

WHAT'S COMING UP

December 1st

National Christmas
Lights Day

Rosa Parks Day

December 6th

St. Nicholas Day

December 7th

Hanukkah Starts

December 15th

Bill of Rights Day

National Ugly Sweater Day

Hanukkah Ends

December 16th

National Wreaths Across
America Day

December 20th

Games Day

Go Caroling Day

December 21st

Winter Solstice

December 23rd

Festivus

December 24th

Christmas Eve

December 25th

Christmas Day

December 26th

Kwanzaa Begins

December 31st

New Year's Eve



DECEMBER 2023 NEWSLETTER



Hello Residents,

Can you believe that 2023 is coming to an end?

We're excited to celebrate the birth of our Risen Savior this Christmas season!

We're pleased to invite family and friends to join us for our Christmas Open House on December 3rd from 1:00 pm – 3:00 pm. We're grateful for another season and eager to share the positive changes at Regency, enhancing our commitment to serving residents and families in an updated setting. A special thanks to our amazing owners for their generosity.

If you notice the large check floating around the community, it's another way Regency gives back. When you refer a new resident, and they become your neighbor, you receive a \$2500 check or credit to your account. Take advantage of our Friends Make the Best Neighbors program, we are sure you can find a way to spend the extra dough!

As we enter the Christmas season, let's reflect on the qualities of our Savior: Wonderful Counselor, Mighty God, Prince of Peace. May we embody the spirit of the small Christ child born in a humble manger, coming not to gain but to serve. In this season of giving, let's be a blessing to others with kind words, simple smiles, and the belief that we can make a positive difference.

At Regency Birmingham, our focus is on our mission to serve residents and families, engaging in relationships, respecting individuality, and valuing the contributions of those who evolve our care each day.

Wishing you a Merry Christmas, a Happy New Year, and looking forward to seeing you in 2024!

Rachelle Gillespie,
Executive Director



Canvas Art Class

Early's Art with Heart provided our residents with a superior canvas art experience in our Pathways and Assisted Living communities. Needless to say, our residents are ready for the next one.

"Great things are not done by impulse, but by a series of small things brought together" —Vincent Van Gogh



Great Gatsby Party

Our Great Gatsby Party embraced the way society partied in the Roaring '20s! Our residents enjoyed shrimp cocktails, salads and desserts, along with a musical performance by Jordan Hopkins.



Garden Club

We partnered with Edgewood Garden Club of Homewood. The volunteer group brought education, preservation and beautification as our residents made flower arrangements to keep.



October Fest

The October Fest was a success! Our residents relished corn dogs, soft pretzels, games, music and plenty of sweet treats! We enjoyed prizes, singalongs and danced to the beat.



Festival of Trees

December 3rd from 1:00 pm to 3:00 pm

Join us for this exciting annual event! Our Festival of Trees and Open House will have carriage rides and a live nativity.



“A Christmas Carol” Performance

December 8th at 2:00 pm

Join us as the seasoned performers from Red Mountain Theatre perform a reading of the holiday classic “A Christmas Carol”! Come enjoy the story of Ebenezer Scrooge as he is visited by the Ghosts of Christmas Past, Present and Future.



Night of Christmas Lights

December 14th and 17th at 5:30 pm

The Lights of Noel is Alabama’s Largest drive-through animated Christmas light show, held at Birmingham Race Course. We have two dates available for our residents. Transportation will be provided by Regency. Please make reservations with the receptionist by Monday, December 11th to secure your spot!



Christmas Carols

December 16th at 2:00 pm

The Students and instructors from Piamistry School of Music will delight the residents with festive holiday tunes.



The Return of Elvis

December 15th at 2:00 pm

HE'S BACK! Join us for the Return of Elvis as we celebrate December birthdays.



Resident Christmas Party

December 22nd at 2:00 pm

Let's get together to jingle and mingle for our annual Resident Christmas Party. Join us for entertainment, light snacks and gifts.



Pre New Year's Party

December 29th at 2:00 pm

Please join us for bites and bubbly! The bubbly will be mock but the party will be lovely. Our Pre New Year Celebration will be held in our Assisted Living Dining Room.



