

WHAT'S COMING UP

February 1st

National Freedom Day

Chinese New Year

Black History Month Begins

February 2nd

Groundhog Day

February 4th

National Wear Red Day

February 12th

Lincoln's Birthday

February 13th

Freedom Chess Academy
Classes Begin

February 14th

Valentine's Day

February 16th

Manicures

February 21st

Presidents' Day -
Washington's Birthday



FEBRUARY 2022 NEWSLETTER



Hello Families and Friends,

We are rockin' and rollin' here at Regency Retirement Community!

I have been communicating with many of you through our Call Multiplier. If you are not getting those communications, please email me at janderson@regencytuscaloosa.com.

You may have noticed that there have been some small changes already taking place at Regency. Our employees are embracing the change and helping move the facility into a more vibrant place to live. Many of your loved ones have become accustomed to being in their rooms and social distancing. We are all striving to move out of those habits and become more active agers.

In the dining room, we have purchased new tablecloths. We are currently working creating an environment that feels more at home with china and glassware. If you or your loved one has a set of china that would benefit the residents, please email me. I realize that dinnerware is rarely used today, but we would like to bring back the beauty of dining at home.

Come visit us on Saturday, January 22 at 2:00 p.m. We are fortunate to have the AFROS come sing for our residents and families. The AFROS are an amazing choir group from UA. We, at Regency, look forward to bringing in more community involvement and relationships.

If there are ideas that you have to move our facility to the "Next Level," please do not hesitate to communicate with a staff member. We offer a facility that has caring individuals, and we strive to serve you and your loved ones as best as possible.

Jennifer Anderson,

Executive Director



Christmas Party

Regency Tuscaloosa knows how to have a party! Our Christmas party with family and friends was a hit. We even had some special guests stop by, Santa and Mrs. Claus!



Rolling in the New Year

We rocked and rolled into the new year like it's 2022! Residents and staff alike celebrated the new year by sharing resolutions, enjoying each other's company, enjoying fond memories of 2021 and looking forward to what 2022 will bring.



New Life Assembly of God

Mrs. DeAnna Smith from New Life Assembly of God Woodstock, AL teaches our Bible Study class on Wednesday mornings. Mr. Jagoe dedicated his life to Christ Wednesday, January 5th, 2021. Thank you for your time and service, Mrs. Smith and congratulations Mr. Jagoe!

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” — Matthew 28:19-20



Penny Auction

Residents enjoyed a Penny Auction hosted by Melissa Tate from Comfort Care. Each person received a collection of pennies which they could then use to bid of items from the auction. Good times were had by all!





Happy
Valentines
Day

Valentine's Day Party

February 14th at 2:00 pm

Join us for our Valentine's Day Party! We will be celebrating the day of love with all residents, and even crowning a Valentine's Day king and queen. Be dressed to impress!



Manicures

February 16th at 1:30 pm

Who doesn't love getting pampered? Shelton State Spa team will be doing manicures for any residents who are interested in treating themselves to a spa day.



Freedom Chess Academy

Sundays from 2:00 pm - 4:00 pm

Starting March 13th

Students ages 5-10 accepted. There will be no charge for classes and volunteers are welcome. Email Brittani Henderson at bhenderson@regencytuscaloosa.com to complete your volunteer form. Classes will be held on Sundays from 2:00 pm - 4:00pm in the activity room beginning March 13th. We will only accept 20 total students. Please inbox today to hold your spot. We will send you a confirmation email. Please follow the proper check in procedures:

- » Come through the front door
- » Masks are mandated the entire time you are in the building
- » Check in at the front desk kiosk
- » Go straight to the activity room

