

## WHAT'S COMING UP

### **September 4**

National Wildlife Day

### **September 5**

International Day of Charity

### **September 6**

Labor Day

National Read A Book Day

### **September 9**

International Sudoku Day

### **September 11**

Patriot Day

### **September 12**

Grandparents Day

### **September 18**

National Dance Day

National Cleanup Day

### **September 21**

International Day of Peace

### **September 22**

Fall Equinox

### **September 25**

National Cooking Day

### **September 28**

National Good Neighbor Day

# SEPTEMBER 2021 NEWSLETTER



### **Hello Residents and Families,**

September is upon us! They say time flies when you're having fun, so we must be having a lot of it. It's hard to believe the year is nearing its close, and we are excited for all the fun fall activities we have planned for the upcoming season. We look forward to enjoying our time together and spending time with family as we approach the holidays. We want to thank everyone for continuing to keep safety a priority.

Let's find ways to enjoy the fall season together, with cooler temps, changing leaves, and a whole slew of fun activities on the Regency calendar.

F. Scott Fitzgerald wrote, "Life starts all over again when it gets crisp in the fall." What a wonderful time to refresh, renew, and begin again. Cheers!

**Sonja Edwards,**  
*Executive Director*

## Great Neighbors Make Life Sweeter

September 28th is National Good Neighbor Day! What a great opportunity to show a little love to your neighbors in this community. Life is all about connection, and as we get older, we tend to understand even more how important it is to invest in each other and lift each other up. National Good Neighbor Day is a great opportunity to do something kind for your neighbor next door or down the hall. Here are some fun ideas on how to celebrate this holiday!

- » Invite your neighbor to enjoy a meal with you.
- » Write your neighbor a kind, encouraging note to brighten their day.
- » Ask your neighbor to play cards or BINGO with you for fun.
- » Pray for your neighbor!
- » Play 20 questions with your neighbor to get to know each other better.

