

WHAT'S COMING UP

October 2

World Smile Day

October 2

World Teachers' Day

October 12

Indigenous Peoples
Day

October 29

National Cat Day

October 31

Halloween



OCTOBER 2020 NEWSLETTER



Hi Everyone,

I know it has been a long year and I would like to personally thank all the residents, staff and family for making us the best building we can be and complying with the guidelines set by the state during these difficult times. We are nearing the holiday season so please think about joining your loved one for the holidays. We will schedule family meals and ensure social distancing to help us plan a great Thanksgiving and Christmas for your loved one.

We are also entering the Fall season so let's be cautious, please get your flu shots. We will ensure we have a great year end but continue practicing the guidelines that have kept us safe. Thank You for all the love and compassion you guys show every single day.

*Sonja Edwards,
Executive Director*

WHAT WE'VE BEEN UP TO

Labor Day was just around the corner and we grilled out. We've also done different crafts, played BINGO, and a had Snack and Chat.

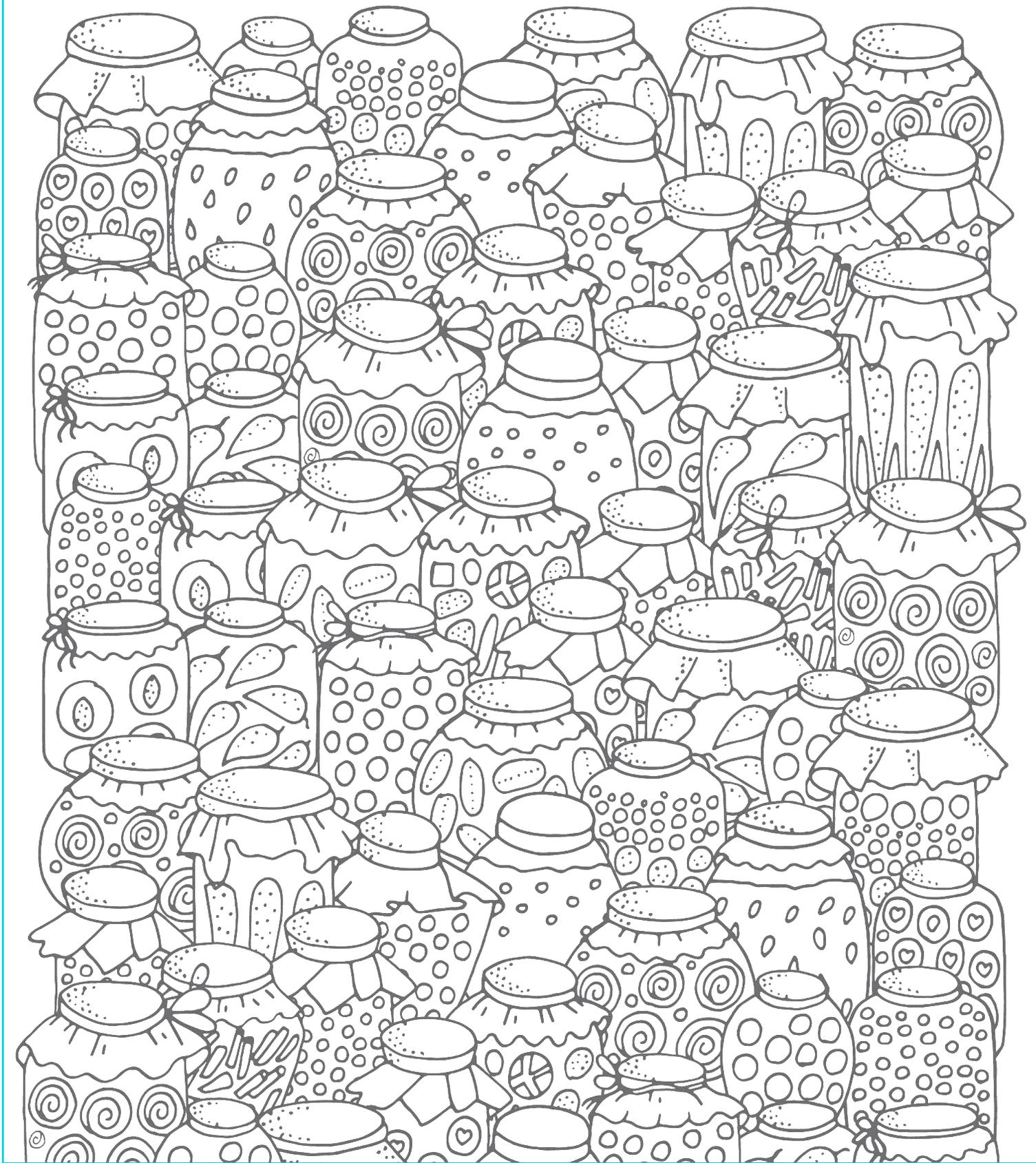


FUN FACTS

- » Fall colors are caused by the amount of sugar in leaves. The more red in the leaf, the more sugar that leaf is storing. That is why Maple trees are so vibrant. Evergreens don't change because their leaves have a thick wax covering that protects the chlorophyll (green) in the leaves.
- » Did you know that today Americans spend an estimated \$2.6 billion on Halloween candy, according to the National Retail Federation. That renders the day itself the nation's second-largest commercial holiday on the calendar.
- » People born in Autumn live longer. A study in the Journal of Aging Research found that babies born during the autumn months are more likely to live to 100 than those born during the rest of the year.
- » Did you know that candy corn was first called "chicken feed"? Because corn is what's used to feed chickens, the popular Halloween candy had that name originally, and the box was decorated with a colorful rooster.
- » According to the University of Illinois, there are 7,500 varieties of apples in the world and 2,500 varieties in the United States.
