

WHAT'S COMING UP

November 6th
Daylight Savings Ends

November 11th
Veterans Day

November 13th
World Kindness Day

November 15th
America Recycles Day

November 18th
Apple Cider Day

November 24th
Thanksgiving

November 28th
Cyber Monday

November 29th
Giving Tuesday



NOVEMBER 2022 NEWSLETTER



Residents, Staff, Family, and Friends of Regency,

As we approach the holiday of Thanksgiving, I feel compelled to say that I am thankful to be a part of this Regency family.

Sometimes we all focus on the negatives in life, and how we feel that things have changed. We do not like change.

Let's take the month of November as an opportunity to commit to focusing on the positive aspects of our lives, such as family and friendships. We have a safe, comfortable, and clean place to live at Regency. We have caregivers and nurses that care about our well-being. We have food that is hot and plentiful. We have activities every day that range from Bible Study to Bingo. We have the opportunity to come together for events.

There are so many reasons to be thankful!

I look forward to seeing each of you at our Thanksgiving Luncheon on Wednesday, November 23 at noon. Remember to RSVP, the cost is only \$10 a family member.

I am thankful for each of you,

Jennifer Anderson,
Executive Director



Jewelry Class

A University of Alabama student, Anna Hill, stopped by to assist with jewelry making. She's a Junior majoring in Speech Pathology from Texas and loves making jewelry. Anna has her own business website called Blooming and Beads, check her out!



Halloween Craft

We love volunteers! A special thank you to Ms. Margaret Hottinger for volunteering with us. We made two different Halloween crafts, with some painting and some making scarecrows. There's nothing like service with a smile, and volunteers really put a smile on our residents' faces.



Tuscaloosa County High Choir

The Tuscaloosa County High Choir sang some beautiful songs and played the guitar for our residents. Thank you so much, Tuscaloosa County High Choir!



Celebrating Jenny's Birthday

One of our home health vendors, Jenny Laubscher, let us be a part of her birthday. We started off with a good game of Bingo then we ended with some delicious cookie cake! Jenny Laubscher and Jonacha Ward, you ladies rock! We appreciate everything you do for our residents at the Regency of Tuscaloosa!



Speech and Hearing Center

November 3rd at 2:00 pm

The University of Alabama Speech and Hearing Center provides speech, language, and hearing services to individuals in the Tuscaloosa community and surrounding areas. The Center is open to the public and most insurances are accepted. On November 3rd, audiologists and students will be at Regency to provide free hearing screenings, check for ear wax, and provide follow-up recommendations.



Election Day

November 8th

We will be offering rides throughout the day to residents who wish to vote. A signup sheet will be posted on the activity table prior to Election Day. See Brittani with any questions.



Health Fair

November 9th at 10:00 am

A health fair is a great way to launch new wellness initiatives, share health education information, conduct preventive screenings and immunizations, raise awareness of health risks, demonstrate healthy habits, and promote organizational benefits and community resources.



Veterans' Program

November 10th at 2:00 pm

We are so proud of our veterans here at Regency and will be honoring them during a special program on Thursday, November 10th at 2 pm. We will have special guests from Quilts of Valor honoring some of our Veterans with their very own quilts. Family and friends are welcome to join. Refreshments will follow afterwards.



Down South Music with David Ladewig

November 11th at 2:00 pm

Join us for some entertainment with David Ladewig. He has done over 140 shows since 2015 at many venues. He plays ballads, bluegrass, country, Americana, original songs, and so much more.



Christmas Card-a-palooza with Joshua's Joy Ministry

November 14th at 10:00 am

Join us for our inaugural Christmas Card-a-Palooza on Monday, November 14th. Our goal is to make two hundred cards to be put in food bags for those that need a little extra love and encouragement this holiday season. We will be making several different cards and you can bring two cards home to share with someone you love! Join us for fun, fellowship, food, and door prizes at Harvest Church in Coker, AL.



Thankful Thanksgiving

November 23rd at 10:30 am

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." Join us Wednesday, November 23rd from 11:30 am to 1 pm for a special Thanksgiving. In order for us to prepare appropriately, please let someone at the front desk know to add friends and family that will be attending to our list!

Juanita Ellington

Juanita Ellington was born in Mantua, Alabama. She is the second child and only girl born to Alice and Nelson Smith.

She is an active member of the Christian Community Church and a retired Social Worker with the State of Alabama and holds a bachelor's degree in Business Administration from Stillman College.

Juanita has always been very astute with math, money, and all things business. So much so that she became a tax professional in 1985 and continued to work in that area as a part-time paid hobby until 2020.

She is very proud of her two daughters Anika and Jameka as well as all four of her grandchildren, Tia, Jaleel, Meagan, Marc, and great-granddaughter Nalina. Juanita is very family-oriented and has always been supportive of her children's schooling and extra-curricular activities.

Juanita is the life of every party, in addition to her immediate family, she loves spending time with her brothers, cousins, and classmates. Her favorite pastime is trying new restaurants and catching up with friends and family. Her favorite TV shows are Gunsmoke and Family Feud.



