

WHAT'S COMING UP

February 1st

National Freedom Day

February 1st

Chinese New Year

February 1st

Black History Month Begins

February 2nd

Groundhog Day

February 4th

National Wear Red Day

February 12th

Lincoln's Birthday

February 14th

Valentine's Day

February 21st

Presidents' Day -
Washington's Birthday

February 25th

Carnival

FEBRUARY 2022 NEWSLETTER



Hello Residents & Families,

2022 is starting well and we are so looking forward to a new year full of so many exciting events for the residents and their families. We hope everyone welcomed the new year with great hope and positivity.

February is here and we can feel the love at Regency Retirement Jackson. We know this month in particular represents love, but we are blessed that we get to shower the residents that have become our extended families with love all year. As we embrace the blessings we have, we look forward to many more!

Please feel free to contact Aprille Roberts, our Activity Director, for any ideas you would like to share that would bring more joy and excitement to our community. We continue to make new friends with our new residents and do our best to make them feel at home.

We continue to be honored to service your needs, and look forward to an amazing new year!

Carol Wright,
Executive Director





Santa Puppy

We had a wonderful visit right before Christmas from one of our favorite therapy dogs, Simon (aka Santa)! Simon never fails to bring a lots of love and joy to everyone he comes in contact with whenever he comes for a visit, but this time was extra special. Our folks had never gotten to see him quite so decked out before! We were thrilled to see the "Santa Puppy," Don and all the Christmas cheer they brought with them to everyone at Regency.



Baking Up Some Memories

When we get together to bake in the cafe, it isn't just cooking for the sake of snacking. It's time to talk to each other while mixing ingredients, to share memories of baking, of traditional family recipes, and zany family fun as well! We laugh, we make a mess, and we enjoy each other's company. Then, when it's all said and done, we enjoy some tasty treats. We'd love for you to join us for our next cooking class as well!



Christmas Eve Party

We had fun celebrating Christmas with friends on Christmas Eve. We had snacks and punch, and enjoyed a visit from Santa! We sat around and sang Christmas carols and talked about some of our favorite Christmas memories. It was a time to be thankful for all of our blessings and for each other, and even just to be silly and laugh! It was a very merry Christmas party indeed!



New Year's Eve Party! Welcome 2022!

What better way to ring in the new year than being nice and warm and cozy with friends? We made a bit of mock champagne and had some snacks, while we sat around and spent time together. We also enjoyed a singalong with our maintenance director, Mark Ross, while he played his guitar. A fun and colorful photo booth for staff and residents alike was available as well!





Wear Red Day February 4th

February 1st–7th is Women's Heart Week. This is a week that is devoted to educating women on the dangers of heart disease. It focuses on recognizing the symptoms of a heart attack, which can differ from that of a man's heart attack. Education on prevention and early intervention can save lives! Wear red on Friday, February 4th, in support of this very important week!



Glamour Shot Photo Booth February 8th

We will be having a special glam photo session for anyone who would like to participate - ladies and gentlemen alike. These photos will be printed as a gift for your family, so you will not want to miss out on this opportunity to give them such a special and priceless treasure that will mean the world to them! The photo booth will be set up in the library beginning at 1:00 p.m. To sign up to have your picture made, let Aprille know. There is no cost for this service.



Line Dancing February 10th

Have you ever done any line dancing? Have you wanted to, but never had the chance? Well, your time has come! We are having a line dancing class on February 10th at 1:00 in the Theater Room. Rita Mac will be coming to teach the class and we are going to start SIMPLE. Also, don't feel that you can't attend if you use a walker or other assistive ambulatory device. We can modify moves for you, even if you are in a wheelchair! We are going to have fun and get moving to the music!



Valentine's Day Party

February 14th

We will be having our Valentine's Day party in the cafe on February 14th at 2:00 p.m. in the front lobby. We will have refreshments and music, and would love for you to dress up in Valentine's Day colors if possible! We will crown a Valentine King and Queen, and have lots of fun in between!



