

# NOVEMBER NEWSLETTER 2018

**November 4**

Daylight Saving Time Ends

**November 6**

Election Day

**November 9**

Veterans Day Tribute

**November 11**

Veterans Day

**November 15**

Thanksgiving Family Night

James & James

Clara La Bella Photoshoot

**November 22**

Thanksgiving Day

**November 23**

Black Friday

Bama Basketball Game

**November 27**

Giving Tuesday



## **A Thanksgiving Prayer by Ralph Waldo Emerson:**

“For each new morning with its light  
For rest and shelter of the night  
For health and food  
For love and friends  
For everything Thy goodness sends.

For flowers that bloom about our feet  
For tender grass, so fresh, so sweet  
For song bird, and hum of bee  
For all things fair we hear or see  
Father in Heaven, we thank Thee!”

As we approach the holiday season, let us embrace a spirit of gratitude for all things good, a spirit of love for self and one another, and a spirit of compassion for those who are less fortunate than ourselves.

**Jeff Clay,**  
*Interim Executive Director*



### ***A Day in Paris – October 17th***

Bonjour! We traveled to Paris for October's What's Cookin' Wednesday theme! We spent the day on a virtual tour provided by the It's Never Too Late (IN2L) interactive system. The residents and staff dressed the part and enjoyed some French cuisine. Then we finished the day with a classic French movie. C.O.O. Jeff Clay even joined in on the fun. Until next time, au revoir!



### ***Service Day with University of Alabama Fraternity Delta Kappa Epsilon***

The residents enjoyed being served by a great group of young men from DKE Fraternity. These guys have worked in every way to help enrich the lives of our residents, from playing games and detailing wheelchairs to serving lunch.





## ***Memory Care Pajama and Pizza Party Fun! – October 18th***

We put on our jammies and enjoyed a good ole’ fun-filled pajama party. After filling up on pizza, the residents enjoyed fresh, hot popcorn and a classic movie.



## ***Gardening and Golfing!***

Former farmer and independent living resident, Mr. Bailey, showed us how it’s done and taught fellow residents and our activity director a thing or two on gardening. Later, residents teed off for a game of putt-putt golf.





***Veterans Day Tribute***  
*November 9th at 12:00 pm*

Regency appreciates every resident and staff member who has served in the military. We will have a special presentation to honor all of our Veterans.



***Thanksgiving Family Night***  
*November 15th from 5:00-7:00 pm*

Last year was such a blast that we're doing it again this year. Regency residents and staff will enjoy a fun night of great food and fellowship with family and friends! We will have a professional photographer to take family portraits that may be purchased with cash or credit/debit card. Please RSVP by Sunday, November 11th!



***James and James***  
*November 15th at 5:00 pm*

Mix and mingle to the musical sounds of the father-son duo James and James at the (pre) Thanksgiving Family and Friends Night.





## ***Bama Basketball*** *November 23rd at 2:00 pm*

Let's cheer on the University of Alabama women's basketball team as they take on Grambling State University. Residents, this is a free trip but you **MUST SIGN UP IN ADVANCE**. Deadline to sign up will be Monday, November 19th.



## ***Movie Trip To Hollywood*** ***Cobb Cinema*** *November 27th*

Tuesdays are senior discount days at the local theater. Movies opening in November include Creed 2, The Nutcracker, Bohemian Rhapsody, The Grinch, and more. Movie times TBA.



## ***Canned Food & Clothing Drive*** *During the Month of November*

As the holidays approach, the need for food supplies and winter clothing increases. We will collect non-perishable food items as well as gently used clothing items to donate to local shelters.



## ***Rubber Band Ball***

Mr. Charlie's rubber band ball is still growing! It now weighs 160 lbs and contains 68,420 rubber bands.

***SAVE  
THE  
DATE***

***December 7th*** — FUNtastic Friday: Denim/Diamonds Day



### **Robert Van Jagoe**

Mr. Van is new to the Regency family. He was born and raised in Fort Payne, AL and has lived between there and Tuscaloosa for the last 15 years. Mr. Van traveled all of Europe and other places while serving in the U.S. Army for 20 years, both active duty and injury reserve. He’s an easygoing gentleman and loves his family dearly. Mr. Van is passionate about 2 things: Alabama football and the “joys of his world”, his son and 2 grandsons! Thank you for making Regency your new home.

### **FUN FACTS**



- In 1789, the first national holiday of Thanksgiving was observed in honor of the creation of the new United States Constitution.
- Sarah Josepha Hale is referred to as the Godmother of Thanksgiving for urging governors, editors, ministers, and President Lincoln to make Thanksgiving Day a fixed national festival.
- In 1939, pressured by store owners who wanted more shopping days between Thanksgiving and Christmas, President Franklin D. Roosevelt changed Thanksgiving from the fourth to the third Thursday in November. In 1941, it was changed back to the fourth Thursday.
- Turkey became the traditional Thanksgiving fare because at one time it was a rare treat due to its cost.

