

WHAT'S COMING UP

January 1st

Commitment Day

January 9th

National Word Nerd Day

January 13th

Korean American Day

January 16th

Martin Luther King Jr. Day

January 18th

National Thesaurus Day

January 19th

Good Memory Day

January 20th

Take a Walk Outdoors Day

January 22nd

Celebration of Life Day
Chinese New Year

January 25th

Opposite Day

January 28th

Local Quilt Shop Day
National Kazoo Day

January 31st

National Hot Chocolate Day



JANUARY 2023 NEWSLETTER



Happy New Year,

A New Year is an opportunity for new beginnings. What new opportunities are you looking forward to? Perhaps you'll engage in more activities with neighbors, or stay active by exploring our community. The greatest new beginning, as it always is, is the fresh start provided to us by Christ our Lord.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" - 2 Corinthians 5:17

As we leave 2022 behind and look forward to this new 2023, let us be reminded to leave behind any weight we needn't carry on our souls. Christ frees us of all weight and washes us clean and new.

Do you have specific ideas for weekly activities or monthly clubs you would like to see in our community? If so, please don't hesitate to reach out to any staff member. We are all invested in making our shared time together as joyful as possible.

Thank you for the wonderful year, we are looking forward to spending another with you and your loved one(s).

Sincerely,
Your Regency Tuscaloosa Family



Christmas Carolers

We've had several Christmas Carolers stop by and sing some beautiful Christmas songs! Special thank you to the G4 Girls (Girls Glowing and Growing In Grace) from Beulah Baptist Church and Laurel Martin and the Tuscaloosa County High Choir.



Ballet Performance

Ballet Arts and Fitness Youth Performance Company stopped by and shared a wonderful performance with us. These ladies are very talented, and we look forward to seeing some more performances from them in the future.



Joshua's Joy 1st Annual Christmas Card A Palooza

What a **joy** we had at Joshua's Joy 1st Annual Christmas Card A Palooza! We made several Christmas cards that will be passed out during the month of December. These cards were made with a lot of love!



December Crafts

We have been busy making crafts! We've made Christmas trees and gingerbread men to start off the month of December. You haven't seen anything yet, just wait! Please join us in crafts, we have a lot of fun and make memories!



National Spaghetti Day

January 4th at 11:30 am

What's Cooking Wednesday? National Spaghetti Day! National Spaghetti Day on January 4th offers an opportunity to pick your sauce and add it to that long, thin cylindrical pasta of Italian and Sicilian origin.



Exercise-Based Movement & Motivation

January 4th at 2:00 pm

Joseph Biache is an inspirational speaker, yoga instructor, and graduate of Vanderbilt Divinity School. Since 2015 he has been providing activities programming to retirement communities and nursing homes. A few of his activities are movement and motivation, holiday talk, expression journaling, and Bible talk.



Trivia Contest

January 4th at 3:00 pm

What National Day on January 4th celebrates those who accumulate and hoard tidbits of useless trivia? National Trivia Day, of course! Join us Wednesday, January 4th, at 3:00 pm. Let's see who knows their trivia!



Talecris Plasma Resources

January 5th at 2:00 pm

January is National Volunteer Blood Donor Month, so please join us for a health talk with Desiree Bing, the Center Manager. She will explain plasma and how it plays a key role in saving lives. Please join our staff, residents, families, and friends on January 5th at 2:00 pm in the activity room.



Matter of Balance Class

January 24th 1:30 pm to 3:30 pm

Many older adults experience a fear of falling. People who have developed this fear often limit their activities, which can result in physical weakness and make the risk of falling even greater. Do you want to learn how to overcome your fear of falling, and improve flexibility, balance, and strength? Please join Lauren Ballard in a Matter of Balance class twice a week starting January 24th, from 1:30 to 3:30 pm in the assisted living activities room.

You Belong with
OLLI
Osher Lifelong Learning Institute

OLLI at the University of Alabama

January 12th 1:00 pm to 3:00 pm

The University of Alabama's Osher Lifelong Learning Institute (OLLI) is an active community of mature adults who love to learn and explore the world around them. We look forward to visiting and learning more about them!



Book Mobile

Starting in January

Tuscaloosa Public Library currently has two bookmobiles that visit daycare centers, schools, community locations, and senior living facilities. All TPL cards allow access to circulating materials in all branches as well as the bookmobiles. The book mobile will come to Regency once a month. If you would like to apply for a bookmobile library card please see Brittani to fill out an application.