FUN FACTS

- » February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.
- » The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.
- » If you were born in February, your birthstone is an amethyst and your flower is a primrose.
- » The western zodiac signs in February are Aquarius which is until February 19th, and Pisces, which is until March 20th.
- » 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 Northern and Southern Hemispheres, February is the equivalent of August.
- » The name of February comes from the Latin word “februum” which means purification.
- » February was named after a purification ritual which was like an early Roman spring cleaning festival.
- » In Welsh, February is sometimes known as “y mis bach” which means “little month.”
- » February and January were the last months added to the Roman numeral calendar.
- » The Saxons called February “Sol-monath” which means “cake month” because they would offer cakes to the gods during February.
- » Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word “February” before in a press release!
- » February is the only month where it’s possible to go the entire time without having a full moon.
- » February has been Black History Month for over 40 years.
- » The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a “leaper” or “leapling.”
- » February, March, and November always start on the same day of the week unless it is a leap year.
- » It was in February 1964 when The Beatles made their first American television appearance on the “Ed Sullivan Show.” Over 73 million Americans watched!
- » There are many U.S. states that entered the Union during the month of February. These include Massachusetts, Oregon, Arizona, and Mississippi, which was readmitted.
- » Sadly, on February 1, 2003, the Space Shuttle “Columbia” broke apart in flight, which killed all seven crew members. The accident was believed to be a result of damage that occurred during lift-off. The tragedy occurred only 16 minutes before the shuttle was scheduled to land.
- » On February 2, 1848, U.S. and Mexico signed the Treaty of Guadalupe Hidalgo which ended their war. The U.S. paid Mexico \$15 million in exchange for California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas.

Robert Van Jagoe

Robert was born to his parents on June 23rd, 1959 in Fort Payne, Alabama. He has two brothers and one sister. He's lived in Tuscaloosa for fifteen years. On March 28th, Robert says he was born again when his son Robert Jr was born. He also has a daughter-in-law and two grandchildren. Robert worked at the post office for seven years and served his country as a first lieutenant from 1979 to 1987.

He loves Chinese food and his favorite animals are golden retrievers. Robert recently rededicated his life to Christ on Wednesday, January 5th, 2022 with the help of DeAnna Smith from New Life Assembly of God Woodstock, AL. He loves sharing his faith with residents and staff. Robert has been with Regency since 2007 and loves it here. Thank you, Mr. Robert Jagoe, for your services!



SUDOKU

PUZZLE 1

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	6					2		
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PUZZLE 2

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5	3					9		8

WELCOME NEW RESIDENTS! 🏠

Doris Williams
Terra Biddle

Happy Birthday

Resident

Alfred Sexton Feb. 16
Terry Ramsey Feb. 19
Martha Terry Feb. 22
Freddie Miller Feb. 28

Employee

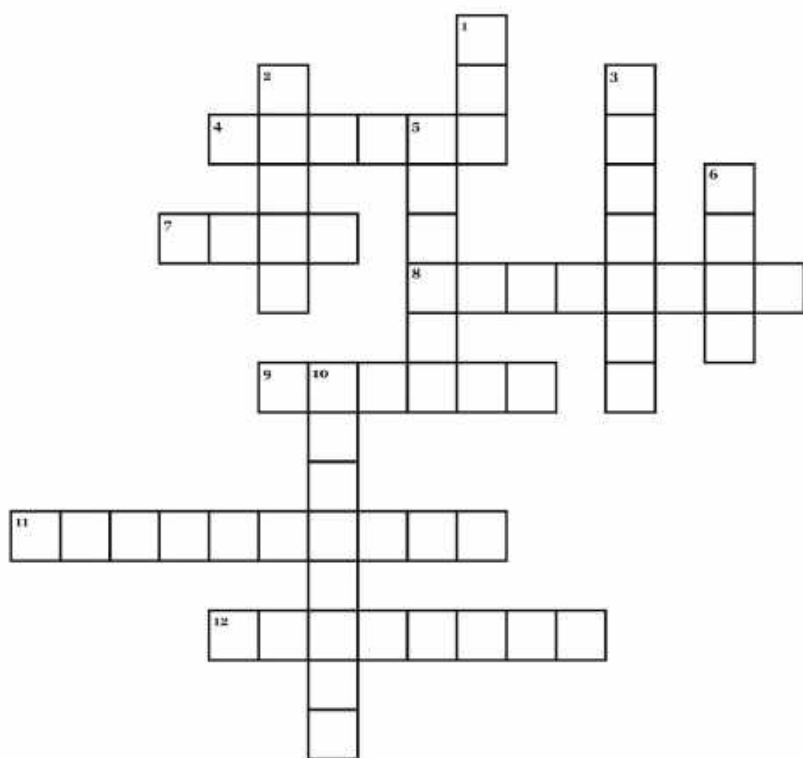
Teyuna Jackson Feb. 3
Cekeithia Oden Feb. 10
Tyneshia Taylor Feb. 10
Ruby Lavender Feb. 15
LaKanya Jones Feb. 17

