

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



Ring in the New Year!

A New Year is a new beginning. As the New Year begins we feel that we need to make changes in our life, start on a new path, do new things and say goodbye to old habits, problems and difficulties.

The question is will we continue and persevere, or quit our plans and resolutions? Will we revert to our habitual behaviors and continue living the same kind of life without making any changes or improvements?

To make dreams come true you need to do something about them, not just daydream.

Apostle Paul was such a man: he lived humble, he lived selflessly, and he was focused on God's calling in his life. He lived with eternity in mind.

Paul was an extremely passionate Jew and often used the word "zeal" to describe who he was and how he lived his life. He began his journey as a Pharisee and participated in the persecution of the early disciples.

While on a mission to arrest them on the road to Damascus he met the risen Christ. He was forever changed and became as zealous in his preaching of Jesus of Nazareth being the Jewish Messiah as he was in the persecution of disciples earlier in life.

As you begin this New Year let us all plan to be full of zeal and determination to carry out our life's goals and plans.

We as a Regency team are looking forward to continuously striving and making your community the best we can be each and every day.

We are blessed and appreciate the opportunity to serve you, our families and residents. May this be a blessed year for everyone! Keep believing and dreaming.

Rachelle Gillespie,
Executive Director



Tea Time

Tea Time is a tea party for all residents to chat about the latest events going on in life. Some residents even dressed up in beautiful hats to share in fellowship with each other. Here at Regency the residents referred to it as a high-class tea party!



Pamper Me Pretty Spa Day

The residents sincerely enjoyed this special treatment, to be spoiled and pampered! We had Mary Kay host the community for facials and massages, nail care and hot towel treatments. We love to see our residents happy!



Thanksgiving Celebration Dinner

This was a time when we all joined together, ate great food and shared our love with one another. Families spent quality time together, and like always, Chef and his staff out-did themselves! Let's be grateful for the many many blessings we've received. Happy Thanksgiving from Regency!



Festival of Trees Magical Christmas

Family members, local vendors and the entire Birmingham community were invited to join us for a Festival of Trees. Residents loved the horse carriage ride. There was music, a visit from Santa and our chef served her famous hot chocolate and the best homemade Christmas cookies we've ever had! Everyone toured the facility and saw all of the festive trees as a scavenger hunt. This was by far the best party ever here at Regency!





December Birthday Celebration

December 15th at 2:00 pm

All residents are welcome to attend our Birthday Celebration. Gifts are given to everyone with a birthday in December. Music will be played, party hats will be available, pictures will be taken and there will be birthday cake to eat, of course!



Residents' Christmas Party

December 23rd: IL 10:30-11:30 am

Memory Care 1:30-2:30 pm

AL 3:00-4:00 pm

Regency Birmingham knows how to throw a great party, and we're thrilled to be hosting our Residents' Christmas Party. Save the date, you won't want to miss what awaits you!



Happy Noon Year's Eve !

December 29th from 2:00-4:00 pm

We will be ringing in the New Year with music, food, dancing and toasting. Regency residents can look forward to ending this year with a bang!



COMMUNITY STORY

New Year New You

As the New Year starts, many people make resolutions to change their lives for the better in some way. Here at Regency we want to encourage residents to get more involved in activities. Live a little bit, meet new friends and help each other out more.

Just showing someone kindness can mean so much. January finds us grateful for new opportunities for a New Year. Let's take time to thank our Lord and savior for letting us see another year.

Let's make this year the best year ever in all we do. We are here to serve the community and work hard to make things better than we found them. Happy New Years to you all!



FUN FACTS

- » The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!
- » Oddly enough, couples tend to separate or divorce more so in January than any other month of the year.
- » In Pasadena, California, there has been a Rose Parade held every year since 1890. It has since been broadcast worldwide and is typically viewed in over 100 countries around the globe.
- » If you were born in January, your birthstone is a garnet!
- » In leap years, January always starts on the same day as April and July.
- » London is famous for its extensive subway system, nicknamed "The Tube." This makes sense because they're also responsible for opening the first operational underground railway on January 10, 1863.
- » Some historical names for January include "Wulfmonath," which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne would call it "Wintermanoth" meaning "winter/cold month."
- » King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year. Even so, it only had 30 days.
- » Finally, Julius Caesar added the 31st day to the month and completed it to the full month of January we practice now!
- » January was a monumental year for Alaska! As of January 3, 1959, Alaska officially became the 49th state of the United States.
- » Generally, January is the coldest month of the year in the Northern Hemisphere.
- » The equivalent month of January in terms of temperature in the Southern Hemisphere is July!

