

WHAT'S COMING UP

February 1st

National Freedom Day
Black History Month Begins

February 2nd

Groundhog Day

February 4th

World Cancer Day

February 7th

Rose Day

February 9th

National Pizza Day

February 12th

Super Bowl Sunday

February 14th

Valentine's Day

February 15th

Remember the Maine Day

February 20th

Presidents' Day

February 21st

Mardi Gras



FEBRUARY 2023 NEWSLETTER



Happy Valentine's Day!

Time to Share the Love.

We have had an amazing holiday season with Christmas parties, New Year celebrations, day trips, socials, and more. Honestly, I don't think we could have squeezed in one more activity — whew! We ended 2022 with many new memories and started 2023 with a bang.

We are all so excited for 2023! We will be engaging in many new activities and partnerships throughout our West Alabama Community and hope you will join us. There will be plenty of opportunities to meet our new Chaplain, Brian Moon. Stay tuned for more information regarding this new addition to our Regency Family.

I know that many of you have ideas for weekly activities, trips, or social events. I would love for you to share those with our staff, so please call (205) 752-5500. We are all invested in making our shared time together as joyful as possible.

We look forward to our family nights and educating everyone on resources that will help cut costs for our families. Remember, you can refer a friend! When they move in you will receive \$2500 off of your loved ones' rent. Rob Steinbrook, our Outreach Liaison would love to meet with any of your friends or family regarding making Regency their home.

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

I hope to see you soon!

Jennifer Anderson,
Executive Director



Blood Pressure Clinic

It's always a pleasure working with Mrs. Jenny from Enhabit Home Health Care during this monthly blood pressure clinic.



Manicures with Shelton State Community College

Once a month, kind ladies from Shelton State come in and provide manicures. We thank these students for helping our hands feel beautiful!



IN2L and Crafts

We are having so much fun playing and learning all the new games and apps on our IN2L. Join us in using the IN2L daily and doing some fun crafts. We love crafts here at Regency!



2023 New Year's Party

Our New Year celebration was so much fun! Join us for our next event!





The Culverhouse School of Accountancy (LIFT Students)
 February 1st at 1:30 pm

Keep your mind sharp and reminisce about the good ol' days with University students. Smartphone/smartpad tutoring is also available at any session, free of charge! Join the LIFT students every Wednesday at 1:30 pm for eight weeks.



Find Cupid
 February 1st to 14th

February is a month known for being all about LOVE, so let's play a game called Find the Cupid! There will be a cupid hiding from February 1st until the 14th all around the community. When you find him, give him to a staff member and win a sweet surprise!



Afro American Gospel Choir
 February 11th at 2:00 pm

This choir is a special interest organization from The University of Alabama in Tuscaloosa, Alabama. The members all share a common enjoyment for the ministry and serving God through song and dance. Join us as we enjoy some great singing!



Valentine's Day Banquet

February 14th at 4:00 pm–6:00 pm

Join us for our Valentine's Day Banquet with great food, music by James and James, and love for all our residents. Who will be this year's King and Queen? Be there at 4:00 pm in the dining room dressed to impress!



Fat Tuesday (Mardi Gras)

February 21st at 2:00 pm

Join us for refreshments, trivia, and music as we celebrate Fat Tuesday! This social will be held in the activity room.

LET'S WELCOME...



Brian Moon, Our New Chaplain

We would like to welcome Chaplain Brian Moon to our Regency family. Brian is the Chaplain for ProHealth Home Health and Hospice, currently serving in the Alabama National Guard. Brian holds a Master of Divinity with over seven years of experience in pastoral counseling. He lives in Moundville with his wife, Kristin and they have two grown children, Jordan and Carson. Brian will be with us once a week on Thursdays.



Rob Steinbrook, Our Outreach Liaison

Rob will spend most of his time off-site recruiting new residents to grow our fabulous community! Rob attended Bible College in Kentucky, then spent 20 years serving as a pastor for growing churches. For the past five years, he also worked as a representative for Home Health and Hospice companies. He has two teenage children and has been married for 21 years. Please join us in welcoming Rob to Regency!



