

WHAT'S COMING UP

January 1

New Year's Day

January 3

International Mind-Body
Wellness Day

January 4

National Spaghetti Day

January 15

National Bagel Day

January 18

Martin Luther King, Jr. Day

January 19

National Popcorn Day

January 21

National Pie Day

January 24

Belly Laugh Day

January 25

Opposite Day

January 26

National Spouses Day

January 28

National Puzzle Day

January 31

National Hot Chocolate Day

JANUARY 2021 NEWSLETTER



Happy New Year Everyone,

Christmas is usually spent in a frenzy of shopping, eating, time with friends and family, and a calendar full of events. However, this season we were given the time to slow down. Although it is the pandemic that has created this challenging time, we look at this as an opportunity to evaluate and prioritize the things that we hold most important.

I speak on behalf of everyone here at Regency to say that we are so grateful for all of our residents, and it is your safety and well being that we feel is most important. Through these difficult times, Regency continues to follow Alabama state and CDC guidelines to ensure our residents' safety.

We are looking to begin 2021 with the same commitment to excellence for our residents, families, and staff. We are dedicated to making this year full of socially distanced activities including: resident games, outdoor concerts, wellness activities, and coordinating time with our residents' families here in our community. Until we can all be together safely, our prayer for you and your family is health, happiness, and peace in the year ahead.

Please continue to wash your hands, maintain a six-foot distance from others, and wear your mask to protect those around you.

*Warm Regards,
Sonja Edwards,
Executive Director*

WHAT WE'VE BEEN UP TO

December was a month of celebrating the magic of the holiday season. We have been engaging the residents inside the building in a wide variety of COVID-19 safe activities including but not limited to:

- » Christmas Eve parties
- » New Year's Eve countdown parties
- » Christmas Sing-a-long and trivia
- » Birthday parties and council meetings
- » Holiday snacks and goodies
- » 6-foot family visits and video calls

FUN FACTS

- » The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other to look forward into the New Year!
- » In Pasadena, California, there has been a Rose Parade held every year since 1890. It has since been broadcasted worldwide, and is typically viewed in more than 100 countries around the globe.
- » King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year.
- » Julius Caesar added the 31st day to the month, rendering it the full month of January we observe now.
- » Alaska officially became the 49th state of the United States on January 3rd, 1959.
- » The Dianthus caryophyllus is the birth flower of January— more commonly known as the carnation.
- » On January 1st, 1892, Ellis Island opened, allowing for the immigration of more than 20 million people!
- » January 5 brings Twelfth Night, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day winter solstice celebration. On Twelfth Night, it was customary for the assembled company to toast each other from the wassail bowl.
- » President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863.
- » January's birthstone is red garnet. It is said that the garnet represents balance.
- » The First AFL-NFL World Championship Game in professional American football, known retroactively as Super Bowl I, was played on January 15, 1967 at the Los Angeles Memorial Coliseum in Los Angeles, California.
- » On January 2nd, 1870, construction began on the Brooklyn Bridge to cross the East River, in New York City.
- » On January 5, 1920, the New York Yankees major league baseball club announced its purchase of the heavy-hitting outfielder George Herman "Babe" Ruth from the Boston Red Sox for the sum of \$125,000.
- » On January 15, 1861, Elisha Otis patented an independently controlled steam engine for elevator use (installed in 1862). This invention laid the foundation for the business that his two sons, Charles and Norton, carried on after his death as owners of what eventually became the Otis Elevator Company.
- » National Thesaurus Day is Monday, January 18, 2021.
- » Congress set January 7, 1789 as the date by which states were required to choose electors for the country's first-ever presidential election.

INDOOR ACTIVITIES TO KEEP YOU BUSY THIS WINTER



01 Read a book!

Books can be windows to the outside world, and new adventures in our minds. Discover new inspiring prose this winter while you hide from the cold.

02 Work a puzzle.

Puzzles are a great way to keep our hands and our minds busy indoors. They're fun, and when you're done, think of the sense of accomplishment you'll feel! Putting that last piece in place is always so satisfying.

03 Write a letter.

There's something cathartic about putting pen to paper, especially if you're corresponding with a friend or loved one. Try sending someone a little happy snail mail this winter.

04 Call an old friend.

It feels so good to have someone you care about reach out to check in on you. Do you have any friends or family members you haven't chatted with lately? Wintertime is a great time to rekindle relationships, and show up for those we love most.

05 Make a craft.

Whether it's decor for your living space or a gift for a friend, it feels good to create sometimes. Making something from nothing will spark your creativity, and is a fun way to pass the time.

WHAT'S NEW?



Visits and Video Chats!

