WHAT'S COMING UP

February 1

National Freedom Day

February 2

Groundhog Day Candlemas Day

February 4

World Cancer Day

February 7

Super Bowl Sunday

February 14

Valentine's Day

February 17

Presidents' Day

February 19

Mardi Gras

February 25

National Chili Day



FEBRUARY 2021 NEWSLETTER



Dear Residents,

Hello! It's February, and the dawn of a new day. I cannot express how much I appreciate each and every resident as well as the staff who take care of you every day. We had our first COVID-19 clinic January 21st, and I thank you all for your participation. In this time of world unrest, I can say you all are the best family we could have, and I thank you. I love that we can come together and do any and everything possible for our residents. We will notify each of you of the second clinic when we get the date. Please stay safe everyone.

"Then the peace of God that exceeds all understanding will keep your hearts and mind safe in Christ Jesus."

Philippians 4:7

Sonja Edwards, Executive Director











FUN FACTS

- » Every Valentine's Day, Romeo and Juliet's hometown of Verona, Italy, receives more than 1,000 letters addressed to Juliet.
- » February 12 is Abraham Lincoln's Birthday. The 16th president of the United States was born in a one-room, 16x18-foot, log cabin with a dirt floor.
- » There was only one Grammy for Best Disco Recording ever, and it was awarded to Gloria Gaynor for I Will Survive in February 1980.
- » On February 28th, 1983, the CBS sitcom M*A*S*H ended after 11 seasons, airing a special two-and-a-half-hour episode watched by 77% of the television viewing audience.
- » Launching from Cape Canaveral, Florida, in February 1962, John Hershel Glenn Jr. successfully went into space aboard the Friendship 7 spacecraft on the first orbital flight by an American astronaut.
- » In February 1923, English archaeologist Howard Carter entered the sealed burial chamber of the ancient Egyptian ruler, King Tutankhamen, in Thebes, Egypt. He had been looking for King Tut's tomb since his first trip to Egypt in 1891.
- » The Valentine's Day tradition of giving a box of candy was started in the 19th century by Richard Cadbury, a scion of a British chocolate manufacturing family. With a new technique recently established at the company to create more varieties of chocolate, Cadbury pounced on the opportunity to sell the chocolates as part of the beloved holiday.
- » February's birthstone is amethyst, and its flower is primrose.
- » Chinese New Year 2021 falls on Friday, February 12th, 2021, and celebrations culminate with the Lantern Festival on February 26th, 2021. 2021 is the year of the Ox.
- » The western zodiac signs in February are Aquarius and Pisces.
- » February has been African-American History Month for more than 40 years.
- » On February 1st, 1893, Thomas A. Edison finished construction of the first motion picture studio, the Black Maria in West Orange, New Jersey.
- » The Southern Pacific Railroad completed its transcontinental "Sunset Route" from New Orleans to California on February 5th, 1883.
- » The Passion of the Christ, Mel Gibson's film about the last 44 hours of Jesus of Nazareth's life, opened in theaters on February 25th, 2004, eventually earning more than \$370,700,000.
- » February's full moon, the Snow Moon, reaches peak fullness at 3:19 A.M. EST on Saturday, February 27, 2021. Look skyward on Friday night to catch the best view of this full moon!
- » Groundhog Day, February 2nd, is based on a German superstition. In Germany, though, it's not a groundhog that forecasts either an early spring or a longer winter— it's a badger.
- » February is National Snack Food Month. Way before the Super Bowl took over the first weekend of February, the month was pretty slow for snack sales—and National Snack Food Month was born.
- » February got its start as a spring-cleaning festival. Well, kind of. It's named after one. "Februar" was an early Roman festival and cleansing ritual held on the 15th of February.
- » Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.
- » February is one of the most frequently misspelled words in the English language. In 2015, even the White House press office got it wrong—several times over the course of the month.

BLACK HISTORY MONTH

Ways to Celebrate Black History Month

February is Black History Month, and there are a lot of little ways we can celebrate. Here are a few ideas:

- » Support a black-owned business.
- » Spend time reading about black history and civil rights.
- » Donate funds to a black organization.
- » Read a book by a black author.
- » Learn about a hero of black history.
- » Read the biography of an influential black figure.







QUICK FACTS ABOUT VALENTINE'S DAY















More than 5 million American households also gave their dogs valentine gifts last year.

Richard Cadbury, son of Cadbury founder, introduced the first heart-shaped chocolate box for Valentine's Day in 1861.

In many Latin American countries, in addition to celebrating couples, this holiday shares focus on showing gratitude to friends.



Self Care Quote Corner

"It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself."

-Diane Von Furstenberg

"A man cannot be comfortable without his own approval."

