

WHAT'S COMING UP



January 1st
Commitment Day

January 13th
Korean American Day

January 14th
Ratification Day

January 16th
Martin Luther King Jr. Day

January 18th
National Thesaurus Day

January 19th
Good Memory Day

January 20th
Take a Walk Outdoors Day

January 22nd
Celebration of Life Day
Chinese New Year

January 25th
Opposite Day

January 28th
Local Quilt Shop Day
National Kazoo Day

January 31st
National Hot Chocolate Day



JANUARY 2023 NEWSLETTER



Hello Residents,

Happy New Year to all as we welcome 2023. We are looking forward to what the new year brings and welcome our new residents and families. We continue to be grateful to you for allowing us to love and care for your loved one(s).

We will be planning new exciting events and more memories to share. We welcome any ideas that you have to make life fun for our residents. Feel free to contact Elizabeth James, Activity Director, to share ideas.

Every year brings challenges, but we are looking forward to working together to make 2023 an amazing year. We appreciate every resident, family, and staff member.

Carol Wright,
Executive Director





Veterans Day Program

We honored our veterans with a certificate thanking them for their service.



Family Thanksgiving Dinner

Our residents' family members were invited to have dinner alongside excellent entertainment with their loved ones. Thank you to our awesome Dietary staff!



Caregiver Appreciation Month

Our caregivers were presented with certificates and refreshments to thank them for their service and show our appreciation for them.





New Year Party

January 1st at 2:00 pm

We will be having a New Year party for the residents to celebrate the start of 2023.



1950s Party

January 6th at 2:00 pm

We will dress up in our best 1950s attire followed by a party for our residents.



Take a Walk Outdoors Day

January 20th at 9:30 am

We will be taking a nature walk outdoors to admire the trees.





Resident Council Meeting
January 19th at 11:00 am

These meetings are an opportunity for residents to come together and talk about their concerns and interests.



January Birthday Party
January 27th at 2:00 pm

This party is to celebrate our January birthdays.



Groovy T-shirts
January 30th at 2:00 pm

We will be tie-dying t-shirts for our residents.



Hot Chocolate Day
January 31st at 2:00 pm

A hot chocolate social will be held for our residents to warm them up when it's cold outside!





Margaret Boyd

Mrs. Boyd was born and raised in Madison County. She graduated from J.B. Young High School in Bemis, Tennessee. She then attended Union University and became a nurse.

While attending college she met the love of her life while on a blind date, and soon Frank Boyd became her husband. They had three wonderful children together, David, Anita, and Penny, as well as four grandchildren and several great-grandchildren. Her husband Frank owned a plumbing company in Madison County

and she worked at Union University for thirty years as a Student Body Nurse.

She was an active member of the First Baptist Church in Jackson, Tennessee for years. Mrs. Boyd enjoys gardening, teaching Sunday school, and outdoor sports. She has been a resident of Regency for four months and really loves being here.

We love you and thank you for being a part of our Regency Family, Mrs. Boyd!

WELCOME NEW RESIDENTS! 🏠

Mrs. Martha Thomas
Mr. Robert Crawley
Mrs. Janet Presley

Happy Birthday

Residents	
Rosemary Roberts	Jan. 10
Judge Davis	Jan. 17
Myrtle Ross	Jan. 17

FUN FACTS

- » Much like today, the Ancient Romans saw the start of January as a bridge between the past and the future. January, in the depths of winter, was seen as a reflective period to take stock of the previous year and to plan on what the new year could bring. It's unclear, however, if any resolutions were distinctly set in regards to conquering the world!
- » In the Roman calendar only 10 months had formal names. Winter (January and February) was simply known as the "dead period". This is because the government and military weren't active in the coldest, darkest months. January, what we now consider the first month of the year, was actually the final month added to the 12-month calendar.
- » Continuing with the theme of past and future, endings and beginnings, it is the two-faced God Janus who represents the month of January. Janus in mythology is often depicted as a two-sided face that looks forwards and backwards at the same time.
- » The birthstone for January is the garnet. This rare gem comes in a variety of different colors. However, the most popular and lucrative garnets are a deep shade of red. The word garnet is derived from the Middle English word, 'gernet,' which means dark red. This also shares its origin with the seed-filled fruit the pomegranate. Who knew!?
- » In the northern hemisphere January is the coldest month. The lowest temperature ever recorded in the United States was minus 80 degrees Fahrenheit. This was recorded by a weather observer at Prospect Creek Camp in Alaska on January 23, 1971. It was so cold that a person's eyeballs would begin to freeze after only seconds of being outside. That sounds far too cold for us!