Be sure to call us if you would like to schedule a six-foot visit or a video chat with your loved one(s). The Activities Department from your corresponding unit will schedule this for you, keeping you apprised of the latest rules and any changes.



FROM THE BLOG



21 Good Things That Happened in 2020

It's no secret that the last year has been a doozy. Everyone jokes about 2020 being the worst year ever. Though it was a notoriously difficult year for everyone, there are many silver linings, and positive things that have come out of this strange time. We want to dwell on those things, and share some of them with you! So here is a list of 21 good take-aways from 2020.

- 1** People had to slow down, and spend more time at home with their families.
- 2** Many folks rediscovered the joy of cooking at home, even preparing meals together and enjoying that time with the ones they love.



3 Many Americans have adopted and fostered pets in need during the pandemic, spreading a little love, and finding a little joy in the companionship that animals can bring.

4 People found new hobbies and joys like baking and gardening. Doing things with our hands is good for us!

5 Puzzles and board games made a comeback, and provided great opportunities to step away from the cell phones, iPads, and screens.

6 Many rediscovered a connection with the outdoors, as this has been the safest place to decompress.

7 First responders have gotten the praise they deserve for being everyday heroes for the work they do regularly.

8 We've been pushed to recognize how important educators are, and how vital their work is to our children and communities.

9 Many distilleries around the U.S. stepped up to make hand sanitizer due to shortage, banding together to create a widely needed item.

10 Major corporations such as Apple shifted production and resources to manufacture millions of masks to help keep people safe during the pandemic.

11 Crayola launched a box of crayons which included diverse skin colors, so all children could accurately color themselves and their families. Inclusivity is powerful!

12 Celebrities stepped in to surprise 2020 graduates at virtual commencement ceremonies. How cool is that?

13 Many musicians have used the power of social media to bring us new music and at-home concerts as live shows have been cancelled.

14 Work-from-home culture has made comfy sweatpants totally acceptable attire for everyday wear.

15 Restaurants have shifted the way they approach business, making take-out dining an appreciated commodity this year.

16 Drive-in movie theaters made a comeback, reminding us how fun simple joys can be.

17 NASA named its Washington, D.C. headquarters after their first Black female engineer, Mary W. Jackson.

18 Many families and friends connected safely with Zoom and other virtual platforms to stay in touch and engaged.

19 Amazon introduced new shipping boxes that can be converted into robot costumes or cat forts, spreading a little joy and fun while also encouraging reuse!

20 Walmart stores were closed on Thanksgiving Day this year to allow employees to stay home and celebrate with their families.

21 Telemedicine options have been developed to make healthcare safely accessible during the pandemic.

So no matter how tough things seem, there is always light to be found. Helen Keller said, "Keep your face to the sunshine and you cannot see shadow." As we press on through difficult circumstances, may we always find something to be thankful for and positive things to dwell on. *Cheers to all the beautiful things that happened in 2020, and all the good that will come our way in the year ahead!*





Traditional Southern New Year's Day Good Luck Meal

Per popular folklore, eating specific foods on the first day of the new year is said to bring good luck and good fortune throughout the year. This meal typically includes pork, collard greens, cornbread, and black-eyed peas, but why?

Well, cornbread is said to represent gold, pork prosperity, collard greens good fortune, and black-eyed peas growing wealth. Pork is considered a sign of prosperity in some cultures because pigs root forward. Greens resemble money, and specifically folding bills. Peas symbolize coins, and some say because they grow as they soak and cook, they represent growing wealth. Here's hoping 2021 brings prosperity, fortune, and wealth to us all!

QUICK FACTS ABOUT MLK DAY

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”
Martin Luther King, Jr.

MLK Day is January 18th, 2021. It is celebrated on the third Monday in January.

Martin Luther King, Jr. was actually born on January 15, 1929 in Atlanta, GA.

In 1980, Stevie Wonder released a song in honor of this iconic civil rights activist, celebrating his birthday and lamenting the fact that anyone would oppose a holiday remembering him.

This national holiday was observed for the first time in 1986.

It wasn't until the year 2000 that every state in the Union finally observed Martin Luther King, Jr. Day.



