

## WHAT'S COMING UP

### February 1st

National Freedom Day

### February 2nd

Groundhog Day

### February 7th

Rose Day

### February 9th

National Pizza Day

### February 11th

Super Bowl Sunday

### February 13th

Mardi Gras

### February 14th

Valentine's Day

### February 17th

National Random Acts of Kindness Day

### February 20th

National Comfy Day

### February 22nd

National Margarita Day

### February 28th

National Pancake Day

### February 29th

Leap Day

## FEBRUARY 2024 NEWSLETTER



### ***Dear Residents, Families and Friends,***

In Latin, February is derived from the word Februum, signifying cleansing. As we embrace this month of love, let's reflect on purifying our hearts from anything that hinders us from spreading love to those who need it the most.

Christ was sent to the world to cleanse us from sin, allowing us to spend eternity with our Savior. Though we are all unworthy, isn't it amazing that God gives us his gift of love each and every day? Let's all spread love this month, because as Christ has loved us, so shall we love.

We want to extend our heartfelt gratitude to Medical Director Dr. Blanton for his years of service to our residents and community. He has served well and we will miss him. Our new Medical Director, Dr. Mitchell, will be joining us on February 10th. Please watch for dates to meet Dr. Mitchell soon. He and his team look forward to serving and partnering with Regency residents and their families.

Our goal is to continue to be better each day and look for opportunities to serve as Christ serves. Watch for upcoming family nights and community events; we hope you'll join us and spend time with our Regency Birmingham.

We would also like to thank our staff, who serve tirelessly each day and provide love and care to our residents. We are grateful for those who come in each day with a smile and compassion for your loved ones.

We want 2024 to be filled with fun, connection and plenty of opportunities for families to join us when possible in the partnership of caring for their loved ones. We are expecting this to be our best year yet; come be a part of it! We cannot wait to serve you.

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





## Men's Lunch Out

The men enjoyed a special opportunity to connect and share a meal together during our men's luncheon.



## Ladies Tea

The ladies had a nice time of fellowship during our ladies' tea event at a local tea house.

## 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.*

## Regency Senior Living's mission is to



- S**erve our residents and families while
- E**ngaging in relationships
- R**especting individuality and
- V**aluing the contributions of those who
- E**volve our care every day

### DID YOU KNOW

#### **Did you know it's illegal to feed pigeons on the sidewalks and streets of San Francisco?**

Sure, a sprinkle of breadcrumbs to feed hungry birds may seem harmless but in the popular Californian city, you could get into trouble. San Francisco's Public Works Department explains this law is in place because there "are dozens of reasons why" you shouldn't feed your new pigeon friends, "but mainly: feeding pigeons harm our neighborhoods and also harms the birds.

#### **Did you know Winston Churchill was hit by a car and nearly killed during a New York visit?**

Talk about an all-American welcome! During a lecture tour in the U.S. in Dec. 1931, Winston Churchill was struck by a car while crossing Fifth Avenue and nearly killed. Fortunately, he survived the accident.

#### **Did you know Neil Armstrong once threatened to sue his barber for selling his hair?**

In 2005, Neil Armstrong once threatened legal action to his former barber who had earned \$3,000 for selling a lock of the astronaut's hair. The barber took no heed of the threat and went on to make over \$38,000 in 2016 by selling both the hair and the barber's comb and scissors.



## Super Bowl Party

February 11th

Join us for an afternoon of tailgating, food, fun, and of course, football!



## Valentine's Event

February 14th

Join us for our Valentine's event and enjoy music and chocolates.



## Fat Tuesday: A Fun Celebration of Mardi Gras, Mobile Style

We will be celebrating Mardi Gras with king cakes, Moon Pies and a history lesson on the beginnings of Mardi Gras in Mobile, Alabama.



## St. Patrick's Day Celebration

March 17th

Join in the fun as we celebrate St. Patrick's Day with all things green.



## Easter Brunch

March 23rd at 12:00 pm

This is a family event to celebrate Easter. Please invite your loved ones to join us.



## Mother's Day

May 9th

Join us as we honor and celebrate all mothers this Mother's Day.



## Memorial Day & Armed Forces Day Even

May 18th

Bring your family and join us for a BBQ event in celebration of Memorial Day and Armed Forces Day.

# Happy birthday



**WELCOME NEW RESIDENTS!** 

Ms. Evelyn Carr  
Ms. Victoria Rodger

**Employee**

Wendy Morris  
Thyisa Smith

Feb. 4  
Feb. 9

Clarence Merritt  
Sharquetta Turner Feb. 11  
Feb. 14

## SUDOKU

PUZZLE 1

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

PUZZLE 2

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

## FUN FACTS

- » February fluctuates between 28 and 29 days per year. The 29th day occurs every 4 years, during leap years.
- » February was officially added to the Roman calendar in 713 B.C.
- » The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days.
- » If you were born in February, your birthstone is an amethyst, and your flower is a primrose.
- » Over time, the length of February kept changing. At one point, it had as little as 23 days.
- » In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of August.

