Hello Residents,

It’s February 2018, and we are to celebrate some unique and bizarre holidays this month. It’s American Heart Month, Black History Month, Canned Food Month, Creative Romance Month, Great American Pie Month, National Cherry Month, National Grapefruit Month, National Weddings Month, and the third week is International Flirting Week. It was rather surprising to me to discover all of the quaint and rare occasions to celebrate. Wow, I’ve been missing out on a lot of holidays, it seems. I’ve always thought February holidays only consisted of Groundhog Day and Valentine’s. Little did I know that there is a holiday for every day of February?

Valentine’s Day is the most popular day of February, because it’s considered a romantic day for adults and a fun event for kids. Many couples become engaged or wed on this day. For others, it is a day to fall in love. Did you know that 75% of all chocolate is purchased by females all year, but on Valentine’s it’s purchased by 75% males? Over $1 billion of chocolate is purchased for Valentine’s Day. Another item that’s purchased in large quantities is the red rose. The red rose is a universal symbol of romantic love. Need we say more?

Let’s enjoy this month and try to take time to love and encourage others. Plus, take the time to reminisce upon our own previous experiences of chocolates, flowers and gleam. Love all of you and “Wish you a very Happy February.”

Trudy Darnell,
Executive Director
**Recent Events**

**New Year’s Celebration – December 30th**

Happy New Year! We gathered a little early to celebrate the beginning of 2018. Several residents filled the Parlor to share some cheese, crackers, grapes, wine and sparkling cider. A feeling of excitement was in the air as we counted down and shouted “Happy New Year!” Noisemakers and squeakers could be heard for a while. Then, of course, Cleon played the organ and Alan led us in “Auld Lang Syne.” We had a wonderful time of fellowship and friendship to start the New Year off right. We are looking forward to making many memories with you in 2018!

**FUNtastic Friday: Fishing – January 5th**

You grab a line, and I’ll grab a pole. That’s exactly what we did for this month’s FUNtastic Friday. To celebrate fishing, several wore their fishing shirts or hats. We enjoyed several different types of Goldfish crackers, flavored tuna and salmon, bobbers (cheese balls) and some delicious cake bites. We even drank some pond water (a delicious blueberry punch). We shared some fish stories and phrases we use about fishing. Then, we went fishing. We played a game called Let’s go Fishing, where residents tried to see how many fish they could catch. Terrell was the big winner! We had a great time.
100th Birthday of Theresa Clark – January 7th

The party of the century! At least it was for Ms. Theresa Clark. On Sunday, January 7th, Ms. Theresa turned 100 years old! Several residents gathered to celebrate with Theresa, along with her son, Dennis, and his wife. We had a traditional menu of cake, ice cream, and chips. Everyone enjoyed getting to know a little more about Ms. Theresa. She lived in Chicago for over 98 years and came to Morristown a little over a year ago to be near her son, Dennis. An interesting fact about Theresa — she didn’t learn to drive until age 81! She said she has always been active and independent. Her advice for living to 100, eat lots of fruit and vegetables.

What’s Cookin’ Wednesday: Lumberjack – January 17th

Timber! That’s what all good lumberjacks say, isn’t it? You could almost hear that as you came to the dining room on What’s Cookin’ Day. Andrea and her team prepared a delicious meal of campfire chicken, smokehouse ribs, biscuits and sawmill gravy, skillet corn, smashed potatoes, greens, and s’mores pie. Several residents “channeled the flannel” and wore their flannel or plaid shirts. We had a wonderful time and look forward to next month’s What’s Cookin’ Wednesday: Hawaiian Luau.
Upcoming Events

Employee of the Year/Employees of the Month Celebration
February 27th at 2:00 pm

Join us as we celebrate some outstanding employees. We will host a celebration in honor of all of our 2017 Employees of the Month & our Employee of the Year, Mrs. Lillian Reed. Our Employees of the Month include: Crystal Drake, Lena Stanley, Mary Ramey, Annette Wyatt, Kim McClanahan, Barbee Hayward, Sheila Short, and Adrien Inman. Each of these employees was selected for their excellent work performance, great attitudes, and dedication to Regency. Each of these employees go above and beyond on a regular basis to ensure our residents’ lives are enriched. Thank you to each one for being exceptional employees!

