

Happy New Year!

January 1

New Year's Day

January 21

Martin Luther King, Jr. Day

REGENCY STAFF

Barbara Chatman,
Executive Director

957-6249

Tanita Paige,
Resident Care Coordinator

957-6250

Tila Eubanks
Reflections Unit Coordinator

957- 6256

Laura Dooley,
Business Manager

957-6253

Austin Connor,
Director of Dietary

957-6252

Chris Goodwin,
Maintenance Director

957-6254

Debbie Jenkins,
Activity Director

957-6258

Assisted Living Nurses Station

957-6251

JANUARY NEWSLETTER 2019



Hello Residents,

I am excited to join the Regency family, as your new Executive Director. It is my desire to work together as a team to ensure that your stay here is a very pleasant one. I have been in this industry for 15+ years. My experience ranges from operating a 190-bed skilled nursing home to a 24 apartment Assisted Living Community. Prior to getting my license as an Administrator, I was a Business Office Manager in this same industry.

I have two beautiful children. My son is 18 and a senior in high school, and my daughter is 14 and a freshman in high school. They both are very active in sports and keep me busy with their lives. I love meeting new people and having interesting conversations. I have a love for music and dancing. You will often catch me trying to sing because music is medicine to me.

Again, I am excited to be here and look forward to developing a relationship with you all. God bless you all!

Executive Director,
Barbara Chatman



Decking the Halls

Bring out a Christmas tree and watch the kid in all of us come out! A special thank you to Chris Goodwin for bringing all the decorations up from the basement. And that was no small job! To each resident who hung an ornament, arranged a display or just showed up for support, THANK YOU FOR SHOWING YOUR CHRISTMAS SPIRIT! Now where were you when we took it all down? :) HA! HA! Just kidding! Also, thank you for buying mittens, gloves, and hats for our Mitten Trees. Everything was donated to Jessie's Place, a shelter for homeless women and children.



Open House

There is one thing about Regency — we know how to throw a party! Our Christmas Open House was a lot of fun. The evening was complete with entertainment from Mike and Sheila Dempsey, James and James, Santa and Mrs. Claus, wonderful food, and you with your family. Did you know the ice sculpture in Somerset was created by our own Chef Austin? Thank you to our residents for making this year's party such a success! We had so much fun, let's do it again in 2019!



Special Guests

December is always full of individuals and groups calling to see if they can come by to sing Christmas carols for our residents. They range from State Farm reps, church groups of all ages, Homewood neighborhoods, and healthcare organizations. The answer is always YES! The Day School at Homewood Church of Christ is a faithful group every year. Picture about 30 four and five year olds singing at the top of their lungs! All they know is it's Christmastime and Santa will soon be at their homes. Thank you to everyone who made our Christmas a little bit brighter!



Did You Know?

Many times dealing with Medicare can be a nightmare. There are many services that are free if you just know about them and who to talk to. Shandra Bowen from Comforting Soles spoke to the residents about diabetic shoes. Did you know that if you have diabetes you can get a free pair of shoes each year? All you have to do is meet your deductible. If you are interested and missed the meeting, see Debbie for information. Also, if you have arthritis, you can receive free braces. Why not get something that you are entitled to have at no cost to you?



Men's Breakfast at IHOP

January 4th at 8:00 am

Calling all men at Regency! It's that time again for the Men's Breakfast at IHOP. This is Regency's treat so mark your calendar and don't forget. Along with breakfast, you will have a special guest — Barbara Chatman, our new Executive Director. What a great chance for you to get to know her and for her to get to know you. Please sign up. The bus leaves at 8:00 am.



Lunch Bunch

January 11th and 25th

Twice a month we eat at various restaurants around town. This month, we are headed to Red Lobster and Mr. Wang's Chinese Buffet. At Red Lobster, the price depends on what you order from the menu. Mr. Wang's Buffet is around \$10. Sign up please. The bus departs at 11:15 am.



Veterans Round Table

January 10th at 2:00 pm

SOMETHING NEW: We are so proud of our Veterans. Beginning this month, we are kicking off Veterans Round Table. Each month, a special guest will sit around the table and visit with our veterans. This month, it is John Pinion from the VA. Veterans, come out at 2:00 pm and celebrate with your fellow soldiers.