Annette Owens

Mrs. Annette Owens is the firstborn of four children and was a resident of Fayette County, Alabama.

She is a graduate of Druid High School (now called Central High School) in Tuscaloosa, Alabama. Then Mrs. Owens graduated from Alabama State University in Montgomery. After graduating from Alabama State she married and moved to Cleveland, Ohio.

She eventually received her Master's Degree in Business Education and taught Business Education at Cuyahoga Community College in Cleveland, Ohio. She also taught at Lakewood High School.

Mrs. Owens has no biological children, but she is loved as a mother by many of her students, nieces, and nephews. She loves baking apple pies with walnuts, playing tennis, and golfing. She even has seven golf trophies!

To know Mrs. Owens is to love her! Thank you for joining our community, Mrs. Owens!

WELCOME NEW RESIDENTS! 🏠

- Lucinda Byrd
- David Herring
- Aileen Dodson
- Jim Dodson
- Donald Guyer

Happy Birthday



Resident

- Mary Miller Feb. 14
- Alfred Sexton Feb. 16
- Terry Ramsey Feb. 19
- Matha Terry Feb. 22
- Freddie Miller Feb. 28

Employee

- Ruby Lavender Feb. 15
- Alma Jones Feb. 26
- Adella Harris Feb. 28

FUN FACTS

- » On February 1, 1884, The Oxford Dictionary debuted.
- » In February 1893, Thomas A. Edison finished the construction of the first motion picture studio, the Black Maria located in West Orange, New Jersey.
- » The second full-length animated Walt Disney film, Pinocchio, premiered on February 7, 1940.
- » In 1972, the first hospital in the United States, Pennsylvania Hospital, opened on February 11th.
- » On February 2, 1848, U.S. and Mexico signed the Treaty of Guadalupe Hidalgo ending their war. The U.S. paid Mexico \$15 million in exchange for California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas.
- » February comes from “februa,” a Latin word meaning “to cleanse,” and was named after a month-long purification festival held this time of the year.
- » The probability of a February 29th birthday is 1 in 1,461. U.S. Census Bureau data reveals that only about 0.07% or 205,000 people in the U.S. have a February 29th birthday.
- » February is the only month in the year that could miss having a full moon. Some months get a blue moon (two full moons in a month), and February often ends up with none! When it does have a full moon, it’s known as the Snow Moon.
- » In February 1885, Mark Twain’s The Adventures of Huckleberry Finn was published for the first time.