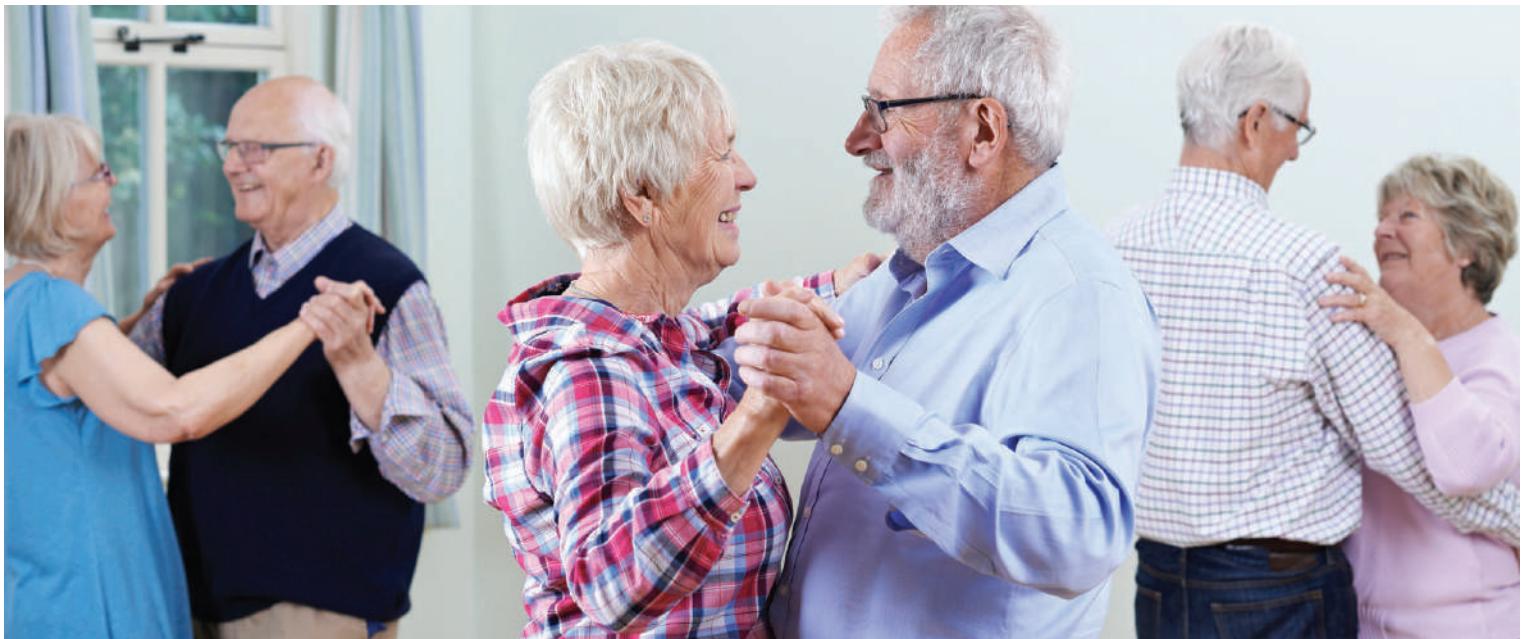


We truly believe that friends make the best neighbors, so if your neighbor isn't already a friend too, now is the perfect time to change that! Now when your friend becomes your neighbor we have a special "Thank You." After they have lived with us for 60 days we will thank you by giving you 1-month FREE rent or a check in the amount of \$2500, whichever you select.

### FUN FACTS

- » September is the first month of the autumn season.
- » September (from the Latin *septem*, seven) was the seventh month of the old Roman calendar.
- » Until 46 BC, September only had 29 days. Today, it has 30!
- » While it shares the first day, the month does not end on the same day of the week as any other month.
- » September is the only month with the same number of letters in its name as the number of the month: it is the ninth month and has nine letters.
- » There are more pop and classic songs with "September" in the title than any other month.
- » There are also more films with "September" in the title than any other month.
- » Zodiac signs in September are split between Virgo (August 23 – September 22) and Libra (September 23 – October 22).
- » The birthstone of September is the sapphire.
- » The birth flower of September is the aster.
- » The only U.S. president to have had a September birthday was William Taft (1909-13). His birthday was September 15th.
- » Native American Day is always celebrated on the fourth Friday of September.
- » September 17th is observed as Constitution Day, which marks the day that the U.S. Constitution was adopted.
- » September is known as Harvest Month.

# NATIONAL DANCE DAY



September 18 is National Dance Day. In honor of this holiday here are a few of the most popular dance styles from around the world. Even though we all have our own ways of approaching dance, the fact remains that it is an incredible form of expression, and an integral part of culture.

## Ballet (Italy)

Ballet is a type of performance dance that originated in the Italian Renaissance courts of the 15th century and later developed into a concert dance form in France and Russia. Ballet has become a widespread, highly technical form of dance with its own vocabulary based on French terminology.

## The Charleston (USA)

The Charleston is a dance named after the city of Charleston, South Carolina. This specific rhythm was popularized in mainstream dance music in the United States by a 1923 tune called “The Charleston” by composer/pianist James P. Johnson, which originated in the Broadway show Runnin’ Wild. This tune went on to become one of the most popular hits of the decade.

## Tango (Argentina)

Tango is a partner dance that was born in the 1880s along the natural border between Argentina

and Uruguay, the Río de la Plata. It originated in the impoverished port areas of these countries, in neighborhoods which had predominantly African descendants.

## The Samba (Brazil)

Brought to Brazil during the times of Portuguese colonization, this dance is widely associated with the world renowned Brazilian Rio Carnival. There are more than seven variations of the Samba, accompanied by upbeat music with guitars, drums, and tambourines.

## Can-Can (France)

The can-can is a high-energy, physically demanding dance that became a popular music-hall dance in the 1840s, continuing in popularity in French cabaret to this day. Originally danced by couples, it is now often associated with chorus lines of female dancers.

## Flamenco (Spain)

This dance, or jaleo, is performed to the beat of the Spanish guitar. It is then accompanied by singing, finger snapping and hand clapping.

