

## WHAT'S COMING UP

### February 1st

Black History Month Begins

### February 2nd

Groundhog Day

### February 9th

National Pizza Day

### February 10th

Symphony

### February 12th

Super Bowl Sunday

### February 14th

Valentine's Day Party

### February 15th

Remember the Maine Day

### February 20th

Presidents' Day

### February 21st

Mardi Gras-Fat Tuesday

### February 28th

Church Service



## FEBRUARY 2023 NEWSLETTER



### *Happy Heart Month,*

February 2nd is National Groundhog Day, the 7th is Send a Card to a Friend Day, the 9th is National Pizza Day, the 12th is Super Bowl Sunday, the 14th is Valentine's Day, the 17th is Random Acts of Kindness Day, the 21st is Mardi Gras, and Ash Wednesday is on the 22nd. What an exciting month we have ahead!

We want to extend an invitation to join us at our events and celebrations in February. Watch the calendar and the Facebook page to gain reminders for all upcoming events and photos of past events.

Regency has added a Chaplain as part of our team to serve our residents and staff. Another way we continue to meet needs and serve the whole person!

We do tend to put focus on February as the month of love focusing on a heart filled with love. We also need to consider the health condition of our hearts. Think about adding a few extra steps each day to improve the condition of your physical health.

1 Corinthians 13 is the book of love. When we speak of love there are 7 types: Eros - Romantic, Philia - Affectionate, Storge - Familiar, Pragma - Enduring, Philautia - Self, Love - Compassion, Ludas - Playful, and Agape - Unconditional.

Agape is the unconditional love that we should practice every day. Christ gave unconditional love every moment that He was here on earth and continues to do so each day. We humans still have the human condition that his sacrifice on the cross provided, the pardon and the gift of a love that never dies. God, His father, gave His only son as the sacrifice that gives us eternal life that will live on through eternity.

We look forward to sharing Agape love this month of February and all through the remainder of 2023. Watch your heart this month and keep yourself healthy. We love all of our families, residents, and staff.

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



## Music Events

Residents enjoyed singing and dancing with Jordan Hopkins, Niki & The Infusions, and Music Therapy with Blake.



## Monthly Birthday Party

We celebrated all of the Residents that had January Birthdays by having cake, ice cream, and music! Happy Birthday to Mike, Paulette, Jay, and Ann!



# January Brings Snow

No snow outside but plenty of snow activities inside. Everything from facts, trivia, snowball toss, snowball fights, games, and crafts!



# Newspaper Club

We have started a Newspaper Club and are preparing to print. The residents have been working on their articles! It's not too late to join us!





## Valentine's Party

February 14th at 2:00 pm

Be sure to join us for our Valentine's Party and the crowning of our community Valentine's Queen & King.



## Fat Tuesday

February 21st at 4:00 pm

Beads, masks, music, food, and so much more!



## Outings

Be sure to check out the calendar to sign up to go with us! Who knows what adventures await?



## St. Patrick's Day

Be on the lookout for St. Patrick's festivities. Make sure you wear your green so you don't get pinched!



## Weekly Bible Study & Church Service

Pastor Larry will be leading a weekly Bible Study and a monthly Church Service. We will meet in the Assisted Living Dining Room on Tuesdays at 11:00 am. The last Tuesday of the month will be our Church Service. We hope you will join us for hymns and worship!



## Family Night

Each month we will have a family night. This will be anything from Bingo, games, or family meetings. Please see the calendars for dates and times.



## Volunteers Needed!

Please spread the word! We are searching for volunteers. You can enrich the lives of our residents by sharing your musical talents, reading, playing games, taking a stroll outside, having conversations, arts and crafts, helping with parties, filing and painting nails, hand massages, cleaning eyeglasses, building bird houses, sanding and painting, and so much more! Please contact Tina for more information [tknowles@regencybirmingham.com](mailto:tknowles@regencybirmingham.com)



## Linda Robinson

Linda has been at Regency since 2021. She attends almost every activity that is offered and always has a good time. Linda likes to have fun! She enjoys Bingo, coloring, and music (including singing and dancing). Thank you for brightening our days, Linda!

*Happy  
birthday*



### Residents

Sara Latham	Feb. 6
Gwen Herren	Feb. 10
Martha Simon	Feb. 10
Annie Schapman	Feb. 20

## FUN FACTS

- » On February 1, 1884, The Oxford Dictionary debuted.
- » In February 1893, Thomas A. Edison finished the construction of the first motion picture studio, the Black Maria located in West Orange, New Jersey.
- » The second full-length animated Walt Disney film, Pinocchio, premiered on February 7, 1940.
- » In 1972, the first hospital in the United States, Pennsylvania Hospital, opened on February 11th.
- » On February 2, 1848, U.S. and Mexico signed the Treaty of Guadalupe Hidalgo ending their war. The U.S. paid Mexico \$15 million in exchange for California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas.
- » February comes from “februa,” a Latin word meaning “to cleanse,” and was named after a month-long purification festival held this time of the year.
- » The probability of a February 29th birthday is 1 in 1,461. U.S. Census Bureau data reveals that only about 0.07% or 205,000 people in the U.S. have a February 29th birthday.
- » February is the only month in the year that could miss having a full moon. Some months get a blue moon (two full moons in a month), and February often ends up with none! When it does have a full moon, it’s known as the Snow Moon.
- » In February 1885, Mark Twain’s The Adventures of Huckleberry Finn was published for the first time.
- » On February 20, 1962, John Hershel Glenn Jr. successfully went into space aboard the Friendship 7 spacecraft on the first orbital flight by an American astronaut.
- » February 1st marks the Lunar New Year, also known as Chinese New Year. This year is the Year of the Rabbit!
- » Writing “letters to Juliet” has become a Valentine’s Day tradition for many and even inspired the 2010 film Letters to Juliet. Around Valentine’s Day, thousands of letters addressed to the “Romeo and Juliet” character Juliet Capulet are mailed to Verona, Italy.
- » In 46 BC, Julius Caesar declared the first Leap Day.
- » The Germans started the whole Groundhog Day thing. Yes, the see-his-shadow-or-not concept stems from Germany and the holiday Candlemas. Early European Christians believed if the sun came out on Candlemas, also February 2nd, winter would last for six more weeks.

