

## WHAT'S COMING UP

### **December 1**

National Eat a Red  
Apple Day  
Rosa Parks Day

### **December 4**

National Cookie Day

### **December 6**

St. Nicholas Day

### **December 7**

National Pearl Harbor  
Remembrance Day

### **December 10**

Nobel Prize Day

### **December 12**

Gingerbread House Day

### **December 15**

Bill of Rights Day

### **December 18**

National Twin Day

### **December 21**

Yule Day  
(Day of Winter Solstice)

### **December 24**

Christmas Eve

### **December 31**

New Year's Eve Day



## DECEMBER 2022 NEWSLETTER



### ***Residents, Staff, Family, and Friends of Regency***

The holidays are always a busy time for everyone and Regency is no different. We have many visitors, activities, and events centered around the holidays. I would like to encourage you to come join us for one of our events.

You are more than welcome to bring friends and family to visit or that may be interested in transitioning to Assisted Living or Specialty Care Assisted Living. Make sure you call us at 205-752-5500 if you plan to visit.

Over the past month we have been on country rides, cheered on the Crimson Tide at the Homecoming Parade, celebrated our Veterans, had our hearing checked thanks to the University of Alabama's Speech and Hearing department, celebrated birthdays, made many holiday crafts, played games, sent cards to those in need of encouragement, hosted a health fair, and so much more. There is truly something for everyone at Regency Retirement Village.

Many of you have met with me regarding our rent increase. Yes, we will have an increase in January of 5%. Each of our residents will receive a letter in regard to the increase. Please remember that if you refer someone to Regency and they move in you will receive \$2500 off your rent.

If you know of loved ones or caregivers that may want a break over the holidays, they can always bring their loved one to stay at Regency as a respite (which is basically a temporary stay - while the caregiver gets some rest).

Enjoy your holidays! Make plenty of memories! Safe travels for those that are traveling!

***Jennifer Anderson,***  
*Executive Director*



## Breast Cancer Seminar

Jonacha Ward from Enhabit Home Health and Hospice provided our residents with some very important information about Breast Cancer Awareness. We had a great talk and enjoyed some snacks and goodies.



## University of Alabama Speech and Hearing Center

The University of Alabama Speech and Hearing Center provided a free hearing screening, checked for ear wax, and provided follow-up recommendations for our residents. Thanks to these lovely ladies: Christy Albea, JoAnne Payne, and Jhourni Alford!





## Visiting the Alabama National Cemetery

We visited the Alabama National Cemetery in Montevallo, Alabama. It was such a beautiful place to visit and a great experience. Herman Watkins was a wonderful tour guide.



## Veterans Program

We honored veterans in a very special way this year. For our veterans' ceremony, we had ROTC with the University of Alabama, Anna Hill, Terry Sims, Hillcrest JROTC, Ms. Arsenault, Brian Moon, and Quilts of Valor (Fran Randolph, Lauren Byrne & Beth Mulkey). The residents, especially our veterans, really enjoyed their day.





## Christmas Parades:

Moundville (Dec. 4th at 6 PM) and Tuscaloosa (Dec. 5th at 6:30 PM)

Santa is coming to town! This year we will participate in two Christmas parades. On Sunday, December 4th at 6 PM, we will be in Moundville, Alabama. Then on Monday, December 5th at 6:30 PM we will be in the West Alabama Christmas parade. If you would like to be a part of these parades, please see Brittani!



## Diabetes Health Talk

December 7th at 10 AM

Laura from Oasia will be talking about the different types of diabetes. She will discuss symptoms, diagnosis, and treatment. Please join us for an educational talk on December 7th at 10 AM in the activity room.



## It's a Musical Family Affair

December 11th at 2 PM

Jessica Watkins her sister and daughter have been playing music all their lives and are the granddaughters of Floyd Bryant who was a member of the Bryant brothers quartet. They love to use the gifts God has given us to glorify Him and hope they are a blessing to those who hear them. Join them on December 11th at 2 PM for some good singing!



## Sounds of Joy Performance

December 12th at 11 AM

From jazzy big band tunes to old gospel hymns, the Sounds of Joy has performed for organizations throughout Tuscaloosa County and beyond. The message the choir conveys is clear: Individuals with intellectual and developmental disabilities possess many abilities.



## Pet Therapy with Metro Animal Shelter

December 13th at 10 AM

Metro Animal Shelter is a non-profit organization that opened its doors in July 1994. Their mission is to provide resources, programs, and information needed to build a more humane community that values animals and promotes compassion and kindness towards them.



## Residents Christmas Party

December 14th from 4 PM to 6 PM

Back by popular demand, we will be doing Secret Santa! We have pulled names and the residents will exchange gifts during our Christmas party. Please join us for some wonderful memories, great food, and music from James and James on December 14th from 4 PM to 6 PM in the dining room.



