

WHAT'S COMING UP

January 1st
Happy New Year!

January 6th
Apple Tree Day

January 9th
National Law Enforcement
Day

January 13th
Korean American Day

January 14th
Ratification Day

January 15th
Martin Luther King Jr. Day

January 19th
Good Memory Day

January 20th
Take a Walk Outdoors Day

January 22nd
Celebration of Life Day

January 25th
Opposite Day

January 27th
International Holocaust
Remembrance Day

January 31st
National Hot Chocolate Day



JANUARY 2024 NEWSLETTER



Hello Residents,

Hope is defined as the optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.

As we step into the new year, we bring with us hope, confidence, and eager anticipation for positive outcomes each day. We value the opportunity the new year presents to fulfill our mission of serving our families and residents with the same dedication as Christ would.

We extend a warm invitation for you to join us and witness the delightful changes and exquisite decorations that our ownership has graciously implemented to enhance the daily lives of our residents. We are thrilled about the chance to work for owners who prioritize the well-being of residents and staff in every community they serve. It's a truly wonderful environment to be a part of.

We want to encourage you to make the most of our Friends Make the Best Neighbors promotion, allowing you to receive a \$2,500 check for referring a new neighbor to our community. Once they've been with us for a full 60 days, you'll receive the check as a token of appreciation for sharing their presence with us. It's not only a great way to bring friends and fun to your home but also a little extra cash to your pocketbook.

As we step into the New Year, let's reflect on this message:

"May the God of Hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." — Romans 15:13

Here's to HOPE in the new year!

Rachelle Gillespie,
Executive Director

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.*



Veterans Day Celebration

During our Veterans Day assembly, we honored our Veterans by awarding and acknowledging each one of them for their service and sacrifice.



Festival of Trees

We aimed to please at our annual Festival of Trees! A live nativity, carriage rides and pictures with Santa were on the agenda. We had some precious moments that our residents are sure to remember.



Special Longevity Celebration

We had the honor of celebrating 101 years of life for resident Wilma Miller. We celebrated with all of her favorites which included her favorite meal, favorite cake and her favorite entertainer, Country Award winner Brandon Lee. Brandon made a special trip from Nashville, Tennessee to perform for this special celebration.



Christmas Canvas Art

Early's Art with Heart brought the healing power of creative expression to our residents during their Christmas canvas art program.



Disco Party

January 12th at 2:00 p.m.

It's time to boogie! Join us for a groovy disco party with Nekia and the Infusions.



Texas Tuesday

January 16th at 2:00 p.m.

Howdy, partners! Grab your boots and head on over to our Texas Tuesday concert featuring Brandon Lee from Nashville, Tennessee.



What's Cooking Wednesday

January 17th at 12:00 p.m.

The culinary staff of Regency will prepare traditional food of the Mexican culture. Our residents will have a fine dining experience with ambiance provided by the Activities Department.



Meteorologist Visit

January 23rd at 12:30 p.m.

WBRC Chief Meteorologist Wess Wyatt will speak to our residents and provide accurate meteorological information, answering any questions they may have. Mr. Wyatt will host this event in our Independent Living Community.



Winter Wonderland Open House

January 25th at 4:00 p.m.

You are cordially invited to attend our Winter Wonderland Open House. Come and enjoy light hors d'oeuvres, mock martinis and a live band. Don't forget to bring a friend!



Staycation to Hawaii

January 23rd at 2:00 p.m.

We are bringing Hawaii to Regency! Join us for our first staycation. Our residents' itinerary will encapsulate the entire Hawaiian experience. No need to pack your gear, the staycation will be right here!



Argentine Tango Show

February 5th at 2:00 p.m.

Our residents will have a unique opportunity to understand some of the culture and mystique behind the beautiful Argentine tango while taking a glimpse into the evolution of the dance, music and culture of Argentina.



Linda Thomas

This month, Regency shines a spotlight on resident Linda Thomas. Ms. Thomas has one daughter and one grandson. She attended Jeff State and The University of Alabama at Birmingham where she received her nursing degree. Ms. Thomas worked as a registered nurse for 29 years at UAB Hospital. Prior to becoming a nurse, she worked as a secretary. Ms. Thomas was active at her church where she played the piano on Sundays and helped around whenever she was needed. Ms. Thomas enjoys crafts, bingo, art and Bible study. She also enjoys helping her fellow neighbors at Regency. You can depend on her for kind words, a positive attitude and a helping hand.

SUDOKU

PUZZLE 1

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9		6			2		7
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6							
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	6				4		1

PUZZLE 2

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	6				8		9
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FUN FACTS

- » In 1908, the first New Year's ball dropped at Times Square, NYC.
- » Those who head to the famous Times Square party throw 1.5 tons of confetti. The trash generated takes 300 sanitation workers 15 to 16 hours to clean up.
- » On January 1, 1910, the Hydrox "biscuit bonbon," a chocolate sandwich cookie with creme filling, was introduced. Oreos came out in 1912.
- » The first motion picture, 'newsreel' in color, was taken at the Tournament of Roses and the Rose Bowl Game in Pasadena, California on January 1, 1948.
- » In January 1984, Wendy's "Where's The Beef" commercials with Clara Peller began.
- » January 6th is Epiphany. According to the New Testament's Gospels, on this date, the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus.
- » January 15th is Martin Luther King Jr. Day (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.

