



February 1
FUNtastic Friday: Future Day

February 1
Wear Red Day

February 2
Groundhog Day

February 3
Super Bowl

February 5
Chinese New Year

February 5
Weatherman's Day

February 9
National Pizza Day

February 14
Valentine's Day

February 16
Hearts-2-Hearts Day

February 18
Presidents Day

February 20
Spring is in the Air Day

February 22
National Margarita Day

February 24
Tootsie Roll Day

February 24
Red Carpet Day

FEBRUARY NEWSLETTER 2019



Hello Residents,

February is a time to celebrate sweet memories, love, and tradition. On Thursday, February 14 we are having a heart-felt celebration to announce our Valentine Kings and Queens. All nominations are made by the residents. There will be dancing and refreshments to follow.

With this being flu season, and with the risk of getting the stomach virus, please remember to consider what you have been exposed to before visiting your loved one. Although the residents have been given the flu shot, there is always that risk. Being proactive, we have sanitizer placed throughout the building for everyone's use. I wish you love, happiness, and good health.

Please remember to check the monthly newsletter and calendars for all upcoming events.

Jennie Spraggins,
Executive Director



New Year's Eve Celebration – December 31st

Out with the old, in with the new... All the residents anxiously gathered as we prepared to say our goodbyes to 2018. Mr. Wiseman joined in with some of his great techniques as he took to the dance floor with several of the residents. Some of the residents made New Year's resolutions for the upcoming year, but everyone joined in with a toast as we all said goodbye to 2018. Afterwards, everyone enjoyed some very tasty snacks.



Puppet Show – January 5th

Families and residents gathered for a fun-filled morning of entertainment with the puppets. It was the first puppet show ever held. The residents really enjoyed it. Some of the residents had never had the opportunity to attend a puppet show. Some residents said it brought back memories, even of taking their children to different puppet shows. We are looking forward to the next show.



Elvis Lives Day – January 8th

To celebrate the King of Rock 'n Roll, we invited Elvis to entertain us. Brian Howell, a professional Elvis impersonator, performed a one hour show for everyone to enjoy. He sang several of Elvis' great hits plus changed into a different outfit during a brief intermission. A few of the residents decided to dance as he performed. Afterwards, some of the residents joined in for autographs and pictures. We are looking forward to a return performance.



What's Cooking Wednesday: Chinese New Year – January 16th

The residents and staff had much fun with this event. The Dining Room was decorated just for the Chinese New Year. The Dietary Department prepared lunch which consisted of Orange Chicken/Rice, Lo Mein Noodles, Spring Rolls, and Wontons. The residents had the opportunity to eat using chopsticks. Boy, did they ever challenge themselves with those! They all enjoyed trying to get their fortunes out of the fortune cookies. All of the residents received Chinese fans to keep as souvenirs.



Funtastic Friday: Future Day *February 1st at 1:00 pm*

Each month a different fun theme is chosen for FUNtastic Friday. This month's theme is Future Day. The residents and staff are encouraged to dress according to the theme. We always love to see who can be the most creative.



Craft: Valentine Heart Pockets *February 1st at 10:00 am*

Each year, the residents join in together to make individual Valentine Heart Pockets to hang on their doors. They love receiving Valentine cards. Family and friends, when you come to visit, please feel free to drop a Valentine card in their heart pockets.



Super Bowl Sunday *February 3rd at 2:00 pm*

The big game day has arrived. Some of the residents are big football fans. Even though the Super Bowl will take place in Atlanta, we will have our own celebration right here at Regency. A decorated sports theme table will be set up with delicious snacks for everyone to enjoy throughout the afternoon. The residents will be game ready. Looking forward to Super Bowl 53!



National Pizza Day *February 9th at 2:00 pm*

Pizza, it is! The residents love pizza. We plan on celebrating this day by fixing our own pizzas for an activity. To make it more interesting, we will challenge each other with some pizza fun facts, word search puzzles, and trivia.



Valentine's Party & Crowning of Kings and Queens *February 14th at 2:00 pm*

Families and friends are invited to attend this event. There will be a King and Queen for Valentine's Day selected from Assisted Living and Remembrance Village. Mia Diamond will be our special guest singing for this event. Some delicious sweet treats will be included in our Valentine's celebration.



