

WHAT'S COMING UP

January 1st
Commitment Day

January 13th
Korean American Day

January 14th
Ratification Day

January 18th
National Thesaurus Day

January 19th
Good Memory Day

January 20th
Take a Walk Outdoors Day

January 22nd
Celebration of Life Day
Chinese New Year

January 25th
Opposite Day

January 28th
Local Quilt Shop Day
National Kazoo Day

January 31st
National Hot Chocolate Day



JANUARY 2023 NEWSLETTER



Dear Regency Family,

Brrr. It's cold outside, and we're so grateful it's warm in here with all our friends and family at Regency. What a wonderful time we had at the December Christmas Open House! Wasn't the nativity scene with the children and live animals special? How about the beautiful music performed live in the sunroom and the dining room, with Santa by the fireplace? It has been a month of beautiful memories, and now we are starting a fantastic new year!

We have some wonderful events planned for January 2023:

- » "Everything Elvis" on January 5th at 1:30 p.m. - Brian Lee Howell in Concert with Elvis' favorite snacks and goodies for us to enjoy in the 1st-floor dining room.
- » Painted Sunshine Parties Sip & Paint on January 10th at 1:30 p.m. - Come and sip on sparkling grape juice, wine, and more as we paint birch trees and share a few laughs.

Let's all stay active, walking the hallways and enjoying the company of others through these colder winter months. We'll keep our hearts warm as we make new memories and invite our friends and relatives to join us for our favorite events.

Would you like 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



Thanksgiving Festival — November 18th

We gathered together to celebrate our families and our national holiday, Thanksgiving! Families, children, and loved ones. Three bands rotated through nine dining rooms. Ham, turkey, dressing, rolls, pies, and more. With smiles and laughter throughout the whole building, we made new memories and friends. What a great annual event!



Korean Mission Dance Academy with a Christmas Concert — December 2nd

The Korean Mission Dance Academy honored us with their award-winning Korean Christmas performance here at Regency Towers. Drums. Dancing. Group singing. It was a great pleasure to watch them display their love for God and the residents. What a great way to celebrate the season!



Employee Christmas Party — **December 8th**

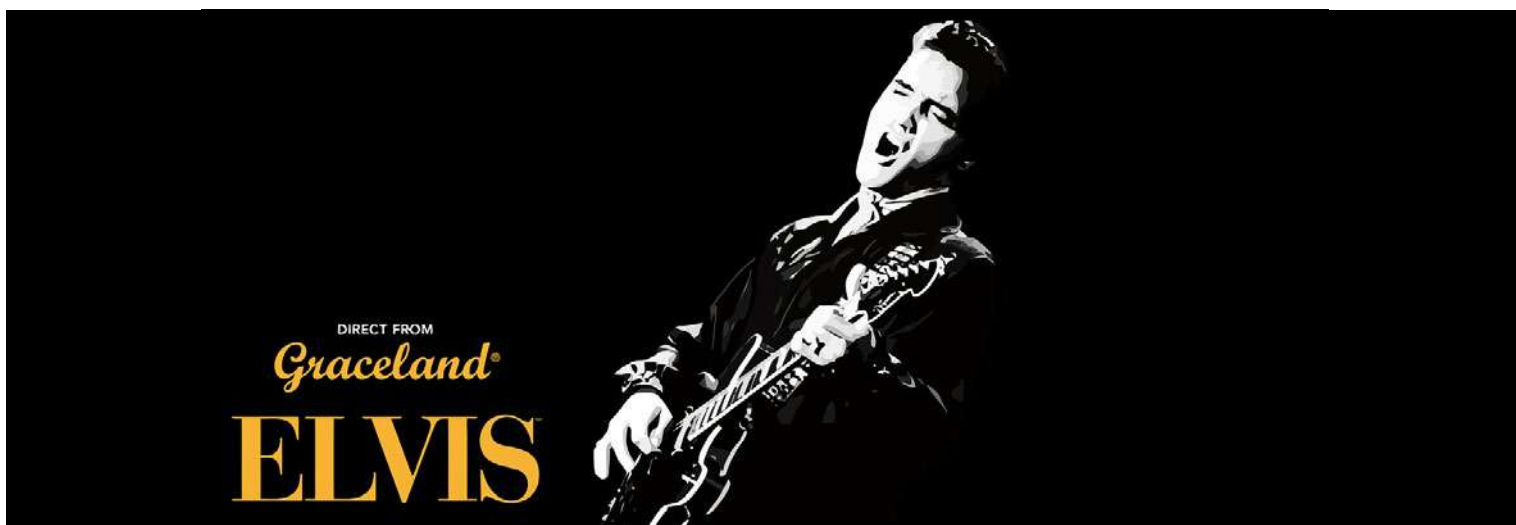
We celebrated the employees of the Regency Towers Building with a Christmas Party! There was Water Pong for full-sized candy bars, a Saran Wrap ball challenge, pin the nose on Rudolph, decorating gingerbread men, and more. Carisa lost in the Gift Wrapping Contest to Peg Rochine, congratulations Peg and better luck next time Carisa! We hope everyone had a merry holiday as we did!



