

## WHAT'S COMING UP

**October 1st**

National Hair Day

**October 4th**

World Animal Day

**October 5th**

National Do Something  
Nice Day

**October 8th**

National Pierogi Day

**October 9th**

World Hospice and  
Palliative Care Day

**October 11th**

Indigenous People's Day

**October 13th**

U.S. Navy's Birthday

**October 14th**

National Dessert Day

**October 16th**

Sweetest Day

**October 31st**

Halloween



## OCTOBER 2021 NEWSLETTER



### ***Hello Everyone,***

It is October, and it's hard to believe we only have two months left in the year! The last two years have been challenging, but we have managed to stay positive, and everyone here has made Regency a wonderful place to be. You have loved each other, and loved all the new additions to our family.

The tomato plants outside look great, and you have shown a little love to help them grow, something Mr. Huff appreciates. The hummingbird feeders stay full, thanks to our families helping so that you can enjoy them from your windows. It really has taken a team, and you all are the best team ever— staff, residents, and families all united as one. Thank you so much for being who you are, and for all the love.

October will be filled with lots of events, and we will be sure we are staying safe and operating within CDC guidelines. Happy birthday to all our October staff and residents. Our October quote is "Turn challenges into changes, and stress into success." We have had our share of both, but it's what we do with them that counts. Cheers to a wonderful fall season!

***Sonja Edwards,***  
*Executive Director*

## NATIONAL DO SOMETHING NICE DAY

October 5th is National Do Something Nice Day, and what a great made-up holiday to adopt and celebrate! In honor of this day, here are a few quotes about kindness to inspire you to do something nice.

***“No act of kindness no matter how small, is ever wasted.”***

–Aesop

***“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”***

–Princess Diana

***“Human kindness has never weakened the stamina or softened the fiber of a free people.”***

–Franklin D. Roosevelt

***“What wisdom can you find that is greater than kindness?”***

–Jean-Jacques Rousseau

***“A kind word is like a spring day.”***

–Russian Proverb



## KNOCK KNOCK, WHO'S THERE?

Knock Knock.  
Who's There?  
Scold.  
Scold who?  
Scold outside, let me in!

Knock Knock.  
Who's There?  
Hike.  
Hike who?  
I didn't know you liked  
Japanese poetry!

Knock Knock.  
Who's There?  
Deja.  
Deja who?  
Knock Knock.





## FUN FACTS

- » October has two zodiac symbols: Libra (until October 22nd) and Scorpio (from October 23rd to November 22nd).
- » October's birthstones are Tourmaline and Opal.
- » The birth flower of October is the bright orange calendula, also known as the marigold.
- » More United States Presidents were born in the month of October than in any other month.
- » In October 1925, the first working TV was tested by John Logie Baird.
- » In October 1886, France presented the U.S. with the Statue of Liberty.
- » The Nobel Prize winners of the year are announced in October.
- » "Little Women" by Louisa May Alcott was published in October 1868.
- » In October 1888 the first ever National Geographic magazine was released.
- » October is, of course, home to Oktoberfest. This important celebration in the German calendar encourages citizens to eat, drink beer, and be merry.
- » Research shows that people born in the Northern Hemisphere in October tend to live longer than those born in any other month across the year.
- » Celebrated each year on the 31st of October is Halloween, a day on which people dress up in costumes and beg for candy.
- » October is National Pizza Month, National Popcorn Poppin' Month, National Pork Month, and National Seafood Month.
- » "Cats", the second longest running play ever, premiered on Broadway on October 7, 1982.
- » On October 2nd, 1950, the Peanuts comic strip by Charles Schultz first appeared in newspapers.
- » Yosemite National Park was established on October 1st, 1890.
- » There are many health observances that have October as their national month. These include Healthy Lungs, Breast Cancer, Lupus, Spina Bifida, Blindness, and Sudden Infant Death Syndrome (SIDS).
- » October ends on the same day of the week as February every year.
- » October in the Northern Hemisphere is similar to April in the Southern Hemisphere.
- » Canada celebrates Thanksgiving on the second Monday in October.

FROM THE BLOG

# 50 Years of Disney World

**HAPPY ANNIVERSARY TO THE HAPPIEST PLACE ON EARTH!**

Disney World is made up of four theme parks, two water parks, 27 themed resort hotels, nine non-Disney hotels, golf courses, a camping resort, a shopping center, and a whole lot of heart – which is what makes it such a special place for so many. First opened on October 1st, 1971, this year marks Disney World's 50th anniversary, and they plan to celebrate big time.

The park has been decked out to celebrate this important milestone, and special provisions have been made to make this 18-month party The World's Most Magical Celebration. Whether you're an avid Disney World goer, or you've just enjoyed the occasional film from time to time, the odds are you've felt a connection to this magic in some form or another over the years. From Mickey Mouse to Moana, Disney likely holds many memories for you and your family, your children, and your grandchildren.

In honor of this special anniversary, here are a few fun facts about Disney World you probably didn't know.