- » On the last week of October, it is the only time of the entire year when all four major American sports have games at the same time: the MLB, NHL, NFL and NBA.
- » Researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage. So, the lack of sunlight has more to do with the extra gain than all the pumpkin spice lattes. Well, at least some of it.
- » The legendary Ben Cooper, Inc. became nearly synonymous with Halloween, transforming the holiday into a parade of pop culture icons in the form of vinyl screen printed smocks and plastic face masks. In the late '30s and through the 40s, the Cooper brothers began extending their Halloween costume catalog to include popular Disney characters such as Snow White, Sleeping Beauty, and, of course, the always loved Mickey Mouse.
- » According to the Guinness World Records, the most lit jack o'lanterns on display at one time record is 30,581, a display curated by the City of Keene in New Hampshire in 2013.



COLORING PAGE





Halloween Fun Through the Decades

As fall begins to set in, there's always an undertone of excitement that accompanies it. Perhaps it's the thrill of slightly cooler temps? Maybe the anticipation of the string of holidays that parade across the last remaining months of the year? But no matter what it is that gets you in your feels for fall, we know the fun all starts with Halloween!

This holiday is a favorite of many, from the fun of dressing up, or seeing the costumes others piece together, to enjoying fall treats and our favorite candies. Does this season also conjure for your childhood memories of trick-or-treating, time with family and friends, and maybe even passing out candy to the little ones who rang your bell, shouting "trick or treat!" in their cutest disguises? However you like to celebrate this spooky season, we're excited to share it with each of you at Regency.

Though it's always a fun time, the way we celebrate Halloween changes over time just like we do. From DIY costumes mom made from household items to watching your sweet grandchildren dress up as their favorite Disney characters, the way we do Halloween evolves right along with us. Costume trends have also evolved over the years, and we thought a round up of popular costumes from each decade would be a fun way to reminisce about this fall holiday.



DID YOU KNOW?

