

WHAT'S COMING UP

February 1st

Black History Month Begins
National Freedom Day

February 2nd

Groundhog Day

February 4th

World Cancer Day

February 7th

Rose Day

February 9th

National Pizza Day

February 12th

Super Bowl Sunday

February 14th

Valentine's Day

February 15th

Remember the Maine Day

February 20th

Presidents' Day

February 21st

Mardi Gras

February 28th

National Chocolate Souffle
Day



FEBRUARY 2023 NEWSLETTER



Dear Regency Family,

February is upon us. It's known for Black History Month, Valentine's Day, and Mardi Gras. In typical Regency fashion, we plan to celebrate all of these and more with the following events:

- » Lunar New Year Celebration on February 1st with our tradition of Chinese foods and an authentic performance by the Korean Mission Dance Academy ladies.
- » Valentine's Day Social on February 14th with JD Pollard singing your favorite love songs, Elvis hits, and more. Plus we'll have some great party food!
- » Mardi Gras / Fat Tuesday Gala on February 21st, with the "New Orleans magic" of the Tea Time Music Group, beads, king cakes, and more.
- » President's Day and Black History Month Trivia for prizes on February 20th.

What a fantastic January it has been, and what a wonderful February it will be!

We're so grateful for all our friends and family at Regency. Join us for these special events and more as we make new memories together. Invite your friends and family too!

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 and our laughter light as we have a good time while staying physically fit.

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.

Tim Taylor,
Executive Director

*Referring residents will be paid out 90 days from the move-in date.



Christmas Open House — December 16th

Our annual Christmas Open House at Regency Towers was a great success! Fun with the “Full Spectrum Band” in the sun room with residents and family members dancing, a living nativity scene at the main entrance with the Stepping Stone Home-schoolers, and Raul in concert in the dining room. We also had Santa at the fireplace with candy canes. There was so much to see! So much to do! Such a great way to celebrate the holidays!



Christmas Party with Rudolph — December 23rd

What a happening Christmas party here at Regency Towers! We were rocking to Christmas songs, singing along, enjoying trivia with prizes (and Rudolph), seasonal goodies, and more! Santa couldn't miss out on the fun and popped by for a quick visit. He and his elf sang “Jingle Bells” with us as we wished him well for his Christmas Eve travels around the world.



Everything Elvis — January 5th

Elvis was “in the house” with a “whole lotta shakin’ goin’ on” on January 5th as we were inspired and touched by the talented singing of Brian Lee. Interacting with everyone, the crowd was thrilled to see his moves and clapped along. What a glorious way to spend a winter afternoon!



Drum Lessons — January 6th

Drum lesson to the popular oldies but goodies! We worked both sides of our brains as we engaged our bodies in some gentle physical exercise with hand/eye coordination. Who knew it could be so much fun?





Lunar New Year Celebration
February 1st at 1:30 p.m.

In our 2nd Annual Lunar (Chinese) New Year Celebration, we will continue our tradition of savoring our favorite Chinese foods, such as spring rolls and sushi, as we watch the authentic and beautiful musical performance by the Korean Mission Dance Academy ladies. There will be drums and dancing as well as red, white, and unique costumes. This is your chance to bring in the Lunar New Year with style and grace!



Lunch Bunch to Greenbrier
February 7th at 10:30 a.m.

Fried fish, hush puppies, coleslaw, and fresh greens! What are some of your favorite Southern foods? Let's go to "old" Greenbrier off of Old Highway 20 for these and more. It's always a blast with 10 to 16 people joining in the fun.



Valentine's Day Social
February 14th at 1:30 p.m.

JD Pollard will be singing Elvis, Johnny Cash, and Frank Sinatra songs as you relax and chat with friends. You will be served some great party food themed around the holiday. Come and make new memories and tell your friends and relatives here at Regency exactly how much you love them!



Mardi Gras / Fat Tuesday Gala
February 21st at 1:30 p.m.

This year we will have the return of the Tea Time Music Group, presenting their Mardi Gras collection of songs as we sway, clap, and maybe even dance to New Orleans' top hits. Our time spent together with beads, king cakes, Paczkis, and more will be delicious and delightful.



Blood Pressure Checks Mondays in February

Be sure to stop by on Monday mornings to have your blood pressure checked at 1:15 p.m. in the sun room.



