

## WHAT'S COMING UP

**October 1st**

International Coffee Day

**October 4th**

National Taco Day

**October 5th**

Yom Kippur

**October 6th**

National Physician Assistant  
Week

**October 7th**

World Smile Day

**October 13th**

Navy Birthday

**October 15th**

National I Love Lucy Day

**October 21st**

National Apple Day

**October 24th**

United Nations Day

**October 28th**

National First Responders Day

**October 29th**

World Stroke Day

**October 31st**

Halloween



## OCTOBER 2022 NEWSLETTER



### *Regency Family and Friends,*

Fall is in the air and this is an exciting time for all of our residents.

We have had visitors from The University of Alabama including but not limited to Big Al and the UA cheerleaders, The Crimsonettes. Business students from UA's Lift Program have been tutoring our residents on how to use their iPhones, iPads, and computers. We also have musicians visiting us to provide classical entertainment. Shelton State's Nursing Program is also working with us, so you may see some green coats around the community.

We have so many partnerships in the works to bring engaging activities and education to our residents. All residents, families, and friends are welcome to participate in any of our programming. We are proud of what we have to offer and hope that you will come to join in the fun.

I have been sending out updates through text. If you or your loved one is new to our community and have not received updates through text, please call me at 205-752-5500. I want to make sure you are added and receive updates regularly.

All of our residents are like family to us. We love each one of them and want them to be happy living here at Regency. If there are new ideas or processes that you see we could research or implement, we are always open to new ideas.

I would also like to personally encourage you to visit often, send photos or cards for us to share with your loved ones, help us celebrate their birthdays, etc. If you have a resident that has been in our community for over a year, I would like to suggest that you purchase new bedding for them. We wash bedding more than most wash them at home, because of need. That means that the bedding and their clothing wear out quickly.

Thank you for being part of our Regency Family!

*Jennifer Anderson,  
Executive Director*



## Regency Pep Rally

Roll tide! We had a blast celebrating the kick-off season for football. We had the pleasure of the Alabama Crimson Tide Crimsonettes and Big Al in the building. Seeing the smiles on everyone's faces was great! A special thank you to Jenny Laubscher and Jonacha Ward from Enhabit Home Health and Hospice for helping host this event!



## Celebrating 100 Years of Life

Ms. Nancie Lavater Buck turned 100 years old on September 19th. Here's to 100 years of memories and 100 years of life! You are very special and loved. Her family and friends helped celebrate her birthday on September 11th. Ms. Buck loved everyone showing her love for her big day! Happy 100th Birthday to you, Ms. Buck! Your Regency family loves you very much!



## Coffee and Donuts for Grandparents Day

We celebrated Grandparents Day with good coffee and some donuts from Krispy Kreme. The residents enjoyed seeing their loved ones. Thank you to Lisa Tingle from Southern Care New Beacon for sponsoring our donuts for Grandparents Day!



## Connection Day at Shelton State Community College

We had the pleasure of going to Shelton State Community College for Connection Day. This was an amazing opportunity to recruit volunteers to come in and help with activities, events and so much more! We would like to thank Mr. John Romeo for attending this event and helping recruit.



## UA LIFT Program

October 3rd-31st at 10:00 am

The Culverhouse School of Accountancy LIFT program is designed to reach out to the Tuscaloosa, West Alabama, and Holt communities and use University resources to improve the job skills of the adult and teen populations. The program includes computer and phone classes for senior citizens at many locations in Tuscaloosa and the surrounding areas.



## Piano by Castiel Lisko

October 8th at 10:00 am

October 16th at 2:00 pm

Cas Lisko is a graduate student at the University of Alabama. She has been playing the piano since she was 8 years old, and performing for other people is one of her favorite things to do. This will be a special treat for our residents, let's show Castiel Lisko our appreciation. Join us in the Memory Care Activity Room.



## Tuscaloosa County High Choir

October 13th at 10:30 am

A small group from the Tuscaloosa County High Choir is coming to perform a few songs. The Tuscaloosa County High Choir has over 200 students and consists of five choirs. The small group coming is from a mixed choir, consisting of boys and girls, ages 16-18.



## What's Cooking Wednesday? Chili/Soup Cook-Off

October 19th at 11:30 am

Who's ready for some good homemade chili/soup? The staff will have a chili cook-off for *What's Cooking Wednesday*. There will be different types of chili and soup, topped with cheese, sour cream, and of course some good ol' homemade cornbread. Join us during lunchtime!



## Breast Cancer Awareness Seminar

October 20th at 2:00 pm

October is Breast Cancer Awareness Month, which can be a time to reflect, give back, or even celebrate. We will have a Breast Cancer Awareness Seminar with Jonacha Ward (with Enhabit Home Health & Hospice) and Sylvia Burroughs, who is a survivor! Please join us on October 20th, at 2 pm in the activity room for an educational seminar.