Charles Birdsong

Charles Birdsong was born and raised in North Carolina and graduated as valedictorian from Seaboard High School. He attended Chowan College in Murfreesboro, N.C. with a major in journalism. He was recruited to join the United States Air Force, serving in both the Korean and Vietnam

Wars. Upon his retirement from the military, he worked for Alcatel Communications as an electronic technician and volunteered as an instructor at Wake Technical Community College. For his dedicated years of service to the program, he was awarded “The Unsung

Hero Award.” Mr. Birdsong also served over a period of several years as Area Coordinator for the AARP, Chaplain in the American Legion Post 1 in Raleigh and as a regular Monday volunteer in the Retiree’s Office at Seymour Johnson Air Force Base in Goldsboro, NC. Mr. Birdsong has three children, Lynne, Chip and Beth, eight grandchildren and numerous great-grandchildren. Mr. Birdsong loves to read about current events, history and science and considers himself to be a life-long learner. He loves to socialize, listen to music and have lively discussions about what he has learned. Mr. Birdsong moved to Regency of Birmingham from North Carolina in March 2018 and serves on the Resident Council here at Regency. We are honored to have Mr. Birdsong in our care and most of all we are honored to serve him.

WELCOME NEW RESIDENTS!

Mr. Vern Austin
Mr. Abdul Velgi
Ms. Pauline Morrow

Happy Birthday



Resident

Wilma Miller	Dec. 5
Keith Chancey	Dec. 6
Patrick Connors	Dec. 21
Joe Faught	Dec. 27

Employee

Pauline Balfour	Dec. 6
Patricia Kines	Dec. 13
Sharlene Nelson	Dec. 28

FUN FACTS

- » One of the common misconceptions about Christmas is the usage of “Xmas” to shorten “Christmas.” Many claim that using the letter “X” to replace “Christ” is a blasphemous thing to do. The truth is, this version of “Christmas” was based on the initial letter of Khrīstos in Greek which means “Christ”. Written in the ancient script, it would be Χριστός, hence the letter “X”.
- » The tradition of Christmas trees goes all the way back to the ancient Egyptians and Romans, who decorated with evergreens during the winter solstice to signify that spring would return. Evergreens reminded them of all the green plants that were to grow once the sun returned.
- » People began to sing Christmas carols around the 13th century, making the celebration much brighter.
- » The Anglo-Saxons also call this season “midwinter” or “nativity”.
- » People in Venezuela wear roller skates on the way to church every Christmas Eve. They even close the roads to cater to this unique tradition.
- » Christmas is the shortened version of “Christ’s mass.”
- » The first Christmas Tree was built way back in 1570.
- » “Jingle Bells” was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving song!
- » An ancient legend states that forest animals can speak in human languages on Christmas Eve!

