

WHAT'S COMING UP

December 1

Giving Tuesday

December 1-7

National Handwashing
Awareness Week

December 7

Pearl Harbor Remembrance

December 10

Hanukkah Starts

December 12

Gingerbread House Day

December 12

National Poinsettia Day

December 18

Hanukkah Ends

December 20

National Ugly Sweater Day

December 21

National Crossword
Puzzle Day

December 21

Start of Winter Solstice

December 22

National Short Person Day

December 23

Festivus

December 24

Christmas Eve

December 25

Christmas Day

December 26-January 1

Kwanzaa

December 27

National Fruitcake Day

December 31

New Year's Day

DECEMBER 2020 NEWSLETTER



Residents, Family, and Friends,

It's already December; in the blink of an eye, another year has gone by! 2020 has been a challenging year for all of us, and I thank each and every one of you for helping us continue to keep our community a safe place for all residents and staff.

Thank you for the participation in the Thanksgiving celebrations. We hope you enjoyed the time you were able to spend with your loved ones.

Please remember to schedule your visits. We know that it will be cold soon and we have tentative plans in place for safe family visits to be held. We also have a new kiosk located in the lobby that will allow us to ask questions and also check your temperatures before your visit.

We thank you again for your patience and support through these trying times, and we wish each of you a very blessed holiday season.

Sonja Edwards,
Executive Director

FUN FACTS

- » December was originally the tenth month of the year in the Roman calendar. It gets its name from the Latin word “decem,” which means tenth. However, when the Romans added January and February to the calendar, December became the twelfth month. They still kept its original name.
- » Gone with the Wind premiered at Loew’s Grand Theatre in Atlanta, Georgia on December 15, 1939.
- » On December 17, 1903, Orville and Wilbur Wright, two brothers from Dayton, Ohio, ushered in the era of flight, and soared into history. Despite having no formal engineering training, the brothers defied gravity by making the first manned airplane flight in Kitty Hawk, North Carolina.
- » The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that were dyed green!
- » Times Square became the go-to place for New Year’s Eve revelers as early as 1904, but it wasn’t until December 1907 that the New Year’s Eve Ball made its first appearance.
- » The term Yuletide comes from a Norse tradition of cutting and burning a tree to bring in the Winter Solstice. This was to last through 12 days– later known as the 12 days of Christmas.
- » Frank Sinatra was born on December 12, 1915.
- » Illustrations in the first book version of ‘A Christmas Carol’ published in 1843 included kissing under mistletoe, something thought to have helped popularize the tradition.
- » In the 1790s, George Washington was the first U.S. President to serve eggnog. His recipe contained rum, whiskey, and sherry!
- » “Jingle bells” was composed in 1857, and not for Christmas. It was actually meant to be a Thanksgiving song.
- » The December birthstone is turquoise, and its flowers are the paper-white narcissus, holly, or poinsettia.
- » Christiaan Barnard and his team performed the world’s first human-to-human heart transplant operation on December 3, 1967. It was a major historical event and a significant breakthrough for medical science.
- » An ancient legend states that forest animals can speak in the human language on Christmas Eve!
- » December’s full moon rises on December 29, 2020. Look for the full moon to appear above the horizon just before sunset.
- » On December 14, 1791, the Bill of Rights was passed.
- » Dr. Pepper, invented by Charles Alderton, was first served on December 1, 1885, at the W.B. Morrison & Co. Old Corner Drug Store in Waco, Texas.
- » On December 2, 1927, The Ford Motor Company unveiled its second mass production model, the Ford Model-A, as its new automobile.

THREE INTERESTING CHRISTMAS TRADITIONS FROM AROUND THE WORLD



It won't surprise you that these holiday traditions look rather different in other parts of the world. Other cultures take their own approaches to the Christmas season, and some of their traditions are rather unique and interesting.

1- Hidden Brooms

Did you know that in Norway, people hide their brooms on Christmas Eve? The tradition dates back centuries to when people believed that evil spirits and witches emerged on Christmas Eve, searching for brooms to ride on. To this day, many people in Norway still hide their brooms in the safest spot in the house!

2- Roller Skating to Church

In Caracas, Venezuela, it's a tradition to roller skate to Christmas morning mass! In fact, roads are even blocked off until 8am to allow for this holiday custom to transpire safely.

3- Spiderweb Christmas

Many Ukrainians actually decorate their Christmas trees with artificial spiderwebs and spiders as they are believed to capture good luck, as a web would capture a spider's prey. The tradition is derived from a story about a poor family who woke up to a Christmas tree glittering with webs that turned into silver and gold.



FROM THE BLOG



Small Ways to Decorate Your Space for the Holidays

Fun decor is a great way to help you get in the holiday spirit! When you add small touches to your living space that sparkle and shine, it can be an instant mood lifter. So what will you do to decorate your space for the holiday season? We've got a few ideas that might help inspire you!

1- Arrange a wintry bouquet!