## What's Cooking Wednesday? Pre-Christmas Brunch

December 21st at 11:30 AM

The best memories are made at Brunch! Please join us for our Pre-Christmas Brunch from 11:30 AM to 1 PM in the dining room.

Save  
the  
Date

**Dec. 4th & 5th** — Christmas Parades  
**Dec. 7th** — Diabetes Health Talk  
**Dec. 11th** — It's a Musical Family Affair

**Dec. 12th** — Sound of Joy Performance  
**Dec. 13th** — Pet Therapy  
**Dec. 14th** — Residents Christmas Party





## Juanita Long

Juanita Long was born in Sawyerville, Alabama on October 15, 1945 to LT and Ernestine Waller (the fourth child out of twenty-two siblings). She married Saul Long in 1964 and was married for 52 years before he passed in 2016.

From that union came her two beautiful daughters, Cynthia Wilson (married to Fredrick) and Sandra Wood (Reginald). She has four grandchildren, LyKendrick Long (Gena), Amber Millhouse (Leon), Sherryntia Woods, and AlexSandria Woods, and one great-granddaughter, Anna Grace Millhouse.

Juanita worked for AMI of West Alabama for 16 years and for 10 years at DCH Regional Medical Center, where she worked in environmental services to provide for her family. We appreciate you, Juanita!

## WELCOME NEW RESIDENTS! 🏠

Dean Hubbard  
Linda Crum



## Happy Birthday



### Resident

Louise Snyder Dec. 7th  
Sally Hunter Dec. 19th  
James Smith Dec. 21st  
Roger Beck Dec. 24th  
Mary Bailey Dec. 30th  
Frances Spangler Dec. 30th  
Bettye Hines Dec. 31st

### Employee

Diane Powell Dec. 1st  
RaQuita Hinton Dec. 4th  
Lakendra May Dec. 8th  
Carla Taylor Dec. 20th  
Dorothy Prewitt Dec. 22nd  
Veronica Sanders Dec. 24th

## FUN FACTS

- » December starts on the same day of the week as September every year and ends on the same day of the week as April every year.
- » December is the twelfth and last month of the year in the Gregorian calendar and one of seven Gregorian months with a length of 31 days.
- » The name December comes from the Latin word “decem,” meaning “ten,” as it was the 10th month in the Roman calendar.
- » The Anglo-Saxons called it “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 it “Heligh monath” or holy month, because Christmas, the birth of Jesus, is celebrated in December.
- » December’s flower is the narcissus or holly. December’s birthstones are turquoise, lapis lazuli, zircon, topaz (blue), or tanzanite.
- » December often marks the beginning of rain, snow, and cold weather.

