

## WHAT'S COMING UP

**November 5th**

American Football Day

**November 7th**

Daylight Savings Ends

**November 11th**

Veterans Day

**November 13th**

World Kindness Day

**November 25th**

Thanksgiving Day

**November 26th**

Black Friday

**November 28th**

Hanukkah Begins

**November 29th**

Cyber Monday



## NOVEMBER 2021 NEWSLETTER

***Hello Residents,***

It is November and we have made it through another year. This is the month we all show thanks for all the many things in our life. I want to be the first person to say I am so thankful to have all the people at Regency Retirement Village in my life. Each person here, every resident, staff member and volunteer, brings so much joy and love to our community, making it a wonderful place to be.

We have many events and activities going on in November, including Family Night! Please RSVP to Brittany or June for this fun event!

Remember to invite a friend to come live in our joyful community! The 'Friends Make the Best Neighbors' program is still available for participation.

The quote for November is "Joy does not simply happen to us, we have to choose joy and keep choosing it everyday."

***Sonja Edwards,***

*Executive Director*



## FUN FACTS

- » November's traditional birthstone is the topaz, usually a yellow or amber color. The ancient Greeks believed that topaz could make a wearer invisible. A symbol of honor and strength, topaz was also believed to bring longevity and wisdom.
- » November 3rd is Sadie Hawkins day.
- » On the night of November 29th–30th, a penumbral eclipse will be visible from North America. Appropriately filtered telescopes or binoculars are necessary for eye-safe viewing.
- » November's birth flower is the chrysanthemum. Generally, chrysanthemums represent cheerfulness. A red one conveys "I love you." White symbolizes truth or pure love, while a yellow one indicates slighted love.
- » November's full moon is traditionally called the Beaver Moon. Why this name? In the Colonial Era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs.
- » According to weather folklore, a heavy November snow will last until April.
- » November, the 11th month of the year, has 30 days and marks the beginning of the winter holiday season for most folks, even if the winter solstice doesn't occur until late December.
- » Children between the ages of 10 and 16 who were born in November, perform significantly better than their peers in areas of stamina, strength, and cardiovascular fitness, one study suggests.
- » The name 'November,' derived from the Latin word novem, means nine. It should have been the ninth month of the year. However, thanks to January and February which were added to the calendar some 2,700 years ago, November is now the 11th guy in the 12 member team.
- » There is no mention of November in any of Shakespeare's works. After 37 plays and 154 sonnets, the greatest writer in English literature did not once mention the month of 'November' in any of his writing. Interesting!
- » According to research, November is considered to be the best time of the year to express love.
- » It is during this month that a majority of Spaniards are more likely to tweet "Te amo" which means "I love you."
- » In the UK, the evening of November 5th is Guy Fawkes Night (or Bonfire Night). Every year, people get together to build bonfires, watch fireworks displays, and remember that on this date in 1605 Guy Fawkes and his fellow Catholic conspirators were discovered and arrested before they could blow up the Houses of Parliament and kill King James with their "Gunpowder Plot."
- » November has two zodiac signs. If you are born before November 23rd, you have the sign of the Scorpio, and if you are born after November 23rd, you have the sign Sagittarius.
- » Thanksgiving is celebrated on the fourth Thursday of November, and has been since 1621. The first Thanksgiving was a feast celebrating the first bountiful harvest of the pilgrims of Plymouth and New England. It is still celebrated in a similar way, with families coming together and sharing plentiful amounts of food traditionally available during November.
- » November 3rd, 1957, was a historic day for both Soviet Russia and the world. It was on this day that the first spacecraft carrying a live passenger was successfully launched into space. The passenger was Laika the dog, an unassuming-looking stray pooch who had been found on the streets of Moscow.
- » November 14th is Diwali, which is an annual festival of lights celebrating the triumph of good over evil.
- » If trees show buds in November, the winter will last until May.
- » Ice in November brings mud in December.

## COMMUNITY STORY



### Did you know that Saturday, November 13th is World Kindness Day?

This international holiday was introduced in 1998 by the World Kindness Movement, a coalition of kindness NGOs from different nations. Observed in many countries including Canada, Australia, Nigeria, Singapore, the United Arab Emirates, the UK, Italy, and India, this day exists to highlight good deeds in the community focusing on the positive power and common thread of kindness, which binds us all in our humanity.