Drive in the Country and Ice Cream

February 15th

We will be taking the bus for a drive out into the country to sightsee, and will be stopping for ice cream treats along the way. Come join us for a chance to get out and spend time with friends as we go! We will load the bus at 1:00 p.m. from the front doors.



Veterans Breakfast

February 22nd

We will be having a special breakfast for our veterans at 8:00 a.m. on February 22nd. We value every opportunity to show appreciation to those who have served our country. Please join us for this very special breakfast.



The Medlin's Bluegrass and Gospel Singing

February 25th

Come join us in the front lobby for some boot stompin' and hand clappin' good music with The Medlins from Lexington! This will be their first time to join us at Regency, so let's be sure and give them a good, warm welcome. It's guaranteed to be a good time for all!

Save
the
Date

February 4th — Wear Red Day
February 8th — Glamour Shot
February 10th — Line Dancing

February 14th — Valentine's Day Party
February 22nd — Veterans Breakfast
February 25th — Gospel Singing



Ransel Sirk

Mr. Ransel Sirk was born and raised in West Virginia, graduating from Webster County High School in WV. He spent 12 years in the United States Air Force, and ended his career as a Staff Sergeant. He married in 1963 and had two children, a son and daughter. His son, Aaron, lives in Tennessee, and Mr. Ransel followed to Tennessee a couple of years ago. One of his favorite things has always been listening to music. His preferred music is bluegrass, although he also loves classical, country and western style music. His favorite classical music composer is Wolfgang Amadeus Mozart. Mr. Ransel used to love to sing (bass), as well as play guitar, and you can often find him in the library reading books. His favorites are Westerns! Mr. Ransel, we are thankful that you are part of our Regency family and look forward to getting to know you even better. We love you!

FUN FACTS

- » February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.
- » The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.
- » If you were born in February, your birthstone is an amethyst and your flower is a primrose.
- » The western zodiac signs in February are Aquarius which is until February 19th, and Pisces, which is until March 20th.
- » Over time, the length of February kept changing. At one point, it had as little as 23 days.
- » In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the Northern and Southern Hemispheres, February is the equivalent of August.
- » The name of February comes from the Latin word “februum” which means purification.
- » February was named after a purification ritual which was like an early Roman spring cleaning festival.
- » In Welsh, February is sometimes known as “y mis bach” which means “little month.”
- » February and January were the last months added to the Roman numeral calendar.

Happy Birthday

WELCOME NEW RESIDENTS! 🏠

Shirley Armour
Celene Butler

Resident

Wilma Adcock Feb. 10
Barbara Graves Feb. 15
Margaret Goetze Feb. 23
Janice Baldwin Feb. 26

Employee

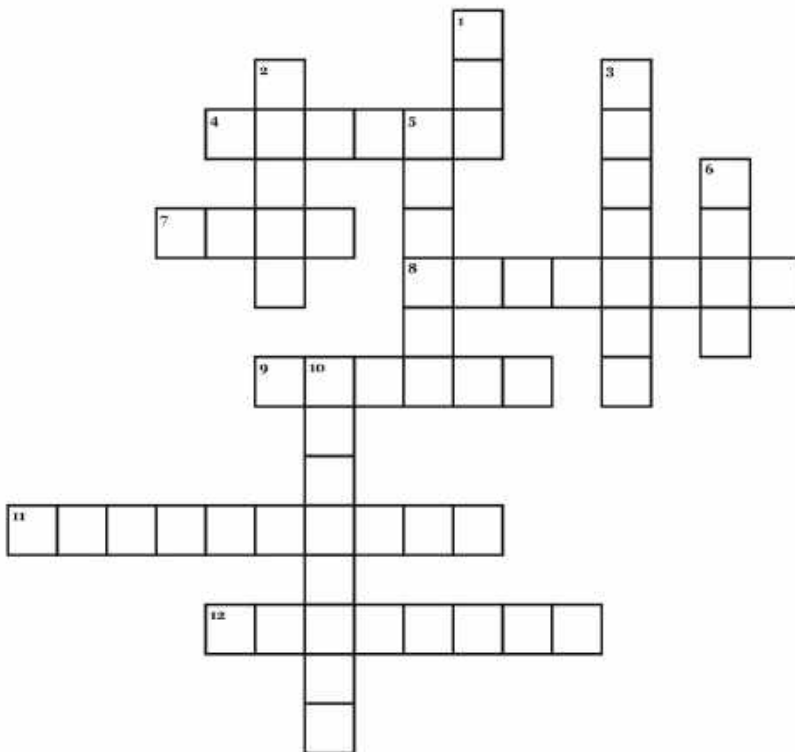
Mona Carpenter Feb. 8
Ravin Harmon Feb. 11
Matorya Hunt Feb. 22
Aireyana Stevens Feb. 25