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  
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 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

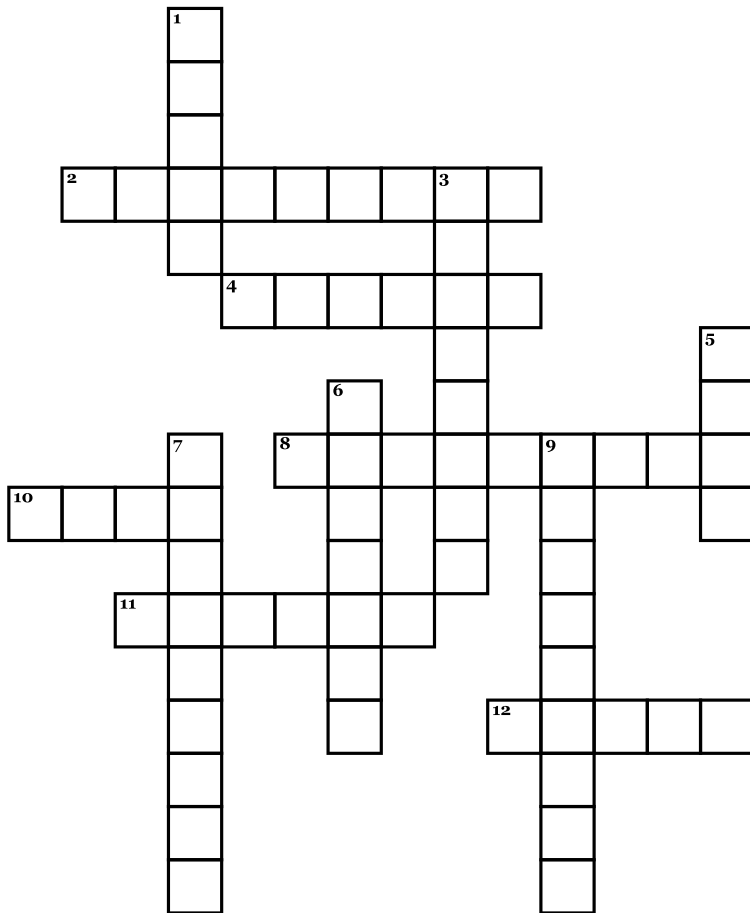
MOON  
 AMETHYST  
 VIOLET

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**

**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**

**Joy Wright**



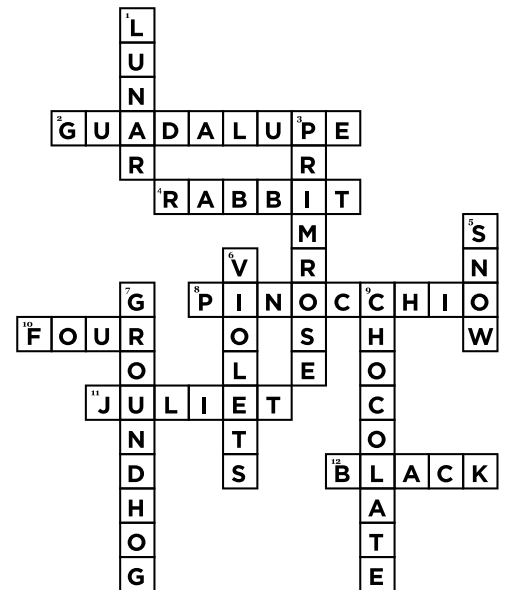
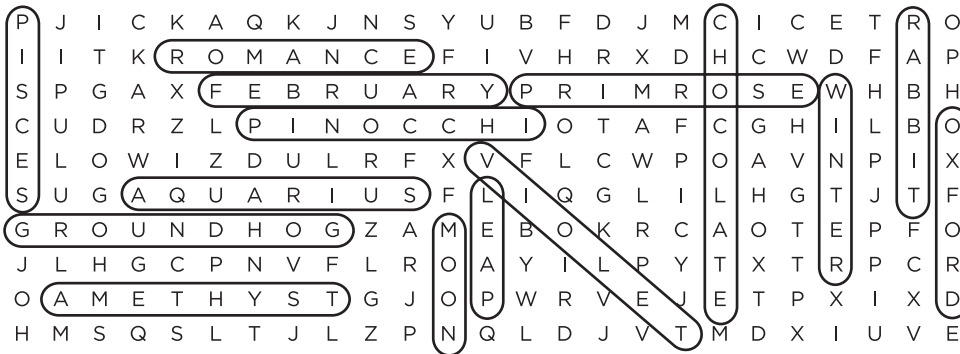
Joy has worked in our Housekeeping Department since November.

She is a hard worker and always thinks of others before she thinks of herself. Joy is always eager to help residents, families, and staff

and puts a lot of care into her work. She says that she enjoys working here at Regency because the people here make it feel like home.

Joy, we appreciate all you do and we are glad to have you in the Regency Family!

**ANSWER KEY**



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