Heart Health with WTH *February 18th at 10:00 am*

We are focusing on health and wellness. Even though February is the month for Valentine's, it's also Heart Health Month and is a good time to reflect on the health of your real heart. West Tennessee Health Care will be here to educate the residents on steps that could reduce the risk of heart disease. The residents will have the opportunity to ask any questions as well.



What's Cooking Wednesday: All American *February 20th at 11:30 am*

This month's What's Cooking Wednesday theme is All American. Presidents Day, officially Washington's Birthday, in the U.S. is a federal holiday observed this month. The Dietary Department will prepare a variety of tasty All American dishes. We would love for residents and staff to wear red, white, and blue.

***SAVE
THE
DATE***

March 1st — FUNtastic Friday
March 12th — Employee of the Year Celebration
March 15th — St. Patrick's Day Party



Betty Hudson

Ms. Hudson was born in Gibson, TN, but raised in Milan, TN. After high school she attended West Tennessee Business College and studied Bookkeeping. She worked for GMAC for 5 years. Ms. Hudson met the love of her life and they got married after he came home from the service. They have been married for 63 years, and have 2 children. Ms. Hudson loves to sew, do embroidery, quilt, and enjoys crafts. She was very active in her church, taught Sunday school for 21 years, was President of the United Methodist Women, and a long-time member of Joe Spain Sunday School Class. Ms. Hudson also is one of our Ambassadors at Regency. We're very proud she's a part of this community!

FUN FACTS



- Groundhog Day has been celebrated in Punxsutawney since 1887.
- Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415.
- There's no set date for Chinese New Year. Chinese New Year, or Chunjie, ranges from January 21st to February 20th. This year, it occurs on February 5th.
- Showering isn't allowed on the Chinese New Year's Day. Sweeping and throwing out garbage isn't allowed before the 5th. This is to make sure you don't wash away the good luck!

WELCOME NEW RESIDENTS!



Sandra Arnold

Robert Deaton

HAPPY BIRTHDAY!

Resident

Jackie Pate Feb. 5
 Harold Pinkley Feb. 7
 Sue Greer Feb. 8
 Joyce Montgomery Feb. 9
 Joe Hudson Feb. 11
 Jimmie Wolfe Feb. 13
 Gloria Griffine Feb. 27