Kindness is powerful. Kindness is magical. Kindness is a movement. How can you show kindness to those around you? How can you show kindness to yourself?

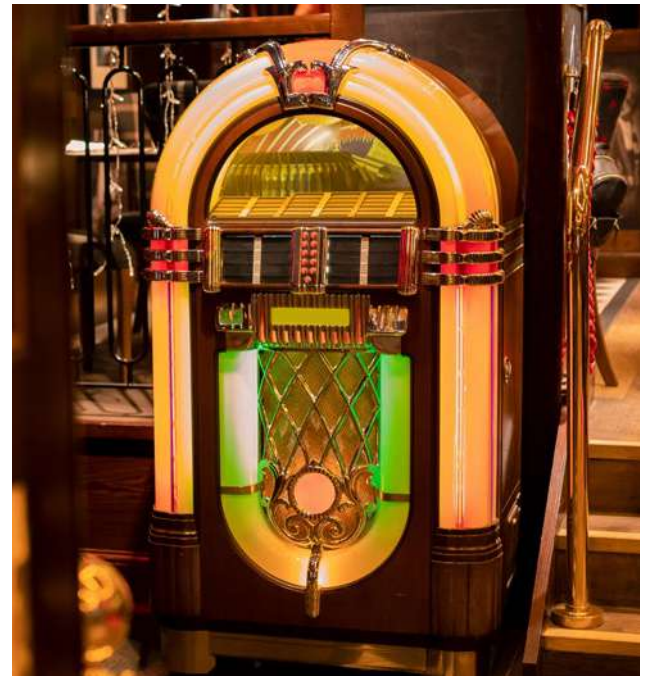


## JUKEBOX JAMS

### National Jukebox Day!

November 24th is National Jukebox Day! There's something so fun about strolling up to a jukebox, shiny quarters in hand, and flipping through to find a song that speaks to you. Jukeboxes remind us of going out on the town, catching up with friends, and enjoying some of our favorite tunes!

The name jukebox is thought to have come from places called 'juke houses' or 'jook joints.' In the early 1900s, people congregated inside these establishments to drink and listen to music. In 1889, Louis Glass and his partner William S. Arnold invented the first coin-operated player in San Francisco. By the 1960s, designs had been upgraded to coin-operated models that could accommodate larger selections of songs. The jukebox has such a special place in history.





FROM THE BLOG

## A History of Veterans Day—Honoring Those Who Have Served

November 11th is a special day. It's a special day for those who have proudly served our country. It's a special day for their families. We seek to honor all our veterans and their spouses and families this year, and thank them sincerely for their proud service and the difference they've made for each of us. From the bottom of our hearts, thank you.

### A National Holiday

Veterans Day actually originated as “Armistice Day” on November 11th, 1919. That day marks the anniversary of the ending of World War I. Congress passed a resolution in 1926 marking an annual observance, and then November 11th became a national holiday in 1938. Unlike Memorial Day, the Veterans Day holiday pays tribute to all American veterans—living and dead— but gives special thanks to living veterans who served our country honorably during war or peacetime.



## Facts about Veterans Day

*Here are a few facts about this incredibly special holiday that you may or may not already know.*

- » Veterans Day occurs on November 11th each year in honor of “the eleventh hour of the eleventh day of the eleventh month” in 1918, which marked the end of World War I —initially termed “Armistice Day.”
- » The holiday commemorates the service of veterans of all wars.
- » In 1954, Eisenhower officially changed the name of the holiday from Armistice Day to Veterans Day.
- » In 1968, Congress passed a bill which moved the celebration of Veterans Day to the fourth Monday in October; however, due to the historical significance of the date, in 1975, President Ford moved the holiday back to November 11th.
- » In Great Britain and the Commonwealth countries, it’s customary to observe two minutes of silence at 11 a.m. every November 11th.



## Today's Veterans

*Did you know that...?*

- » 9% of veterans are women.
- » 18.2 million living veterans served during at least one war as of the year 2018.
- » As of 2019, the three states with the highest percentage of veterans were Virginia, Wyoming, and Alaska.
- » 7 million veterans served during the Vietnam War, 2 million during the Korean War, and 3 million in the War on Terrorism.

## Regency Veterans

To all our veterans in the Regency family, thank you so much for your service. It's our honor to celebrate you on Veterans Day, and every day! Our team at Regency works hard to offer our support to our veterans and their families, particularly when it comes to applying for VA pension benefits. This process can be arduous and overwhelming, but at Regency we strive to take that burden off your shoulders. If you have questions about applying for benefits, let us know. We'd love to help!



