

WHAT'S COMING UP

January 1

New Year's Day

January 2

National Buffet Day

January 4

National Trivia Day

January 15

National Strawberry Ice
Cream Day

January 17

Martin Luther King, Jr. Day

January 19

National Popcorn Day

January 23

National Pie Day

January 25

National Opposite Day

January 29

National Puzzle Day



**Happy
New
Year!**

JANUARY 2022 NEWSLETTER



Hello Residents and Families,

Regency Retirement wants to say thank you for the great Thanksgiving. We were blessed to share it with you and your loved ones. The smiles and memories made that day were priceless.

We continue to do our best to keep your loved ones entertained and active with exercise, music, activities, church and projects. They bring such joy to our staff and we encourage families to continue to visit.

We had a blast with Holiday Mart on December 10th where our residents were allowed to shop for free from all the donations / goodies that were bought. We thank everyone who graciously made that event possible.

Our Christmas Dinner with our residents was wonderful. We rejoiced in the true meaning of Christmas and are blessed to have your loved ones be a reason for that!

As 2022 approaches, we are excited as to what the new year will bring. We are thrilled to have new families and neighbors to share our daily adventures with.

We hope everyone had a Merry Christmas and we want to wish everyone a Happy New Year.

Carol Wright,
Executive Director



Sending Christmas Cheer Overseas...

Over the past few weeks our residents have been making Christmas cards to be sent overseas to our military servicemen. It meant so much to our residents to do something that could bring Christmas cheer to someone across the world!



Annual Family Thanksgiving Dinner

We had a huge turnout for our annual family Thanksgiving dinner, and everything was amazing! Our dietary staff outdid themselves, and we certainly appreciate all their hard work. Special thanks to our Dietary Director, Shywanna Gray. It was wonderful to see families getting together, hearing laughter, seeing all of the smiles and remembering what the holiday is all about. We were also thrilled to have Dr. Bob Agee in attendance, who offered up a blessing over the food. Truly, what a blessed evening it was. We have so much to be grateful for!



ZUMBA!

We are so excited to have our Zumba class back up for our entire Regency community! Both our assisted living residents and memory care residents love to get involved in moving and grooving to the music, and even the staff try to jump in! We have this class twice a month, and if you haven't tried it out yet we would love to add another chair for you!



Regency's Annual Holiday Mart

We had a wonderful time at our huge Christmas shopping extravaganza here at Regency this past month! The front lobby and conference room in Assisted Living, as well as the commons room in Memory Care, were all filled with donations from so many generous people, businesses, churches, and more. It was exciting to see all of the happy faces! Residents were able to pick as many items as they liked, whether for themselves or for gifts, all free of charge. All of our staff came together and helped get everything sorted and set up, as well as helping the residents navigate the Holiday Mart. We would like to extend a HUGE shoutout to our volunteer, Wanda Reams, for all of her hard work with this event!





“Walking to the Grand Ole Opry” Kickoff!

January 3rd at 1:00 p.m. in the Cafe

What better way to kick off the new year than with new fitness goals? Julie Maxwell from MCHH will tell us about an exciting way to make the right choices day by day that you won't want to miss! Come check it out!



Tacky Tuesday

January 4th - ALL DAY at Regency!

The week of January 2nd through the 8th is known as “Someday We’ll Laugh About This” week. In honor of this very “interesting” holiday we’ll be dressing up as tacky as possible on January 4th for Tacky Tuesday! The point of this week is to begin the year off with laughter as we look forward. Let’s have fun with it!



ZUMBA with Danielle

January 11th and 25th at 10:00 a.m. in the Front Lobby

Come join us for a lively and exciting chair dancing exercise that is so much fun it doesn't even feel like a work out! Get together with your friends and don't worry about getting every move right. The point is that we're moving and having a great time doing it! There are always lots of smiles and laughter, and the only thing missing is you!





“Coffee and Talk” Dementia Support Group

January 17th at 10:00 a.m. in the Library

Our Community Liaison, Angie Arrington, and Julie Maxwell from Medical Center Home Health, will be sitting down with residents and family members to discuss concerns about dementia and Alzheimer’s disease. They will also answer questions, go over information, and be available to listen.



Shopping Day

January 18th - leaving at 12:30 p.m.

Get your lists ready! We’re heading out to Target and the Dollar Tree so that you can have a chance to pick up some of the things you may need or want. However, if you want to just window shop or get out on the town with us, feel free to jump on the bus and let’s go have a great time!



The Great Pretenders

January 25th at 2:00 p.m.
in the Front Lobby

This will be a variety show of many of your favorites and you can be a part of it— staff and residents alike! There will be a sign-up sheet for anyone wishing to participate on the checkerboard table by Aprille’s office. You can lip sync, dance, perform your own music, sing, etc. Show us how talented you are!



- January 3rd** — “Grand Ole Opry” Kickoff!
- January 4th** — Tacky Tuesday
- January 11th** — ZUMBA with Danielle
- January 17th** — Support Group
- January 18th** — Shopping Day
- January 25th** — The Great Pretenders



Carolyn Gaffney

Ms. Carolyn Gaffney was born in Bolivar, TN in 1932. She married Joe Bernard Gaffney III, better known as Jo-Jo. They had two children, a son and a daughter, and have four grandgirls. Ms. Carolyn worked in a bank. As well as loving to sew and work in the yard, she loved to paint - not portraits, but rooms. Ms. Carolyn continues to be very active in our community, coming to as many activities as she can. She loves music and reading, and always follows her beloved UT Volunteers! We are grateful to have Ms. Carolyn as a part of our Regency family, and we hope she always knows how loved she is.