Men’s Trip to TN Museum of Aviation
February 7th at 9:45 am

Third time’s a charm, right guys? We have had to cancel this trip twice because of uncontrollable circumstances. We are going to try it again though! We will leave Regency at 9:45 am and travel to Sevierville to have lunch, then on to the TN Museum of Aviation to see some pretty cool planes. All men are welcome to join us.

FUNtastic Friday: Mardi Gras Masquerade
February 9th at 2:30 pm

This month’s FUNtastic Friday will celebrate the fun of Mardi Gras with a Masquerade Party. Come dressed in your bright colors — purple, green, yellow. We will have masks and beads for everyone, as well as some delicious treats and an afternoon of fun.
**Indian Creek Productions**  
*February 12th at 6:00 pm*

Would you like to know more about the Native American Heritage? Mark and Sherry Finchum are a husband and wife team who share very interesting information about the Cherokee tribe and Native Americans as a whole. You will learn a lot and enjoy their presentation immensely.

---

**Valentine’s Dance**  
*February 14th at 2:00 pm*

Put on your dancing shoes and get ready to have some fun! We will be having our Annual Valentine’s Dance, complete with music and a dance floor on Wednesday, February 14th. We will have some refreshments available also. Even if you don’t dance, you will want to come watch those who do — it can be quite a show! Don’t miss it!

---

**Assisted Living & Memory Care Family Night**  
*February 20th at 6:00 pm*

All Assisted Living & Memory Care residents & families are invited to join us for our Quarterly Family Night. We always share a delicious meal and some great fellowship with other families & the management staff. Residents are allowed 5 guests. Each resident must RSVP for themselves and any guests. Please call the Front Desk no later than noon on Monday, February 19th to RSVP.

---

**Favorite Hymn Sing Along w/ Barb & Valerie**  
*February 26th at 2:00 pm*

Barb Simmers, Regency employee, has agreed to play the piano as we sing some of your favorite hymns. This is a sing along — we encourage you to come make a joyful noise!

---

**Save the Date**

- **Mar. 2nd** — FUNtastic Friday – Final 4  
- **Mar. 5th** — Adrian Ray Singing  
- **Mar. 8th** — Pea Pickin’ Hearts Singing  
- **Mar. 19th** — Curt Mathson Singing  
- **Mar. 20th** — Charity Bingo  
- **Mar. 23rd** — Murdoch Jazz
**Welcome New Residents!**

Robert Jones  
Nancy Wood  
Robert Williamson  
John Combs  
Anne DeBord  
Lola Jean Beeler  
Richard Booher  

**Katy Burkhart**

Ms. Katy was born in Hawkins County. She was one of 13 children and has lived in or around Morristown all her life. She worked at Magnavox for a few years, then went to Lear Seating where she worked for over 26 years. After retiring, she went to Morristown Hamblen Hospital to volunteer. She volunteered there for almost 5 years. She was honored as the Volunteer of the Month, Volunteer of the Year, and Volunteer with the Most Hours Served during her time there. Katy has 5 children, 4 grandchildren and 14 great-grandchildren. Katy moved to Regency in May, 2014. She is very active at Regency; you will see her at everything we do — from exercise, bingo, beads, entertainment, parties, you name it — Katy is there, taking part. She is also on the Resident Council. She is a pleasure to be around, and gives out hugs and love to everyone. Katy loves being around all the people at Regency and enjoys the many activities.

**February Fun Facts**

- February’s birthstone is the amethyst, and its birth flowers are the viola and the primrose.
- February remained the last month of the year for roughly 200 years until the calendar was reevaluated and February was reassigned as the second month, with January being the start of the new year.
- Once every six years, February is the only month that has four, full seven-day weeks.
- The word February comes from the word “februa” which means purification and cleansing, adapted from the Roman “Festival of Purification”, a pre-spring ritual.

