

## WHAT'S COMING UP

**November 1**

Daylight Savings Time Ends

**November 3**

Election Day

**November 11**

Veterans Day

**November 13**

World Kindness Day

**November 15**

America Recycles Day

**November 26**

Thanksgiving Day

**November 27**

Black Friday

**November 28**

Small Business Saturday

**November 29**

Advent Begins

**November 30**

Cyber Monday



## NOVEMBER 2020 NEWSLETTER



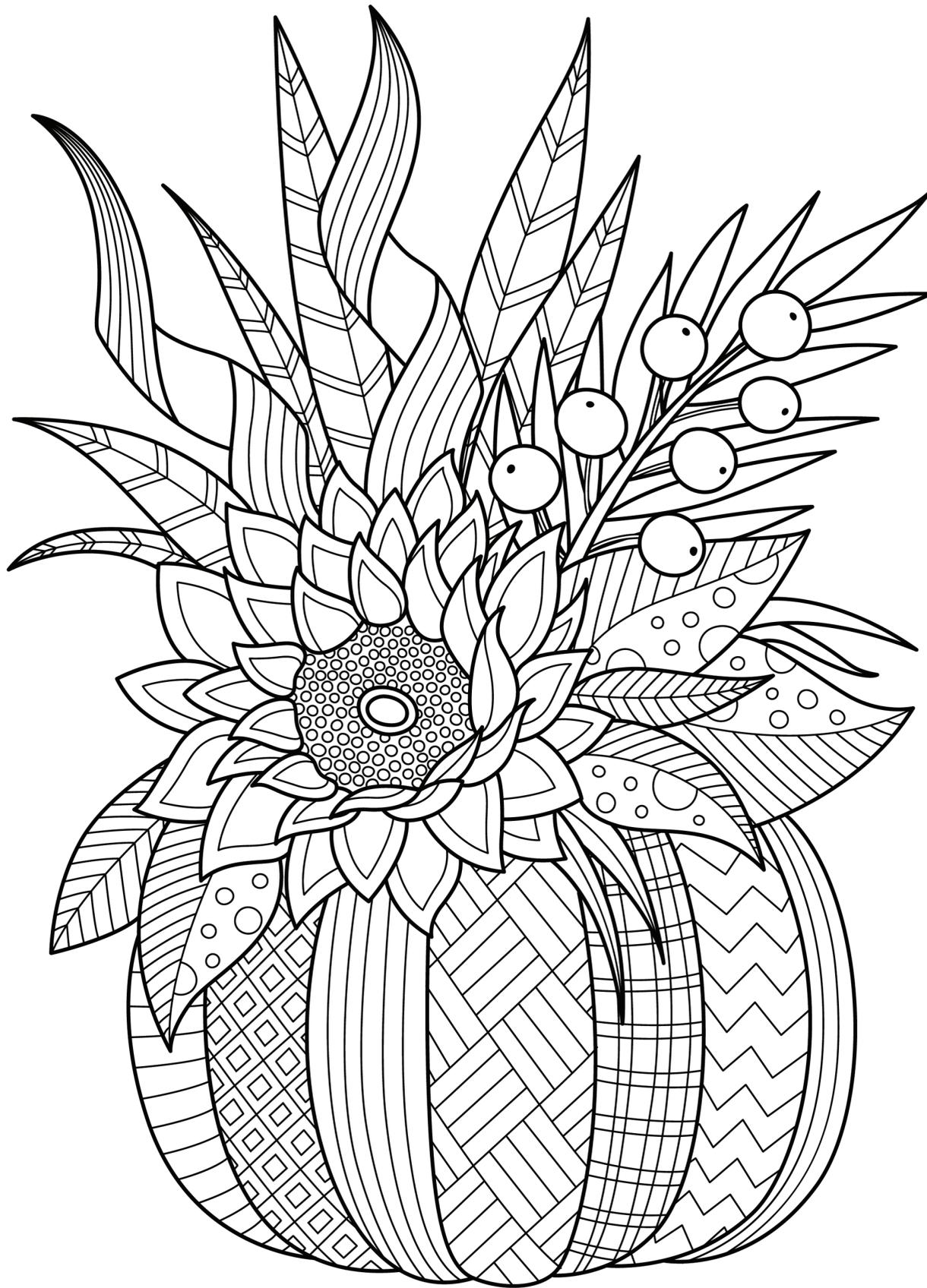
### *Hello Residents,*

I would like to thank all the staff and family for your assistance during the pandemic. The cooperation of everyone has continued to make Regency Retirement Tuscaloosa a COVID-free facility. From the beginning, you have been so wonderful in handling this world-wide crisis, and it has been beneficial for the health and well being of all of our residents. We are testing routinely to ensure that the spike in COVID numbers will not affect our facility. I want to thank you in advance for your cooperation in holiday planning, as well. We thank Walgreens for the flu clinic, and we are staying up on updates for the COVID vaccination release dates. We will continue to keep you updated on any new information as we receive it.

*Sonja Edwards,  
Executive Director*



COLORING PAGE





## FUN FACTS

- » In the United States and Canada, November is also known as National Beard Month or “No-Shave November” as a way to raise cancer awareness and encourage participants to donate the money typically spent on shaving to cancer research and awareness instead.
- » In Old English, November was called Blotmonth (Blood month) referring to the time of slaughter of farm animals.
- » On November 12th, 1954 Ellis Island in New York closed after providing entrance to the U.S. for 12 million immigrants between 1892 and 1924.
- » The first Thanksgiving was held in the autumn of 1621 and included 50 Pilgrims and 90 Wampanoag Indians. It lasted three days.