## Regency Fall Festival

October 21st at 4:00 pm

Join us for our Fall Festival on October 21st! We will have games, music, vendors, food, and a lot of candy! Make sure you come dressed in your Halloween costume.



## Trunk or Treat Community Event

October 31st at 4:00 pm

Trunk or Treat is when adults decorate the back of their cars for Halloween and pass out candy! Please invite your friends, families, church groups, etc. We have a lot of our Home Health vendors volunteering to put smiles on the children's faces this year.

### Save the Date

**Oct. 1st** — International Coffee Day  
**Oct. 7th** — World Smile Day  
**Oct. 15th** — National I Love Lucy Day

**Oct. 21st** — National Apple Day  
**Oct. 29th** — World Stroke Day  
**Oct. 31st** — Halloween

## Resident Spotlight: James Smith Jr.

James Smith was born in 1942 and grew up around Leighton, Alabama. He has a total of six sisters and six brothers. He was a great athlete, it's said he could take off and run faster on gravel barefoot than most people could in shoes.

Mr. Smith has done a total of four years in the Navy, 1964-1968, as a Boatswain's Mate. He served on the USS SCANNER ARG-5, based out of Subic Bay, in the Philippines. He served in the Vietnam War. His ship was one of the first picket ships used in the Vietnam War. He personally drove LCM-8ds, which is a mechanical landing craft, used by the Navy to put Marines on and off the beach.

After the Navy, he got married and moved to Michigan, where he had three children, two sons, and a daughter. He has one granddaughter. In his free time, Mr. Smith likes to hunt and loves to fish.



**WELCOME NEW RESIDENTS!** 

- John Romeo
- Mary Williams
- Annette Owens
- Cecelia A. Tant
- Thomas Duncan
- Roger Beck
- James Bonner




# Happy Birthday



### Resident

Sylvia Hanna Oct. 3rd  
 Frederick Hinton Oct. 14th  
 Juanita Long Oct. 15th  
 Michael Mazingo Oct. 17th  
 Curtis Fulgham Oct. 24th

### Employee

LaShauna Terry Oct. 6th  
 Brittani Henderson Oct. 9th  
 Rachel O. Adams Oct. 19th



## FUN FACTS

- » Tourmaline and opal are the official birthstones of October.
- » The birth flower of October is the bright orange calendula, also known as the marigold.
- » The star sign of everyone born in October is either a Libra or a Scorpio. Libras are born between September 23rd and October 22nd and Scorpions are born between October 23rd and November 21st.
- » Shakespeare never mentioned October in any of his plays or sonnets!
- » Matt Damon, Julie Andrews, Hillary Clinton, Bill Gates, Katy Perry, Julia Roberts and even Christopher Columbus were all born in October!
- » In German and Dutch, October is called 'Oktober', in Italian it is 'Ottobre', in Turkish it is 'Oketopa' and in Korean it is 'Siweol'.
- » Babies born each year during October are thought to be very smart and are usually high achievers.
- » October is the tenth month of the year and is the sixth of seven months to have 31 days.
- » October and January always start on the same day of the week in common years. In leap years, October doesn't start on the same day of the week as any other month. October and February also always end on the same week day!