Walking Wednesdays with Bethany

Wednesdays in February

Join Bethany for a walk around the facility, inside or out, on Wednesdays. You'll get to enjoy personal one-on-one conversations with those in attendance, so let's get active together!



Regency Buck Auction

See Calendar

You name it, and (hopefully) we'll have it at this auction! Just be sure to collect your "Regency Bucks" by attending exercises Monday through Friday, and then come prepared to competitively outbid other residents for what you desire. It's always a great time as residents get so animated about winning their favorite item. Come and be a part of it!



Harry with Church Service

Saturdays at 10:00 a.m.

Join Harry on Saturdays for inspiring and uplifting praise and worship services, as well as a biblical non-denominational sermon. After the service, there's also more time for additional prayer and fellowship, if desired. Let's get closer to God on Saturdays at 10 a.m. Check your activity calendar for more information.

**Save
the
Date**

Feb. 2nd — Groundhog Day
Feb. 4th — World Cancer Day
Feb. 7th — Rose Day

Feb. 12th — Super Bowl Sunday
Feb. 20th — Presidents' Day
Feb. 21st — Mardi Gras

Mr. Edward Kiker



Mr. Edward Kiker was born in 1947 in London, England, and had one sister growing up. As a young man, he served in the

United States Army as an officer and worked in military intelligence. He retired in 1975. In his free time, he enjoys building models of various animals. We are so happy to have Mr. Kiker here with us at Regency!

Happy Birthday



Resident

- Brenda Downs Feb. 3
- Mary Maiker Feb. 9
- Mary Samaniego Feb. 10
- Nellie Berry Feb. 12
- James Batson Feb. 13
- Betty Culver Feb. 14
- Rosetta Spencer Feb. 17
- Leona Walters Feb. 18
- Ernest Williams Feb. 20
- Constance Wright Feb. 24
- Mary Jones Feb. 25
- Duane Hoffman Feb. 26

Employee

- Catherine Wilson Feb. 4
- Sabrina Logan Feb. 7
- Tami Lloyd Feb. 12
- Michelle Virgo Feb. 14
- Justina Kiefer Feb. 18
- Carol Johnson Feb. 21
- Ravyn Douglas Feb. 23
- Cheyenne Hicks Feb. 23
- Norris Stoudemire Feb. 24
- Monica Richardson Feb. 26
- Mycah Morrison Feb. 27

WELCOME NEW RESIDENTS!

Donald Simms
Patricia Sarge

Jo Ann Camper
Evelyn Cox

Dorothy & Fred Kooi
David Stumbaugh

Linda Chandler
David and Pat Clark

Kathleen Thomas
Duane Hoffman

THERAPY CORNER

I would like to discuss the mind and ways to keep it sharp. I often hear my patients make the 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) is just part of getting older. This is not the case. Often memory and cognition decline because the mind is not challenged. Just like the 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 chal-

lenging 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: taking a different route to the market or church, performing more tasks with your non-dominant hand, changing the order in which you bathe, changing the order in which you put on your clothes, and changing 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. 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