When you're decorating a small space, sometimes there just isn't room for a Christmas tree. So get creative with it. Arrange a small wintry bouquet with greenery, ornaments, and the like for a makeshift centerpiece.

2- Add a simple poinsettia.

Classic. Traditional. Beautiful. The poinsettia is a timeless holiday tradition. Add one or two to your space for an instant Christmasy makeover. These flowers also make great gifts for friends and fellow residents to help brighten their days!

3- String up some twinkle lights!

Add a little twinkle to your room for the holidays. You'd be surprised at the warm holiday glow that can be created with a few strands of lights. String them across your curtain rods, or over bookshelves to help set that holiday mood.

4- Make paper snowflakes.

Easy and fun, making white paper snowflakes is a seasonal pastime that yields inexpensive yet elegant decorations. We don't get much snow in the south, so we can make our own! You can easily hang them up around your space with string and tape.

5- Think wreaths.

Wreaths are classically Christmas, but you can make them out of all sorts of things other than garlands and tinsel. You can also get creative about where you hang them. Wreaths don't have to just be reserved for the front door. Hang small wreaths on the backs of dining chairs or even on your kitchen cabinets for fun, holiday flair.

No matter how you decorate, we hope you enjoy this time— the most wonderful time of the year. Find little ways to make your holiday season bright, and share that merriment with your friends and neighbors at Regency.



THREE FUN WAYS TO SPREAD HOLIDAY CHEER

01 Send a Christmas Card!

Sending a holiday card to a friend or loved one is a great way to help them get into the holiday spirit. Everyone loves a fun Christmas card to put on the fridge or the mantle.

02 Reach Out to a Long Lost Friend

Nothing like the holidays to drum up nostalgic feelings of Christmases past. So spread a little cheer this year by reaching out to an old friend or family member you haven't had time to talk with lately. A catch up session will do both of your hearts good.

03 Holiday Tunes

Play your favorite holiday album to help you and your neighbors tap into that cheer. There's nothing quite like Elvis crooning Blue Christmas, is there?

FEATURED RESIDENT

Lucky Payne

Lucky Payne was born on July 29th in Northeast Georgia, Cornelia. He attended high school at South Habersham. Lucky joined the Navy at the age of seventeen and retired after twenty years of serving his country. Lucky was married for forty-one years, and has a son, Pastor Payne, who is the minister of New Life Assembly of God in Woodstock, Alabama, daughter-in-law, Kim, and two wonderful granddaughters, Lizi and Lydia. Lucky worked for the Department of Transportation at the City of Tuscumbia, Alabama for twenty-one years. In his spare time, Lucky likes to work with computers and ministers everyday on Facebook. He also invites anyone to follow him by just simply searching his name on Facebook or they may connect with him via email at luckypayne@me.com.

Even though Lucky has lived at Regency for about three months, he would like to express how grateful and appreciative he is of his new home and neighbors. He would also like to thank the wonderful staff at Regency Retirement Village of Tuscaloosa.

DID YOU KNOW?

December 7th is National Letter Writing Day

There's something so special about a heartfelt, handwritten letter—especially in this digital age of smartphones and emails. For hundreds of years, a letter was the only way to get in touch with friends, family, and loved ones who were many miles away. Let's honor the handwritten letter on this holiday by writing to a friend, loved one, or even a fellow Regency resident! Happy letter writing, friends.

*Happy Birthday***Resident**

Louise Snyder Dec. 07
 Majorie Sullivan Dec. 07
 Gloria Keller Dec. 28
 Janet Butler Dec. 30

Employee

Kevin Vintson	Dec. 16	Veronica Sanders	Dec. 24
Shanchesta Darget	Dec. 20	Rosalind Chambers	Dec. 28
Carla Taylor	Dec. 20	Sharon Kirk	Dec. 29
Dorothy Prewitt	Dec. 22	LeAmber Benamon	Dec. 30