**Happy Birthday!**

**Resident**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dave Brown</td>
<td>Feb. 4</td>
</tr>
<tr>
<td>Lynne Richardson</td>
<td>Feb. 4</td>
</tr>
<tr>
<td>Lois Beckham</td>
<td>Feb. 6</td>
</tr>
<tr>
<td>Mary Lynn Rankin</td>
<td>Feb. 12</td>
</tr>
<tr>
<td>Kathleen Johnson</td>
<td>Feb. 17</td>
</tr>
<tr>
<td>Ron Arakaki</td>
<td>Feb. 19</td>
</tr>
<tr>
<td>Doris Payne</td>
<td>Feb. 20</td>
</tr>
<tr>
<td>Jeanne Turner</td>
<td>Feb. 22</td>
</tr>
<tr>
<td>June Seal</td>
<td>Feb. 23</td>
</tr>
<tr>
<td>Florine Seal</td>
<td>Feb. 25</td>
</tr>
</tbody>
</table>

**Employee**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashley Antrican</td>
<td>Feb. 1</td>
</tr>
<tr>
<td>Renee Todd</td>
<td>Feb. 2</td>
</tr>
<tr>
<td>Lacey Ewing</td>
<td>Feb. 3</td>
</tr>
<tr>
<td>Kelsie McMahan</td>
<td>Feb. 18</td>
</tr>
<tr>
<td>Chaisty Manning</td>
<td>Feb. 24</td>
</tr>
<tr>
<td>Barbara Simmers</td>
<td>Feb. 25</td>
</tr>
<tr>
<td>Valerie Farmer</td>
<td>Feb. 26</td>
</tr>
<tr>
<td>Makayla Purkey</td>
<td>Feb. 26</td>
</tr>
<tr>
<td>Marie Komlos</td>
<td>Feb. 27</td>
</tr>
<tr>
<td>Brittianne Stokes</td>
<td>Feb. 28</td>
</tr>
</tbody>
</table>
**Word Find**

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

**Cross-Word**

**Across**

1. Candy, cards, and____are popular Valentine's Day gifts.

3. In 1926, this noted African American historian, scholar, educator, and publisher started the beginnings of what is now Black History Month.

4. Valentine's Day is the second most popular card sending Holiday after______.

5. Valentine's Day was not associated with______ until the Middle Ages.

6. ______is often portrayed as the son of the Roman god Venus.

**Down**

1. February comes from the Roman festival of purification called__________.

2. ____________was known as the “Mother of the Valentine”.

---

Regency Retirement Village of Morristown 6
Brittany has been with Regency as an LPN since May, 2017. She is described as dedicated and caring. She never misses work, even though she is expecting her first child. She looks out for residents and staff, even bringing staff to/from work, and keeps families well informed. In fact, Brittany was nominated by a family member of a resident, who says, “Brittany is so caring to my mom and makes our family aware of anything out of the ordinary. She is always compassionate, professional, and concerned about Mom.” Thank you, Brittany, for being such an exceptional employee and making Regency a better place for our residents!

Humble, hardworking, compassionate, servant’s heart, and willing are just a few of the words our residents and employees use to describe Lillian. Her heart and passion for our residents is out of this world. She is fulfilling a calling by “working” here as a Caregiver. We are so blessed to have Lillian as part of our team. Lillian, we cannot thank you enough for ALL you do for Regency. You make Regency a better, brighter place for us all.

**Employee of the Month**

Lillian Reed

**Employee of the Year**

Brittany Jordan

**Answer Key:**

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

**Connect with Us:**

facebook.com/RegencyRetirementVillage

pinterest.com/regmorristown/

739 E.2nd North Street | Morristown, TN 37814 | (423) 581-7075 | tdarnell@regencymorristown.com