

WHAT'S COMING UP

December 4th

National Cookie Day

December 6th

Hanukkah Ends

December 7th

National Letter Writing Day

December 17th

National Ugly Sweater Day

December 24th

Christmas Eve

December 25th

Christmas Day

December 26th

Kwanzaa Begins

December 31st

New Year's Eve



DECEMBER 2021 NEWSLETTER



To our wonderful residents, families, employees, and friends,

What a blessing it is to have the opportunity to greet each of you through your monthly newsletter! First off, let me say thank you for the honor of serving each and every one of you! It is a true privilege to work in an industry in which you feel you are making a difference in someone's life each day.

I hope each of you who joined your family for Thanksgiving enjoyed that precious time together. We truly desire to move forward with opening things up as we have the ability to do so. We have truly missed our residents' families, and look forward to getting back to normal as soon as we can!

I wanted to share with you that we will be implementing a new communication tool whereby we will be able to make multi-calls with phone messages about everything from changes in visitation, to weather concerns and safety updates, to event plans like Thanksgiving and Christmas. We know that communication is the key to confidence in our care, and brings peace-of-mind for our families.

Lastly, as the Chief Operating Officer for Regency, I am in the final process of interviewing candidates for the position of Executive Director for our beloved Tuscaloosa community. I am committed to finding the very best leader, someone who has a servant's heart, and has the business acumen to handle the day-to-day business that will establish Regency as the best in the market! I pray that this letter finds you happy and healthy through this season of thankfulness and giving. Let us be mindful during this time of the most sacrificial gift that mankind has ever received— Jesus. We know that those who receive Him in their hearts will enjoy His peace both here and in Eternity.

Jeff Clay,
Chief Operating Officer

JUST FOR FUN

**Which celebrities have December birthdays?**

Amanda Seyfried, Sammy Davis Jr. Zach Galifianakis, Nicholas Hoult, Zoe Kravitz, Emily Dickinson, Jeff Bridges, Jane Austen, Frank Sinatra and Nelly Furtado were all born in December.

What exactly does December represent?

December, oddly enough, is regarded as the height of winter, and most people think of it as a cold month; however, that's only the case in the northern hemisphere!

FUN FACTS

- » December's traditional birthstone is turquoise. It is considered a symbol of good fortune and success. Zircon and tanzanite are also considered to be December birthstones.
- » December's birth flowers are the holly (*Ilex aquifolium*) and the paperwhite Narcissus (*Euphorbia pulcherrima*)— a relative of the daffodil with lovely white blooms.
- » Look skyward on the night of December 13th after 9:00 p.m. for a chance to catch a glimpse of the Geminid meteors. The Geminid meteor shower is the most active shower of the year.
- » This year, the peak of the meteor shower lands just one day after the new Moon, meaning that the sky will be nice and dark— perfect for stargazing! If the sky is clear and temperatures aren't too chilly, it's worth venturing outside to try to see the Geminids.
- » The Anglo-Saxons called December "Winter monath" or "Yule monath" because of the custom of burning the Yule log around this time.
- » After many Anglo-Saxons became Christians, they called December "Heligh monath" or holy month, because Christmas, the birth of Jesus, is celebrated in December.
- » December often marks the beginning of rain, snow, and cold weather.
- » Common decorations on a Christmas tree each have their specific meanings. Candles represent the light of the world, the star at the top is a reminder of the first Christmas night, and candy canes are to represent the shepherd's cane.
- » Not a carol at all, the song "Jingle Bells" was composed in 1857, and not for Christmas— it was actually meant to be a Thanksgiving song!
- » Christmas was banned in England for 13 years! In 1647 Oliver Cromwell, an English Puritan leader, banned the festivities of Christmas for being seen as immoral on such a holy day. The ban was lifted in 1660.
- » There are fewer daylight hours in December in the northern hemisphere than in any other month.
- » We withdraw more money from banks in December than in any other month.
- » The stock market traditionally sees more activity in December than in any other month. This has been described as the "Santa Claus Rally."
- » December as described in Shakespeare's *As You Like It*: "Men are April when they woo, December when they wed."

