

## REGENCY STAFF

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*new  
year*

## JANUARY '20 NEWSLETTER



### ***Happy New Year to All!***

January finds us grateful for the opportunity of a New Year. Take time to reflect on the good that you have experienced in 2019 and make adjustments to those moments in your life that you feel were not your best foot forward. Grace is given to each of us every day by our creator. Remember that in 2020, the “Year of Kindness”, we have an opportunity each day to extend a smile and a word of kindness to everyone we meet. The cost is nothing, but it may be a priceless gift to the person who receives it. Remember we have been given God’s Greatest Gift, his son. Let’s make this year the year to give our best in all that we do! We look forward to supporting you this year and in the years to come!

***Rachelle Gillespie,***  
*Executive Director*



## Traditional Be Thankful Thanksgiving Celebration

— November 27th

Thanksgiving Day is the perfect time to remind one another of the many reasons there are to be grateful. Here at Regency Birmingham we are one big happy family. We take care of our own! Thanks to Chef Austin and his staff for preparing a traditional Thanksgiving meal. I think it's safe to say that we all put on a few pounds. The food was GREAT!



## Resident's Live Penny Auction — December 3rd

When it comes to the live penny auction game, my residents are serious— do NOT get in their way! They will go toe to toe with you! The live penny auction game is a way for the residents to get some things that they need or want. One of our residents bid on a tie, and he stated that he has a jacket that will go well with that tie. He won that tie. This time of year, the auction game is a way for them to win items for Christmas gifts.



## Christmas Annual Open House — December 6th

Our Annual Open House Celebration was a great success. We had good food, Santa Claus, a petting zoo with nativity animals, carriage rides, and the little ones enjoyed riding the horse. After the initial rush of excitement, we all needed a break to regroup. Thanks to our Marketing Department for another great event. A special thanks to our Administrator's (Charlie Goff) mother for bringing the nativity animals. Thanks to every single person who played a part in this great event. When we work together as a team, there's NO limit to what we can achieve. We are the Dream Team!



## Residents' Christmas Party — December 11th

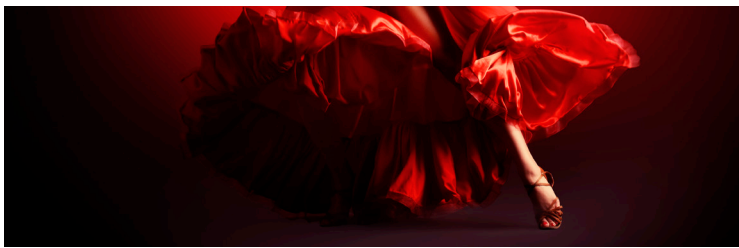
Regency Birmingham knows how to throw a great Christmas party for our residents. We had live music, pizza, and a variety of snacks! I like to call it "Our Residents' Christmas Junk Party." I came about the name Christmas Junk Party from some of my residents over the years. We were reminiscing about Christmas, and what they miss most about the holiday. Several residents stated that they missed sampling different cakes, pies and cookies. Well, it was granted! When it comes to my residents, I make things happen!



## Theme Meal “Tailgate Party” Super Bowl Style What’s Cookin’ Wednesday

January 8th from 4:30 pm – 5:30 pm

Winter is in the air!! And that means it is tailgate party season. This event is opened to everyone (residents and their family & friends). Good food, family, and friends go together. We hope to see you there!



## A Taste of Argentina

February 6th from 4:30 pm – 7:30 pm

Karen is well known throughout the Southeast region and in the greater Argentine Tango community to be a skilled and engaging partner with a refined technique. Furthermore, her reputation as a knowledgeable, capable and insightful instructor is widespread. Karen has an extensive history in theatre and gymnastics, as well as an eclectic mix of dance disciplines. She brings new ideas and creativity to the dance itself, while teaching in a way that makes the dance accessible and enjoyable to all who are interested. Karen is committed to share her passion for Argentine Tango as evidenced by her 20 years of consistent personal study, organizing, teaching, performing and DJing, at home in Asheville, NC and beyond!



## Resident’s Valentine’s Day Party

February 14th

It’s not a small affair when love is in the air! What does it mean to play cupid? If you say that someone is playing cupid, you mean that they are trying to bring two people together to start a romantic relationship. Who will be crown Regency Retirement Village King and Queen 2020? More information to come!