WORD FIND

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

GARNET

BEEF

ELLIS

HYDROX

FRANKLIN

BEGINNING

JANUARY

CARNATION

RESOLUTION

ROSE

WINTER

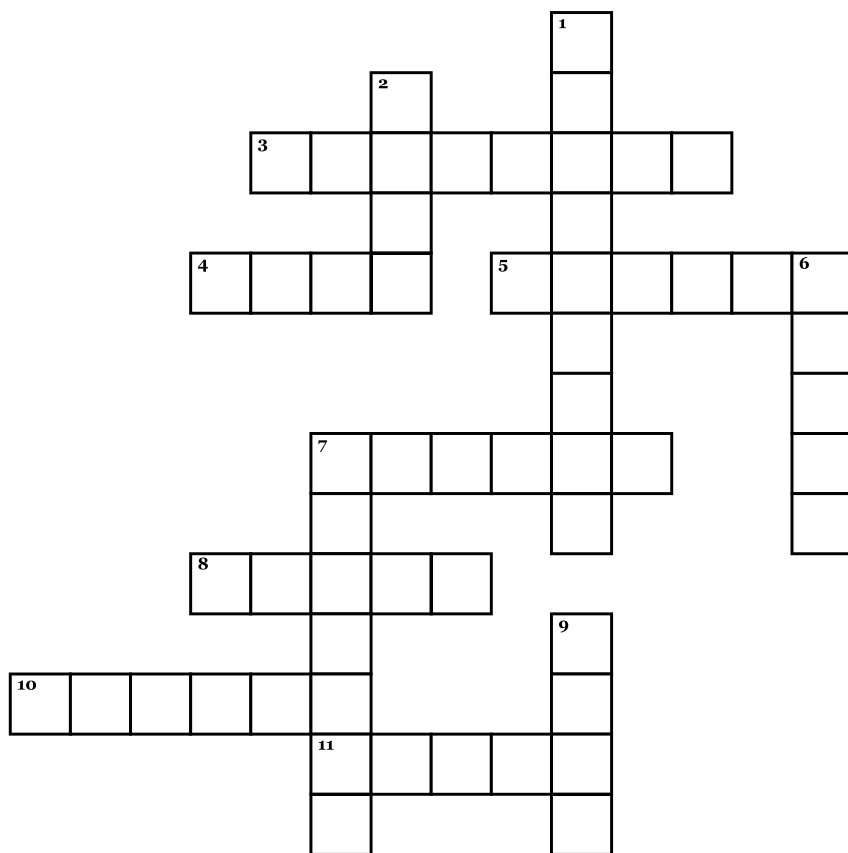
EPIPHANY

WOLF

SNOWDROP

RIGHTS

CROSSWORD



Down

1. One of January's birth flowers
2. January's Moon
6. Famous Square
7. Franklin's note
9. Bowl Game in Pasadena

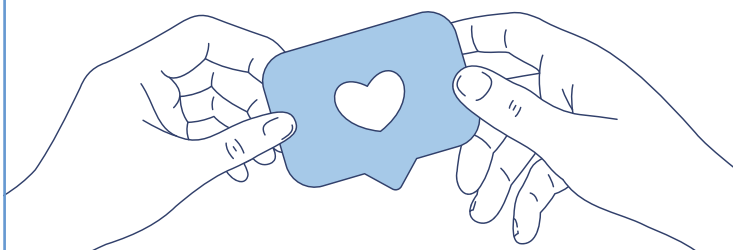
Across

3. January's other birth flower
4. Famous slogan, "Where's the ____?"
5. January's birthstone
7. The original chocolate sandwich cookie
8. Roman god with two heads
10. He added the 31st day to January
11. Island for Immigrants to America

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.



EMPLOYEE OF THE MONTH

Ms. Pauline Balfour

Ms. Pauline has been part of the Regency staff for 14 years and 9 months. You can always depend on Ms. Pauline to be on time and be there for each of her shifts. Her care of the residents is apparent in how she treats and cares for each one in her charge. She always has a kind word for everyone. She brings a light and a smile with her when she walks in the door. She is a gift to everyone she comes in contact with. Thank you for your service, Ms. Pauline. We love and appreciate you!

PUZZLE 1 ANSWER

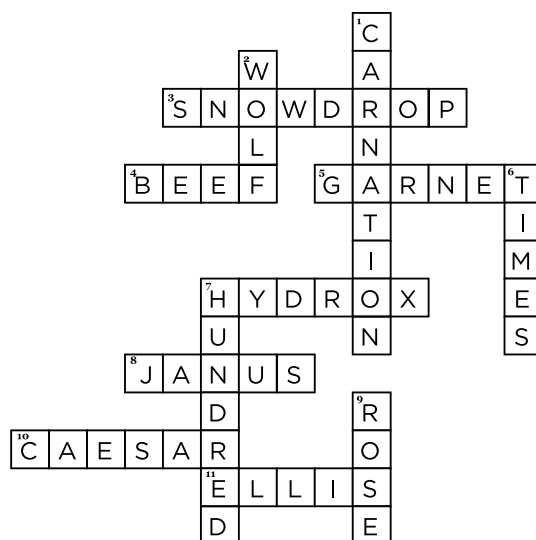
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1	5	4	6	3	9	7	2	8
2	6	8	7	5	4	3	9	1

PUZZLE 2 ANSWER

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4	2	3	6	9	1	5	7	8

ANSWER KEY

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



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