- 1** A whopping 70,000 people are employed at Walt Disney World in Florida. That is more employees than every other Disney park across the globe combined!
- 2** The Tower of Terror at Disney's Hollywood Studios and Expedition Everest at Disney's Animal Kingdom are the two tallest structures in the entire park, at 199-feet tall. In fact, structures taller than 200 feet require flashing aviation lights, so this just-shy measurement was very much on purpose.



- 3** Admission to Disney World used to cost the same as a bottle of Dasani water does at the park today – \$3.50. A one day pass now costs around \$109.
- 4** Disney World features a secret underground trash system to remove trash from the park. The automated vacuum collection system (AVAC system) functions via underground tunnels that custodians use to remove trash by dumping it into special processors that transport, compress, and transfer trash and recyclables to landfills and recycling centers.
- 5** Walt's original plan for Epcot was to turn it into a model community for 20,000 selected residents,





with shopping areas, residential properties, theaters, restaurants, and even a climate-controlled setting.

**6** The American flags seen around the park are actually missing a stripe and a star. The reason for this is so that the park doesn't have to follow traditional flag etiquette, because the flags are technically pennants. Interesting, right?

**7** Recycling at its finest: Epcot's iconic Spaceship Earth was designed to collect rainwater. Rainwater never pours off the 16-million-ton sphere, but instead, travels through a passage in the ball, and is then funneled into the park's World Showcase Lagoon.



**8** Visitors are never more than 30 steps away from a trash can at Disney World. Not only is this thoughtful feature convenient as park goers never have to carry trash around for long, but also it helps to ensure impeccable cleanliness.

**9** Real astronauts attended the grand opening of the Space Mountain ride. In 1975, astronauts Scott Carpenter, Gordon Cooper, and Jim Irwin helped commemorate the opening of this space-themed attraction.

**10** There are a total of 30,000 rooms at all of the Disney World hotels and resorts. That means it would take a person 68 years to stay in each one of them at the rate of one room per night!

***It's clear that Disney World is a truly special place. Happy Anniversary, Disney World, and thanks for 50 years of magic!***



## FEATURED RESIDENT



### Charles Vaden Jr.

Charles Vaden Jr. was born June 30th, 1959, in Kermit, Texas. He has one brother and two beautiful nieces. He has a love for Mexican food, and he loves to play BINGO and the penny auction. Also, Charles has been working on a rubber band ball he named "Stretch" for fourteen years! He started working on it while living in Texas, and is still working on it now. Charles has been living in Tuscaloosa, Alabama for four years. While living at Regency, Charles has made many friends, both residents and staff. He says two people he loves the most at Regency are William Wilson, and Sonja Edwards, the Executive Director. Charles said he is honored to be in the Resident Spotlight!

## FALL POEM

### October

By Robert Frost

O hushed October morning mild,  
Thy leaves have ripened to the fall;  
Tomorrow's wind, if it be wild,  
Should waste them all.  
The crows above the forest call;  
Tomorrow they may form and go.  
O hushed October morning mild,  
Begin the hours of this day slow.  
Make the day seem to us less brief.  
Hearts not averse to being beguiled,  
Beguile us in the way you know.  
Release one leaf at break of day;  
At noon release another leaf;  
One from our trees, one far away.  
Retard the sun with gentle mist;  
Enchant the land with amethyst.  
Slow, slow!  
For the grapes' sake, if they were all,  
Whose leaves already are burnt with frost,  
Whose clustered fruit must else be lost—  
For the grapes' sake along the wall.

## Happy Birthday!

### Resident

Frederick Hinton Oct. 14  
Rose Stutts Oct. 14  
Juanita Long Oct. 15  
Michael Mozingo Oct. 17

### Employee

LaShauna Terry Oct. 6  
Brittani Henderson Oct. 9  
LaKisha Dawson Oct. 12  
Rhode Hood Oct. 24  
Santana Brown Oct. 30