AMAZING FACTS ABOUT THE ALPS



- » The Alps stretch for around 1,200km, or 750 miles in total– that’s a lot of ground to cover!
- » The Alps stretch across many different countries, starting in France and ending in Austria. On the way, the mountains traverse Monaco, Germany, Slovenia, Switzerland, Liechtenstein and Italy.
- » The absolute highest point in the Alps is a mountain you may have heard of– Mont Blanc, which means “White Mountain” or “White Peak.” It’s around 4,810 meters tall, or 15,782 feet up!
- » The Alps are just as popular with tourists in summer as they are in winter.
- » The average height of the mountains you can see across the Alps is around 2.5km, or an equivalent of 1.6 miles.
- » It’s thought that the Romans used to mine for gold here– and there were once rich copper mines across the Alps, too!
- » The Alps are permanently covered in snow, and are coated in glaciers year round.
- » It’s thought that the Alpine stretch may play host to more than 13,000 different varieties of plant! Not only that, but 30,000 different animal species live across the region as well.
- » More than 120 million people venture out to see these magnificent mountains each and every year!
- » Avalanches can be seriously deadly for anyone staying in or traveling across the Alps. In fact, you’re most likely to see avalanches sometime between November and June. So, if you really want to stay safe, travel during the summer!



The History of the Christmas Tree

The Christmas tree has become such an integral part of the way we celebrate this important holiday. Whether you prefer a live or artificial tree, white or colored twinkle lights, glass ornaments or handmade, you probably have traditionally put up and decorated a tree with your family and loved ones in the days leading up to December 25th. But when did this tradition begin and why?

The history of the Christmas tree actually dates all the way back to ancient Egypt and Rome, and continues with the German tradition of candle lit Christmas trees which made their way to America back in the 1800s.

All the Way from Germany

Our holiday tradition of tree trimming can be credited to the Germans, as in the 16th century, devout Christians brought decorated trees into their homes. It's also a widely held belief that it was Martin Luther, the Protestant reformer, who was the first one to add candles to a tree, inspired by a late night walk and the brilliance of the stars blinking among the evergreen trees. To recreate this beauty for his family, he affixed lighted candles to a tree in the main room of his home. In the early 20th century, Americans started to adopt

this tradition, decorating their own trees with mainly homemade ornaments, while the German-Americans continued to use items like apples, nuts, and marzipan. Of course, electricity brought Christmas lights that could remain aglow for long periods of time, and with this, Christmas trees began to pop up in town squares across the country.

Rockefeller Center Tree

The official lighting of this iconic Christmas tree began in 1933, and has continued ever since. The tallest ever Christmas tree displayed at Rockefeller Center arrived in 1948, and it was a Norway Spruce measuring 100 feet tall. Nowadays, his iconic Christmas tree is generally decorated with more than 25,000 Christmas lights, and each year, millions of people make it a mission to lay eyes on this incredible holiday display in New York City.

Every Christmas tree, no matter how grandiose or humble, serves to help us usher in the spirit of the season, and decorating them has become a beautiful tradition for many Americans.



5 FUN FACTS ABOUT THE CLASSIC *WHITE CHRISTMAS*

The holiday classic film, White Christmas, was released in 1954, and whether or not you're a fan of musicals, you've likely seen this one a time or two around the holidays. You can probably sing along to most of the numbers in the movie, but there are likely a few things you didn't know about the film and its production. For instance...