WORD FIND

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

FEBRUARY
 PISCES
 CHOCOLATE

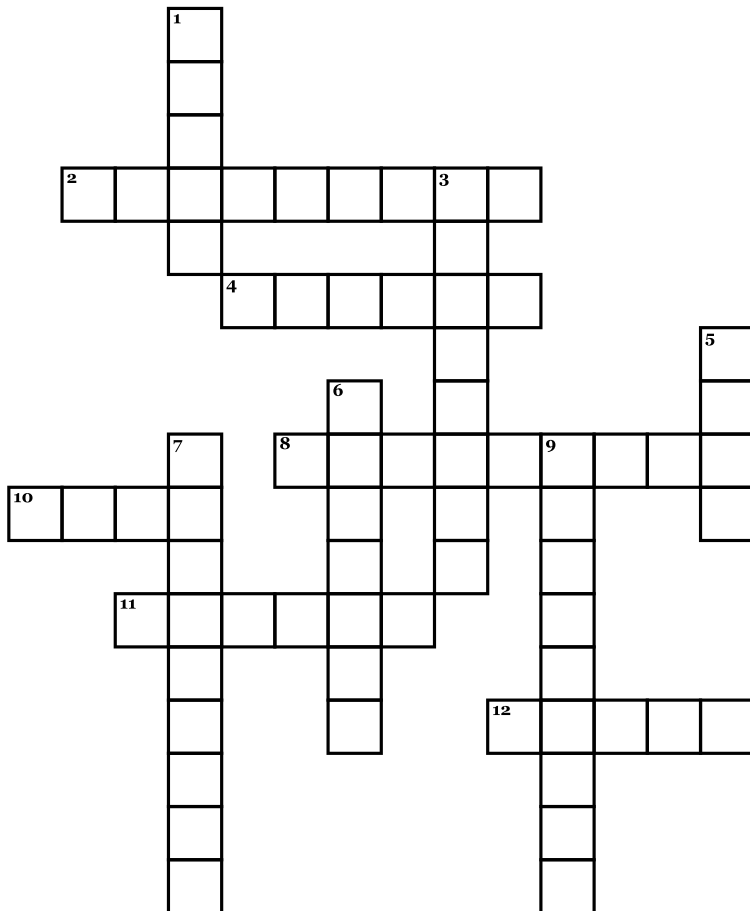
MOON
 AMETHYST
 VIOLET

LEAP
 GROUNDHOG
 RABBIT

PINOCCHIO
 OXFORD
 WINTER

ROMANCE
 PRIMROSE
 AQUARIUS

CROSS-WORD



Down

- Chinese New Year is also known as the _____ New Year
- One of February's birth flowers
- Full moon in February name
- Roses are red _____ are blue
- Punxsutawney Phil's kind
- It comes in a heart-shaped box

Across

- Treaty of _____ Hidalgo
- 2023 is the year of the _____
- His nose grows when lying
- Leap Year occurs every _____ years
- Letters to _____
- The first motion picture studio, _____ *Maria*

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

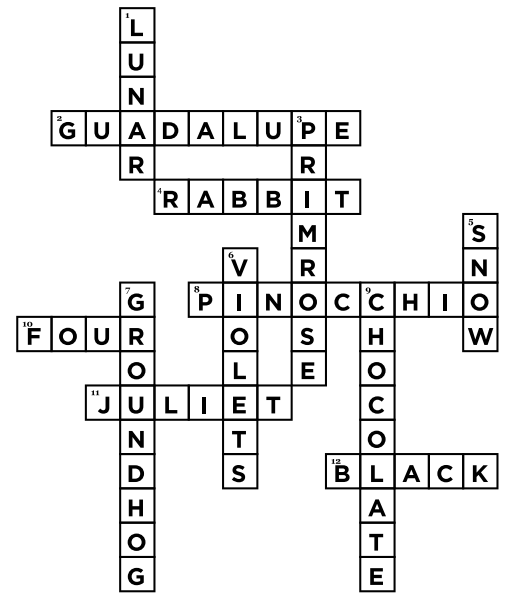
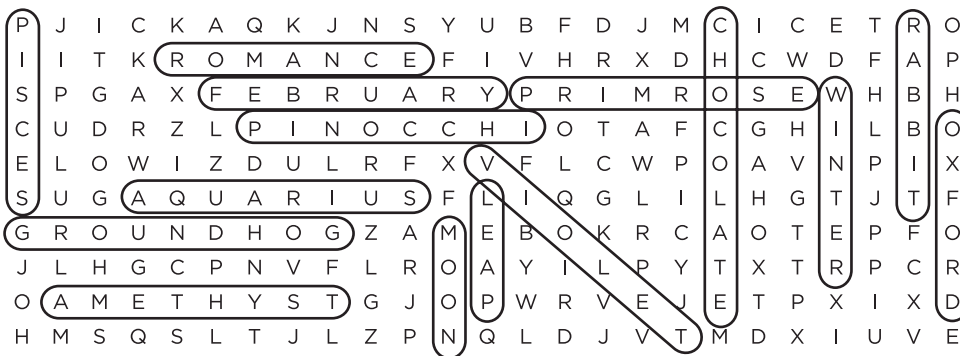
Onaka McNeal



Onaka McNeal has been serving here at Regency Towers for two months now in the Housekeeping Department. She states, "I love my job. There are a lot of good staff members here and I love the residents."

Onaka comes to us after working at Adtran, Janet King, and Wendy's. She keeps her area in top-notch condition as she performs her job faithfully. She has three children (two daughters and one son), a husband, and a dog. Together they love to travel to Atmore, Alabama, and many other places as well. They also enjoy going out to eat and trying new things. Join us in congratulating Onaka for being awarded February 2023 Employee of the Month. It is well deserved!

ANSWER KEY



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