WORD FIND

D Y A Q J E A Q A Z F K E G A E Y I Q C T Z F R L
 K L R S R O P V A M M G P M P H W A B H W G V K I
 V X Y L T A O Z Y T E R K A T M Z V S U U R A P N
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|-----------|----------|-----------|-----------|--------|
| FEBRUARY | AMETHYST | AQUARIUS | VALENTINE | MASH |
| GROUNDHOG | PRIMROSE | PISCES | RAILROAD | HEARTS |
| LINCOLN | OX | ASTRONAUT | LOVE | GRAMMY |

CROSS-WORD



Across

- Receiver of thousands of letters every Valentine's Day
- The central figure in the annual Groundhog Day celebration, familiarly
- "Mobile _____ Army Hospital"
- Sole winner of the Best Disco Recording Grammy
- These can be found in heart-shaped boxes this time of year
- Flower that expresses you can't live without someone

Down

- King whose burial chamber was unsealed in February 1923, familiarly
- The ancient Roman god of love
- Home state of Cape Canaveral
- Inventor behind America's first motion picture studio
- Year with an extra day
- "This is the dawning of the age of _____"

EMPLOYEE OF THE YEAR

Haleigh Lundell

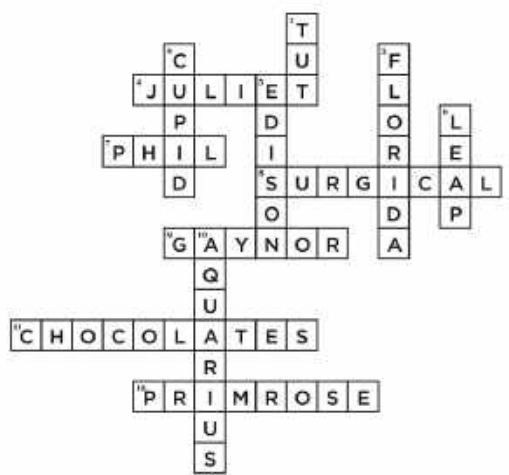
I was born in Jackson, Mississippi but I've lived in Tuscaloosa for most of my life. I graduated from Hillcrest High School and am currently trying to go back to school and continue my education in the medical field. I hope to become a nurse one day. I started at Regency a year out of high school. I was introduced to the practice by taking care of my sick mom, and I've been here ever since. I enjoy helping other people. My six-year anniversary at Regency was this year. When I'm not working at Regency I'm at home taking care of my niece and nephew. I spend my free time soaking up the sun in the pool or shopping. Thank you all for choosing me to be Employee of the Year.

EMPLOYEE OF THE MONTH

Tammy McNeil

Tammy McNeil was born June 11th, 1984 to her parents Susie and Earl Cousette, in Tuscaloosa, AL. She is the only sister to her five brothers, Earl, Anthony, Jeremy, Jeremiah, and Roger Cousette. Tammy graduated from Tuscaloosa County High School. She has four children, Javon (15), Dericka (20), Keldricka (17), and Jakayla (13). Tammy has a grandson named Messiah who is six months old. Her favorite foods are hot wings, salad and a good steak. Her hobbies include shopping, dancing, playing pool and video games. Tammy has been with Regency for about seven months, and has been in the field for about two years now. She loves her job and making her residents smile. Tammy would like to thank everyone for the opportunity to serve. Congratulations on being the Employee of the Month, Tammy!

ANSWER KEY



CONNECT WITH US

-  Facebook.com/RegencyTuscaloosa
-  RegencyTuscaloosa.com

PUZZLE 1

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

PUZZLE 2

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