Nifty 90s

January 16th at 11:30 am

SOMETHING NEW: Nifty 90s is for those residents who have reached the young age of 90-plus. We want to celebrate you several times throughout the year! On January 16th at 11:30, you are invited to a free lunch at a local restaurant. Regency will also be providing you with extra services just to say congratulations! Please sign up.



Birthday Bash

January 17th

SOMETHING NEW: Every third Thursday at noon in the private Dining Room in Somerset, a special birthday bash will be held. Chef Austin will cook up an extraordinary meal each month. If your birthday is in January, let us know you will be attending by Monday, January 14th.



Let's Go To The Movies

January 18th and 28th

Friday, January 18th at 12:15 pm

Patton Creek Theater - \$5.00

"The Upside"

Monday, January 28th at 12:20 pm

Hoover Library - Free

"The Greatest Showman"

(With free popcorn, candy, and soft drink)



Matsiko Orphan Choir

January 31st

The Matsiko Orphan Choir is back with children from India, Peru, and Liberia. Come and enjoy their songs, dances, and smiles! They will also be selling merchandise, some of which they made themselves! Join us at 2:00 pm in Somerset's Dining Room.

ATTN:

SOMERSET RESIDENTS

Just a reminder that any activity on the calendar that is held in Memory Care, YOU are invited to attend. Just let any employee know.



Jose "Murphy" Maestas

Murphy grew up in New Mexico, where he was one of seven children. Upon joining the Army, he was given the job to prepare men for Korea. After his time in the service, Murphy went to college on the GI Bill. Most people know Murphy as a pastor. He has faithfully served in the Lord's Army for 55 years. Murphy has three children: two boys and one girl. If he could go anywhere in the world, he would like to see the Holy Land. Murphy, we are glad you call Regency home!

FUN FACTS



- In Scotland, the custom of first-footing is an important part of the celebration of Hogmanay, or New Year's Eve Day. The first foot to cross a threshold after midnight will predict the next year's fortune.
- Spain rings in the New Year by eating 12 grapes at midnight, 1 for every chime of the bell. The tradition is called Las doce uvas de la suerte (The twelve grapes of luck).
- Eating any ring-shaped treat symbolizes "coming full circle" and leads to good fortune.
- New Year's was once the time to swap presents.
- At the age of thirty-five, Martin Luther King, Jr. was the youngest man to have received the Nobel Peace Prize.



HAPPY BIRTHDAY!



Resident

Pat Butler	Jan. 6	Nella Globetti	Jan. 19
Benita Vernaci	Jan. 11	Rita Hamilton	Jan. 21
Wayne Traylor	Jan. 12	Lamonia Jackson	Jan. 27
Velma Avery	Jan. 12	Barbara Strange	Jan. 28
Frances Belcher	Jan. 18	Jane Peterson	Jan. 30

Employee

Aretha Johnson	Jan. 3
Amber Swann	Jan. 9
Janika Robinson	Jan. 13
Chris Goodwin	Jan. 27
Nemiyah Slaughter	Jan. 27
Erica Cooper	Jan. 31