Ruby Jane Chambless Fulmer



Ruby Fulmer was born on January 8th, 1940, in Hubbertville, Alabama. Her parents were Fletcher and Lillie Chambless and she had four brothers and three sisters. Ruby married Hillman “Dock” Fulmer on December 5th, 1957, and moved to the New Chapel Community in Bankston, Alabama where she resided until her move to Regency.

They had to make two trips to Mississippi on their wedding day and everyone thought they weren’t going to make it to get married in time on the second trip. Ruby and Dock celebrated 57 anniversaries before his passing on September 29th, 2015.

Ruby attended school in Hubbertville. She worked in the garment manufacturing industry for many years and then worked for Wal-Mart in Fayette until she retired. Ruby has always been known as a very good cook in her family and community. Everyone especially loved her sweet tea and chicken and dumplings. She got up early every Sunday morning and made breakfast and lunch. Most times, there were extra family members to feed when she got home from church.

She has hosted numerous family gatherings over the years. Ruby has two daughters, two sons-in-law, and four grandchildren who she loves to spend time with. Other hobbies and interests include playing rook, doing word search puzzles, and reading. She reads her Bible every morning. Her favorite authors are Nicholas Sparks and Karen Kingsbury. She also enjoys bingo and penny auctions.

Thank you for joining us here, Ruby!



Happy Birthday

Resident

Foy Barge	Jan. 1st
Laura Hester	Jan. 4th
Ruby C. Fulmer	Jan. 8th
Margaret New	Jan. 8th
Joe Powell	Jan. 8th
Mary Beire-Smith	Jan. 10th
Doris Williams	Jan. 11th
Donald Kehr	Jan. 15th
Evelyn Gay	Jan. 16th
Emmett Both	Jan. 21st
Alice Marks	Jan. 27th
Joyce F. Naramore	Jan. 28th

Employee

Marcus Prince	Jan. 8th
Patricia Herring	Jan. 10th
Vanessa White	Jan. 23rd
Ruhshonna White-Miles	Jan. 23rd

WELCOME NEW RESIDENT!