Resident

Betty Daniels	Nov. 1st
Gail Eberhardt	Nov. 9th
Lynn Jackson	Nov. 20th
Alen Harland	Nov. 22nd

Employee

Birdie Powell	Nov. 7th
Lavonne Cameron	Nov. 16th
Steven Shirley	Nov. 17th
Katrina Shields	Nov. 18th
Deneice Powell	Nov. 25th
Glorinisha Fields	Nov. 26th
Tiffany Price	Nov. 30th

FUN FACTS

- » November's name has remained unchanged since the ancient Roman calendar, which was in use until 45 BC.
- » In the US, the full moon in November is traditionally called the Beaver Moon.
- » November has just one birthstone, the radiant topaz. The topaz is symbolic of many things, but most of all it is a symbol of strength and honor.
- » November also only has one birth flower, although with a flower like this who needs another?! We're talking about the ever-stylish chrysanthemum, which symbolizes cheerfulness. Different colored chrysanthemums have different meanings though – a white flower symbolizes pure love and truth, a red flower says "I love you" like nothing else does, while a yellow flower is a symbol of unrequited love.
- » November 3, 1957, was the day that the first spacecraft carrying a live passenger was successfully launched into space. The passenger was Leika the dog, an unassuming-looking stray pooch who had been found on the streets of Moscow.
- » A rather hairy spectacle occurs in various parts of the world including Australia, the US, and England every year in November. It's called Movember, and the idea is to raise money for charity by growing a mustache. Participants must shave on the first morning of November and grow their mustache throughout the month, with the ensuing amusement as an incentive for others to donate to a good cause.
- » November is apparently the official month of banana pudding lovers.
- » On November 19, 1863, President Abraham Lincoln delivered the Gettysburg Address at the consecration of the National Cemetery at the site of the Gettysburg battle.

WORD FIND

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

MONOPOLY

PUMPKINS

SAGITTARIUS

FAMILY

TOPAZ

POPPY

ZUCCHINI

LAIKA

SCORPIO

MEXICO

ARMISTICE

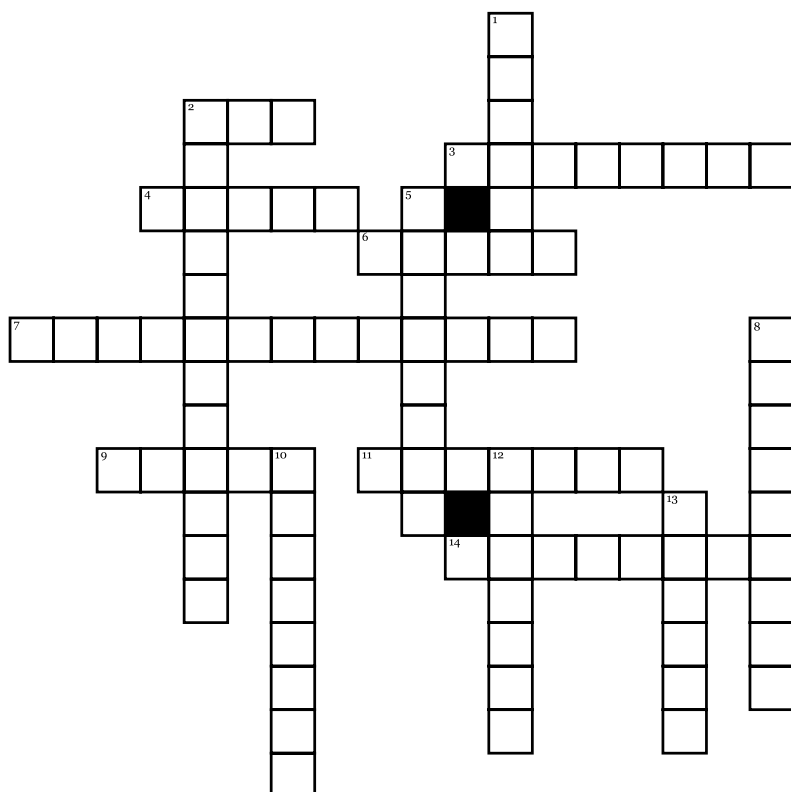
SQUASH

SPUTNIK

VETERAN

RUSSIA

CROSS-WORD



Down

1. November is the official month of _____ pudding lovers
5. The presidential election in the USA is always in _____
8. In Finland, the word for November is _____
10. The popular board game _____ was released in November 1935
12. On November 1st, the people of Mexico celebrate Dia de Los _____
13. Guy _____ Conspirator that try to kill King James I?

Across

2. King ___'s Tomb was discovered on November 4th, 1922.
4. The first living creature in space was a Russian dog named? _____
6. The _____ is a symbol of strength and honor
7. The official flower for the month of November is the _____
9. The Latin word for 9? _____
11. The x-ray was invented in _____ in November 1895
14. In the US November 11th is known as _____ Day

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

RaQuita Hinton



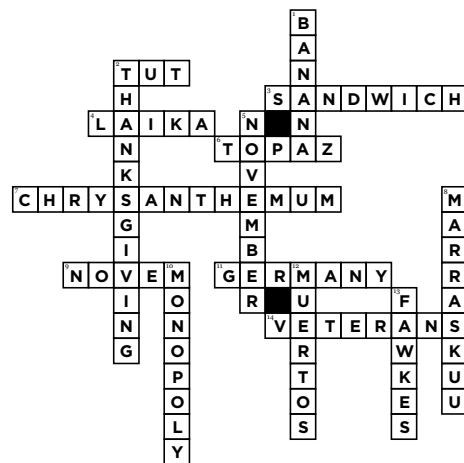
RaQuita LaFaye Hinton was born in Tuscaloosa, AL but lived in Pickensville, AL most of her life until she decided to move back to Tuscaloosa in 2013.

She's been a caregiver for nine years and has two handsome sons she loves and adores so much. She enjoys watching tv, cooking, dancing, and being with family. The one person she has to thank for it all is her Lord and Savior, Jesus Christ. If it weren't for Him, none of this would have been possible.

She loves working for Regency, and would like to thank everyone that chose her to be the Employee of the Month for November.

ANSWER KEY

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



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