

WHAT'S COMING UP

January 1st

Happy New Year!

January 6th

Music By Jordan Hopkins

January 12th

Music Therapy With Blake

January 18th

National Thesaurus Day

January 16th

Martin Luther King Jr. Day

January 20th

Music by Neki & The
Infusions

January 22nd

Celebration of Life Day
Chinese New Year

January 25th

Opposite Day

January 27th

Outing: Alabama Symphony

January 31st

National Hot Chocolate Day



JANUARY 2023 NEWSLETTER



Ring in The New Year!

Can you believe that we are beginning 2023 already? Christmas is over and decorations are being put away. It is always sad to see the empty space left where the decorations were. As we are packing away the reminders of the season, we hope that the joy of the season will fill those spots and the moments of peace will remind us of the Christ who came with the hope of Eternal Life.

One of the Christmas lyrics I'm sure we all can remember is, "Mom and Dad can hardly wait for school to start again." Of course, Mom and Dad were looking forward to not hearing, "I'm bored!" 2023 for Regency will be anything but boring. Tina will be presenting engaging opportunities for residents and events for our families. It will be a fun year for sure.

We can count on John to be there for needed maintenance and always a fun thought for us to begin our day. Trisha and her team are looking forward to cooking up a year of good food. The food service team is always open to hearing about your favorite recipes to add to the culinary choices.

David will be sure to keep us all on track for a healthy year. Not too much exercise, just the right amount. Ann is our team support for all things that keep us organized and on track and her glass is always half full. She creates a positive start to each and every day. Our newest addition will be our Chaplin, Pastor Larry! Look for announcements of opportunities to be able to connect with prayer, worship, or an ear that's ready to listen. He will be available each week Monday, Tuesday, and Wednesday for residents, staff, and families. We are blessed to have him join our team.

Our team is here to serve each of our residents and their families. It is our desire to make 2023 our best year yet. Come join us, the best is yet to come. We have faith that we are here to serve and are endowed with the nature of the Spirit of our God to see the world as he sees it.

"Faith sees the invisible, believes the unbelievable, and receives the impossible." — Corrie ten Boom

Rachelle Gillespie,
Executive Director





Festival of the Trees

We started the Christmas season off with our annual Festival of the Trees. It was a great gathering of residents, friends, family, and staff. We all enjoyed Regency's famous hot chocolate, beautiful Christmas cookies, live music, and horse and carriage ride.



Homewood Day School Students

We all enjoyed visits from Homewood Day School K3 & K4 students. The children brought their "Regency grandpals" pictures they had colored and ornaments they made. They sang Christmas songs and their librarian engaged us all in story time and everyone enjoyed cookies and juice.



Ms. Miller's 100th Birthday!

We all enjoyed celebrating Ms. Miller as she turned 100! She received a special birthday greeting from Governor Kay Ivey.



Our Month of Joy

December was A Month of Joy! From hiding and finding the Grinch, special art projects, decorating throughout our community, dressing up, baking, and enjoying hot cocoa. We packed in the fun!



Music Therapy with Blake

January 12th at 2:00 pm

Blake is coming to our Birmingham community again to share his music therapy with us! Come experience the healing that soothing sounds and melodies can provide.



Neki & The Infusions

January 20th at 2:00 pm

We will be having Neki and the Infusions perform live for our residents. Come and join this local sensation as they showcase thier musica talents!



Alabama Symphony Coffee Concert

January 27th at 10:00 am

We will listen to the Alabama Symphony on Friday, January 27th. Please see the calendar for more information!



Music Events

Be sure to check out the Calendar to see who will perform in January!



Lead an Activity

If you are interested in leading an activity, please see Tina!



Volunteers & Entertainers Needed!

If you would like to volunteer or share your special talent with us, we would love to have you!

For more information, please email Tina at tknowles@regencybirmingham.com



Newspaper Club

We are starting our very own Regency Birmingham Newspaper. Please check out the calendar for Club Meeting times!



Keep Up To Date On All The News & Events
Be sure to join our Facebook Group Page!

