

WHAT'S COMING UP

October 1st

International Coffee Day

October 4th

National Taco Day

October 6th

National Physician Assistant
Week

October 6th

World Smile Day

October 13th

U.S. Navy Birthday

October 15th

National I Love Lucy Day

October 21st

National Apple Day

October 24th

United Nations Day

October 28th

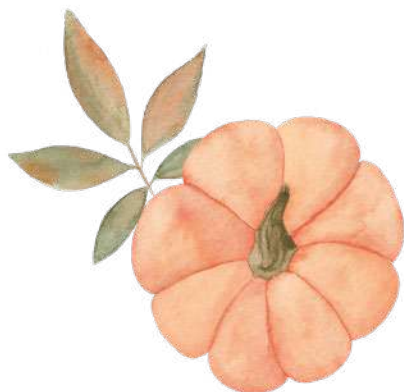
National First Responders
Day

October 29th

World Stroke Day

October 31st

Halloween



OCTOBER 2023 NEWSLETTER



Hello Residents,

For those of you who are new to Regency - welcome! For those of you who have been part of our family - thank you for sharing the good news of Regency. We strive to give 100% each day to our residents. Our staff is caring and committed to our residents. If you have any questions or would like to know more about our community events, plans of care, employment opportunities and more, please don't hesitate to reach out to us. We would love to talk with you!

Here at Regency, we not only offer care for our residents but also educational opportunities and support groups. We have educational seminars on Alzheimer's, Dementia, hospice care and more. We also have a program for caregivers who are single moms. Our Chaplain, Brian Moon of Pro Health, leads a support group for adults who have children that have passed away. We have a veterans support group that meets once a month and will be expanding that program soon. If there are other support groups that you would like for us to host and that you would like to lead or participate in, please let us know.

An important educational opportunity is coming up soon. Laura Raschilla, BSED, RN, will host "Aging in Place" on October 12th at 6:00 pm. You will gain some knowledge on how to Age in Place while enjoying dinner from Chik-fil-A. To RSVP, contact 205-752-5500.

Remember, if there are individuals who are looking for a home away from home for their loved one, consider Regency. We would love to give them a tour, have them as our guests for lunch and answer questions they may have. Another great opportunity and what sets us apart is that we share the love when your friend becomes a resident here. You will be able to receive \$2500 for any resident that you refer who moves into our community and is with us for 90 days.

Please make sure that you send me your phone number for the weekly communication through call multiplier. You can email it to janderson@regencytuscaloosa.com.

Happy fall, y'all!

Jennifer Anderson,
Executive Director



ROMEO— “Retired Old Men Eating Out”

Starting our first men’s group, ROMEO, was a total success. The men went out for wings and had a chance to reminisce about their past. If any men would like to be a part of ROMEO, please see Brittani. Ladies, don’t feel left out! I have a group coming just for you. Details coming soon!



Piano Concert with Baylor

We would like to thank Baylor for his piano performance. He did a wonderful job and the residents really enjoyed the recital. Baylor is the grandson of Mr. Shelton, a resident here at Regency. Baylor is a sixth grader and has been taking piano lessons at the Music Corner for 2 and ½ years. He also enjoys baseball, reading, drawing and playing video games. Be on the lookout - Baylor will be back around Christmas!



Football Kick-Off Pep Rally

Our football kick-off pep rally was a success! A special thank you to the Alabama Crimson Tide Crimsonettes cheerleaders and of course Big Al for putting on an amazing show! Let's not forget our rivals. Ole Miss, Ohio State and Auburn fans also had a good time at our Alabama pep rally. We all had a blast, and we had souvenirs donated by the Paul W. Bryant Museum. Thank you to Journey Hospice and Amedisys for sponsoring some goodies. Roll Tide Roll!



Regency Rhythm Band

Our very own Regency Rhythm Band had the honor of opening up for Caring Days Adult Daycare's 19th Annual "Walk 2 Remember" fundraiser at the University Mall. The residents played "Sweet Home Alabama" and "Fight Song (Yea, Alabama)" under the instruction of our amazing Memory Care Activities Director, Lavonne Cameron! If anyone would like to be a part of our band, please see Brittani.



Alzheimer's Support Group

October 5th at 2:00 pm

Join us for our Alzheimer's and Dementia Support Group with Laura Raschilla. This group will focus on specific topics relating to dementia diseases. Helpful resources on the topic will be provided. As Tara Reed said, "While no one can change the outcome of dementia or Alzheimer's, with the right support you can change the journey." Join us on October 5th at 2:00 pm in the activity room on the first floor.



University of Alabama Homecoming Parade

October 14th

Homecoming 2023 is scheduled for the Alabama vs. Arkansas game on October 14th. If you wish to attend the University of Alabama parade, please sign up at the activity table. The parade's exact time will be announced at a later date. If you have any questions, please see Brittani.



Breast Cancer Awareness Social

October 13th at 2:00 pm

Every October, people around the world wear pink to show their support for everyone affected by breast cancer. This month is a time to reflect and show support. We will wear pink ribbons to honor survivors, remember those lost to the disease, and celebrate the progress being made to defeat breast cancer. Join us in the 1st-floor activity room to participate.