Michael Young

Michael Young is known to us here at Regency as Coach. Michael is one of the residents who has been a part of our community the longest. He has been with us for 18 years, and stated that he loves living here! Michael has two daughters and three grandkids. Coach studied at Birmingham Southern College where he received his Master Degree. Furthering his education, Michael also received a Business Degree from the University of Alabama Tuscaloosa. He pledged Alpha Phi Alpha in 1981. Michael knows all the residents as well as the family members, and always keeps a smile on his face. He enjoys fellowshiping with the other residents and most of all he loves playing games. We love you, Coach!



Happy Birthday

Resident		Employee	
Virginia Hayes	Jan. 4	Aretha Johnson	Jan. 3
Peggy Theis	Jan. 6	Rachel McCain	Jan. 10
Michael Clark	Jan. 17	Yvonne Williams	Jan. 13
Joyce Osburn	Jan. 20	Sheronda Hicks	Jan. 27
Matthew Gordon	Jan. 25		

SUDOKU

PUZZLE 1

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PUZZLE 2

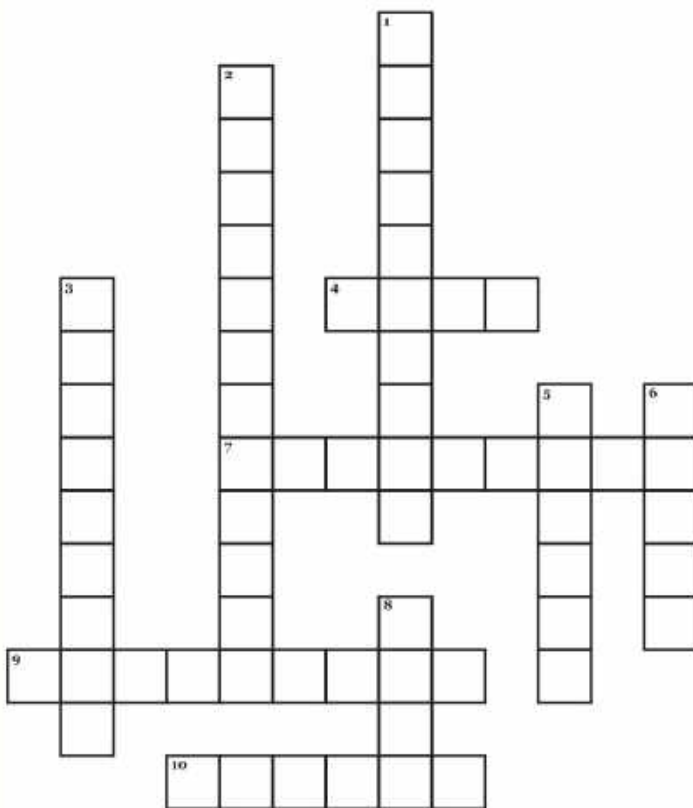
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WORD FIND

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JANUS	JANUARY	CAPRICORN	LONDON	CALIFORNIA
GARNET	ALASKA	AQUARIUS	SUBWAY	LILIUOKALANI
PARADE	DIANTHUS	CARNATION	PASADENA	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

Earl Minter

Leroy Minter has been chosen because of his dedication to Regency. Mr. Leroy has been a part of Dietary for two years. Leroy has gone above and beyond what has been requested of him, in many meaningful and substantial ways.

Leroy came to work and fulfilled his responsibilities to his Dietary team and anyone else who needed help even on the hardest days. Leroy has two sons, enjoys landscaping and being a jack of all trades. Mr. Leroy, we sincerely appreciate all you do!

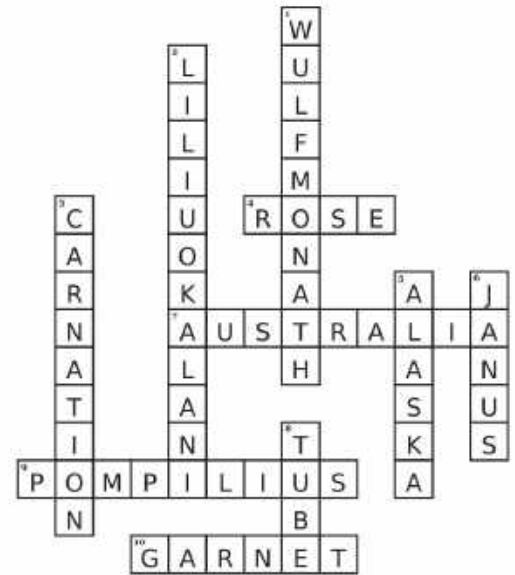
EMPLOYEE OF THE MONTH

Sharlene Nelson

Congratulations to Sharlene Nelson for being our December Extra Mile Employee! Sharlene joined the staff at Regency Retirement Village two and a half years ago. She's married and is a proud mother of three lovely children.

Mrs. Sharlene has been working as a nurse since 1997 and enjoys working with our residents. In her spare time, Sharlene enjoys reading, going to church and shopping. We are so blessed to have you as a part of the Regency team!

ANSWER KEY



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PUZZLE 1

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PUZZLE 2

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