Tom with Compassus for Christmas Concert — **December 9th**

Tom with Compassus brought smiles to our faces and joy to our hearts as he made it snow in little ol' Huntsville in the Regency sunroom! Snowflakes fell amidst laughter and antics. With an hour full of Christmas music, we sang to our hearts' content. This was preceded by crafting unique and special Christmas door decorations to take home.





Everything Elvis

January 5th at 1:30 p.m.

“Don’t Be Cruel,” come and show a little love as you get “All Shook Up” while we watch Elvis (aka Brian Lee Howell) perform! We’ll snack on goodies that Elvis loved, which will be provided by our exceptional Dietary Department. Bring your friends and family!



Painted Sunshine Parties Sip & Paint

January 10th at 1:30 p.m.

Have you had a chance to participate in our sip and paint parties? This month, we’ll be painting a delicate design of birch trees to go along with our winter weather. Come and enjoy the one-on-one instruction as you talk and chat with your favorite friends. Let’s create a memory you can hang in your apartment or give away as a gift.



Antonio and Mike in Concert

January 11th at 1:30 p.m.

Have you fallen in love with the musical stylings of Antonio and Mike? They are a blast to watch as they entertain us with their musical and comedy skills. Playing top hits from the 1950s and 1960s, we all join along singing and clapping our hands. Come and be a part of this monthly tradition!



Buckhorn Middle School Bingo January 17th at 12:30 p.m.

Would you like to play bingo for prizes with the 7th and 8th graders from the Buckhorn Middle School Builders Club? If so, Emma with the Buckhorn US Builder's Club is coming by with an opportunity to win several prizes from the cart!



Wine & Cheese January 27th at 1:30 p.m.

Cheesecake, cheese and crackers, shrimp, wine, beer, sparkling grape juice, and delicate cookies! Musical tunes will float through the air sung by Brandon Morris. What a great event this is that's held monthly for residents and family members of Regency. Be sure to join us for our very own happy hour!



Show and Reminisce January 31st at 2:45 p.m.

We have learned the most amazing things about each other as we come together to share and reminisce over the past. Through the years, closer bonds have been made and developed during this one hour of sharing. Let's grow together as we live together here at Regency!



Pet Therapy Throughout the Month

Would you like to fall in love with a puppy or two? We have several ladies bringing around lovable four-footed companions for you to love on. We have Ashleigh with "Jaxson," Jennifer with "Gooch" and "Pippin," and Donna with "Sam." Be sure to interact with these little gentlemen as they perform tricks for us throughout the home.

**Save
the
Date**

Jan. 1st — Commitment Day

Jan. 5th — Everything Elvis

Jan. 11th — Antonio and Mike in Concert

Jan. 14th — Ratification Day

Jan. 20th — Take a Walk Outdoors Day

Jan. 28th — Local Quilt Shop Day

Sharon Murphree



Sharon Murphree moved to Regency a few months ago. She lived most of her life previously

in Trussville, Alabama. She and her husband Lynn were married for 58 years and they have two sons and three grandchildren.

Together, she and Lynn owned a computer and software store and were active in the First Baptist Church. Sharon also kept busy as an elementary school secretary, Sunday School teacher, and church choir member. Sharon enjoys crochet and needlework.

It is delightful to have Sharon join us in our Regency home!

WELCOME NEW RESIDENTS!