Save
the
Date

February 10th — Alabama Symphony
February 14th — Valentine's Banquet



Hope Vines

Hope enjoys shopping and spending time with her puppy Alexander. She has lived at Regency Independent Living for a little over two years now.

She states, "There is no other place I would like to live. The staff members are so wonderful and the people who live here are so nice. I love when they come to visit me and Alexander! This is the best place to live!"

Ms. Hope, we are so happy that you chose Regency to be your home!

FUN FACTS

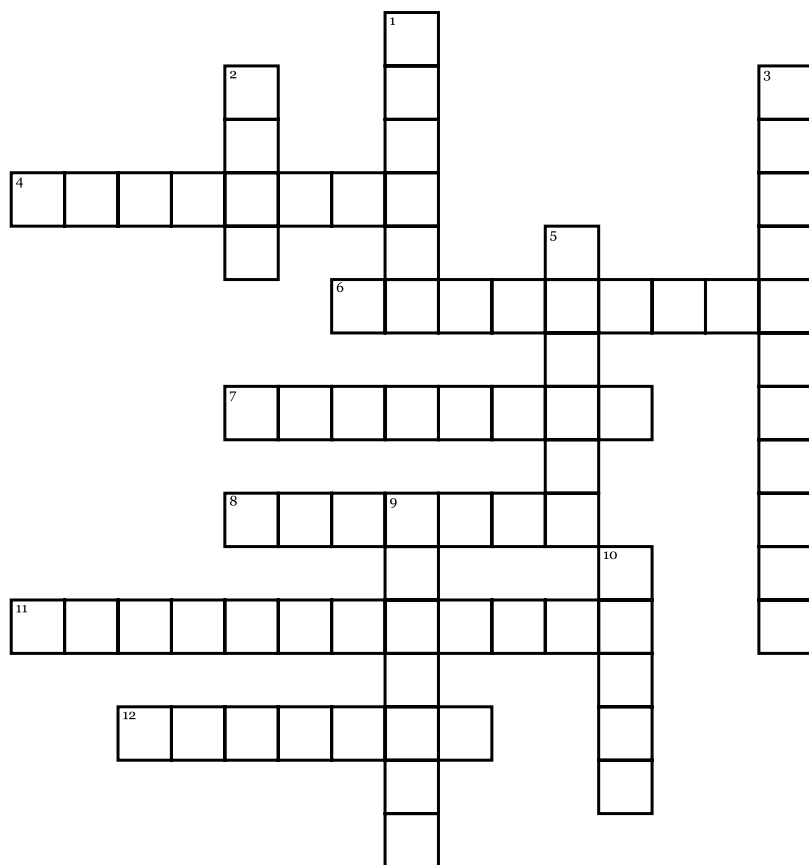
- » Much like today, the Ancient Romans saw the start of January as a bridge between the past and the future. January, in the depths of winter, was seen as a reflective period to take stock of the previous year and to plan on what the new year could bring. It's unclear, however, if any resolutions were distinctly set in regards to conquering the world!
- » In the Roman calendar only 10 months had formal names. Winter (January and February) was simply known as the "dead period". This is because the government and military weren't active in the coldest, darkest months. January, what we now consider the first month of the year, was actually the final month added to the 12-month calendar.
- » Continuing with the theme of past and future, endings and beginnings, it is the two-faced God Janus who represents the month of January. Janus in mythology is often depicted as a two-sided face that looks forwards and backwards at the same time.
- » The birthstone for January is the garnet. This rare gem comes in a variety of different colors. However, the most popular and lucrative garnets are a deep shade of red. The word garnet is derived from the Middle English word, 'gernet,' which means dark red. This also shares its origin with the seed-filled fruit the pomegranate. Who knew!?
- » In the northern hemisphere January is the coldest month. The lowest temperature ever recorded in the United States was minus 80 degrees Fahrenheit. This was recorded by a weather observer at Prospect Creek Camp in Alaska on January 23, 1971. It was so cold that a person's eyeballs would begin to freeze after only seconds of being outside. That sounds far too cold for us!
- » On January 19th 1933, 60 inches of snow fell at the Giant Forest Weather Station in California, marking the record for snowfall for the Golden State. Thousands of people were stranded in their cars along the mountain highways for several days during the unexpected blizzard.
- » Civil rights legend Martin Luther King Jr. was an instrumental figurehead in the fight for the rights of the African-American community during the time of segregation in the United States. Tragically, Martin Luther King was assassinated in 1968. To remember the man and what he stood for, Americans celebrate every third Monday in January. This is because Martin Luther King Jr. was born on January 15th, 1929.
- » Just like a birthstone, each month also has a birth flower! The month of January is represented by the carnation. The carnation is one of the most unassuming, yet charming flowers and is known for its delicate petals and plethora of stunning colors. A bouquet of carnations will last longer than any other flower, which fits in perfectly with the cold, tough and hearty month of January. We think a bouquet of carnations is the perfect present to buy someone born in January. It's definitely cheaper than a garnet, that's for sure!