Today Americans spend an estimated \$2.6 billion on Halloween candy, according to the National Retail Federation. That renders the day itself the nation's second-largest commercial holiday on the calendar.





1920s

Popular costumes during this era included the Pierrot clown featuring dramatic black and white face paint, and other classic staples like ghosts, witches, gypsies, and farmers.

1930s

In the 1930s, things took a turn toward more store bought costumes over those handmade at home by mom. Ben Cooper, Inc. was a privately owned American corporation which produced and sold Halloween costumes from the late 1930s to the late 1980s. Becoming one of the largest costume manufacturers in the country, Ben Cooper worked with Disney producing iconic costumes we're sure some of you remember— primarily the beloved Mickey and Minnie Mouse!

1940s

The 40s were all about spooky skeletons and cute clowns. We also started to see costumes that drew on bodysuits, fishnets, high heels, and heavy makeup.

1950s

Aloha! In the 1950s, grass skirts, leis, floral Hawaiian shirts, and beach party vibes a la Elvis films influenced costumes, and so did the ever popular western genre. Zorro, Davy Crockett, and Tarzan costumes are other popular choices you may recall from this time!

1960s

This era was all about superheroes! Superman, Spiderman, Catwoman, and Batgirl were all popular choices in the 60s, as well as other pop culture figures like the Beatles! Do you remember what your kids dressed up as during this groovy decade?

1970s

In the 70s, Star Wars took center stage! Other hits from this time period were Raggedy Ann and Andy, Charlie Brown, Snoopy, and the crew from Peanuts, and even Barbie and Ken. I bet we have a few residents who went as some of these favorites, or perhaps your kids did!

1980s

Ah, the 80s. The decade of big hair, bright colors, spandex, and more. We bet you remember some iconic costumes from this time which include Elvira, Hulk Hogan, and even the kind and cuddly Care Bears. Do you remember?

1990s

Go, go Power Rangers! The Mighty Morphin Power Rangers were wildly popular with kids and teens during the 90s. This was also a popular time for group costumes! Grab a few friends and choose a theme. It's more fun together, isn't it?



2000s

The 2000s were a pop culture bonanza, and that didn't end Charlie Brown Halloween. From Harry Potter costumes to Britney Spears and the Disney Channel's Hannah Montana, if it was on TV, it was in costume form as well come October 31st.

2010s

Sisters Ana and Elsa from Disney's Frozen have to take the cake for Halloween costume popularity for this time frame. Other common costume selections include the cast of Game of Thrones, and the throng from the Marvel Avengers films.



FEATURED RESIDENT



Charlotte Andress

Charlotte was born in Tuscaloosa, Alabama to her loving parents and sister on August 15th. She worked at Bell-south for thirty-four years. Charlotte married James Andress, and they have a son name Grady Andress. She has two grandchildren Duncan and Evan. She loves to cook, play BINGO, UNO, and trivia. Charlotte absolutely loves her dogs Hedy and Yodie.

QUARANTINE HEALTH TIPS



Healthy ways to cope with stress

1. Take care of your emotional health, it will help you think clearly.
2. Take breaks from watching, reading, or listening to news stories, including those on social media.
3. Take care of your body.

Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep.

4. Make time to unwind. Try to do some activities you enjoy.
5. Connect with others. Talk with people you trust about your concerns and how you are feeling.

SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Resident

- Isaac Savage Oct. 6
- Elvie Ford Oct. 7
- Katherine Diller Oct. 10
- Mary Baggett Oct. 22
- Albert Ray Oct. 29

Employee

- Brittani Henderson Oct. 9
- Guma Lamb-Taylor Oct. 19

WELCOME NEW RESIDENTS!