We hope you can find some ways to dance this September!

## FROM THE BLOG

CLEAR EYES, FULL HEARTS, CAN'T LOSE

# It's Football Season in the South

Fall means football, and we are ready and eager to cheer on our teams through the 2021 season. Whether you actually can't get enough of the game, or you're really just in it for the snacks, football season is a fun time of year to get together with friends and enjoy a little healthy competition. As we gear up for a new season of football, here are five fun facts you might not know about this favorite fall sport.



### 1. A VERY YOUNG SPORT

American football was only invented in 1882. That makes the sport a young one when compared to sports like soccer, which dates all the way back to the 5th century B.C. In the grand scheme of things, football is really a mere baby.

### 2. A PROLATE SPHEROID

A football's shape is actually called a prolate spheroid, which translates to "long sphere." This strange shape is what causes a football to bounce so strangely, and the reason it took this shape is because footballs were originally made from inflated pig bladders. Who knew?

### 3. COLLEGE VS. PRO FOOTBALLS

The markings on a college football are actually slightly different than those on its professional football counterpart. Also, the white stripes added on either end of the ball are to make it easier to spot when being tossed from player to player.

### 4. THE HUBBARD HUDDLE

The traditional huddle for team communication was first put into practice by 1890s quarterback, Paul Hubbard. Hubbard was deaf, and didn't want rival teams to be able to read or interpret his hand signals. Thus was born the huddle precedent that is still used to this day.

### 5. SAFETY FIRST

During his time as president, Teddy Roosevelt threatened to ban the sport of football unless new rules were established to ensure player safety. After revision, the new rules introduced the forward pass.

We hope you enjoyed these fun football facts, and that you also find ways to enjoy this upcoming season of football. The sport signals the coming of fall, and it gives us something to cheer about. Finding a team to support can bring a lot of joy to life!

## SUDOKU THE DAY AWAY



**Did you know that September 9th is International Sudoku Day?** This wildly popular game got its start in 1783 when a Swiss mathematician, Leonhard Euler, devised ‘Latin Squares,’ which he described as ‘a new kind of magic squares.’ Euler had come up with a grid in which every number or symbol appears once in each row or column, thus the game was born.

Maybe you already love and play sudoku regularly, or maybe you’ve never tried it, but the game does bring with it a lot of great benefits. Potential benefits of being a sudoku player include:

- » Improved concentration
- » Reduced anxiety and stress
- » Improved problem solving skills
- » Improved thinking skills
- » Improved memory
- » Promotes healthy competition
- » Improved logical thinking

Sudoku can even help steer us toward a healthier mindset overall. When the brain is not well stimulated, it can tend to dwell on thoughts that are negative in nature. That said, just as physical exercise can help boost vitality, exercising your mind can help cultivate a happier brain in general.

1.	6	5	9		1		2	8	
	1				5			3	
	2		8					1	
			1	3	5			7	
	8		9					2	
		3		7	8	6	4		
	3	2			9				4
					1	8			
		8	7	6					

2.		6			7	2			1
	8		1	3	6	5			
		3	4						
	2		6	5				3	
		6			7		1		
		2			8	6	4		
	9	7		8	4				
	8			9		7		7	
			7	2	1		8	3	

### Answer key:

1.	9 4 8 7 6 3 1 2 5 7 6 5 4 2 1 8 9 3 3 1 2 5 8 9 7 6 4 5 9 3 2 7 8 6 4 1 8 7 1 9 4 6 3 5 2 4 2 6 1 3 5 9 7 8 2 3 4 8 9 7 5 1 6 1 8 7 6 5 2 4 3 9 6 5 9 3 1 4 2 8 7	6 5 4 7 2 1 9 8 3 1 3 8 5 6 9 4 7 2 9 2 7 3 8 4 1 5 6 5 7 9 2 1 3 8 6 4 3 8 6 9 4 7 2 1 5 2 4 1 6 5 8 7 3 9 7 1 3 4 9 5 6 2 8 8 9 2 1 3 6 5 4 7 4 6 5 8 7 2 3 9 1
2.	6 5 4 7 2 1 9 8 3 1 3 8 5 6 9 4 7 2 9 2 7 3 8 4 1 5 6 5 7 9 2 1 3 8 6 4 3 8 6 9 4 7 2 1 5 2 4 1 6 5 8 7 3 9 7 1 3 4 9 5 6 2 8 8 9 2 1 3 6 5 4 7 4 6 5 8 7 2 3 9 1	

