

WHAT'S COMING UP

February 1st

National Freedom Day

February 2nd

Groundhog Day

February 7th

Rose Day

February 9th

National Pizza Day

February 11th

Super Bowl Sunday

February 13th

Mardi Gras

February 14th

Valentine's Day

February 17th

National Random Acts of Kindness Day

February 20th

National Comfy Day

February 22nd

National Margarita Day

February 28th

National Pancake Day

February 29th

Leap Day



FEBRUARY 2024 NEWSLETTER



Regency Residents, Families, and Staff

Happy New Year!

We are excited about the new year and all the updates that are happening in our community. Please take the time to visit us for lunch and tour the community. We have new furniture, light fixtures and paint on the walls both upstairs and on the main floor. We would love to host you and your family for lunch and a tour.

If you are new at Regency, we want to remind you that we have a wonderful stylist, Ashley Lowery, who is here every Thursday to wash, dry, style, cut, color or shave your head and/or face. She works at Gildas and we are so excited to have such an experienced stylist. You are welcome to leave money or a check with our Business Manager, Meghan, and she will put your money in the safe for you and log the expenses whenever needed.

We also have various field trips that you may want your loved one to attend. Again, you can leave some extra money for the resident to be able to sign up for a play or a trip to a restaurant. Two groups are becoming more active each week: the ladies' group, JULIET, and the men's group, ROMEO. Juliet stands for Just Us Ladies Into Eating Together. Romeo stands for Retired Old Men Eating Out. Come sign up with Brittani and join the FUN!

Jennifer Anderson,
Executive Director

As we enter February, let's cherish the love in our lives – the connections we share, the kindness we give, and the moments we hold dear. Each of these is a reflection of God's love, creating a beautiful melody in the tapestry of our lives.

Much love to our residents, families and staff



Happy New Year

Another fresh new year is here! Another year to live, have fun, laugh, love, and most importantly, give thanks. We rang in the new year together and wished for 2024 to be filled with joy, love, and happiness.



First JULIET Outing

Our first JULIET outing was to the Cheesecake Factory and boy, did we have a ball! Great company, great food and a great time. Ladies, it's not too late to join JULIET; if you would like to join, please see Brittani! Let's bond and get to know one another outside of Regency.

C NNECT

Where Love Never Forgets



Connect: Where Love Never Forgets

We had the pleasure of visiting Connect church. Elvis was a part of the day. We laughed, danced and enjoyed spending time with the preschool students. We will be making Connect a part of our outing for February. If you would like to join us, sign up at the activity table.



iN2L

We enjoyed our iN2L system by playing games, listening to music, playing trivia and more. We also have iN2L tablets. If you want to use one of our tablets, see Brittani.



The Culverhouse School of Accountancy (LIFT Students)
 February 5th at 2:00 p.m.

Let's welcome our good friends the LIFT students back to our community. Join in to keep your mind sharp by reminiscing about the good old days with the University students. They offer help with smartphones, tablets, TVs, computers and any technical items. Join us starting on February 5 at 2:00 p.m. for eight weeks. If you have any questions, please see Brittani.



Book Mobile Visit
 February 6th at 1:00 p.m.

Tuscaloosa Library (Book Mobile) is coming to Regency! You can sign up for a library card, check out and return books, and explore their selection of DVDs! Join us on February 6 from 1:00-2:00 p.m. in the activity room on the first floor. If you would like to sign up for a library card, see Brittani.



Super Bowl Party
 February 9th at 2:00 p.m.

Join us for a Super Bowl Party on Friday, February 9 at 2:00 p.m. We can't wait to see how many Bama boys will play in the Super Bowl this year.



Valentine's Day

February 14th at 2:00 p.m.

Calling all the little sweethearts & tiny cupids! Join us for a Valentine's Day Party where we'll snack on sweet treats, drink fizzy drinks and dance our hearts out. Join us on February 14 at 2:00 p.m. in the activity room on the first floor.



What's Cooking Wednesday?

February 14th at 4:00 p.m.

Please join us for our Valentine's Day Banquet with great food and entertainment. Who will be this year's King and Queen? Don't forget to cast your vote with Brittani! Dress to impress for this event.



Fat Tuesday (Mardi Gras)

February 21st at 2:00 p.m.

Join us for refreshments, trivia and music as we celebrate Mardi Gras this year. Wear your purple, green and gold to the party, and let's have some fun.



Diabetes Talk

February 29th at 10:00 a.m.