Meet & Greet with James Spann

October 18th at 9:00 am

James Spann is a television meteorologist and podcast host based in Birmingham, Alabama. He currently works for WBMA-LD, Birmingham's ABC affiliate, and is the host of the podcast WeatherBrains which he started in 2006. Join us in the first-floor activity room to hear James' tips on staying weather-ready and so much more. Don't meet us there, beat us there!



What's Cooking Wednesday— Chili Cook Off

October 18th from 11:00 am
to 1:00 pm

Who's ready for some homemade chili and soup? The staff will have our yearly cook-off on October 18th. There will be different types of chili and soup, topped with cheese, sour cream and some good ol' homemade cornbread. Join us during lunchtime! If anyone would like to enter the contest, please see Brittani.



Fall Festival

October 21st from 4:00 pm
to 6:00 pm

Please join us for our yearly Fall Festival. We will have games, vendors, food, music and, of course, a lot of candy! This event is open to the entire Tuscaloosa community. Make sure you come dressed in your Halloween costume. We look forward to seeing you there! All families are welcome.



Visiting Tuscaloosa Metro Animal Shelter

October 23rd from 9:30 am
to 11:30 am

We will be taking a tour of our very own Tuscaloosa Metro Animal Shelter. We will see the facility, feed and pet the animals, and see their outside play area. Everyone is asked to wear closed-toe shoes to prevent falls. After all the fun, we will have lunch in the park, weather permitting. If you would like to go on this tour with us, please sign up at the activity table or see Brittani.



MonSTAR Spooktacular Party

October 31st at 2:00 pm

Pumpkins, scarecrows, ghosts and more!

Who will show up at your door?

Halloween's a spooky sensation – come party at our celebration! Please dress the part

whether creepy or sweet

And we'll gladly serve up

tricks and treats.

Don't you dare miss this Halloween party!



Donald "Don" Shelton

Donald "Don" Shelton was born in Kennedy, Alabama to Velton and Annie Shelton. He is the eldest of three children. Don went to Palmetto High School in Pickens County. He played varsity football as a tight end and was the team captain.

After graduating, he moved to Tuscaloosa and worked at Bryce Hospital. It was during his time there that he met and married his late wife, Anita Jean

Perry. They had one daughter together, Rosemary. After serving in the Army for three years, he worked for the United States Postal Service for 42 years.

Don LOVES to fast dance and his favorite food is shrimp. He loves the Alabama Crimson Tide and all sports. He is an avid fisherman and was a member of the Fayette Bass Club where he and his brother Jerry competed in numerous tournaments. He also enjoys spending time at his farm, tending to his cattle and baling hay.

WELCOME NEW RESIDENTS! 🏠

Patricia "Tia" Donlevy
Leigh D. Covington
Johnny A. Lawrence

Happy Birthday



Resident

Lynn Harper	Oct. 2nd
Sylvia Hanna	Oct. 3rd
Aileen Dodson	Oct. 7th
Frederick Hinton	Oct. 14th
Juanita Long	Oct. 15th
Michael Mozingo	Oct. 17th

Employee

Kiara Williams	Oct. 4th
Brittani Henderson	Oct. 9th
John Hunt	Oct. 9th
Jenny L. Laubscher	Oct. 11th
Erin Woods	Oct. 11th
Rachel Adams	Oct. 19th
Bethany Kelley	Oct. 22nd

FUN FACTS

- » In the original 10-month calendar, October was month 8. Hence the name, octo, Latin for 8. It's so weird when you think about it, isn't it?
- » Most other languages have followed suit and also have named October after the number 8. In German and Danish, it's Oktober. In French, Octobre. In Italian, Ottobre. In Spanish, Octubre. In Swahili, Oktoba. In Albanian, October is known as Tetor. You guessed it. Albanian for 8: Tetë.
- » The anglo-saxons had a different name for October, calling it Wintirfyllith. This name refers to October having the first full moon of the winter season.
- » In early Germanic, October was known as Weinmond, meaning wine month. This must have been before Oktoberfest!
- » Two Zodiac signs represent the month of October. If you were born between October 1st and 22nd, you're a Libra. Libras are known to be calm and balanced with impeccable taste. Born between October 23rd and 31st? You're a Scorpio. Scorpions are known to be passionate and magnetic with a strong will.

Friends Make the Best Neighbors

Would you like a free* month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion! Invite your friends to move into our community and receive a free month or a check for \$2,500 for each referral who becomes a resident.