## NATIONAL WILDLIFE DAY

National Wildlife Day is celebrated on two dates, September 4 and February 22, to double the effort to help bring awareness of the plight of wild animals around the globe. This day is recognized in an effort to encourage wildlife lovers to stand up and fight for animals that need a voice, to visit their local zoos, and donate what they can to make a difference in the lives of our beloved animal friends.

### **Here are 5 ways you can celebrate National Wildlife Day:**

#### **1. Educate yourself!**

Commit to continuing to learn about wildlife and wildlife preservation, because knowledge is power.

#### **2. Watch Animal Planet.**

Learn more about wildlife and endangered species through fun and engaging television programs. You'll be surprised how many new things you can learn.

#### **3. Donate to a wildlife organization.**

Any donation, no matter how small, makes a difference for wildlife preservation. Find an organization you believe in, maybe like the World Wildlife Fund (WWF), and show them your support.



#### **4. Have conversations.**

Talk with your friends and family about the welfare of our planet's wildlife, and how important it is for each of us to do our part to protect and preserve.

#### **5. Visit your local zoo or aquarium.**

Plan an outing to your city's local zoo or aquarium, or send tickets to a family member to help support these organizations, and spark greater interest in wildlife.

# Happy Birthday!

#### **Resident**

Brenda Brown	Sept. 3rd
Euvanell Campbell	Sept. 6th
Barbara Christopher	Sept. 10th
Margaret Payne	Sept. 16th
James Walton	Sept. 18th
Nancie Buck	Sept. 19th

#### **Employee**

Frances Miller	Sept. 6th
Consuella Hargress	Sept. 10th
Wanda McKinstry	Sept. 12th
La'Quinton Monroe	Sept. 12th
Emanuello Midillo	Sept. 13th
Lori Keirn	Sept. 27th