## Civil Rights Museum & Lunch

February 2020 TBA

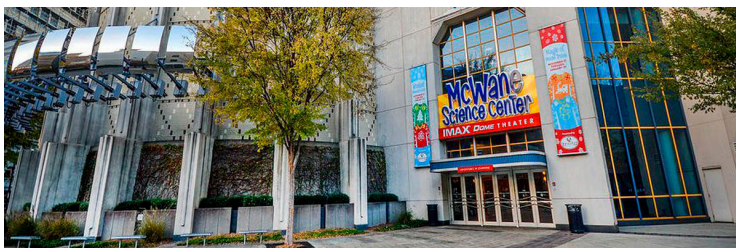
We will visit the Civil Rights Museum and 16th Street Baptist Church. BCRI is more than just a museum; it is a place of research, a teaching facility and an acknowledged learning center for people of all ages and backgrounds. Lunch to follow at Niki's West!



## StarDome Comedy Club

March 2020 TBA

The newly renovated StarDome is a high-tech entertainment venue that happens to specialize in comedy. The StarDome has become an entertainment venue that provides guests with an exceptional experience. Be prepared to get your laugh on!



## McWane Center

April 2020 TBA

The McWane Science Center is a science museum and research archive located in downtown Birmingham, Alabama. The state-of-the-art science center, aquarium, and 280-seat IMAX Dome Theater is housed in the historic and refurbished Loveman's department store building. It opened to the public on July 11, 1998.



## Fishing Lay Lake

May 2020 TBA

Lay Lake is a 12,000-acre reservoir located thirty-five minutes south of Birmingham off I-65 and fifteen miles south of Columbiana in East-Central Alabama. Lay Lake borders St. Clair, Talladega, Shelby, Coosa, and Chilton Counties. The primary uses for this reservoir are hydro-electric generation and recreation. Lay Lake is popular for tournament fishing and boating recreation. Seven public access areas offer bank and boat access to the lake.

Save  
the  
Date

**September TBA** — Residents' Family Reunion

We are family. I got all my residents with me!



## Rose Cholewinski

Mrs. Rose was born in 1949 to Mr. & Mrs. Graham Water in Plainview, TX. Plainview is a city in and the county seat of Hale County, Texas, United States. As of the 2010 census, the population was 22,194. She served in the Military (Air Force) where she met her soon to be husband (Stan). They both were medics and six months after serving their time in the military, they got married. Mr. & Mrs. Cholewinski have two sons and a daughter. Mrs. Rose enjoys handwork like needlepoint. She likes doing things that benefit the needs of others. Mr. Cholewinski passed in August 2019. She loves living here at Regency. Mrs. Rose stated that throughout the year, she knows that God had his hands in it.

## REGENCY FOOD COMMITTEE

Regency Birmingham's Resident Food Committee will go into full swing beginning in 2020. Their first order of business will be meeting with Chef Austin Connor and share ideas to improve food service at our Community. Although we have another food tasting (this time soups), their main responsibility is to act as liaison between Dietary and our residents.

Food committee members will meet each month on the second Tuesday, beginning in January of the new year. Have a wonderful New Year.

**Chef**

## WELCOME NEW RESIDENTS!



Mary Knotts

Brenda Whitmire

Robert Roberts

Rose Cholewiniski

Marybec (Bunny) Griffin

Phil Thomas

## Happy Birthday

### Resident

Pat Butler	Jan. 6
William Warren	Jan .6
Benita Vernaci	Jan. 11
Velma Avery	Jan. 12
Bettye McCool	Jan. 14
Frances Belcher	Jan. 18
Nella Globetti	Jan. 19
Kenneth Payne	Jan. 25
Barbara Strange	Jan. 28
Jane Peterson	Jan. 30

### Employee

Aretha Johnson	Jan. 3
Nakeisha Gunn	Jan. 9
Alecia Jenkins	Jan. 12
Sharon Stewart	Jan.23
Barbara Johnson	Jan. 30

## WORD FIND

Z	A	T	V	B	S	T	H	G	I	R	L	I	V	I	C	E	J	G	C	K	F	E	M	M
C	E	L	E	B	R	A	T	E	F	Z	S	H	L	R	E	T	N	I	W	E	Q	N	I	I
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CALENDAR  
CELEBRATE  
CHAMPAGNE