## COMMUNITY STORY

### Celebrate Your Veterans



Ray Keeton	Alfred Sexton	Elmer Booth
Donald Kehr	Veronica Sanders	Anthony Frazier
Ralph Kards	Allen Shelton	Reuben Green
Foy Barge	Tony Tingle	Lovin Payne
Isaac Savage	James Walton	Joe Powell
Kitty Dillard	Michael Wheeler	
Richard Ward	Robert Jagoe	

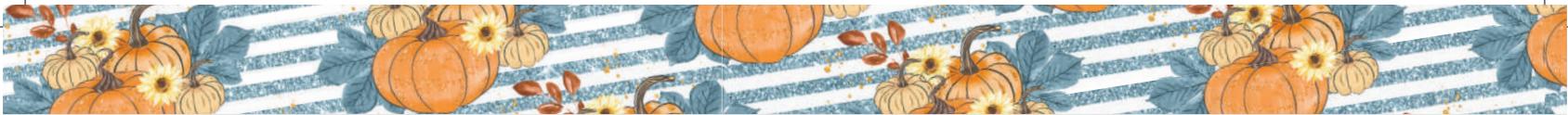
## COMMUNITY POLL



### Our favorite holiday flicks that get us into the Christmas spirit!

1. Charlie Brown's Christmas
2. It's A Wonderful Life
3. Miracle on 34th Street
4. A Christmas Story
5. White Christmas
6. Home Alone
7. A Christmas Carol





## FROM THE BLOG



### DID YOU KNOW?

*The first American mention of a Christmas tree was in 1747, and, strictly speaking, it wasn't a tree at all but a wooden pyramid covered with evergreen boughs and decorated with apples.*

## Self-Care Tips for the Holiday Season

### Remember It's Important to Take Care of You

The holiday season is such an exciting time—lots of things to look forward to, sharing traditions with family and friends, meals, gifts, gatherings (with distancing measures in place for safety, of course). The holidays can also be a time of great stress. Maybe you overbook yourself and try to do too much, maybe you overextend yourself in other ways. We're here to remind you that self-care is imperative, and especially during this, the busiest time of the year. Try some of these self-care tips to keep your season merry and bright, but also healthy physically, mentally, and emotionally.

#### 1- Morning Routine

It's a great idea to have a morning routine during any time of the year, but this can be especially helpful during the holiday





season. Set aside a little time at the beginning of each day just for yourself. Maybe you journal, or meditate, or have a little quiet time with your coffee or hot tea. It's a great way to set your intentions for the day while also cleansing your mind of seasonal stresses.