## WELCOME NEW RESIDENTS! 🏠

Donald R. Jacobs

Nancy Smith

Lillie Smith

Lorna Smith

James Jones

Barbara Pickens

Linda Hayes

James Taylor

Marilyn F. Dynes

## WORD FIND

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

HALLOWEEN

TRICK

TREAT

MARIGOLD

OPAL

TOURMALINE

OKTOBERFEST

LIBRA

SCORPIO

PUMPKIN

CANDY

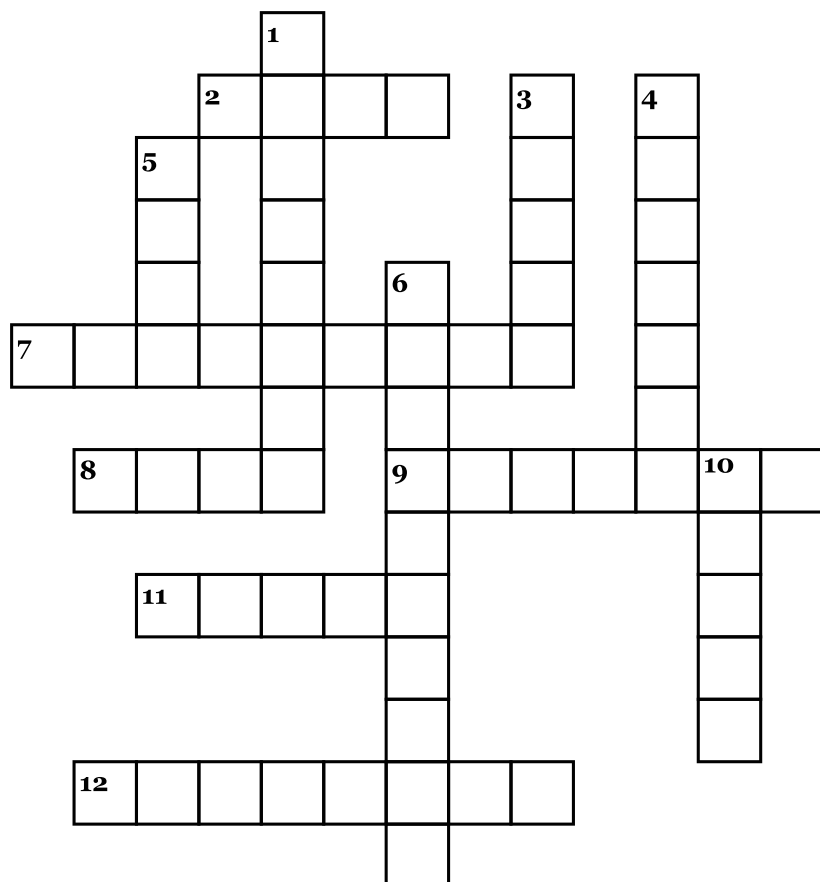
CATS

YOSEMITE

PEANUTS

TELEVISION

## CROSS-WORD



### Down

1. Birth flower of October
3. "Little \_\_\_\_\_" - classic book by Louisa May Alcott
4. The Count
5. One of the birthstones of October
6. *National* \_\_\_\_\_ - a popular magazine
10. \_\_\_\_\_ Peace Prize

### Across

2. Feline musical
7. October 31st
8. Charlie Brown's catchphrase - "\_\_\_\_\_ grief!"
9. Country in which Oktoberfest takes place
11. One of the Zodiac signs for October
12. A California National Park

## 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.

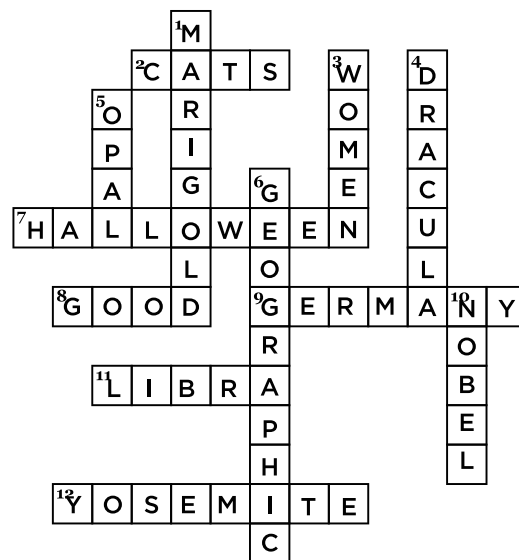
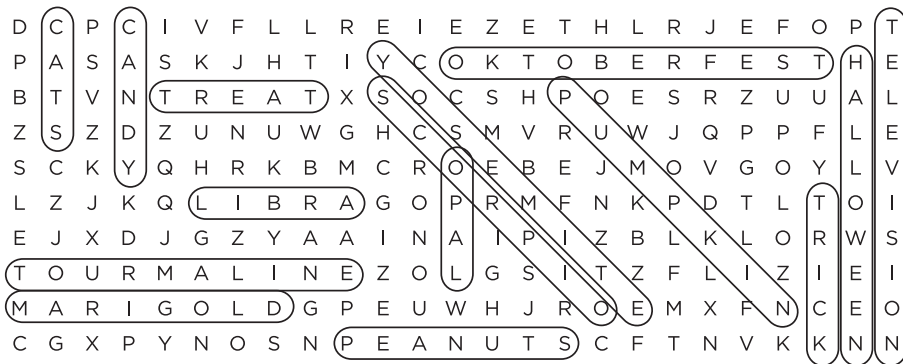
I am from Tuscaloosa, Alabama. I am married with two children and a grandson whom I love dearly. I love traveling and making myself available for my children. I've been in the healthcare field for more than 20 years as a Caregiver and CNA. I go above and beyond my duties to make sure my residents are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

## EMPLOYEE OF THE MONTH

**Mary Cox**


Mary was born and raised in Reform, Pickens County on July 2, 1969. She has a twin sister whose name is also Mary. She has three beautiful daughters, and six beautiful grandchildren. Mary enjoys Chinese food, fishing, and going shopping. She loves to help anyone in any way she can. Mary is a licensed minister prophet, and she loves to take care of the sick and shut-ins. Mary has been in this field for about twenty five years. She works with the Memory Care residents here, and it brings her joy to see their smiles and hear them talk about their families. Let's all congratulate Mary as our Employee of the Month for October!

## ANSWER KEY



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