WHAT'S COMING UP

January 1st Commitment Day

January 9th National Word Nerd Day

January 13th Korean American Day

> January 14th Ratification 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,

Regency Retirement Village wishes you a Happy New Year!

It's hard to believe 2022 has come and gone, and that 2023 is here. What a blessing it is for each of us to celebrate with one another. The new year welcomes resolutions and goals, and Regency encourages each of you to set a goal to achieve.

We offer several opportunities through the social engagements provided throughout the month. Not only does Regency offer various engagements such as exercise, crafts, bingo, bible study and worship services on Sunday, Wal-Mart trips, and sunshine rides but also several amenities – an exercise room, a library, and a billiard room with card table.

Regency wants you to share the beautiful amenities and services through Friends Make the Best Neighbors, Regency Senior Living's resident referral program. If you or a family member is a Regency resident, you may know others who might enjoy the exceptional care and service the Regency provides. Everything from delicious meals and social activities to freedom from home maintenance!

We would love to meet your friends and invite them to enjoy the lifestyle that led you to us. When your friend becomes your neighbor, after they have lived with us for 60 days, we will thank you by giving you one month of FREE rent or a check for \$2500, whichever you prefer.

> *Michelle Moffitt, Executive Director*





Native American Heritage Week

We celebrated Native American Heritage Week here at Regency. Dancers performed the Intertribal Dance, then the Maiden Shaw Dance, and best of all the Eagle Dance. The residents got to take pictures with the dancers at the end of the show!



Morristown Christmas Parade

We decorated our bus for the parade! The employees walked in front while the residents rode inside the bus to wave at people!







Cobbler Day

We whipped up a batch of peach cobbler for the residents for Cobbler Day. Of course, it wouldn't be the same without some ice cream! Sweet treats in the afternoon really hit the spot.



Christmas Bazaar

Local craft vendors came and sold their crafts. We had beautiful pillows, wall hangings, quilts, jewelry, candles, Christmas ornaments, baked goods, and the Grinch to boot! We had a great crowd of shoppers for those last minute gifts. Thank you to everyone who attended!





Brownie Day January 2nd

We're going to whip up some chocolate walnut brownies, hot and fresh, with a scoop of ice cream and some hot fudge sauce. Then we will share some fun facts about brownies with the residents. You would be surprised at what you don't know until you research things!



Veteran's Club Meeting January 5th

Residents that served in the military have started a Veterans Club which meets once a month to talk about their experiences in their specific branch of service. All Veterans are welcome, please see David Rutherford for more information.



Coffee Shop Coffee Tasting January 6th & 20th

Flavored coffees will be brought in for the residents to taste. There will be several flavors to choose from. Our coffee shop is open daily with freshly baked sweet treats along with coffee and hot cocoa, free to our residents.





Fellowship with Pastor Mills January 12th

Charles Mills is a local pastor of a church here in Morristown and is our Chaplin. He speaks and listens to our residents. He gives them council when they need it, and does a service for us with singing and preaching. He has a caring and compassionate heart for people. He lives what he preaches. He is a great asset to our facility.



Spaghetti Day January 16th

The residents can't get enough of homemade spaghetti and garlic bread! We were sure to book it on this month's calendar, seeing as the national holiday gives us a great reason to celebrate! Let's get our Italian on, bon appetit!



Monthly Resident Birthday Party

January 23rd

We like to celebrate our residents who have birthdays each month. We want our residents to feel special. We serve cake and ice cream, sing happy birthday, and then everyone socializes.



Penny Auction January 27th

The residents get a cup of thirty pennies that they use to bid on items. We have a variety of prizes that the residents can bid on. After those pennies run out, that's it until next time! This event is filled with fun and fellowship.

Save the Date

Jan. 1st – Commitment Day
Jan. 9th – National Word Nerd Day
Jan. 12th – Fellowship with Pastor Mills

Jan. 16th— Spaghetti Day **Jan. 25th** — Opposite Day **Jan. 31st** — National Hot Chocolate Day



Betty Buergler

Betty has been a resident here since August and is originally from Arkansas. She met her husband, Ben, in Texas. They were both school teachers. They got married and had their son Benjamin who now lives in Nashville. He has two children, a little girl and a little boy.