## 2- Respect Your Budget

It's so easy to overspend during the holidays. Holiday gifts, treats, and spoiling your loved ones comes naturally, but you don't want to get yourself into a bind financially. Be mindful of your holiday spending, and set a budget for gifts and such, so as to avoid the stress that follows overspending.

## 3- Use the "One in, One Out" Rule!

Tis the season of gift giving! Things can tend to get cluttered easily during the holiday season, and living with clutter can be very stressful. One easy way to mitigate this is using the one in, one out rule. When you receive a gift or treat or add a new decoration to your space, make sure you also try to let something else go. It's a little easier to find some balance this way. Apply the rule to gifts, clothing, decorations, and more to combat the clutter in your space.

## 4- Eat Well

This doesn't mean to forego your favorite holiday treats and sweets. It's ok to indulge a little and enjoy the merriment of the season. That said, it's also really important to continue eating well. Try to remember to eat greens with each meal, don't feel like you always have to clean your plate, and enjoy those most decadent holiday dishes in moderation.

## 5- Regift!

The best gifts are often the least expensive ones. Sometimes you can even repurpose something you



already have to make a friend or loved one feel special during the holidays. Regift your favorite, well-worn book and write a meaningful inscription inside the cover, or remind someone near and dear to you of a favorite memory you have by sharing an old photograph. 'It's the thought that counts' isn't just a saying— it's the truth.

No matter how you practice self care, we hope you'll set aside time for you during these busy remaining months of the year. Just remember, sometimes slow is okay. Slow can be healthy.



FEATURED RESIDENT

**Isaac Savage**

Isaac Savage was born in Newbern, Alabama on October 6, 1934. He was the only child to Mr. and Mrs. Savage. He was indeed a momma's boy. He graduated from Industrial High School. After meeting the love of this life, Isaac married his wife at the age of twenty-two years old. He and his lovely wife were married for fifty-four years. They had two loving boys. Isaac is very close to his sons. He has four grandchildren with the youngest being two years old. After spending forty-eight years in Cleveland, Ohio, Isaac moved back to Tuscaloosa. Isaac was in the military for two years and was stationed in Fort Jackson in South Carolina. He was selected to be the General's right-hand man. Isaac belongs to St. John Baptist Church of Tuscaloosa. He loves reading and studying his bible; he also likes to watch any kind of sports. Isaac has been a resident of Regency Retirement Village for about three and a half years. He loves it here and has made many friends, especially his good buddy Billy Wilson.

DID YOU KNOW?

**No Shave November**

Perhaps you've heard of No Shave November, or you've noticed particularly scruffy-looking men during this time of year and wondered what was going on? Well, No-Shave November is an annual charity event during which some men (and women) forego shaving throughout the month of November. Cancer awareness and fundraising for further research and education is at the heart of this event.

The fundraiser phenomenon began back in 2009 as a Facebook campaign to draw attention to the importance of cancer research, and to help fund the work of various charities in that same vein. The idea is based on growing out one's hair as a way of appreciating that ability, as many cancer patients lose their hair while undergoing treatments such as chemo.