Join us for our Diabetes Talk with Suzanne Henson, Registered Dietitian Nutritionist and member of the Alabama Dietetic Association Board of Directors.



Aileen and Jim Dodson


Aileen, born on October 7, 1938, in Vance, Alabama, grew up in Holt, graduating from Holt High School in 1957. Jim, born on September 11, 1941, in Gadsden, Alabama, graduated from Emma Sansom High School in 1959. Aileen pursued a nursing career, specializing in labor and delivery and later as an emergency nurse at Gulf States paper mill. Jim initially

worked in Chevron Oil Company’s accounting office and later in healthcare industry offices. Married on January 28, 1962, they celebrated their 62nd anniversary this year. The couple has two adult sons: Derek (56), residing in Waco, Texas, and teaching at Baylor University, and Kent (53), serving as pastor of Liberty Hills Baptist Church in Clanton, Alabama. Jim and Aileen, married for over six decades, spent a decade in Louisville, Kentucky, forming close friendships and discovering a cherished church. In 1978, they returned to Alabama, spending the next 40+ years in Demopolis as dedicated members of Fairhaven Baptist Church. In March 2023, they moved to Regency Retirement Village.

WELCOME NEW RESIDENTS! 

Rosie Williams
Jane Megginson

COMMUNITY STORY



Join us in welcoming our new chaplain, Reverend Rob Steinbrook.

Reverend Rob Steinbrook became an ordained Minister in 2004. He was a full-time lead pastor for 15 years, serving churches in Ohio, Kentucky and Alabama. He became a registered chaplain in 2019 and moved into home health and hospice work. He also serves as a pastor in Moundville. He is a Community Liaison for Oasis Hospice in Tuscaloosa and can help with any hospice needs. He has a registered therapy dog that he occasionally brings to visit at Regency.

Happy Birthday

Resident

- Leigh Covington Feb. 3
- Mary Miller Feb. 14
- Donald Guyer Feb. 15
- Mike Sexton Feb. 16
- Allen Goley Feb. 19
- Rebecca Miller Feb. 19
- Terry Ramsey Feb. 19
- Jean Ford Feb. 21
- Martha Terry Feb. 22
- Ray Keeton Feb. 27
- Freddie Miller Feb. 28

Employee

- Bailey Tidmore Feb. 5
- Gloria Massey Feb. 7
- Alma Jones Feb. 26



WORD FIND

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

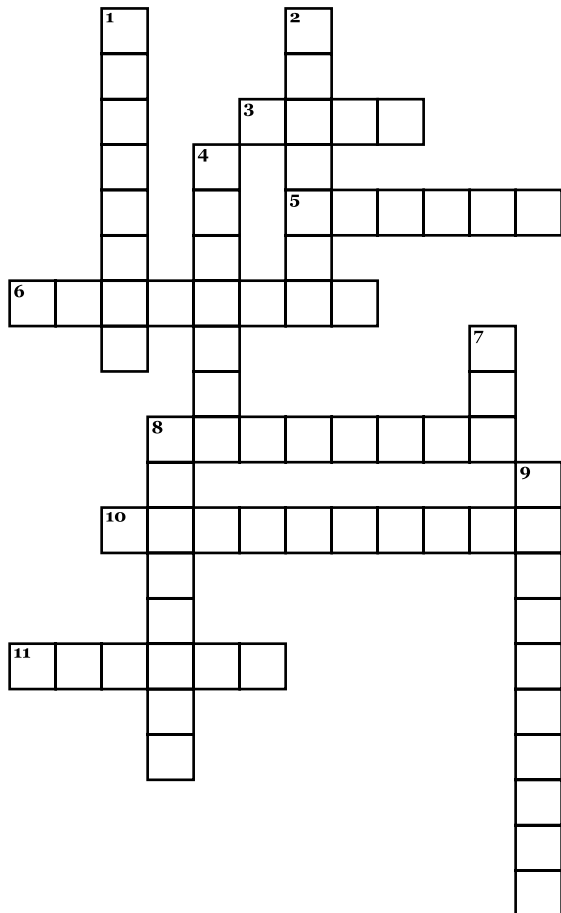
LUPERCALIA
 COLUMBIA
 BEATLES

PRIMROSE
 WASHINGTON
 SOL

MONATH
 AQUARIUS
 AMETHYST

LATIN
 WELSH
 SHUTTLE

CROSSWORD



Down

- 1. Space Shuttle _____
- 2. Famous british band, The _____
- 4. February in Latin
- 7. Mardi Gras is also known as _____ Tuesday
- 8. One of February's zodiac signs
- 9. American president George _____