WORD FIND

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

COUNTDOWN

GARNET

NEWYEAR

REFLECTION

CHAMPAGNE

EQUALITY

KISS

NOISEMAKER

RESOLUTIONS

CIVILRIGHTS

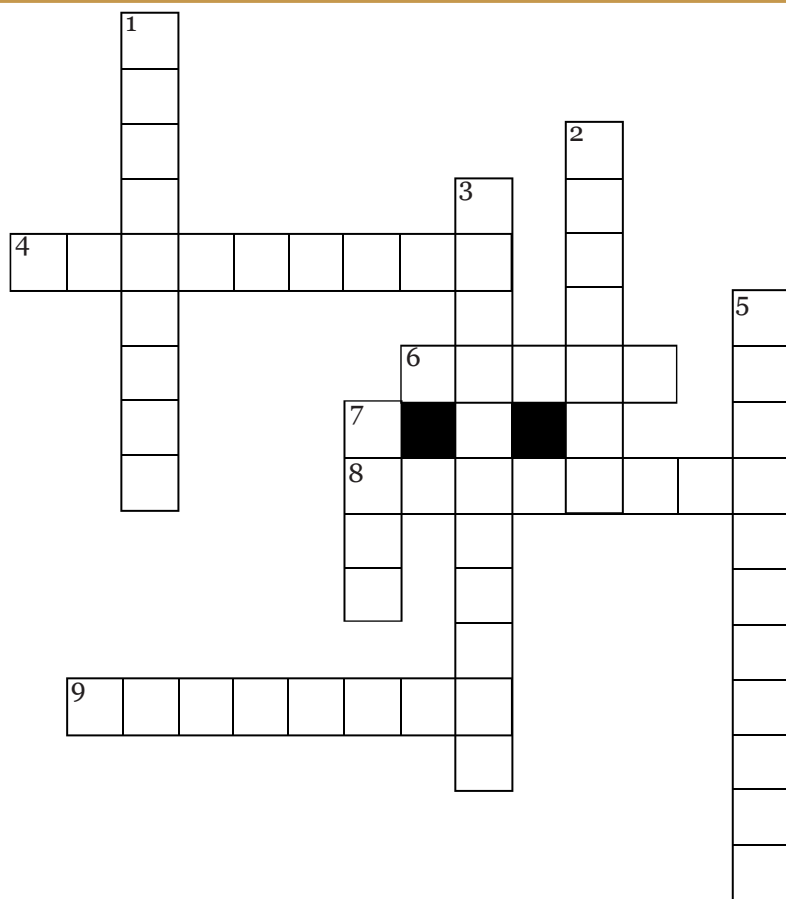
FIREWORKS

MIDNIGHT

PARTY

SPARKLER

CROSS-WORD



Across

4. Ring in New Year with this drink.
6. Janus is the _____ God of gateways.
8. Martin Luther King Jr. strove for this _____.
9. January is the coldest month of the year in this Hemisphere.

Down

1. January birth flower.
2. Gaelic term for "good health".
3. Reflect on the past year and make these.
5. The practice of making New Year's resolutions, said to have begun with the _____.
7. Turn over a new _____.

EMPLOYEE OF THE YEAR

Latricia Gardner



Latricia works as a cook and server in Dietary. Her primary job is raising 4 sons. Trish worked at McDonald's for 11 years as a tour manager. She left to help her mother overcome a bout with cancer.

Trish's life experiences led to a calling of working with seniors. She has a positive outlook and is always available to help anyone. Trish, congratulations on being named Employee of the Year!

EMPLOYEE OF THE MONTH

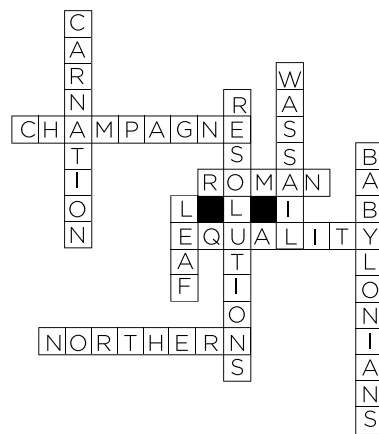
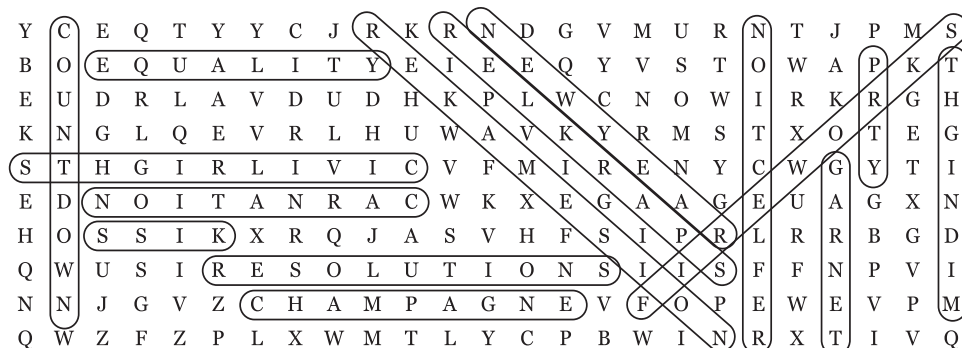
Kim Smith



Kim grew up in Ensley. She has 2 sons and 1 daughter. Kim has been a nurse for 7 years, with 4 of those years at Regency. She loves working with seniors and helping others. Kim said her one and

only career choice was being a nurse. Her advice to a new nurse is, "Always have patience and always find time." Thanks, Kim, for all you do for our residents!

ANSWER KEY:



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