Employee

Jennie Spraggins Feb. 4
 Ravin Harmon Feb. 11
 Aireyana Stevens Feb. 25

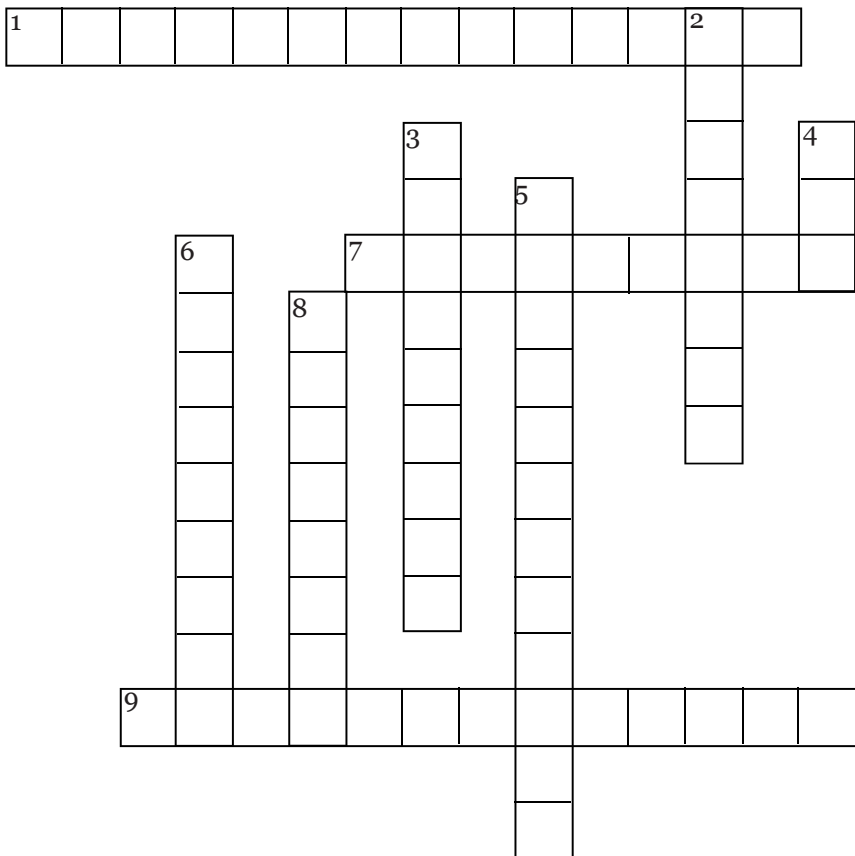


WORD FIND

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|-----------|-----------|--------------|---------|------------|
| CHINESE | CUPID | HOLIDAY | RED | ROSES |
| CHOCOLATE | DUMPLINGS | LUNAR | ROMAN | VALENTINE |
| CHUNJIE | FESTIVAL | PUNXSUTAWNEY | ROMANCE | WASHINGTON |

CROSS-WORD



Across

1. Chinese New Year is also known as_____.
7. Predicts the arrival of spring.
9. Washington's Birthday is also known as_____.

Down

2. Purple variety of quartz.
3. Fat Tuesday.
4. 2019 is the Year of the_____.
5. Annual Groundhog Day festivities occur here.
6. The Chinese calendar is this type.
8. Team with the most Super Bowl appearances.

EMPLOYEE OF THE YEAR

Sherry Overton



Congratulations to Sherry for being selected as Employee of the Year. This is well deserved. We really can't say enough about what a wonderful job Sherry has done. Sherry is always on time and always does

whatever she's asked to do. If you need her to come in, Sherry will soon be coming through the doors. That's how dedicated she is. If she sees something that needs to be done, she does it. Sherry is very compassionate and loving to the residents. We are very proud to have Sherry as an employee of Regency. She definitely goes over and beyond her duties assisting the residents with their activities of daily living.

EMPLOYEE OF THE MONTH

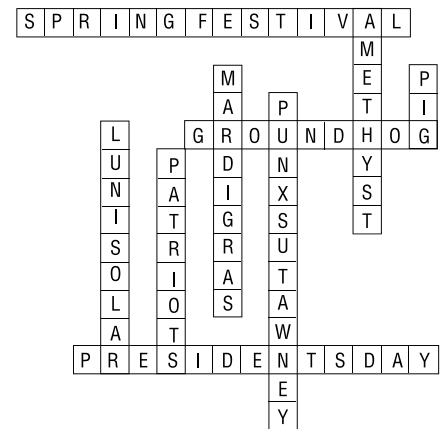
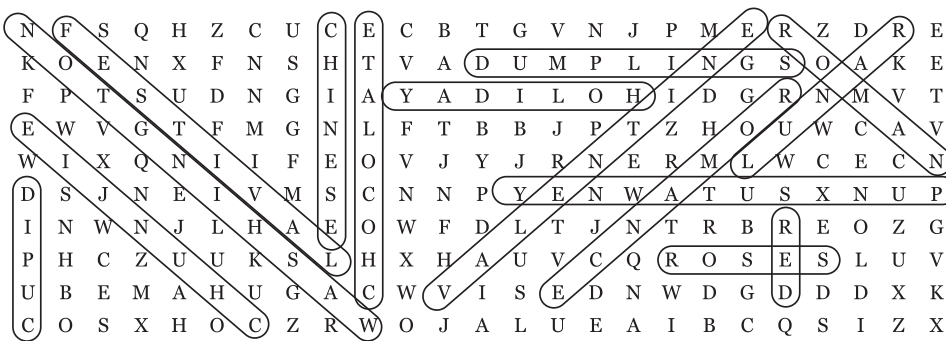
Valerie Shelton



Congratulations to Valerie for being selected as employee of the month. Valerie has been a part of the Regency team for several months. She is a Caregiver in Assisted Living. She truly enjoys her job, and


loves to interact with the residents. Valerie is just an all-around great employee. We are so glad to have her as a part of the team.

ANSWER KEY:



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