WORD FIND

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

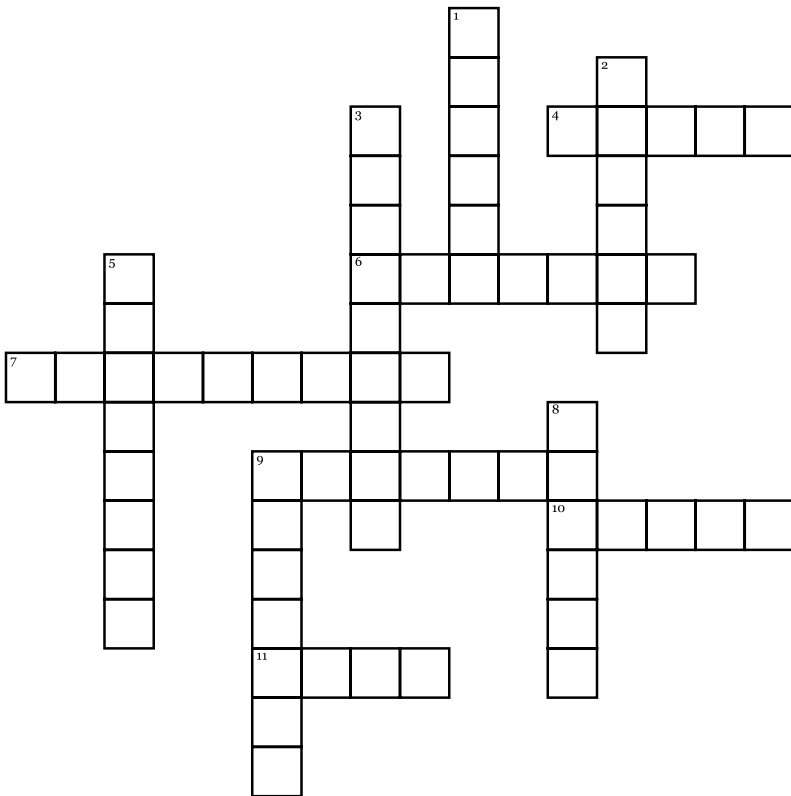
DISNEY  
 OPAL  
 CALENDULA

MARIGOLD  
 SCORPIO  
 COOKIE

COLUMBUS  
 OCTOBER  
 MEXICO

SMILE  
 LIBRA  
 LATIN

CROSS-WORD



**Down**

1. In October 1968, the 19th Summer Olympic Games were held in \_\_\_\_\_ City.
2. \_\_\_\_\_ World in Florida opened in October 1971
3. October 28th is National \_\_\_\_\_ Day
5. On October 12th, 1492 \_\_\_\_\_ arrived in America
8. The Country that donated the statue of liberty? \_\_\_\_\_
9. The Turkish name for October? \_\_\_\_\_

**Across**

4. October is the month of \_\_\_\_\_
6. October first is National Homemade \_\_\_\_\_ Day
7. The birth flower of October is the bright orange \_\_\_\_\_
9. In German, October is called \_\_\_\_\_
10. Author of "Little Women"? Louisa May \_\_\_\_\_
11. The official birthstone of October is the Tourmaline and the \_\_\_\_\_

**EMPLOYEE OF THE YEAR**

Haleigh Lundell

I was born in Jackson, Mississippi but I've lived in Tuscaloosa for most of my life. I graduated from Hillcrest High School and am currently trying to go back to school and continue my education in the medical field. I hope to become a nurse one day. I started at Regency a year out of high school. I was introduced to the practice by taking care of my sick mom, and I've been here ever since. I enjoy helping other people. My six-year anniversary at Regency was this year. When I'm not working at Regency I'm at home taking care of my niece and nephew. I spend my free time soaking up the sun in the pool or shopping. Thank you all for choosing me to be Employee of the Year.

**EMPLOYEE OF THE MONTH**

Ireka LaShaye Williams

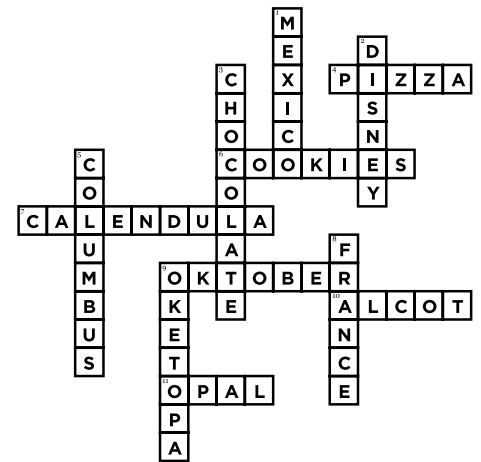
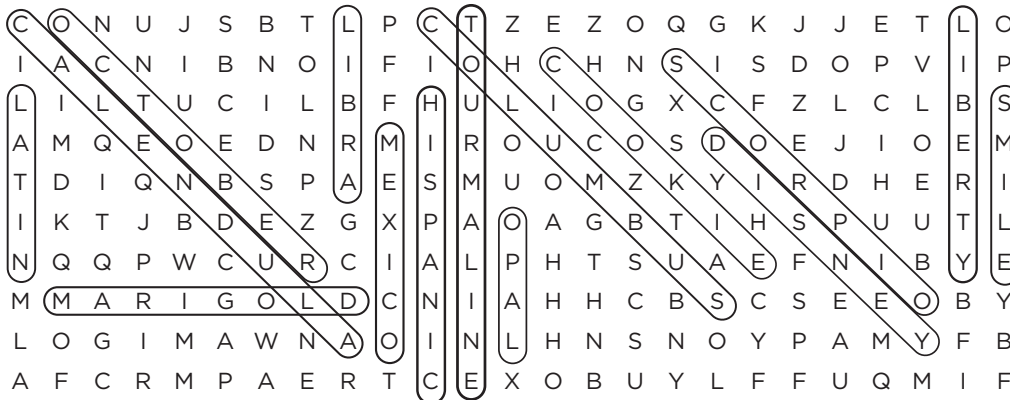


Ireka LaShaye Williams is our Employee of the Month. She has been a CNA for thirteen years but has been a caregiver for over seventeen years. She was blessed with the wonderful experience of taking care of her son who now has his angel wings. For most of her life, she's taken pleasure in caring for others.

She enjoys reading, watching movies, walking in the park, singing, and traveling. She also likes teaching her youngest to cook because she wants to become a chef one day. Above all, she loves shopping. Aside from that, what makes her happiest is being part of the Regency family.

She is overjoyed to be this month's Employee of the Month and extends her gratitude to everyone who nominated her.

**ANSWER KEY**



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