mind. He has dedicated his life to serving so many people for so many years. Mr. McDougall loves talking about his experiences in the medical field while sipping on his bold coffee. We are thankful to have him as a part of our Regency family, where we can now serve and take care of him.

THE THERAPY CORNER

Welcome to another edition of Therapy Corner,

In this edition, I would like to discuss the topic of the mind and ways to keep it sharp. I often hear patients comment “my mind isn’t what it used to be” or “I can’t remember anything anymore.” Most people think that loss of short-term memory and difficulty with problem-solving (cognition) are just parts of getting older. This is not the case. Often memory and cognition decline because the mind is not challenged.

Just like a muscle has to be exercised to stay healthy and strong, the mind has to be worked and challenged as well. Early on in life, we often established routines and schedules to make us more efficient because our lives were so busy. These routines allowed us to do things without thinking about them, allowing us to be more efficient. However, as we get older and our lives aren’t as challenging, these routines work against us by not challenging our minds.

We do things using “Rote” memory.

To offset the cognitive decline and short-term memory issues associated with aging, one needs to change how one does daily activities. Some examples are: take a different route to the market or church, perform more tasks with your non-dominant hand, change the order in which you bathe, change the order in which you put on your clothes, and change the order of your morning routine.

These may seem simple, but they challenge your mind and make you think about things that you normally don’t. It causes a person to tap into aspects of their brain that they typically don’t. They challenge the brain and thus improve its function. I hope you find these tips helpful and will use them to improve memory and problem-solving.

Until next time,
Your Restore Therapy Family,
— Ryan Parden, PTA

Happy Birthday

Resident

Brenda Downs	Feb. 3
Kathryn Shrout	Feb. 3
John Brockwell	Feb. 4
Dessa Brown	Feb. 4
Dorothy Ramsey	Feb. 5
Richard Reed	Feb. 7
Mary Samaniego	Feb. 10
Neida Stanley	Feb. 10
Nellie Berry	Feb. 11
Betty Culver	Feb. 14
Loreita Smith	Feb. 17
Leona Walters	Feb. 18
Ernest Williams	Feb. 20
Constance Wright	Feb. 24
Mary Jones	Feb. 25
Melba Breedwell	Feb. 28

Employee

Catherine Binkley	Feb. 4
Sabrina Logan	Feb. 7
Tami Lloyd	Feb. 12
Justina Kiefer	Feb. 18
Candace Schultz	Feb. 18
Carol Johnson	Feb. 21
Cheyenne Hicks	Feb. 23
Ilesha Grimmatt	Feb. 26

WORD FIND

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

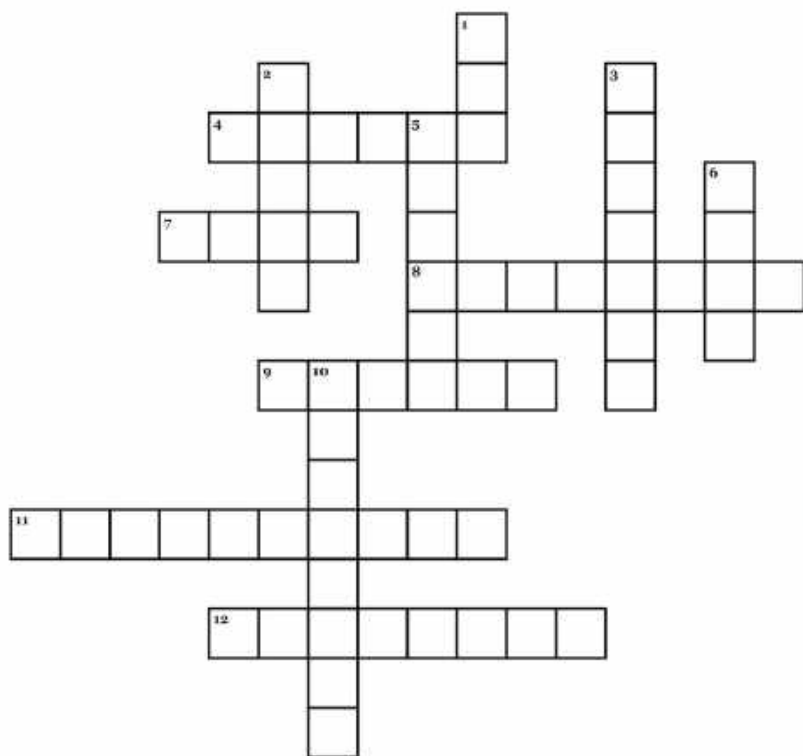
AMETHYST
 PRIMROSE
 OX

AQUARIUS
 PISCES
 ASTRONAUT

VALENTINE
 RAILROAD
 LOVE

MASH
 HEARTS
 GRAMMY

CROSS-WORD



Across

4. Receiver of thousands of letters every Valentine's Day
7. The central figure in the annual Groundhog Day celebration, familiarly
8. "Mobile _____ Army Hospital"
9. Sole winner of the Best Disco Recording Grammy
11. These can be found in heart-shaped boxes this time of year
12. Flower that expresses you can't live without someone

Down

1. King whose burial chamber was unsealed in February 1923, familiarly
2. The ancient Roman god of love
3. Home state of Cape Canaveral
5. Inventor behind America's first motion picture studio
6. Year with an extra day
10. "This is the dawning of the age of _____"

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!

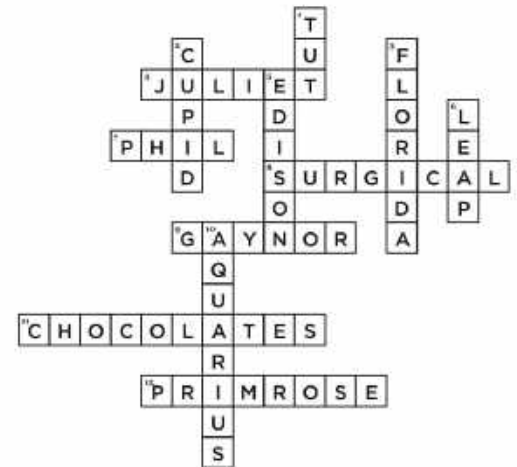
EMPLOYEE OF THE MONTH

Stasha Montgomery



Stasha serves as an LPN in our memory care units. She's 29 years old and a mother of two. Originally from Evergreen, Alabama, she went to college at Reid State Technical College and graduated with her degree in Nursing in 2013. In her free time, she binge-watches all of her favorite anime shows. We are blessed to have her as an LPN here at Regency for over a year now. She goes above and beyond what is asked of her, and loves to touch the lives of others. Her favorite quote is "Value what you do, and add value by what you do." Be sure to tell Stasha congratulations when you see her! What a top-notch team member!

ANSWER KEY



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