Betty and her husband were married 40 years before he passed. Betty has her little girl, Nellie, whom she adores. Nellie and Betty like to go out for walks. Nellie lets you know she's coming! She loves to be loved on.

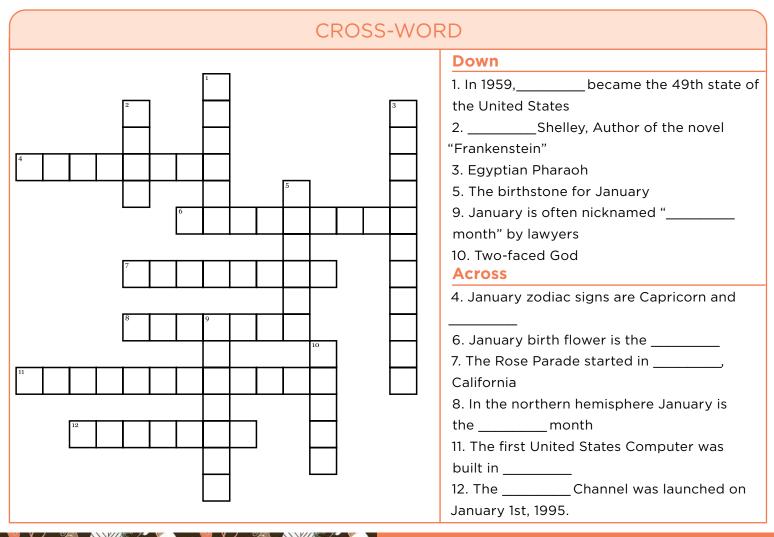
One thing about Betty you need to know, she has a heart of gold. She gave her house to her niece when she moved in here. How many people would do that? Betty has a good sense of humor amd is a fun person to hang out with. We want to properly welcome Betty to our community. Welcome, Betty!



FUN FACTS

- » According to numerology, people born in January are ruled by the number one for obvious reasons. People born in January tend to be independent, high-spirited, analytical, and born leaders. Famous January birthdays include Muhammad Ali, Jeff Bezos, Elvis Presley, Michelle Obama, Ellen Degeneres and Oprah Winfrey.
- » Often nicknamed 'divorce month' by lawyers, this is the most common month for couples to divorce or breakup. It's unknown if this uptick in uncouplings is related to the fresh starts January is so famous for, or if it's the proximity to the pressure cooker that is the Christmas holidays.
- » On January 3rd 1924, over a year after his initial discovery, Howard Carter opened the doors to the last shrine, revealing the stone sarcophagus of the Pharaoh Tutankhamun. The shrine wall was then demolished and the tomb of King Tut was pillaged of its valuables. A curse is said to have come down on several people associated with the tomb, killing many. Scary, right? This is such an interesting fact about January!

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Thank You, for your outstanding service & care!

EMPLOYEE OF THE YEAR

Judy Turner



Judy has been with Regency since May 2018. She has worked in different departments here at Regency and is a very dedicated employee. All the residents know her and depend on her for their Dietary needs. She is always faithful

and dedicated to our residents.

Thank you, Judy, and congratulations on being recognized as Employee of the Year!

EMPLOYEE OF THE MONTH

Don Rosebrugh



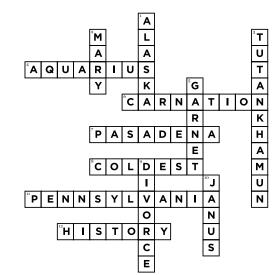
Don has been here in our Maintenance department for over a year. He is a hard worker and gets the job done. He is at his best when painting and has painted quite a bit of this building, especially through our remodel. We want to say congratulations Don for all your hard work! It shows

throughout the building.

You are truly another fine example of the good employees that we have here at Regency.

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