WORD FIND

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

JESUS

FRANKINCENSE

KING

ADVENT

ANGEL

WISE

CHRISTMAS

STAR

MARY

SUGARPLUMS

TOPAZ

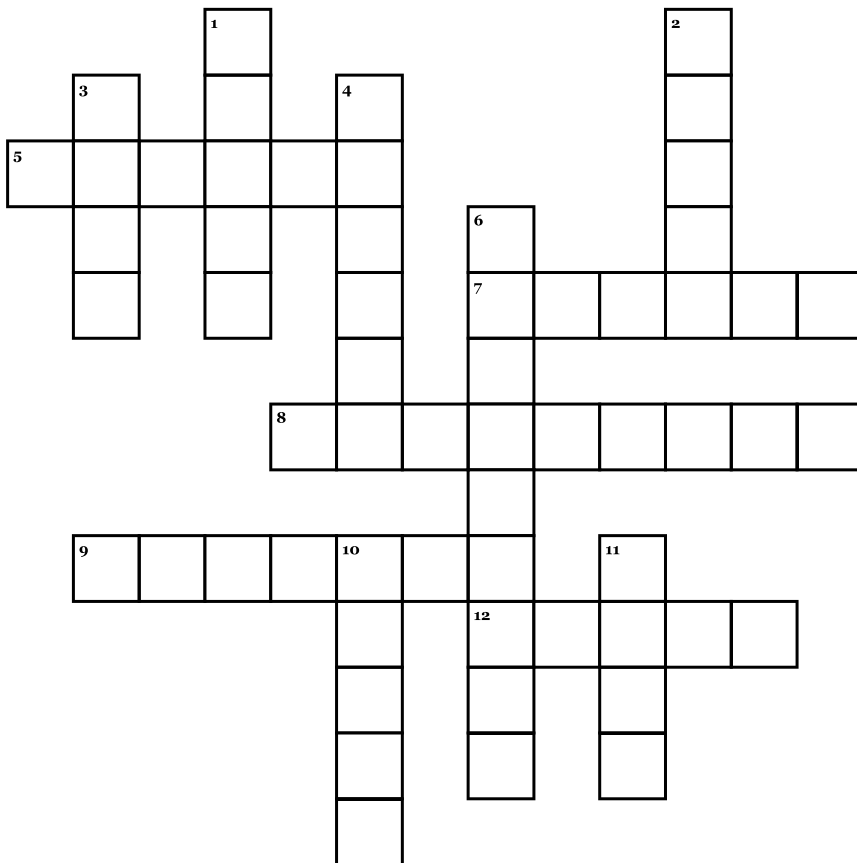
NATIVITY

BETHLEHEM

JOSEPH

MYRRH

CROSSWORD



Down

1. Common Christmas tree topper
2. You might dream of this kind of Christmas
3. Striped mint candy shape
4. Brothers who ushered in the era of flight
6. December's flower
10. One of December's birthstones
11. Kind of men who came to visit Jesus with gifts

Across

5. Away in a _____, no crib for a bed
7. Four week period leading up to Christmas
8. These are hung by the chimney with care
9. Circular evergreens that represent eternal life
12. Clothing for a Christmas tree



Stay Connected!

Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



Friends Make the Best Neighbors

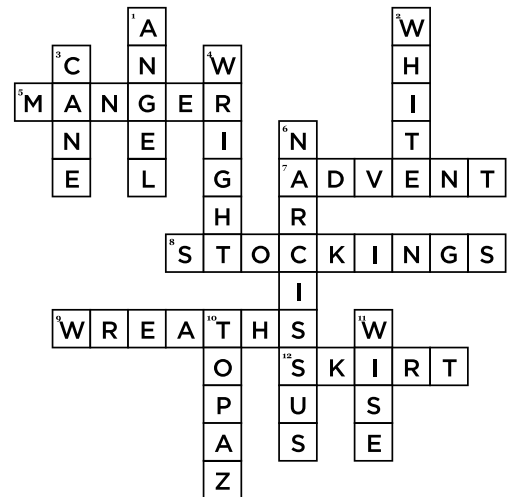
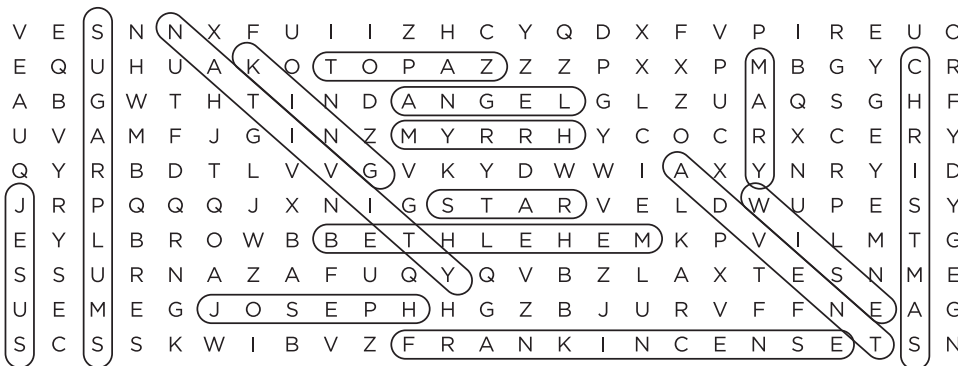
Would you like a free* month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion!

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.

**Referring residents will be paid out 60 days from the move-in date.*



ANSWER KEY



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