## WORD FIND

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

GREGORIAN

ROMAN

LATIN

SAXONS

TURQUOISE

ZIRCON

TOPAZ

TANZANITE

CHRISTMAS

CANDY

CANDLES

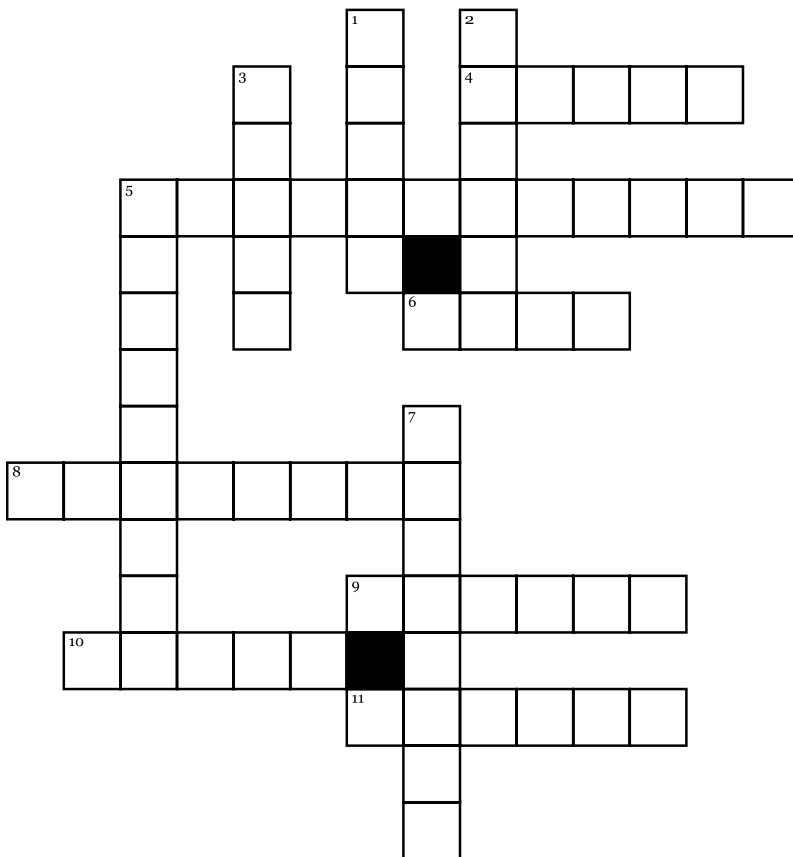
PURITAN

TEXAS

DISNEY

SOLSTICE

## CROSS-WORD



### Down

1. The first Englishman to circumnavigate the globe
2. Orville and Wilbur Wright, ushered in the era of \_\_\_\_\_
3. December 7th is National \_\_\_\_\_ Harbor Remembrance Day
5. December's birthstones are the Topaz and the \_\_\_\_\_
7. Walter Elias "Walt" Disney was born in \_\_\_\_\_

### Across

4. December 13th is St. \_\_\_\_\_'s Day
5. "Jingle bells" was meant to be a \_\_\_\_\_ song!
6. Decoration on top of a Christmas tree
8. English Puritan leader
9. "Everything is \_\_\_\_\_ in Texas"
10. Latin word for 10
11. National \_\_\_\_\_ Day is December 4th

## NEW BEAUTICIAN

### Ashley Lowery



We would like to introduce our new beautician, Ashley Lowery, to our Regency family. Ashley is married to her wonderful husband, Steve Lowery. They have two children, Marla and Peyton. She currently works at Gilda's

salon, and Ashley has been a hairstylist for over thirty years in Tuscaloosa. In her free time, she likes to travel and shop for rare vintage antiques and clothing. Ashley loves working at Regency!

## EMPLOYEE OF THE MONTH

### Ray Lewis



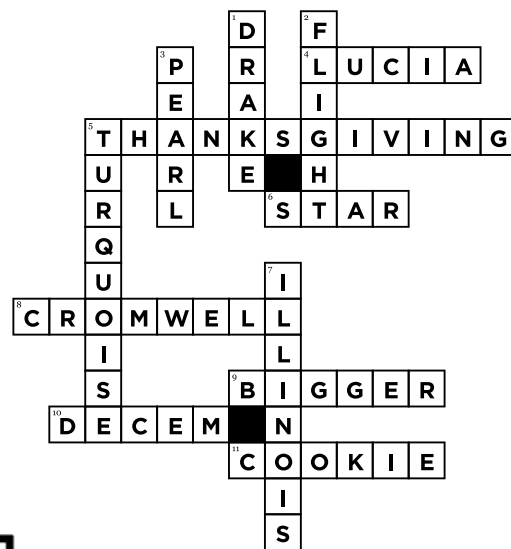
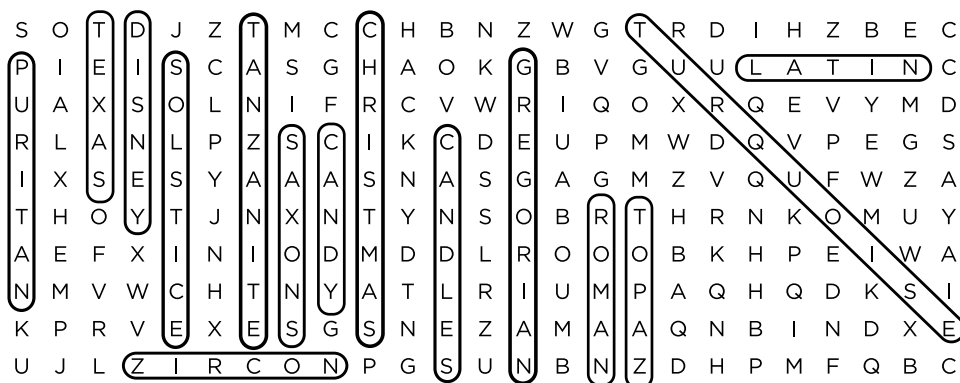
Ray was born May 7th, 1973 to his parents Ray and Betty Lewis, in Ypsilanti, Michigan.

He has four siblings, Jeff, David, Susan, and Dawn Lewis. He went to John Green High School and Shelton State Community College. Ray and

his wife Missy got married in Australia and have been married for seventeen years. They have two children Alera Lee Ray and Dixon Ray Lewis.

Ray ran his own caregiving services and owned a business called Ray Automobile. He worked in Sears' automobile services department for twenty-five years and has also worked at Rolfs as a cook, Hospice of West Alabama, Right at Home, and Home Instead caregiving.

## ANSWER KEY



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