WORD FIND

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

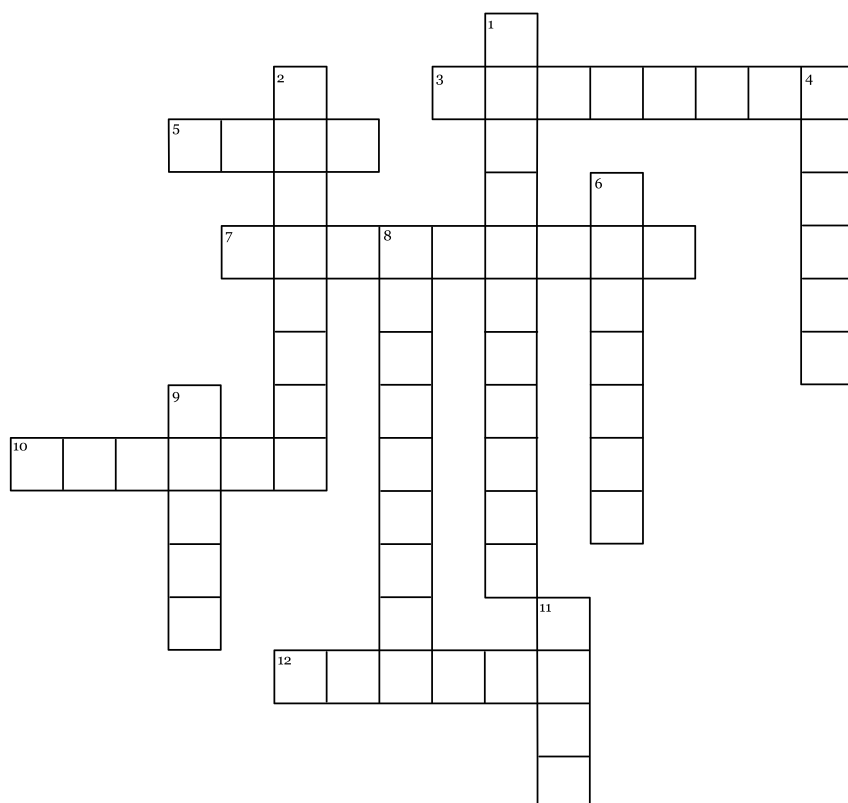
POINSETTIA
TREE
CAROLS

GIFTS
HOLLY
SNOW

WINTER
COOKIES
GINGERBREAD

MISTLETOE
TRADITION
YULETIDE

CROSS-WORD



Across

3. Orville and Wilbur Wright flew one in December 1903
5. You need this to have a "White Christmas"
7. Something you kiss under
10. Songs associated with Christmas
12. The coldest season of the year

Down

1. Cookie used to build edible houses
2. Hanukkah, Christmas, and Kwanzaa are _____ that take place in December
4. Drink typically enjoyed in the Winter
6. Children might leave these out for Santa
8. A custom or belief that has been passed on from one generation to another
9. "Deck the halls with boughs of _____!"
11. A Christmas decoration that can be live or artificial



EMPLOYEE OF THE YEAR

June Barnett

June Barnett has been employed at Regency for 5 years and 7 months as our front desk receptionist! She is a native of Pickens County and the 7th child of 10 siblings. June was employed by Alabama Power for 27 years before retiring in October 2010. June has one daughter and a beautiful 4-year-old grand-baby named Brooklyn. She loves serving in her church, decorating, doing outside yard chores, and spending time with her wonderful family. June absolutely loves coming to Regency to see the residents, and since being employed they have all become a part of her extended family. They are a blessing to her as well as she is to them. As long as the Lord blesses her with good health, she would love to continue being a part of the Regency family.

June would like to say thanks for choosing her as Employee of The Year.

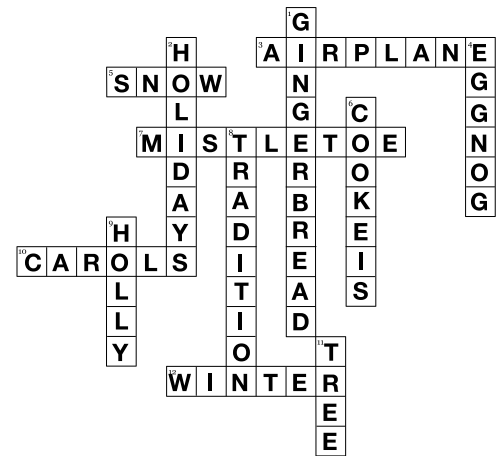
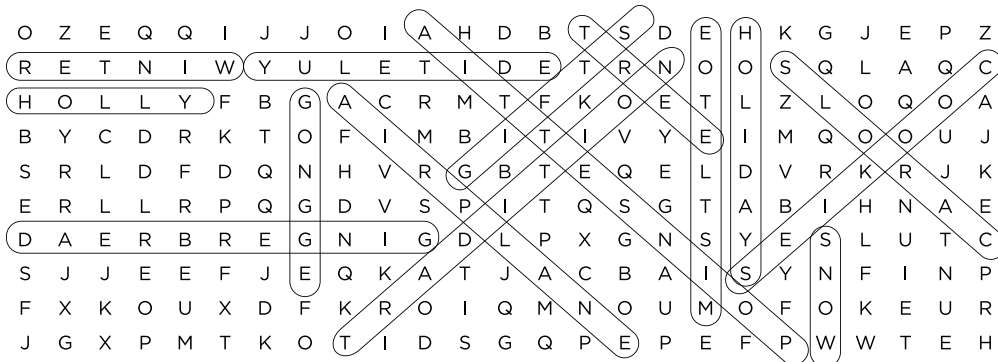
EMPLOYEE OF THE MONTH

Mary Ryan

Mary is happily married to Richard Ryan. They have four wonderful children: Makenzie age 20, Caden age 15, Colton age 11 and Ella age 9. She enjoys spending time with her family, fishing, and she loves the outdoors. Mary loves taking care of her residents and working at Regency Retirement Village.

We are thankful for all Mary brings to her work and to our community each day.

ANSWER KEY



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