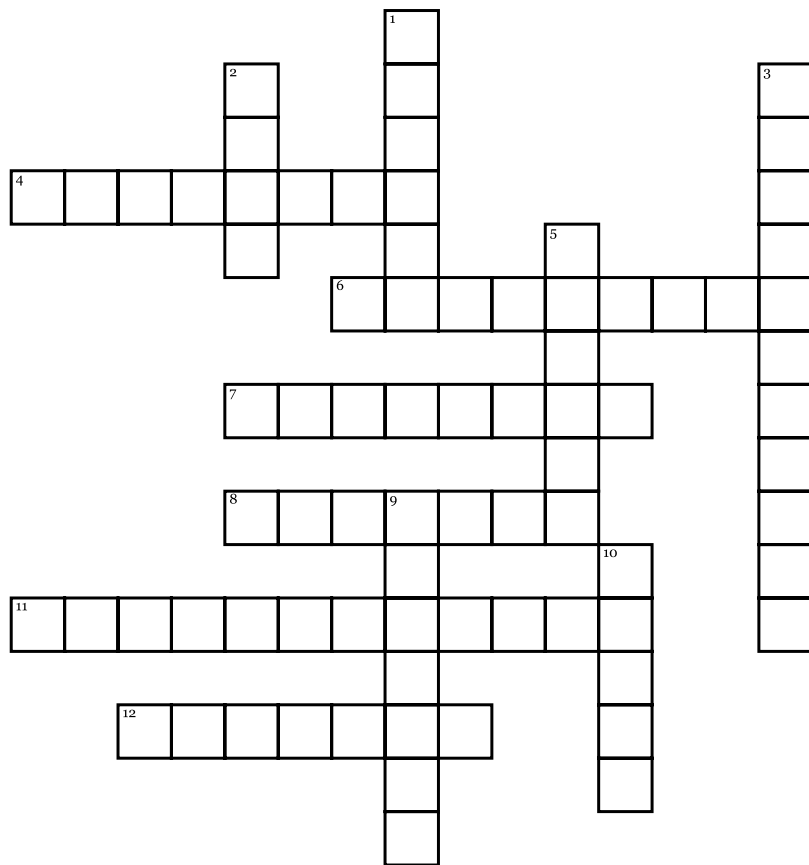


WORD FIND

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

- | | | | | |
|------------|-----------|-----------|-------|----------|
| GARNET | AQUARIUS | ORTHODOX | JANUS | JULIAN |
| PROMETHEUS | CAESAR | LUNISOLAR | NUMA | CALENDAR |
| GALANTHUS | GREGORIAN | IRELAND | ROMAN | LONDON |

CROSS-WORD



Down

- In 1959, _____ became the 49th state of the United States
- _____ Shelley, Author of the novel "Frankenstein"
- Egyptian Pharaoh
- The birthstone for January
- January is often nicknamed "_____ month" by lawyers
- Two-faced God

Across

- January zodiac signs are Capricorn and _____
- January birth flower is the _____
- The Rose Parade started in _____, California
- In the northern hemisphere January is the _____ month
- The first United States Computer was built in _____
- The _____ Channel was launched on January 1st, 1995.

EMPLOYEE OF THE YEAR

Walter Reid



Walter began his career as a cook with Regency in December 2013. He has always been dedicated to his love of cooking, and also befriends our residents, becoming like family to them. The residents always look forward to starting their day with his heartfelt smile.

Cooking for the residents is a joy to him and not a job. He takes pride in fulfilling the residents' dietary needs. When he took a short break the staff and residents continued to check on him, and when he returned it was to open arms from everyone.

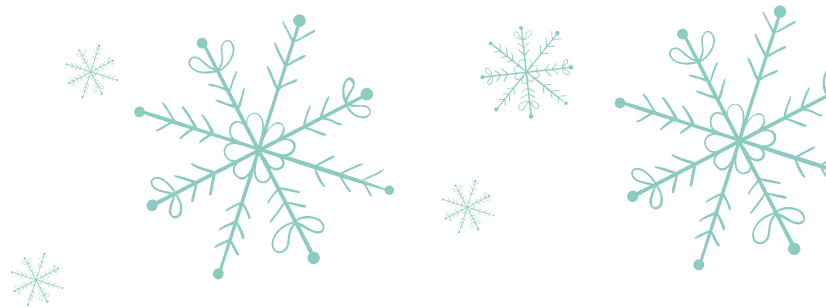
We need many more just like Walter. He is one of a kind and a great asset to Regency. We love you and thank you for being a part of our Regency Team.

EMPLOYEE OF THE MONTH

Evelyn Butler



Evelyn is an outstanding nurse that works in our Assisted Living department. She has been with Regency for a year and you can definitely tell that she has a passion for taking care of people. We love you and thank you for being a part of our Regency team!



ANSWER KEY

Word search grid with highlighted words:

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

Crossword puzzle grid with filled-in words:

- 1. AQUARIUS
- 2. MARIANA
- 3. CARNATION
- 4. PASADENA
- 5. COLDEST
- 6. PENNSYLVANIA
- 7. HISTORY
- 8. TUTOR
- 9. KHAMUS
- 10. JINUS
- 11. CE

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