Nina Perry	Russell Wade
David Gillum	Joyce Morrow



WORD FIND

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

APPLE CIDER
 AUTUMN
 BONFIRE

CANDY
 COSTUME
 FALL

HALLOWEEN
 HARVEST
 HAYRIDE

MAPLE
 MIGRATION
 OKTOBERFEST

PUMPKIN
 SPOOKY
 TURNIPS

CROSS-WORD

Across

- 5. Bats use _____ to “see”.
- 7. Fall is caused by the Earth’s _____ in relation to the sun.
- 8. _____ Apples are popular snacks during Halloween.

Down

- 1. Fall used to be called “_____” around the 12th and 13th century.
- 2. Popular Fall drink.
- 3. Fall colors depend on how much _____ is in the leaves.
- 4. Last name of the president said to haunt the White House.
- 6. US State known for its beautiful foliage during fall.

EMPLOYEE OF THE YEAR

Lavonne Cameron

Lavonne Cameron has been an employee at Regency for many years. She has been married for 32 years and has 2 sons, 2 step daughters and grandchildren. Her hobbies are cooking, fishing, and being with family. Lavonne has an enduring spirit filled with compassion for residents, and her gift of giving shines everyday.

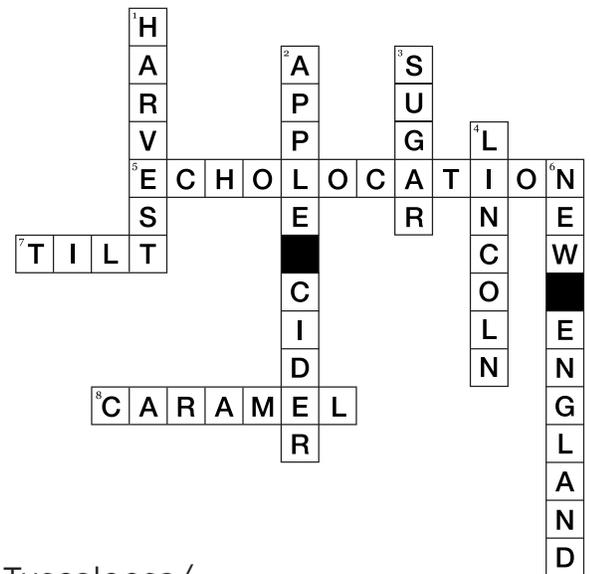
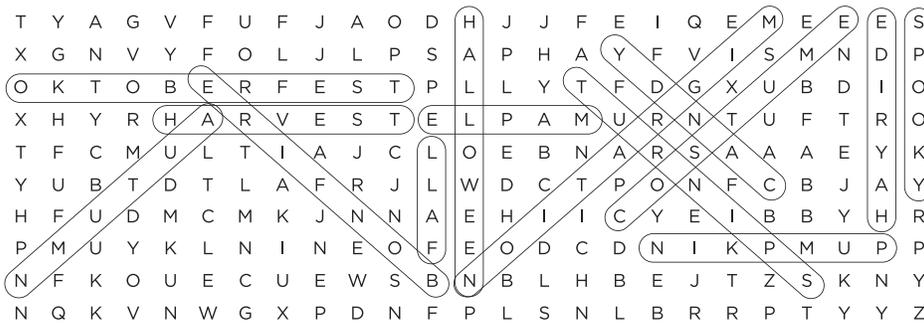
We are truly grateful for having Lavonne be a part of Regency, and her hard work and kindness given to co-workers and residents is highly appreciated. A well deserved congratulations on Employee of the Year.

EMPLOYEE OF THE MONTH

Shannon Shaw

Shannon works as a caregiver on our memory care floor and is a wonderful addition to our family. She is very humble and compassionate. Her responsibilities are caring, dressing, help toileting and just basically making sure the residents are well groomed. Shannon has a loving husband, 5 children, 2 stepdaughters, and two grandchildren. She has been in the field for seventeen years. We are very honored to make her our October employee of the month.

ANSWER KEY



CONNECT WITH US

 facebook.com/pages/Regency-Retirement-Village-of-Tuscaloosa/

 RegencyTuscaloosa.com