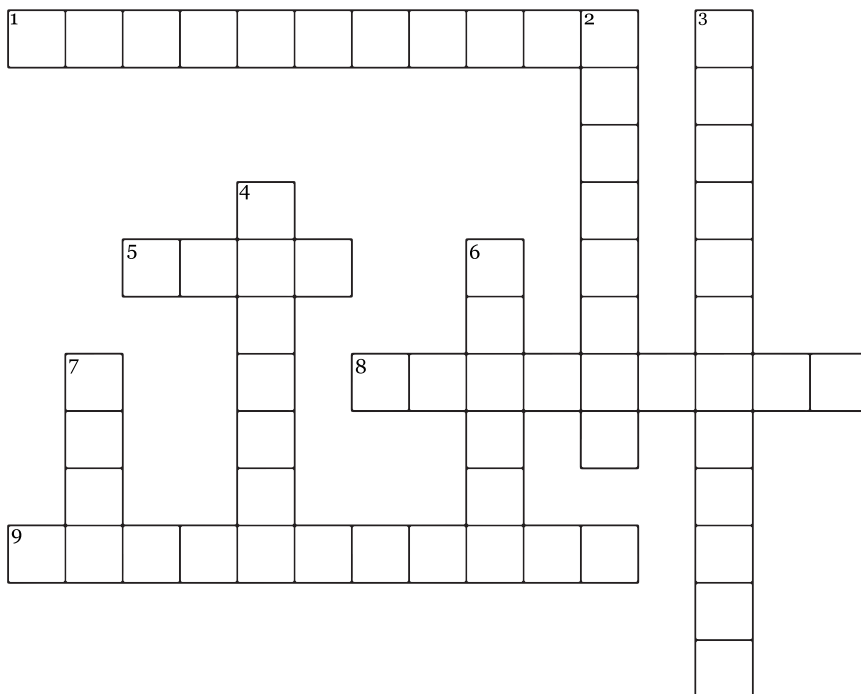
CIVILRIGHTS  
CONFETTI  
COUNTDOWN

EQUALITY  
FIREWORKS  
HIBERNATE

MIDNIGHT  
MIGRATE  
NEWYEAR

RESOLUTIONS  
SPARKLER  
WINTER

## CROSS-WORD



### Across

- Location of annual New Year's Eve celebration in NYC.
- Every four years is a \_\_\_\_\_ year.
- 5, 4, 3, 2, 1
- Horns or rattles used to make noise at a party.

### Down

- Martin Luther King Jr. strove for \_\_\_\_\_.
- The 8th most common New Year's resolution is to improve a \_\_\_\_\_.
- A "good luck" vegetable that is consumed on New Year's Day.
- Polar Bear \_\_\_\_\_ is a New Year's activity that requires you to enter into a body of water for charity, despite the low temperature.
- Coin introduced January 1st 2002



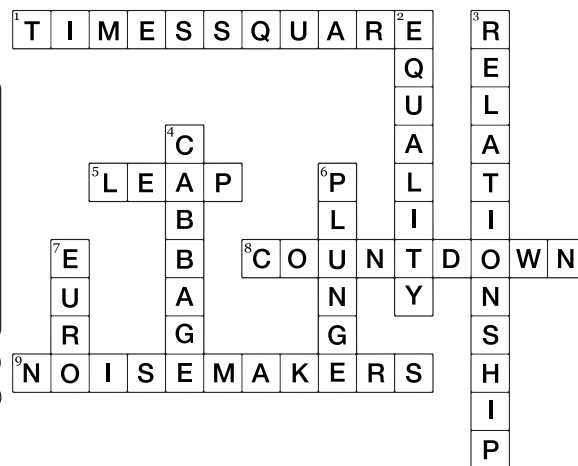
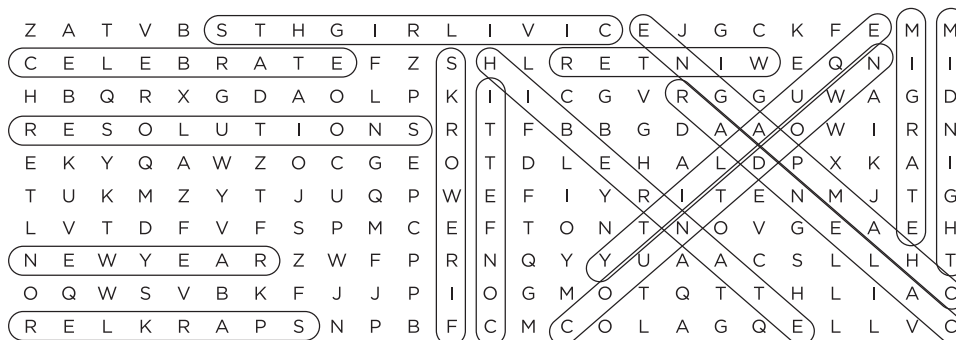
## EMPLOYEE OF THE YEAR & EMPLOYEE OF THE MONTH

### Patricia Kines



Pat was born in Bessemer, has two sons, and a pet dog and cat (fur babies). Pat graduated from the University of Montevallo in Chemistry. She loves NASCAR, animals, and Alabama Football. She has a passion for senior adults! Pat would like to visit the Galapagos Islands, Ecuador. Ask her about ghost hunting! Pat is a CNA and Caregiver. She's in her seventh year here at Regency and she loves what she does. Thanks Pat! We appreciate all your do to serve our residents!

## ANSWER KEY



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