## FEATURED RESIDENT



### Sarah Crawford

Sarah was born August 2nd, 1941 to her lovely parents, Ludie and Cynthia Parker. She was born in Hackleburg, Alabama, and then moved to Hamilton, Alabama for 11 years, finally moving to Vance, Alabama. Sarah met and fell in love with her husband Billy Crawford; they were married for 38 years. She worked at Druid City Drug Store, Harco Drug Store, Holt Dietary, and then at the VA for years. She has three children: Sharon, Billy and Dortha. Sarah has four grandchildren: two boys and two girls. Sarah loves doing embroidery, making jewelry, crocheting and sewing. Her favorite meal is some good vegetables with cornbread. Her grandchild loves for her to make her famous chicken and dressing. Sarah has been a resident at Regency for three months and she has made many friends: Archie Willingham, Julia Dyer, Joe Powell, Doris Jackson, Charlotte Andress, William Wilson and a

lot more! Sarah absolutely loves Sonja Edwards, our Executive Director, and Brittani Henderson, our Activities Director. Sarah loves all our Regency staff and her fellow residents.

## ALZHEIMER'S AWARENESS



**November is Alzheimer's Awareness Month**, a time to help educate people about the disease and to show support to the 5.8 million affected Americans and their families. At Regency, we have an excellent Memory Care program and staff of caregivers who work with our residents to ensure their specific needs are met, employing different therapy techniques to preserve memory and support healthy cognitive function. Thank you to all our Memory Care staff for all you do!

## Happy Birthday!

### Resident

Betty Daniel	Nov. 1st
Reuben Green	Nov. 6th
Gail Eberhardt	Nov. 9th

### Employee

Birdie Powell	Nov. 7th
Lavonne Cameron	Nov. 16th
Taletha Taylor	Nov. 20th
Thomas Olson	Nov. 26th
Alexis Grant	Nov. 30th

## WELCOME NEW RESIDENTS!

Donna Penfield	Sara Hester
Donnie Mostella	Terry Winderlick
Anne Tant	Ellen Boyd
Gayle Burton	Bettye Hines

## WORD FIND

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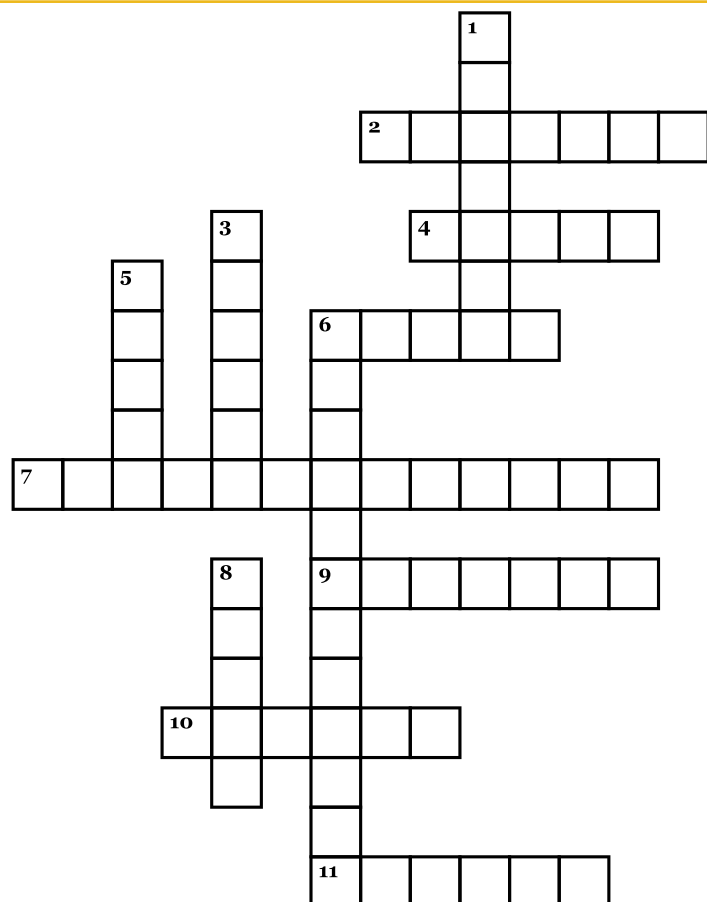
PENUMBRAL  
INDIAN  
SUMMER