WORD FIND

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

FEBRUUM  
 ROMAN  
 LOVE

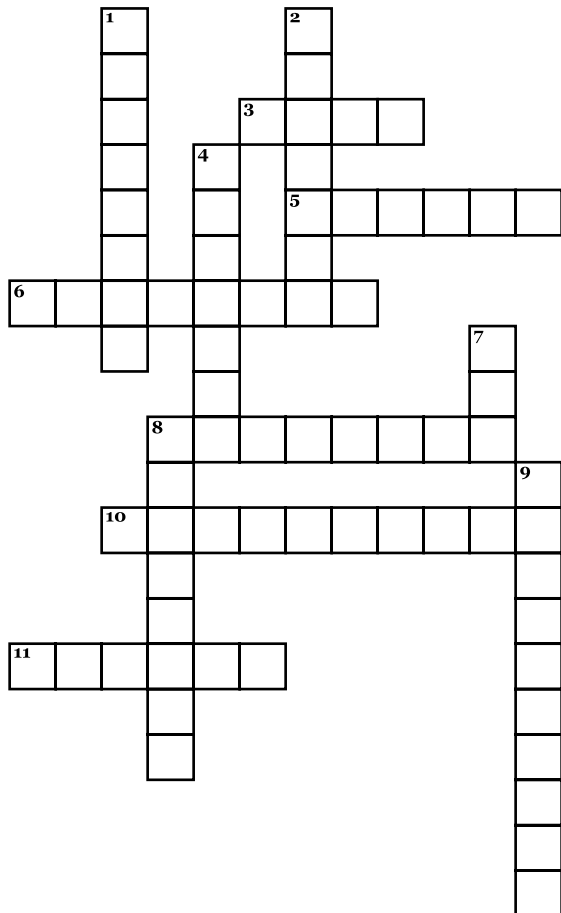
LUPERCALIA  
 COLUMBIA  
 BEATLES

PRIMROSE  
 WASHINGTON  
 SOL

MONATH  
 AQUARIUS  
 AMETHYST

LATIN  
 WELSH  
 SHUTTLE

CROSSWORD



Down

1. Space Shuttle \_\_\_\_\_
2. Famous british band, The \_\_\_\_\_
4. February in Latin
7. Mardi Gras is also known as \_\_\_\_\_ Tuesday
8. One of February's zodiac signs
9. American president George \_\_\_\_\_

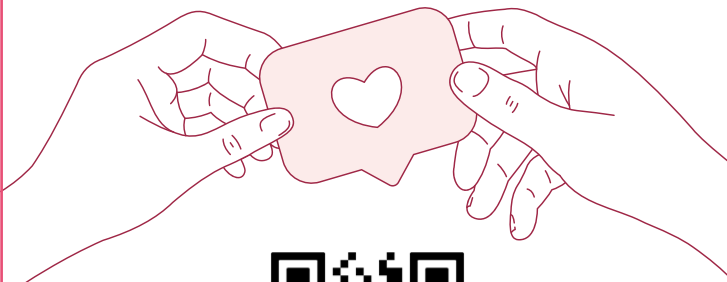
Across

3. "Sol-monath" means "\_\_\_\_\_ month"
5. In Welsh February is known as "y mis bach," which means "\_\_\_\_\_ month."
6. February's birth flower
8. February's birthstone
10. Roman festival of love
11. Roman Emperor \_\_\_\_\_ Caesar

# 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

### Pauline Balfour

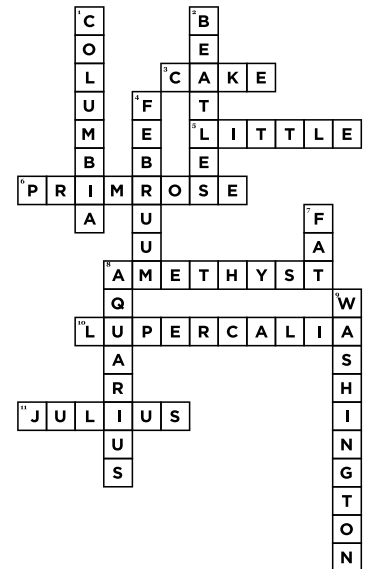


Pauline is a dedicated caregiver and is always attentive to her residents and their daily needs. She is always on time and her work ethic is admirable. She comes in each day with a smile and an attitude to serve. She lights up the Assisted Living department when she comes in. Her positive attitude is refreshing to us all. We are blessed to have her on our team.

Pauline, we appreciate you for your service.

## ANSWER KEY

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



## CONNECT WITH US

Facebook.com/RegencyBirmingham

RegencyBirmingham.com

Puzzle 1

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

Puzzle 2

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