WELCOME NEW RESIDENTS! 🏠

Freddie L. Miller

Blewitt Patrick

Michael Mozingo

Ralph Banks

*Happy  
Birthday*

**Resident**

Rueben Green

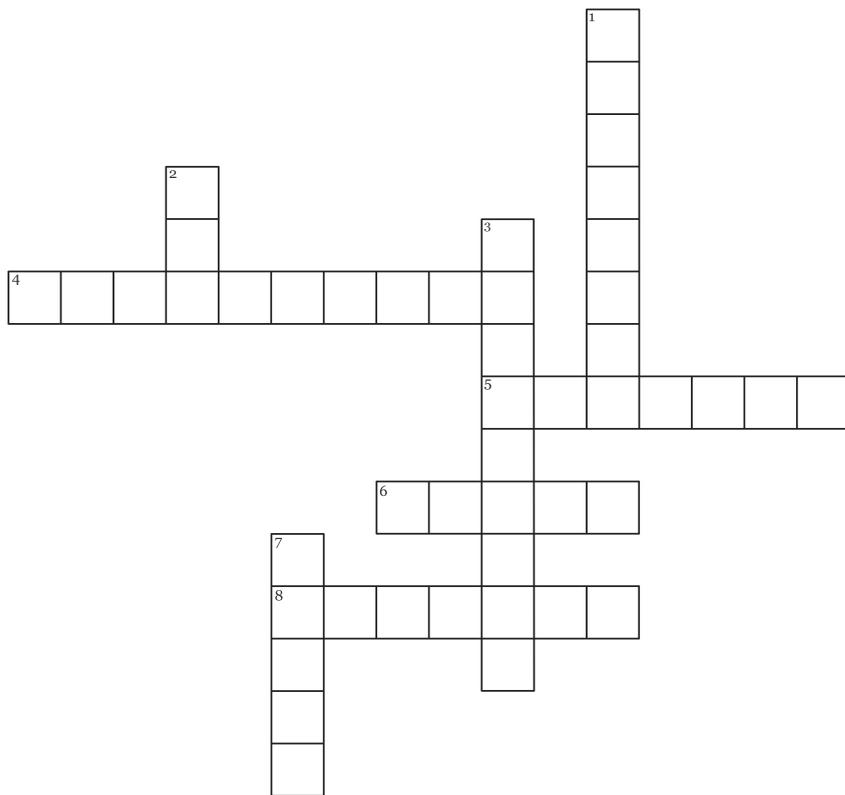
Nov. 16

WORD FIND

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

- |             |           |           |          |           |
|-------------|-----------|-----------|----------|-----------|
| ACORN       | COLONY    | HOLIDAY   | PARADE   | SCARECROW |
| BLACKFRIDAY | GOBBLE    | MAIZE     | PIE      | SETTLERS  |
| BLESSING    | GRATITUDE | MAYFLOWER | PURITANS | THANKFUL  |

CROSS-WORD



Across

4. Horn of Plenty - an emblem of abundance.
5. In the minds of the Pilgrims, "Thanksgiving" was a religious observance of prayer and \_\_\_\_\_ (the opposite of feasting).
6. A red ornament that grows from the turkey's forehead over its bill.
8. Gathering of crops.

Down

1. 16th and 17th English Protestants.
2. A female turkey.
3. English ship that transported the first Pilgrims to the New World.
7. The now-famous first feast lasted a total of \_\_\_\_\_ days.



**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.

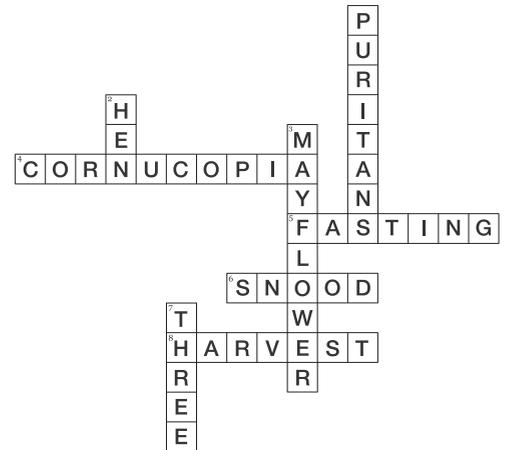
**EMPLOYEE OF THE MONTH**

**Thomas R. Simmons**

Born and raised for thirty-eight years, Thomas is a Birmingham, Alabama native. He has been living in Tuscaloosa, Alabama for three years now. He has two children (ages three and four years old) and a wonderful fiancé, Cynthia Archie. They had planned on a big wedding this year but due to COVID-19, it has been postponed until a later date. Thomas is a caregiver at Regency Retirement of Tuscaloosa. He is a very hard worker and an outstanding employee. In his spare time, he loves to spend time with his children, watch basketball, football, and play video games. Thomas has expressed his gratitude and thanks to everyone for this opportunity.

**ANSWER KEY**

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



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