WORD FIND

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

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

Chelisa Jeffries



Chelisa (Chi-Chi) is a wonderful and caring LPN that works the 3rd shift in our Memory Care Unit. She works well with staff and is nurturing and caring to our residents in Memory Care. She is always willing to fill in and help when needed. We are so thankful she is on our team here at Regency. Thank You, Chelisa, for all you do!

EMPLOYEE OF THE MONTH

Melissa Oden

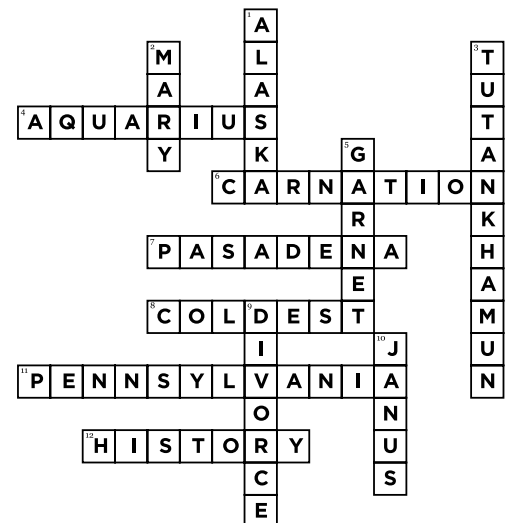
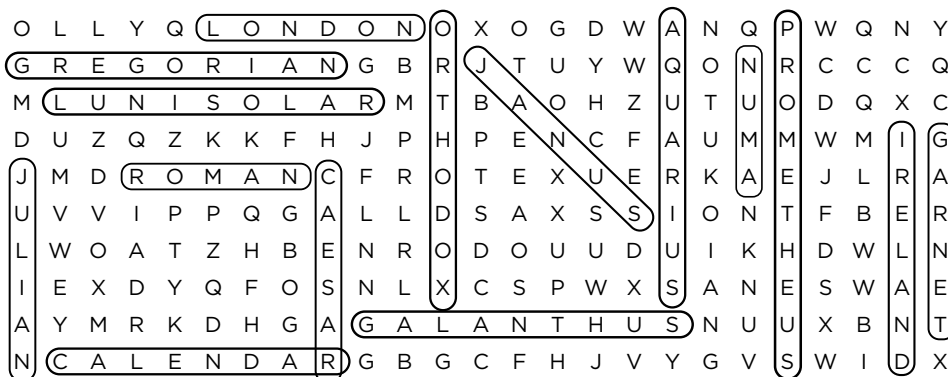


Melissa works in the Dietary department and has one son. He serves in the US Navy, stationed in Japan.

Even though she has only been here a few short months, we are so glad to have her! She has taken the time to meet the residents and enjoys interacting with them. From serving the residents, keeping the dining room clean, and providing service with a smile, she is such a hard worker!

Melissa, we are so glad to have you here at Regency and we appreciate all you do!

ANSWER KEY



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