- 1. The film's title track predates the movie by more than a decade!** The song White Christmas was composed by Irving Berlin in 1940, and sung by Bing Crosby on his Christmas radio show long before the movie was produced.
- 2. The film was originally set to star Bing Crosby and Fred Astaire.** The project was initially conceived as the third installment of an unofficial trilogy of musicals starring Bing Crosby and Fred Astaire, of which *Holiday Inn* and *Blue Skies* were the first two.
- 3. Danny Kaye was a last minute casting decision.** Donald O'Connor was originally set to play the character of Phil Davis, but he fell ill shortly before production began. Danny Kaye was offered the role and requested a salary of \$200,000 plus a percentage of the film's gross. They honored his request!
- 4. Rosemary Clooney could not dance.** Singing is her bread and butter, and you'll note that Clooney only has two short dance scenes in the movie, both of which have very simple choreography.
- 5. Crosby wasn't fond of the "Sisters" scene.** Apparently, Bing Crosby was uncomfortable doing this scene, and in an effort to loosen him up, Danny Kaye improvised the bit where he hits him with the feathered fan. That laughter on camera is completely authentic!



FEATURED RESIDENT



William “Billy” Wilson

William “Billy” Wilson was born July 7th, 1952 to his wonderful parents, George and Judy Wilson, in Tuscaloosa Alabama. Billy had one brother named George Jr. After graduating from Tuscaloosa County High School, Billy started working at Phifer Wire, retiring after thirty years. He has a niece named Danna, and a nephew named Chad. They both have two sons, who Billy loves so much. Billy loves dogs, and his favorite was Nat, a Doberman pinscher. He had Nat for about fourteen years. Billy’s favorite food is BBQ ribs, and he used to love going to Dreamland BBQ. His favorite hobby was boxing. He loved going to the gym and boxing with buddies Mike Hudson and Edger Ross. Billy has been at Regency of Tuscaloosa for four years now, and he has made many friends during his time here. He said he is grateful for all the staff members who have helped take care of him.

REASONS TO SEND OUT HOLIDAY CARDS THIS YEAR

The holiday season is all about family, friends, love, and joy. Sending holiday cards is a great way to celebrate this incredible holiday, and here are a few reasons why you should consider sending cards this year.

- 1. Spread the holiday spirit!** Think about how warm and fuzzy you feel when you receive a card from a friend or family member!? Share the love.
- 2. Reconnect!** Sending a card during the holiday season is a great way to reach back out to folks you may have lost touch with– just in time for Christmas!
- 3. Show love.** Remind someone how important they are and how much they mean to you with a simple Christmas card.
- 4. Practice gratitude.** Sitting down and putting pen to paper is a great way to remember your blessings! A holiday card lets you share that gratitude with someone else too.

So grab a pack of Christmas cards, some stamps, and your favorite pen. It’s time to spread that Christmas cheer.



WELCOME NEW RESIDENTS! 🏠

Bobby Keith



Happy Birthday!



Resident

Louise Snyder Dec. 7
 Marjorie Sullivan Dec. 7
 Beth Kidder Dec. 20
 Gloria Keller Dec. 28

Employee

Taressa Dorsey Dec. 12
 Carla Taylor Dec. 20
 Dorothy Prewitt Dec. 22
 Veronica Sanders Dec. 24