Amos Hubbard

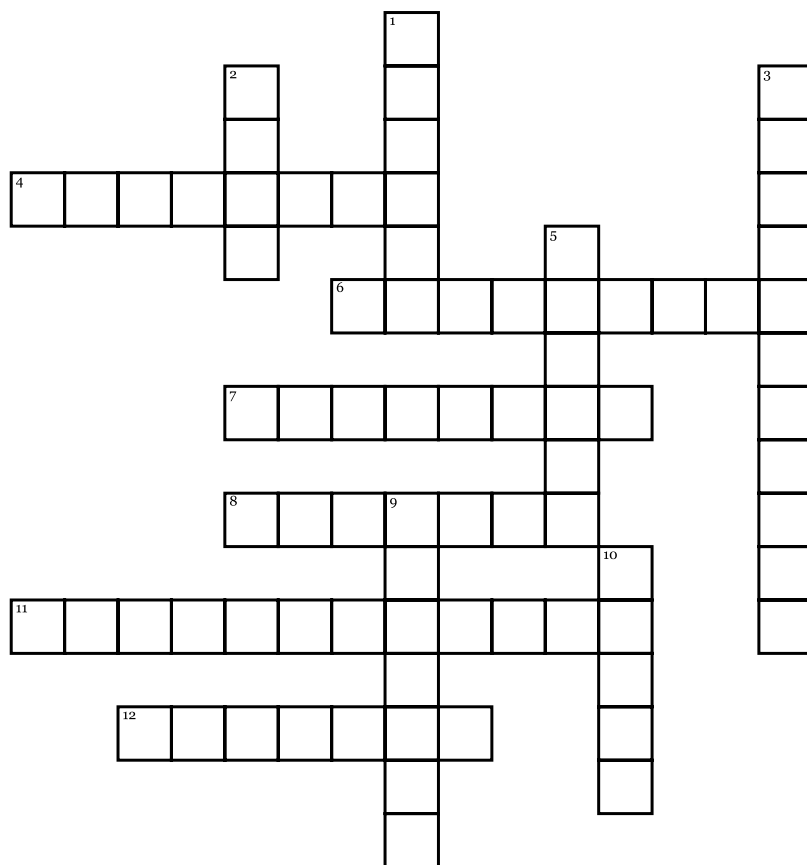


WORD FIND

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

GARNET	AQUARIUS	ORTHODOX	JANUS	JULIAN
PROMETHEUS	CAESAR	LUNISOLAR	NUMA	CALENDAR
GALANTHUS	GREGORIAN	IRELAND	ROMAN	LONDON

CROSS-WORD



Down

1. In 1959, _____ became the 49th state of the United States
2. _____ Shelley, Author of the novel "Frankenstein"
3. Egyptian Pharaoh
5. The birthstone for January
9. January is often nicknamed "_____ month" by lawyers
10. Two-faced God

Across

4. January zodiac signs are Capricorn and _____
6. January birth flower is the _____
7. The Rose Parade started in _____, California
8. In the northern hemisphere January is the _____ month
11. The first United States Computer was built in _____
12. The _____ Channel was launched on January 1st, 1995.

EMPLOYEE OF THE YEAR

Lavonne Cameron



Lavonne is our Activity Assistant in Memory Care. She is always providing love and comfort to Regency residents. She has worked in the building for 26 years.

Some of our residents affectionately call her their "leader" as she directs their

activities in Memory Care. Lavonne has been married to her wonderful husband Carlos Cameron for 36 years and is also a mother and stepmother.

Our Regency family is so honored to have her as one of our own, and we are truly grateful for her passion and service to our residents. Lavonne would like to thank everyone for choosing her for as the Employee of the Year!

EMPLOYEE OF THE MONTH

June Barnett



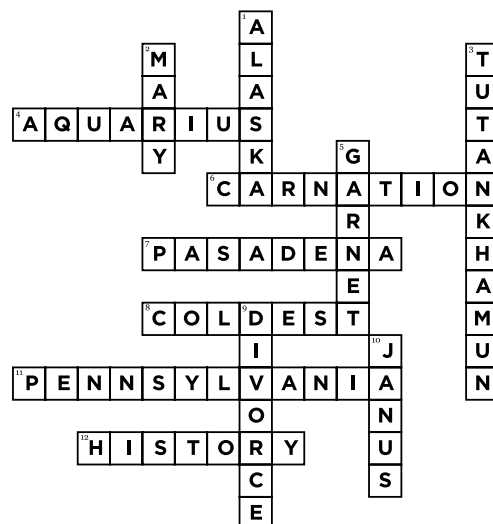
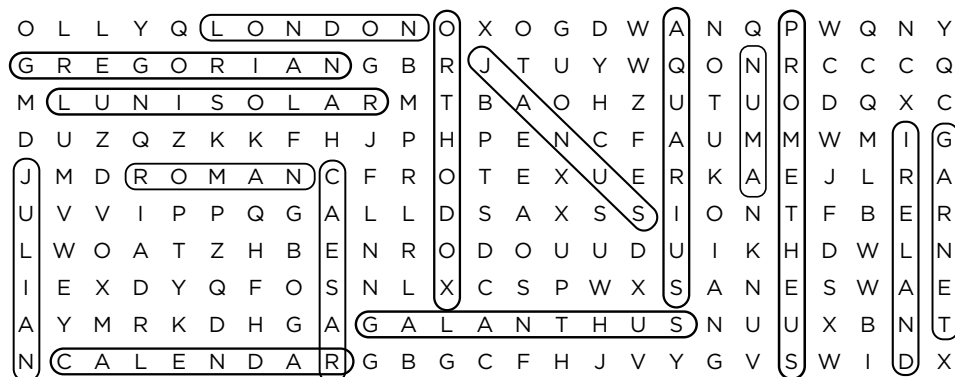
June Barnett has been employed with Regency for over seven years as our Front Desk Receptionist!

She is a native of Pickens County and the seventh of ten siblings. June was employed by Alabama Power for 27 years before retiring in October 2010.

June absolutely loves coming to Regency to see the residents, they have all become a part of her extended family. They are a blessing to her as well as she is to them.

She shares that as long as the Lord blesses her with good health, she would love to continue being a part of the Regency family. June would also like to say thanks for choosing her as the Employee of the Month for January 2023!

ANSWER KEY



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