### **WELCOME NEW RESIDENTS!**



**Randy Booth**

### **HAPPY BIRTHDAY!**

#### **Resident**

- Betty Daniel **Nov. 1**
- Bruce Dunn **Nov. 17**

#### **Employee**

- Lona Speights **Nov. 8**
- Lakendra Martin **Nov. 14**
- Lavonne Cameron **Nov. 16**
- Marshanda Burrell **Nov. 17**
- Christian Lundell **Nov. 30**



WORD FIND

A W M J S O P V Q J R N D P Z W R N M G G Q X M Y  
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APPLE PIE

CORN

MASHED POTATOES

MILK

SQUASH

BEANS

GRAVY

CRANBERRY SAUCE

PUMPKIN PIE

STUFFING

BREAD

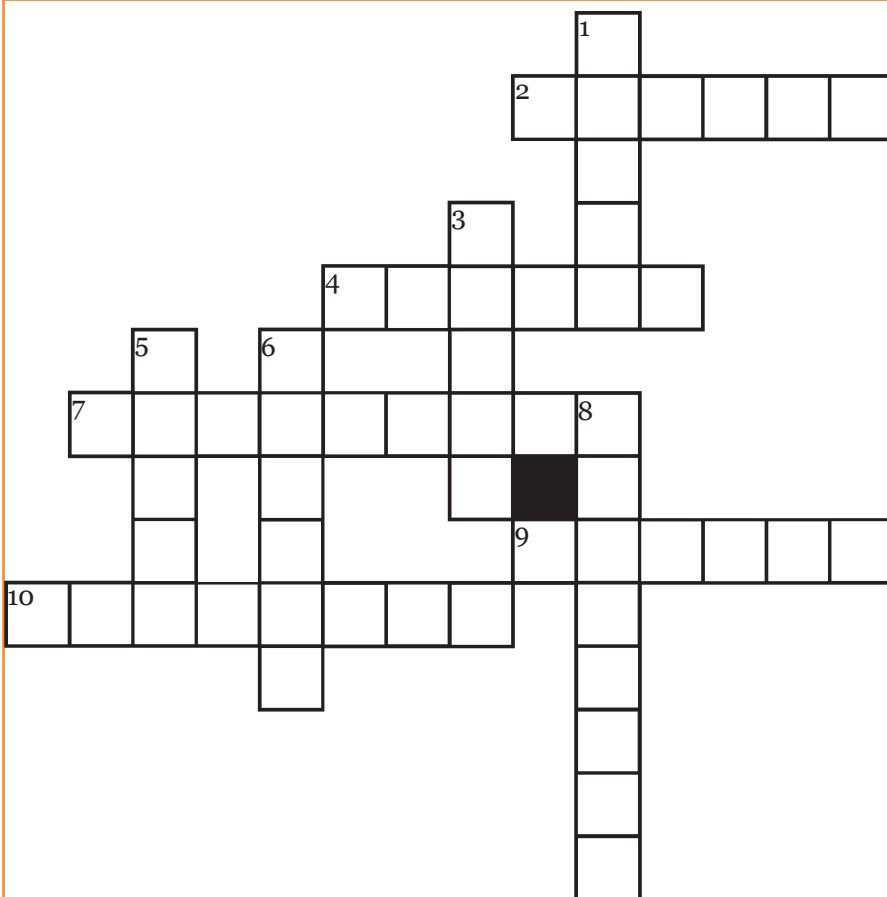
HAM

SWEET POTATOES

ROLLS

TURKEY

CROSS-WORD



Across

- 2. Reddish growth that covers the throat and neck of a turkey.
- 4. Main course at Thanksgiving supper.
- 7. Another word for family members.
- 9. Thanksgiving Season.
- 10. People who have migrated to a different land from where they were born.

Down

- 1. Another name for corn.
- 3. Sauce to pour over turkey.
- 5. A celebratory, large meal.
- 6. You visit them on Thanksgiving
- 8. Type of filling.

**EMPLOYEE OF THE YEAR**

**Shaneica Mills**



Shaneica has been employed with Regency since 2012. She is a caregiver on our ALF unit. Shaneica has a caring spirit and is noted for always smiling and never complaining. When you mention Shaneica's name to co-workers, they smile because she is always smiling and eager to help whenever needed. Our residents think the world of her and love it when she is assisting with their care.

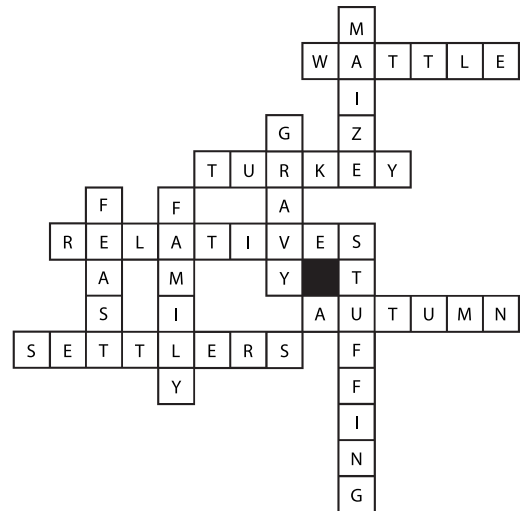
**EMPLOYEE OF THE MONTH**

**Teresa Stokes**

In a short amount of time, Teresa has made a huge impact. Although she works night shift, her work as a caregiver does not go unnoticed. Her colleagues have nothing but compliments to give about her work ethic and being a team player. It's a privilege to have someone who takes the initiative without being asked. Thank you, Teresa, for all that you do to serve the Regency residents.

**ANSWER KEY:**

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