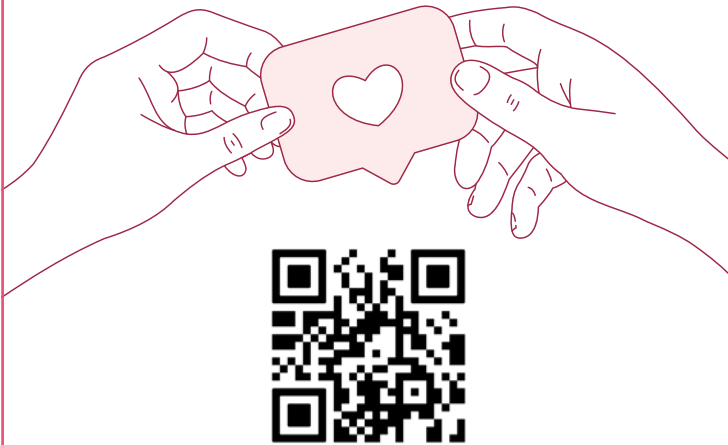
Across

- 3. "Sol-monath" means "_____ month"
- 5. In Welsh February is known as "y mis bach," which means "_____ month."
- 6. February's birth flower
- 8. February's birthstone
- 10. Roman festival of love
- 11. Roman Emperor _____ Caesar

Stay Connected!

Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



EMPLOYEE OF THE MONTH

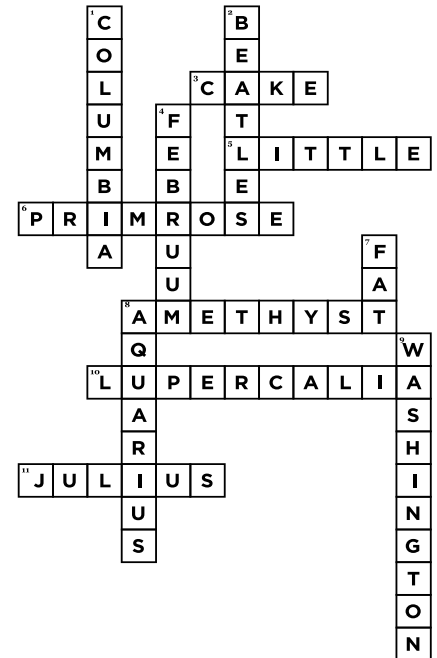
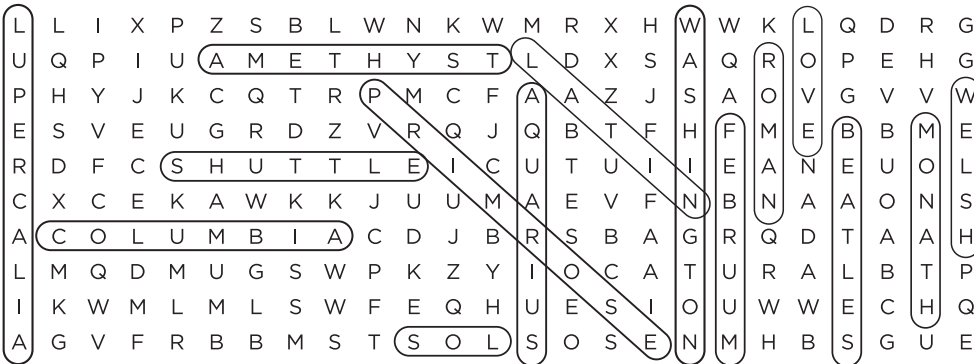
Tiffany Wright



Tiffany was born on October 9 in Marion, Alabama, to Edward and Kathy Turner. She is the eldest of five siblings. Tiffany is a member of Oak Grove United Methodist Church in Marion under the leadership of Pastor Levi Morrow.

She enjoys spending time with family and friends. Tiffany's favorite food is Italian. Tiffany loves the elderly community and she gives God all the praises! Tiffany would like to thank everyone for recognizing her as Employee of the Month!

ANSWER KEY



CONNECT WITH US

Facebook.com/RegencyTuscaloosa

RegencyTuscaloosa.com

Regency Senior Living's mission is to

- Serve our residents and families while
- Engaging in relationships
- Respecting individuality and
- Valuing the contributions of those who
- Evolve our care every day