WORD FIND

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

SAGITTARIUS
 CHRISTMAS
 TURQUOISE

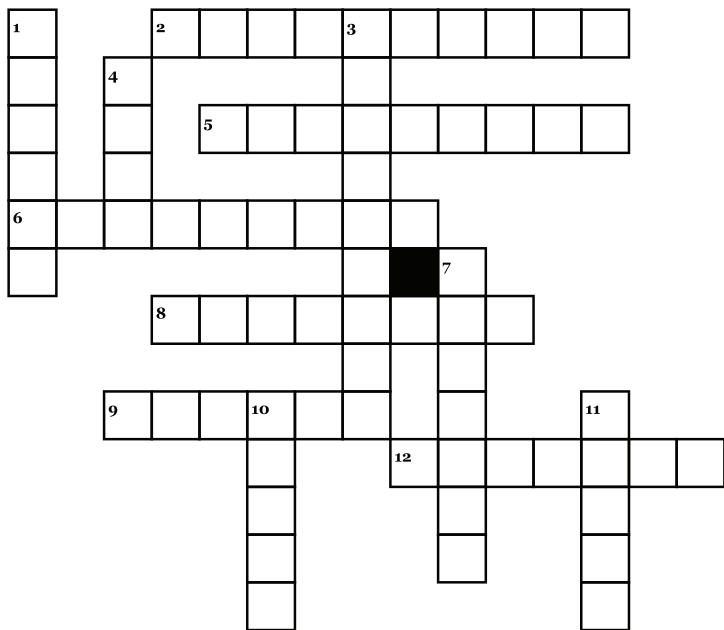
TANZANITE
 CAPRICORN
 SHEPHERD

SOUTHERN
 BELLS
 HOLLY

STAR
 DECEMBER
 SOLSTICE

CANDLES
 JINGLE
 CANES

CROSS-WORD



Down

1. What the Anglo-Saxons called December
3. Jingle Bells was composed in 1857, and is not a _____ Carol
4. Common decoration on a Christmas Tree
7. A December Meteor Shower
10. December's birth flower
11. In the stock market, December is also known as _____ rally

Across

2. December 28th is considered to be the _____ day of the year.
5. One of December's Zodiac signs
6. December's traditional birthstone
8. Walt Disney was born in _____
9. December 13th is also known as the festival of _____
12. Christmas was banned in _____ for 13 years!

EMPLOYEE OF THE YEAR

Yolanda Richardson

“Thank you very much for selecting me as the Employee of the Year. This is an honor that I will treasure forever. It takes a special person to be a caregiver, and do it the right way. It can become challenging at times, but the reward pays off. Taking care of seniors and helping them have a better quality of life while improving their health has been the repayment. I like making sure the residents get their medication and food on time.

I am from Tuscaloosa, Alabama. I am married with two children and a grandson whom I love dearly. I love traveling and making myself available for my children. I’ve been in the healthcare field for more than 20 years as a Caregiver and CNA. I go above and beyond my duties to make sure my residents are taken care of, and I work to make them feel safe and secure. Again, thanks for selecting me as your Employee of the Year.”

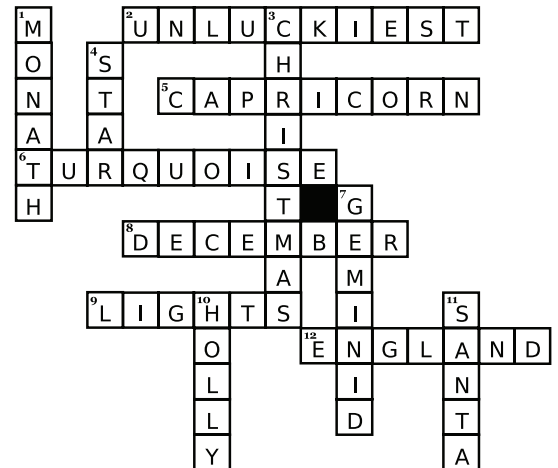
EMPLOYEE OF THE MONTH

Emma Plowman

Our employee of the month for December is Emma Plowman. Emma is an 18-year-old graduate from Victory Christian homeschool. Her hobbies include spending summer days on the river with her family and friends, painting, and deer hunting with her 22-year-old brother, Hunter. Her favorite place to eat out is Taco Casa. She has two fur babies, one 11-year-old rescue dog named Twister, and another 1-year-old dachshund named Smokey. Emma said she loves her job because she likes to hear the residents talk about their lives. She also enjoys the caretaking aspect of her role. “It’s an amazing feeling helping someone who really needs it,” she said. Emma is also a huge Alabama fan, and she is grateful for the opportunities she has as a Regency employee.


ANSWER KEY

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



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