WORD FIND

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

FEBRUARY
 PISCES
 CHOCOLATE

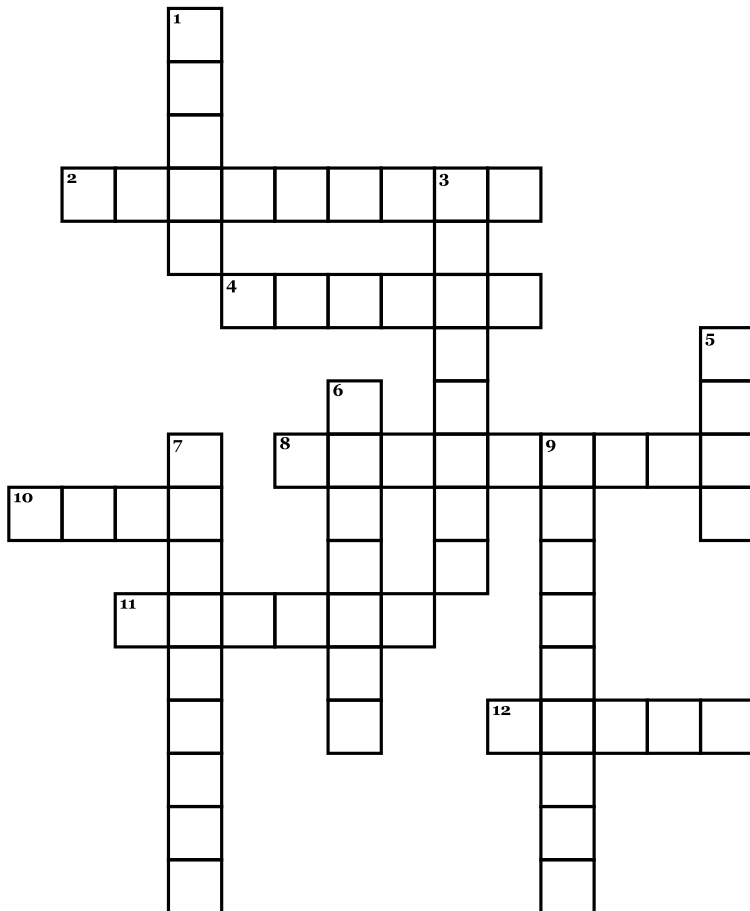
MOON
 AMETHYST
 VIOLET

LEAP
 GROUNDHOG
 RABBIT

PINOCCHIO
 OXFORD
 WINTER

ROMANCE
 PRIMROSE
 AQUARIUS

CROSS-WORD



Down

- Chinese New Year is also known as the _____ New Year
- One of February's birth flowers
- Full moon in February name
- Roses are red _____ are blue
- Punxsutawney Phil's kind
- It comes in a heart-shaped box

Across

- Treaty of _____ Hidalgo
- 2023 is the year of the _____
- His nose grows when lying
- Leap Year occurs every _____ years
- Letters to _____
- The first motion picture studio, _____ *Maria*

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

Shannon Withrow



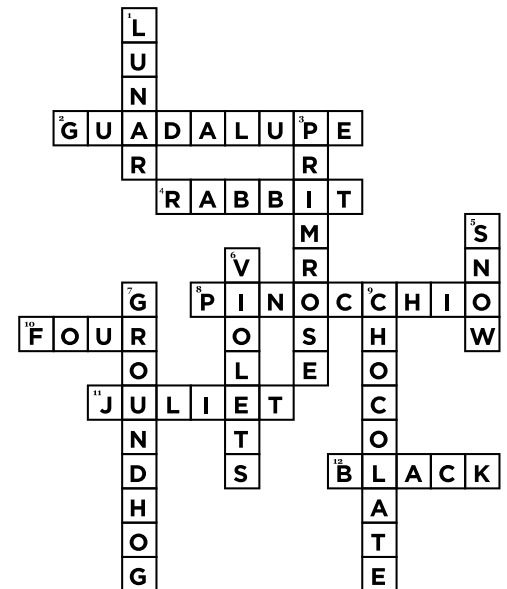
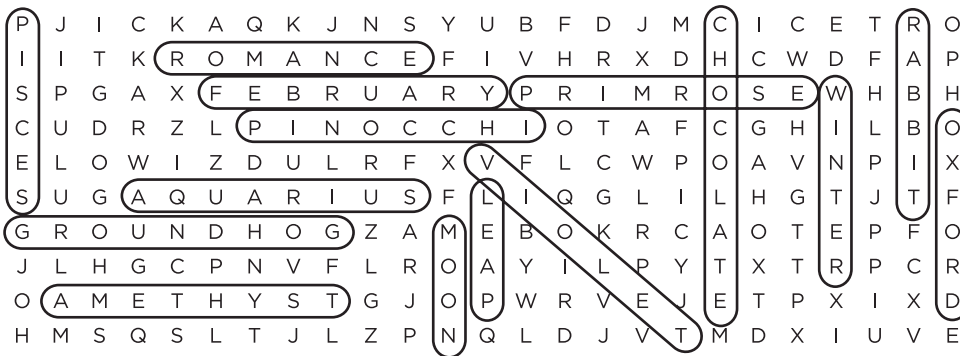
Shannon attended Central High School and Tuscaloosa Trade School simultaneously, studying sales and marketing.

She and her husband, Bryan, have three children and seven grandchildren. Shannon shares that her grandchildren are her heart and soul.

In her spare time, Shannon likes to put puzzles together and spend time with her grandchildren. Her rule to live by is, "Do unto others as you want them to do unto you, and never judge a book by its cover!"

Shannon has been with Regency since October 2022 and loves her job and all the residents! Congratulations on being our employee of the month, Shannon!

ANSWER KEY



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