## WORD FIND

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

CONSTITUTION

LIBRA

AUTUMN

HARVEST

FOOTBALL

NEW YORK

CALIFORNIA

ASTER

VIRGO

ORCHARD

SEWING

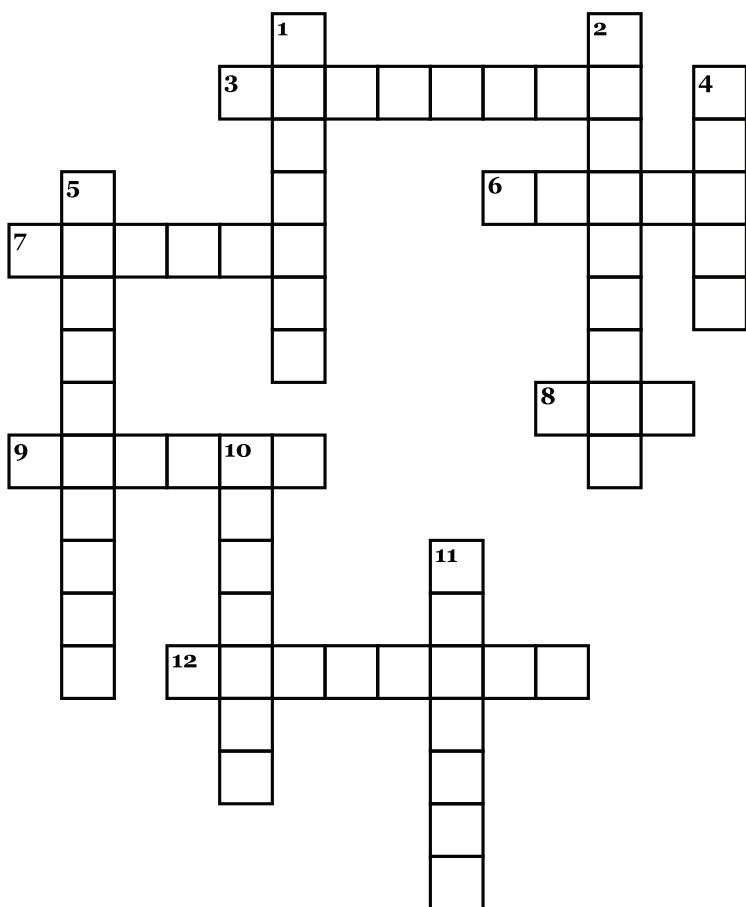
SAPPHIRE

SEPTEMBER

PIZZA

LASSIE

## CROSS-WORD



## Down

1. To gather crops
2. The first month of autumn
4. One of the Zodiac signs of September
5. The 31st U.S. State
10. The first capital of the United States
11. New \_\_\_\_\_ - the first country to grant women the right to vote

## Across

3. The birthstone of September
6. The birth flower of September
7. Famous collie on classic TV
8. To fix a seam
12. Popular autumn sport
7. \_\_\_\_\_ Appleseed, the American folk legend to planted apple orchards throughout the Midwest



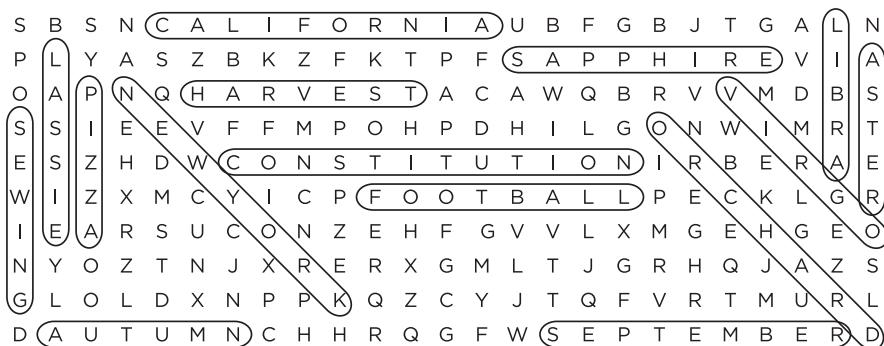
### EMPLOYEE OF THE YEAR

#### Yolanda Richardson

"Thank you very much for selecting me as the Employee of the Year. This is an honor that I will treasure forever. It takes a special person to be a caregiver, and do it the right way. It can become challenging at times, but the reward pays off. Taking care of seniors and helping them have a better quality of life while improving their health has been the repayment. I like making sure the residents get their medication and food on time.

I am from Tuscaloosa, Alabama. I am married with two children and a grandson whom I love dearly. I love traveling and making myself available for my children. I've been in the healthcare field for more than 20 years as a Caregiver and CNA. I go above and beyond my duties to make sure my residents are taken care of, and I work to make them feel safe and secure. Again, thanks for selecting me as your Employee of the Year."

### ANSWER KEY



### CONNECT WITH US

[Facebook.com/RegencyTuscaloosa/](https://www.facebook.com/RegencyTuscaloosa/)

[RegencyTuscaloosa.com](http://RegencyTuscaloosa.com)

### EMPLOYEE OF THE MONTH

#### Rhonda Hood

Rhoda Lynn Hood is our September Employee of the Month! She was born October 24th, 1971, and she has one son, Jordan Davis. She also has two grandchildren, I'Rihinna and Amya. Born and raised in Tuscaloosa, Rhonda has been a caregiver for fifteen years. It brings her joy to assist people in need, and she loves seeing the smiling faces of people who are appreciative of little things she does for them. Rhonda loves her job, and her favorite person in the whole world is her son, Jordan. Rhonda, thanks so much for all you do for our community!