**Referring residents will be paid out 90 days from the move-in date.*

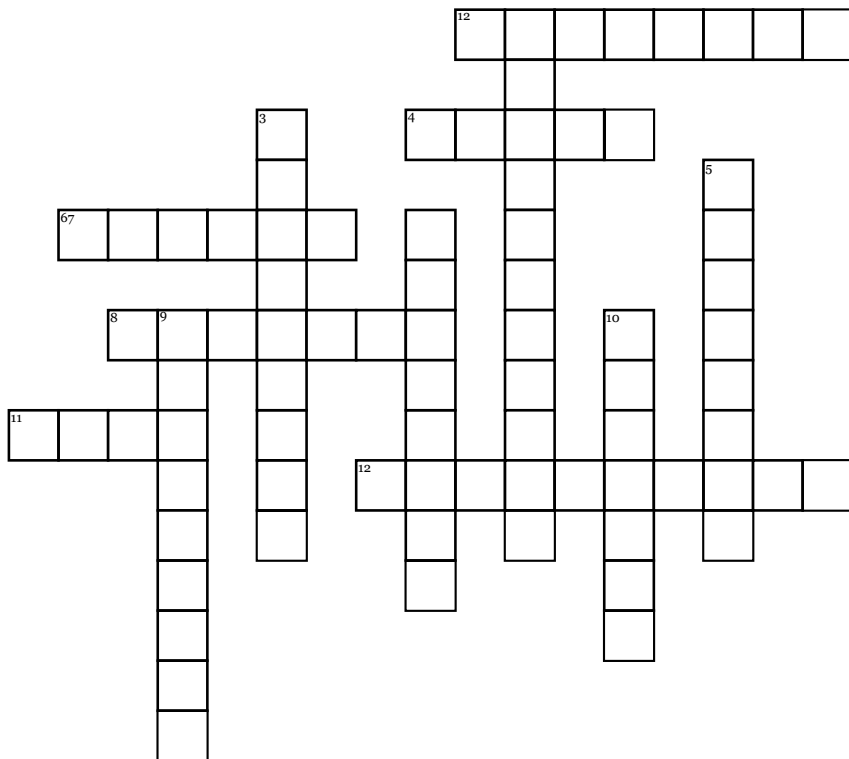


WORD FIND

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|-------------|----------|-----------|-------------|---------|
| RUSSIA | BAVARIAN | PUMPKIN | CREEPY | MAPLES |
| REVOLUTION | LIBERTY | POPCORN | FRIGHTENING | BIRCHES |
| OKTOBERFEST | CHICAGO | HALLOWEEN | DARK | ZODIAC |

CROSSWORD



Down

2. World's largest beer festival
3. Creepy October celebration
5. Movie with Dinosaurs on an island, "_____ Park"
7. October Flower
9. Queen of Egypt
10. The Statue of _____

Across

1. Landed in the Americas in 1492
4. Albanian name for October
6. Hindu festival of lights
8. Best harvesting month
11. The Great Chicago _____
12. Russia communist party

Stay Connected!

Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.

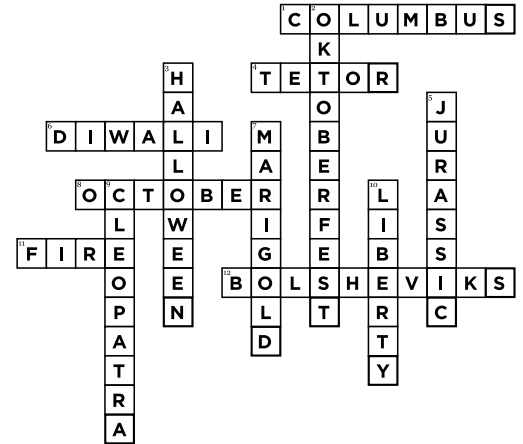
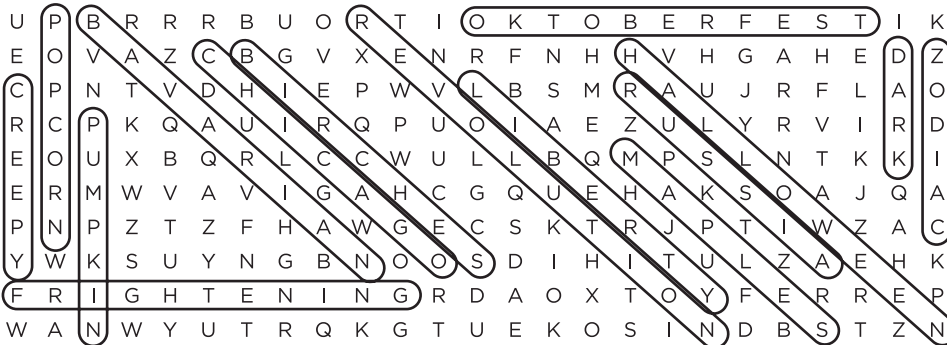


EMPLOYEE OF THE MONTH


Dorothy J. Prewitt


At a very young age, around 17 years old, I can remember having a passion for caring for others who needed my assistance. In 1964, I started working at Saint Francis Hospital in Monroe, Louisiana and was the youngest employee. I now understand that helping others is a mission from the Lord. I later moved back to Alabama, where I married the late Dr. Ohara Milton Prewitt and served as First Lady for the Apostolic Church of Jesus Christ in 1977. In 1990, I was employed by Skyland Oak Retirement Center, which is now called Regency Retirement Village of Tuscaloosa. For the last 30 years, I have worked as a caregiver. I've had an opportunity to work alongside outstanding coworkers and care for those who need assistance. I want to thank the corporate office and local administrator for recognizing my years of service.

ANSWER KEY



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