WORD FIND

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

PARADE

GARNET

CARNATION

YANKEES

ELEVATOR

LINCOLN

THESAURUS

RESOLUTIONS

NEW YEAR

ELLIS ISLAND

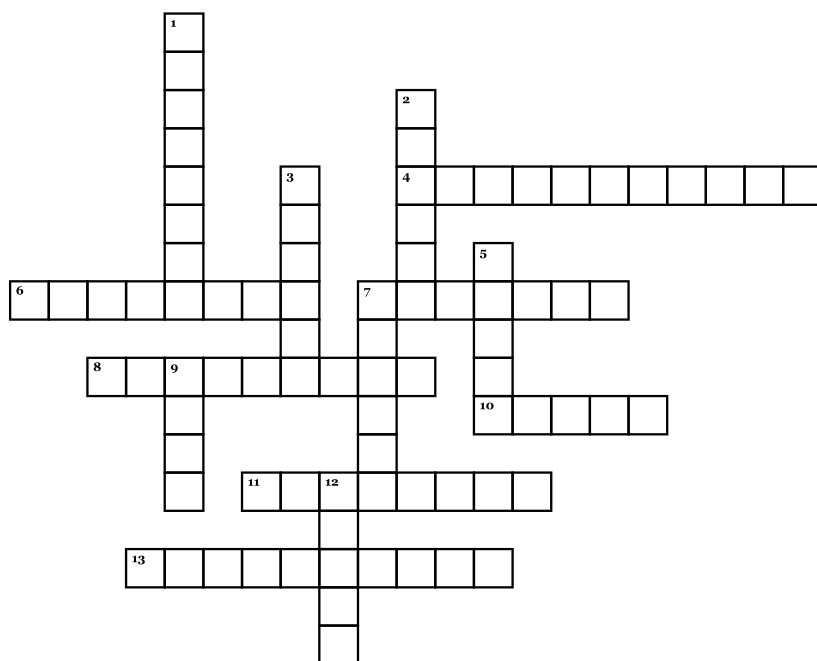
PRESIDENTIAL

MLK

MOLASSES

JANUARY

CROSS-WORD



Across

4. Declarations of goals made at the beginning of the year
6. You'll find plenty of these in a thesaurus
7. City where Martin Luther King, Jr. was born
8. This part of the traditional southern New Year's Day meal represents gold
10. Famous American Football Bowl
11. This sweet, thick liquid wreaked havoc on Boston in January 1919
13. First President of the United States of America

Down

1. This bridge crosses the East River in NYC
2. This gemstone is said to represent balance
3. This Roman general was responsible for adding the 31st day to the month of January
5. Roman god always depicted with two heads
7. The 49th state of the United States
9. Parade featuring floats covered in floral blooms
12. A _____ year has approximately 354 days



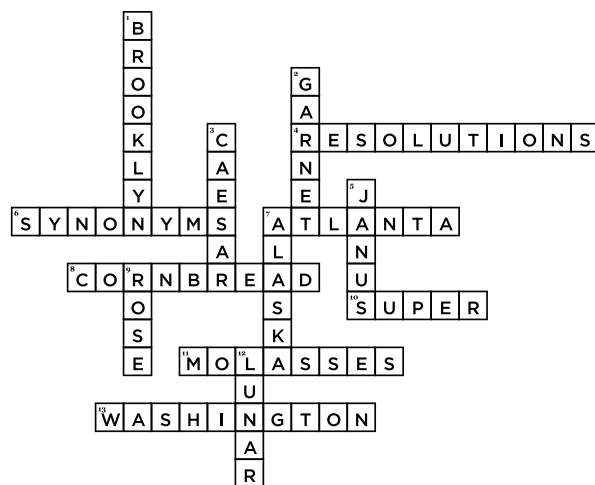
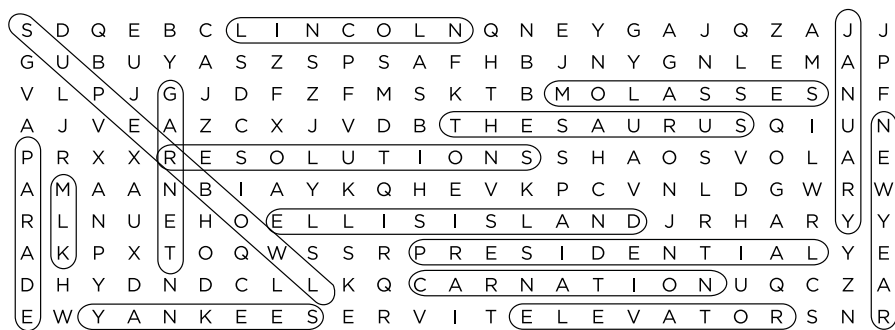
EMPLOYEE OF THE MONTH

Cedric May

Cedric May is our Employee of the Month for January 2021! It makes sense that we celebrate Cedric as a member of our team this January, as we kick off the new year with resolutions of our own! With a commitment to excellence, Cedric gives us all a great example of community support, teamwork, and work ethic with aspirational performance and service to our residents.

Congratulations, Cedric! Thank you from all of us here at Regency Tuscaloosa!

ANSWER KEY



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