Betty Tice
Clara Schuster
Jeanie Campbell
Ronald Hager

THERAPY CORNER

Let's talk about maintaining your current level of function and independence. Modifications to our space are sometimes needed to remain self-dependent. These changes can be gradual as we age-in-place.

Some of these changes include: keeping phones readily available; minimizing furniture to decrease tripping hazards; removing throw rugs and clutter on the floor; placing frequently used items on easy-to-reach shelves; utilizing adaptive equipment, such as a reacher to retrieve objects; keeping toiletry items on the bathroom counter for

ease of reach; keeping clothes in a clutter-free/easy-to-access areas like a lower shelf, rack, or drawer; making sure your bed is an appropriate height; using an elevated toilet seat and/or grab bars in the bathroom; using non-slip mats in the bathroom, and utilizing a walker or cane if needed.

If you are uncomfortable implementing any of these changes, ask the therapy staff about assessing and modifying your environment to ensure safety and maximize your independence.

Our Restore Therapy Family,
Ryan Parden, PTA

Happy Birthday

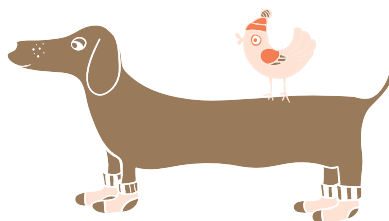


Resident

Imogene Stone	Jan. 4
Ali Gokmen	Jan. 10
Herbert Francis	Jan. 11
Jean Glass	Jan. 14
Linda Vergara	Jan. 20
Dorothy Hembree	Jan. 21
Jeanie Murphy	Jan. 22
Patricia Eldridge	Jan. 25
James Scarborough	Jan. 26
Rita Schindler	Jan. 28
Elizabeth McCaffrey	Jan. 29

Employee

Ashley Reed	Jan. 2
Jennifer Watkins	Jan. 2
Eddie Montague	Jan. 2
Adrienne Robinson	Jan. 5
Linda Williams	Jan. 6
Victor Wilson	Jan. 7
Kymora Brown	Jan. 10
Amanda Caylor	Jan. 17
Jacynth Marr	Jan. 17
Kenneth McGee	Jan. 19
Stephanie Bogema	Jan. 21
Donna Meyer	Jan. 25
Jacqueline McCarty	Jan. 26
Antonio Sandifer	Jan. 28
Judy Summers	Jan. 29
Yvonne Callahan	Jan. 30
Louise Merriweather	Jan. 31
Charles Jones	Jan. 31