WORD FIND

D Y A Q J E A Q A Z F K E G A E Y I Q C T Z F R L
 K L R S R O P V A M M G P M P H W A B H W G V K I
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|-----------|----------|-----------|-----------|--------|
| FEBRUARY | AMETHYST | AQUARIUS | VALENTINE | MASH |
| GROUNDHOG | PRIMROSE | PISCES | RAILROAD | HEARTS |
| LINCOLN | OX | ASTRONAUT | LOVE | GRAMMY |

CROSS-WORD



Across

4. Receiver of thousands of letters every Valentine's Day
7. The central figure in the annual Groundhog Day celebration, familiarly
8. "Mobile ____ Army Hospital"
9. Sole winner of the Best Disco Recording Grammy
11. These can be found in heart-shaped boxes this time of year
12. Flower that expresses you can't live without someone

Down

1. King whose burial chamber was unsealed in February 1923, familiarly
2. The ancient Roman god of love
3. Home state of Cape Canaveral
5. Inventor behind America's first motion picture studio
6. Year with an extra day
10. "This is the dawning of the age of ____"

EMPLOYEE OF THE YEAR

Norma Le



Norma Le was born in Alabama but has lived in Jackson for the past 31 years, 13 of which she has been with Regency Remembrance Village. Norma and her husband have two children and four grandchildren. Her favorite thing to do in her time off is caring for her grandchildren! Norma is a very hard worker, always prompt on her shifts, and very consistent. She is nurturing with every resident, giving them the kindness they so richly deserve. She helps with activities as much as she is able and the family members love her. Norma, we are blessed to have you as part of our Regency Family, and thank you so much for all that you do to make this a better place each day. Thank you for your love and care, for treating the residents with respect, and for doing your best every day to be the best at what you do! We love and appreciate you!

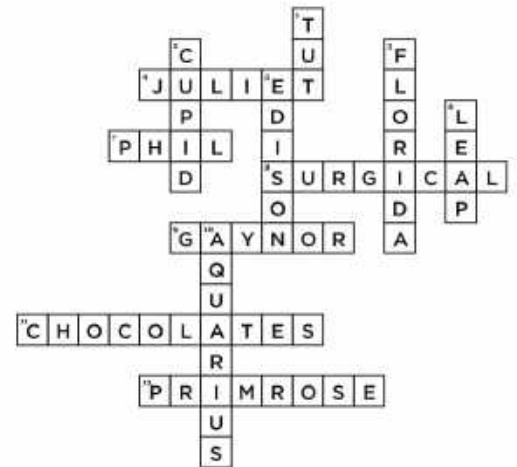
EMPLOYEE OF THE MONTH

Savannah Hassell





Savannah Hassell has been a caregiver at Regency since July of 2021. She is the granddaughter of Mr. Nathaniel and Ms. Nancy Newman. Savannah chose to work here because she is hoping to have a future in healthcare. She is about to start the EMT (Emergency Medical Technician) program at Jackson State Community College and intends to eventually become a licensed paramedic. From the very first day that she started, Savannah has shown compassion, caring, and dedication in her daily duties as a caregiver. She cares for each resident and gives them the time they need, and does what she is asked whenever needed without complaining. Savannah, we appreciate you and are thankful to have you as part of the Regency Family! We love you!

ANSWER KEY



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