FUN FACTS

- » The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!
- » Oddly enough, couples tend to separate or divorce more so in January than any other month of the year.
- » In Pasadena, California, there has been a Rose Parade held every year since 1890. It has since been broadcast worldwide and is typically viewed in over 100 countries around the globe.
- » If you were born in January, your birthstone is a garnet!
- » In leap years, January always starts on the same day as April and July.
- » London is famous for its extensive subway system, nicknamed “The Tube.” This makes sense because they’re also responsible for opening the first operational underground railway on January 10, 1863.
- » Some historical names for January include “Wulfmonath,” which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne would call it “Wintermanoth” meaning “winter/cold month.”
- » King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year. Even so, it only had 30 days.
- » Finally, Julius Caesar added the 31st day to the month and completed it to the full month of January we practice now!



Happy Birthday



WELCOME NEW
RESIDENT! 🏠

Patricia Minnis

Resident

Rosemary Roberts Jan. 10
 Mark Talley Jan. 11
 Judge Davis Jan. 17
 Myrtle Ross Jan. 17
 Phyllis Mayfield Jan. 20

Employee

Christina Elliott Jan. 3
 Angie Arrington Jan. 4
 Savannah Hassell Jan. 16
 Sherry Overton Jan. 21



WORD FIND

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

JANUS
 GARNET
 PARADE

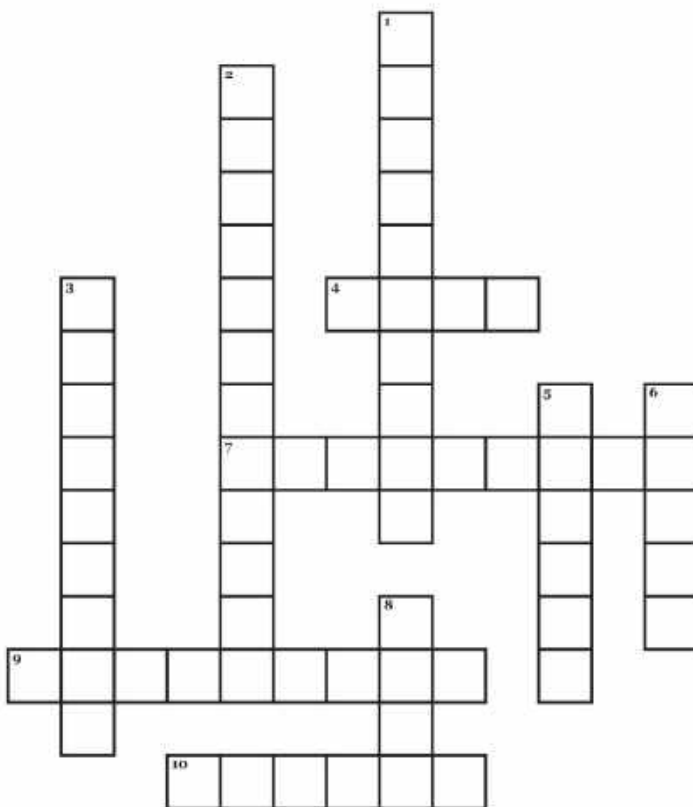
JANUARY
 ALASKA
 DIANTHUS

CAPRICORN
 AQUARIUS
 CARNATION

LONDON
 SUBWAY
 PASADENA

CALIFORNIA
 LILIUOKALANI
 AUSTRALIA

CROSS-WORD



Down

1. What the Anglo-Saxons used to call January?
2. Who was the last queen of Hawaii?
3. The birth flower of January is what?
5. _____ officially became the 49th State of the United States.
6. Roman God with two heads
8. London is famous for its extensive subway system, nicknamed "The _____"?

Across

4. Parade held every year since 1890 in California
7. The first Penal Colony was established in January 1788 by the British in _____
9. The second king of Rome, responsible for adding both January and February to the Roman calendar?
10. The birthstone is for January is the _____



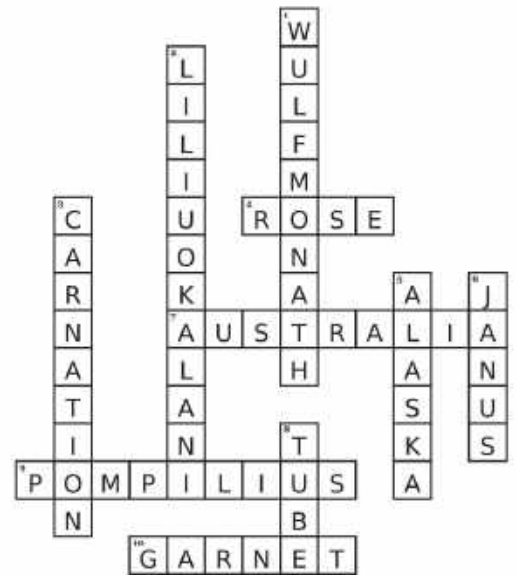
EMPLOYEE OF THE MONTH

Evelyn Butler



Our Employee of the Month is Evelyn Butler. She is a nurse for our assisted living residents, and has gone above and beyond this past month to make sure that the residents had a wonderfully festive and beautiful community to live in. Not only did Evelyn spend a lot of time putting up decorations, cutting paper but she also spotted Kaitlyn on the ladder as they hung garland! She also bought the items on her own without asking for anything in return. She does a wonderful job in caring for each resident on a daily basis and is kind to all residents and staff. Evelyn, we are blessed to have you as part of the Regency family. Thank you for everything you do!

ANSWER KEY



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