-Mark Twain

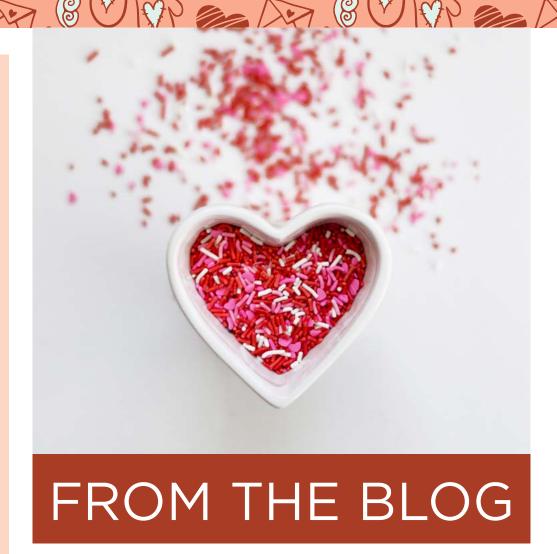
"You yourself, as much as anybody in the entire universe, deserve your love and affection."

-Buddha

"Love yourself first and everything else falls into line."

-Lucille Ball





The History of Valentine's Day & Other Interesting Facts

On February 14th, all across the world, loved ones exchange greeting cards, chocolate candy, flowers, and other tokens of affection all in the name of St. Valentine. But what do we really know about the origins of this holiday of love? Who is this saint, and where do these traditions come from?

3 SAINTS 1 HOLIDAY

The Catholic Church actually recognizes three different saints named Valentine or Valentinus, all of whom were martyred. That said, one popular legend contends that Valentine was a priest who served in Rome during the third century. When Emperor Claudius II decided that single men yielded better soldiers than men who were married with families, he outlawed the marriage of young, able-bodied men. The priest, Valentine, saw such injustice in this decree that he defied the ruler, continuing to perform marriages in secret. When discovered, Claudius ordered that the priest be put to death.



VALENTINE'S ACCORDING TO THE ANCIENT ROMANS

While some believe that Valentine's Day is celebrated mid February to commemorate the anniversary of the death of Valentine, which likely occurred around A.D. 270, others claim

that the Christian church may have decided to set St. Valentine's feast day in the middle of the month in an effort to Christianize the pagan celebration known as Lupercalia. Lupercalia was celebrated at the ides of February (February 15th), and was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to Roman founders, Romulus and Remus.

VALENTINE GREETINGS

Although written Valentines didn't begin to appear until after 1400, Valentine greetings date back to as early as the Middle Ages. The oldest known valentine still in existence today was a poem written by Charles Duke of Orleans to his wife in 1415 while he was imprisoned in the Tower of London. That particular artifact is now a part of the manuscript collection of the British Library in London.

By the middle of the 18th century, Valentine's Day began to be popularly celebrated. It became custom for friends and lovers of all social classes to exchange small tokens of their feelings, including handwritten notes. By 1900, printed cards began to replace the letters as a result of improvements in printing capabilities.

Though Americans probably began exchanging hand-made valentine notes in the early 1700s, it wasn't until the 1840s that Esther A. Howland began selling the first mass-produced valentines in America. Known as the "Mother of the Valentine," Howland made elaborate valentines with real lace and ribbons, as well as colorful pictures. Today, people continue this tradition of sending cards, and it's estimated that each year, roughly 145 million Valentine's Day cards are sent.

MORE INTERESTING VALENTINE'S DAY FACTS

Vinegar Valentines— During the Victorian Era, those who didn't want attention from certain suitors would anonymously send "vinegar valentines," also sometimes referred to as "penny dreadfuls," to ward them off. These cards were filled with comical insults and rejections for unwanted admirers.

Wear Your Heart on Your Sleeve— The turn of phrase "wear your heart on your sleeve" may have originated from a Roman festival during the Middle Ages during which men would draw the names of women who they'd be coupled up with for the upcoming year, wearing those names on their sleeves to show their bond during the festival.

The Beginning of Cupid— The cherub sporting a bow and arrow that we all recognize as Cupid has long been associated with the Valentine holiday; however, before he was renamed "Cupid," this figure was known to the ancient Greeks as Eros, the god of love. The son of Aphrodite, Eros used two sets of arrows, one for love and one for hate, in order to toy with the emotions of his targets.

X Means Kiss, But Why?— We've come to recognize X as a symbol for kiss, but where does this meaning come from? The use of the letter X came to represent Christianity or more specifically the cross in the Middle Ages. During that time, X was used to sign off on documents, and after marking them with the X, the writer would often kiss the mark as a sign of their sworn oath. Those records were said to have been "sealed with a kiss."

Though Valentine's Day has an intriguing history, it's become something we look forward to celebrating now with our friends, families, and significant others.

There's never a bad time to show a little love to those around us, but it's also nice to have a whole day each



calendar year to dedicate to doing just that. Here's hoping you can show and feel some love this February 14th, and every other day of the year too!

FEATURED RESIDENT

Foy Barge Sr.