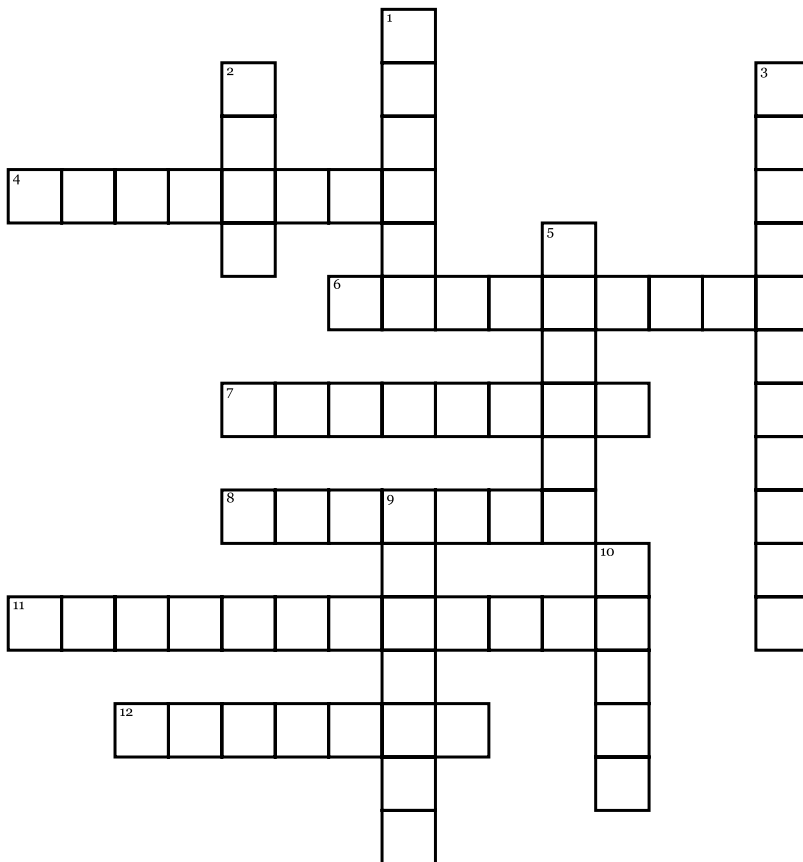


WORD FIND

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| GARNET | AQUARIUS | ORTHODOX | JANUS | JULIAN |
| PROMETHEUS | CAESAR | LUNISOLAR | NUMA | CALENDAR |
| GALANTHUS | GREGORIAN | IRELAND | ROMAN | LONDON |

CROSS-WORD



Down

1. In 1959, _____ became the 49th state of the United States
2. _____ Shelley, Author of the novel "Frankenstein"
3. Egyptian Pharaoh
5. The birthstone for January
9. January is often nicknamed " _____ month" by lawyers
10. Two-faced God

Across

4. January zodiac signs are Capricorn and _____
6. January birth flower is the _____
7. The Rose Parade started in _____, California
8. In the northern hemisphere January is the _____ month
11. The first United States Computer was built in _____
12. The _____ Channel was launched on January 1st, 1995.

EMPLOYEE OF THE YEAR

Sarika Mitchell



Sarika Mitchell has served here at Regency since September 2008. She works diligently in the Dietary Department as a cook. She loves to cook and bake in her spare time too, making wonderful goodies for family and friends.

Sarika has been married for 18 years to a wonderful man from Tennessee. Together they love their daughter and 11-year-old grandson. They spend as much time with both of them as possible.

Join us in congratulating Sarika for being our Employee of the Year!

EMPLOYEE OF THE MONTH

Charles Bone

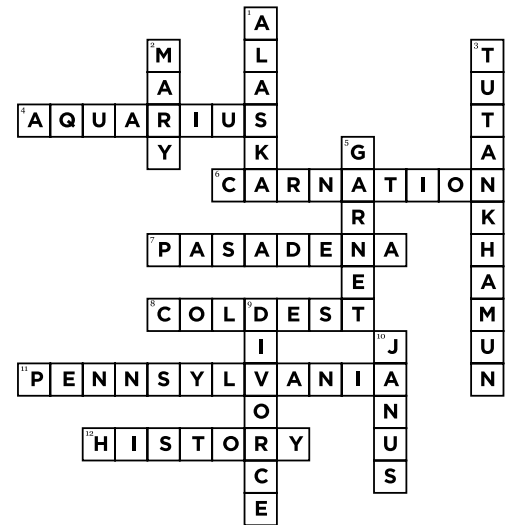
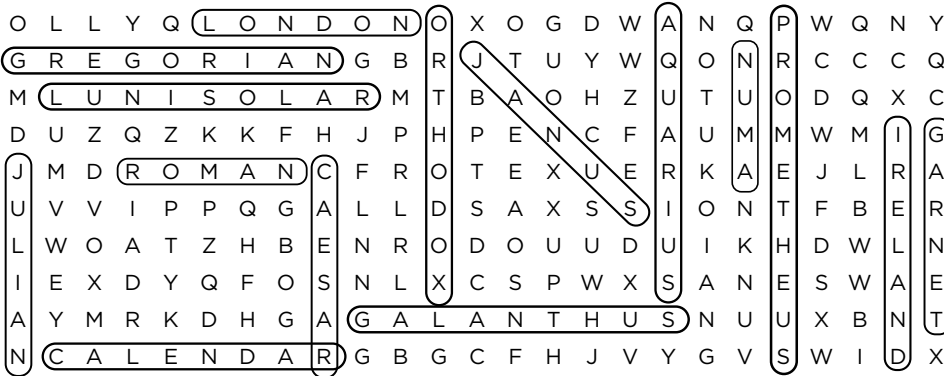


Congratulations to Charles Bone! In March he will have served two years here at Regency Towers and works the night shift as Floor Technician and Night Security.

In his spare time, he loves to play "Destiny" on his gaming PC. Charles has a humble personality with a gentle spirit. He makes the residents feel safe as he helps out with their various needs.

We are delighted to have Charles on our Regency team!

ANSWER KEY



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