NOVEMBER  
SCORPIO  
SAGITTARIUS

THANKSGIVING  
DIWALI  
SCRAPPLE

BANANA  
PUDDING  
MUD

## CROSS-WORD



### Down

1. Tallest dam east of the Rockies
3. November 5th is Guy \_\_\_\_\_ Night
5. The Medal of \_\_\_\_\_ is the most prestigious military decoration
6. Holiday in late November
8. Latin word for November

### Across

2. The 35th U.S. president
4. The first dog in space
6. A symbol of honor and strength
7. Birth flower of November
9. One of the Zodiac signs for November
10. November's full moon is traditionally called the \_\_\_\_\_ Moon
11. "The Great \_\_\_\_\_", a classic book by F. Scott Fitzgerald

## 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.

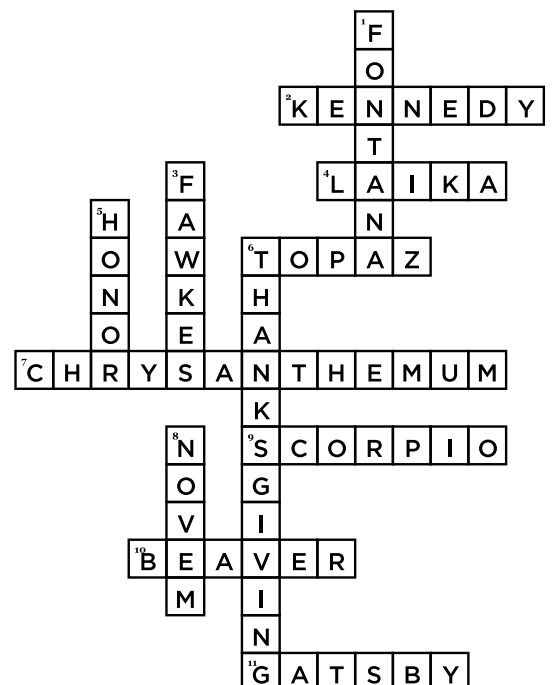
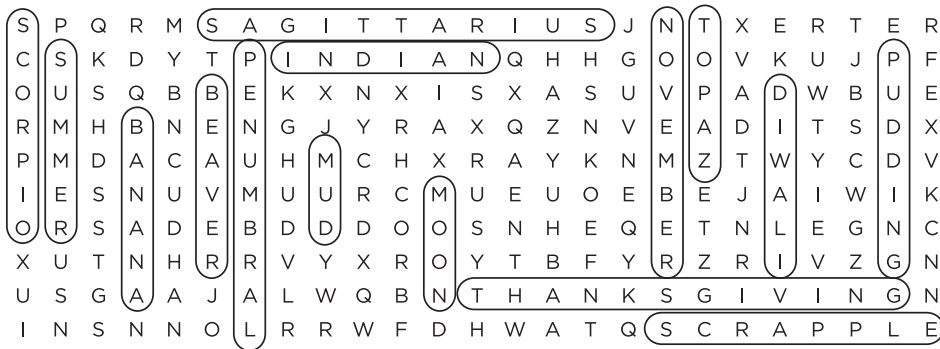
I am from Tuscaloosa, Alabama. I am married with two children and a grandson whom I love dearly. I love traveling and making myself available for my children. I've been in the healthcare field for more than 20 years as a Caregiver and CNA. I go above and beyond my duties to make sure my residents are 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


### Wanda McKinstry

Wanda was born September 12th, 1964 in Ralph, Alabama to William Lewis Sr. and Alma Henderson. She has one sister, Jessie, and four brothers, Willie, Derrick, William Lewis Jr. and Matthew. She graduated from Tuscaloosa County High School in 1982. Wanda and Ike McKinstry have been married for 36 years and have two children, Jecorey and Brittani. She worked at DCH Regional Medical Center for 32 years, and retired in May 2021. Wanda has two grandchildren, Kamari and Kyanna; she loves spending time with and spoiling them. In her spare time, Wanda enjoys family vacations and shopping. Her family's favorite dish she prepares is macaroni and cheese. Wanda has been employed at Regency for three months, and she absolutely loves her job! She shared she loves to make sure our residents are both happy and fulfilled. Wanda also shared she is very honored to be our Employee of the Month for November because she loves her job so much.

## ANSWER KEY



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