Foy Barge Sr. was born in Pine Apple, Alabama on January 1st, 1921 to Jeff and Bertha Barge. He celebrated 100 years of life on January 1st, 2021. He retired as sergeant from the United States Army, and as foreman at Inland Steel, Hammond, Indiana. He began his military career as a member of the famed Buffalo Soldier Cavalry, and was awarded a Bronze Star. Foy loves famous Corvettes, and he has had about ten different Corvette cars. Presently, he resides here at Regency Retirement Village in Tuscaloosa, Alabama. He is loved by his brother, Mansfield of Selma, and other family members and friends.

HAPPY BIRTHDAY!

Resident	Employee			
Alferd Sexton Feb. 16	Tyneshia Taylor	Feb. 10	Stascia Thomas	Feb. 17
Ralph Kards Feb. 20	Kymberly Stallworth	Feb. 13	Rikki Billingsley	Feb. 20
Ray Keeton Feb. 27	Ruby Lavender	Feb. 15	Trishanna Benefield	Feb. 27
Freddy Miller Feb. 28	Lindsey Madison	Feb. 15		

LOVE LANGUAGE BREAKDOWN

You may already be familiar with the concept of love languages, but this concept is a fascinating one that can help us better understand the ways in which we (and others) give and receive love. In his 1992 book, Gary Chapman outlines five general ways in which people express and experience love, which he refers to as "love languages."

Chapman asserts that each person has a primary and secondary love language, and tapping into and understanding this about ourselves and our romantic partners can lead to better understanding and more overall success in relationships.

Do you know what your love language is?

The 5 Love Languages

Acts of service Gift-giving Physical touch **Quality time** Words of affirmation

WELCOME NEW RESIDENTS!



Gail Eberhardt Maurice Lary **David Briton** Frank Wyatt Mary Whitaker

LINCOLN

OX

WORD FIND Υ Α Q J Ε Α Q Α Ζ F K Ε G Α Ε Υ Q C Т Ζ F R D S R Ρ Κ R 0 Р Α Μ Μ G Μ Р Н W В Н G K Ι Ζ Χ Τ Α 0 Ζ Т Ε R K Τ ٧ S U U R Α Ν Υ L Υ Α Μ J 0 Η 0 R Τ R D F F Τ G S K Η D Ζ Ζ R C Χ Χ 0 L Т V В Χ G Т V 0 L D Ι S Н Н Q D Ε R Ρ Т U Ε 0 L Ζ Q R Υ Ε R 0 0 Q Ρ Υ V Χ Α Μ 0 Ν Q Q Ν Ν Ν Μ L U Υ K Χ Ε L В J Α 0 Α Χ 0 Η S Α J F R 0 G D Т R Ν Ε Q U R S U Τ C Τ S Q R Т Ρ Α U Α Α Ν Η 0 Α G S Υ Ε Χ Α Т D F Ε В R U R Υ S U М Α 0 Ν S D S S В S Ρ S C Κ Ε U R Α Η 0 G R М Μ Υ G **FEBRUARY AMETHYST AQUARIUS VALENTINE** MASH GROUNDHOG **PRIMROSE PISCES RAILROAD HEARTS**

ASTRONAUT

CROSS-WORD Across 4. Receiver of thousands of letters every Valentine's Day 7. The central figure in the annual Groundhog Day celebration, familiarly 8. "Mobile _____ Army Hospital" 9. Sole winner of the Best Disco Recording Grammy 11. These can be found in heart-shaped boxes this time of year 12. Flower that expresses you can't live without someone **Down** 1. King whose burial chamber was unsealed in February 1923, familiarly 2. The ancient Roman god of love 3. Home state of Cape Canaveral 5. Inventor behind America's first motion picture studio 6. Year with an extra day 10. "This is the dawning of the age of _____

LOVE

GRAMMY

Thank You,

for your outstanding service & care!

EMPLOYEE OF THE YEAR

June Barnett

June is an exemplary employee, and a wonderful asset for our residents and community alike. Our team is better because we have her on it, and we can't thank her enough for all she brings to our amazing Regency family. Thank you, June!

EMPLOYEE OF THE MONTH

Lori Keim

Lori Keim has been a nurse for 30 years. The last 15 years has been dedicated to her heartfelt passion, Alzheimer's Disease and dementia. She moved to Tuscaloosa to be with her husband in 2018. She is a proud mother of five children and twelve grandchildren, all of whom live in Florida. She loves to travel but hasn't been able to lately due to COVID-19. Lori absolutely loves being a nurse, and working at Regency Retirement Village.







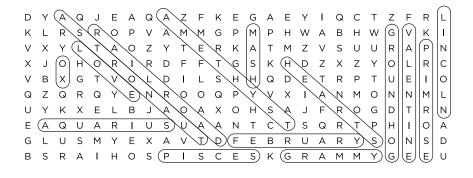


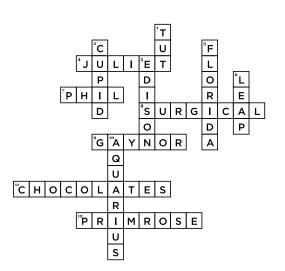






ANSWER KEY





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