

## WHAT'S COMING UP

**November 1st**

All Saint's Day

**November 4th**

Book Lovers Day

**November 6th**

National Nacho Day

**November 7th**

U.S. General Election Day

**November 13th**

Caregiver Appreciation Day

**November 15th**

America Recycles Day

**November 22nd**

Go For a Ride Day

**November 23rd**

Thanksgiving

**November 28th**

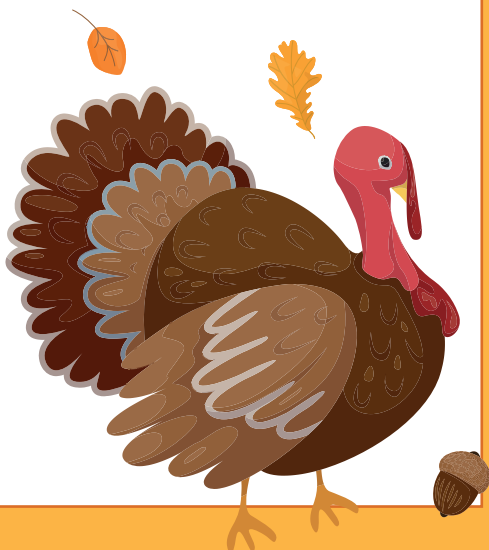
French Toast Day

**November 29th**

Chia Pet Day

**November 30th**

Stay At Home Because  
You Are Well Day



## NOVEMBER 2023 NEWSLETTER



### ***Regency Family, Friends, Residents, and Staff:***

After a month of continual heat and rain, we are finally able to enjoy some beautiful cool weather. The residents have been thoroughly enjoying the afternoon balcony and patio. We have been celebrating birthdays, football victories and life events.

If you have not had the opportunity to come to one of our events, just go to our Facebook page and you can view all the happenings here at Regency. Also, do not forget to get registered to receive communication through texts. You may call 205-752-5500 and leave your name and number to be added to the call list.

Kudos to Shelly Stern, one of the owners of Regency. Shelly has been renovating our community. On your next visit take note of the new furniture and seated areas for families. We have fresh paint on 75% of the walls and we are working on the other 25%! The dining room is beautiful. We have been gifted with new flooring, tables, chairs, lighting, drapery, and more! We are so happy to have owners that care enough to want our residents to have a home that is enjoyable and beautiful.

The last piece of information that I want to share with you is that our beloved business manager, Donna Majkowski, is retiring. Her last day with Regency is scheduled for November 17. We will be celebrating her service, so be on the lookout for a special event!

Thank you for being part of our family. Send others to be part of our family and receive \$2500 in cash (after they have been here 60 days)!

Happy Fall Y'all!

***Jennifer Anderson,***  
*Executive Director*



## Pet Therapy with Bonnie and Rob

We always have a great time when Bonnie and Rob come to visit us. Bonnie does all type of tricks and we just love her. Did you know animal-assisted therapy is an alternative or complementary type of therapy that includes the use of animals in a treatment? The goal of this animal-assisted intervention is to improve a patient's social, emotional, or cognitive functioning. Next time we have pet therapy I encourage you to come be apart of this activity.



## LIFT Students (Culverhouse School of Accountancy)

It's truly a blessing to have young adults visiting and spending quality time with our residents. The University of Alabama offers a program called the Culverhouse School of Accountancy, and the students from this program provide invaluable assistance with various devices like cell phones, tablets, and smart TVs. However, their contributions go beyond tech help. During this recent visit, they engaged in enjoyable activities such as Halloween Bingo, crossword puzzles and simply conversing with our residents.

We invite you to join us on Mondays at 1 pm for engaging and fun activities with the LIFT students. Let's come together for an enjoyable time! ROLL TIDE!





## Fall Hats

We enjoyed making these fall hats in our craft corner. Of course we all know fall colors but our residents have favorite colors and they wanted to paint their favorite colors. We have green, purple, pink and blue hats and that's perfectly okay because we all have our own style! Join us for our next craft corner and if you have an idea you would like to do please see Brittani!



## Breast Cancer Awareness Social

On October 13th, we had the pleasure of having cancer survivor Carol Milstead join us. Carol told us all about her journey. We also had Brandy Hoven and Kiara Davis give us some important information about what women need to know about breast cancer. This was such an amazing and interesting event. I encourage you to join our next event!





## National Alzheimer's Disease Awareness Month

November 2nd at 2:00 pm

In honor of National Alzheimer's Disease Awareness Month, we will have our support group held by Laura Raschilla. Alzheimer's disease is a progressive, deadly brain disease for which there is no cure, and is not a normal part of healthy aging. Come join in and learn some educational tools. This support group is open to the public. If you have any questions please see Brittani!



## Walk To End Alzheimer's

November 5th at 2:00 pm

Our very own Regency Rhythm Band will be performing at the Alzheimer's Walk on November 5th at 2 pm. Come out and show our awesome residents some love and support! The walk will be held at Randall Reilly Park. Don't meet us there, BEAT us there!



## Veterans Honor Walk

November 10th

Join us as we pay tribute in our "Walk of Honor" to the men and women from all branches of the United States military. Join us as we stand in the halls as we cheer on our Veterans, and let's show them how much we appreciate them!



## Down South Music with David Ladewig

November 10th at 3:00 pm

Join us for some good ol' down south music 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. Let's get ready for some good entertainment!



## 'Tis the Season to be Thankful: "Thanksgiving Dinner"

November 15th at 4:00 pm

Food is great on Turkey Day, but family is even better! We hope you can join us for a delicious Thanksgiving dinner. Please let us know if you plan to attend and I will save a place at the table just for you! Please RSVP by November 10th.



## Jim Phillips Talk: "Unbelievable" Facts about the Pilgrims

November 21st at 2:00 pm

Discover intriguing facts about the Pilgrims, the Mayflower voyage, and the first Thanksgiving in this engaging talk by seasoned historian Jim Phillips. Don't miss it!



## Speech and Hearing Screening

November 28th at 1:30 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 28th, audiologists and students will be at Regency to provide free hearing screenings, check for ear wax and provide follow-up recommendations. If you would like to participate, please sign up at the activity table or see Brittani.

Save  
the  
Date

**Nov. 2nd** — Alzheimer's Awareness  
**Nov. 5th** — Walk to End Alzheimer's  
**Nov. 10th** — Veterans Honor Walk

**Nov. 10th** — Music with David Ladewig  
**Nov. 21st** — Facts about the Pilgrims  
**Nov. 28th** — Speech/Hearing Screening





## Jackie Lord

Jackie is originally from Hodge, LA. She spent her childhood in both Jonesboro, LA, and Natchitoches, LA, where she has cherished memories of waterskiing on the Cane River during her teenage years. She worked as a bookkeeper and legal secretary for many years, including for Hohenberg Cotton Company in Selma, AL and Doug Hollyhand Realty and Construction Company in Tuscaloosa.

She is a proud parent of two children, Todd and Angie. She is a doting grandmother to three granddaughters, Anna Grace, Maggie, and Emilee from her daughter Angie, and two grandsons, Steven and Austin, from her son Todd.

While in living Selma, AL in the '70s, she discovered her passion for art and became a devoted member of the Selma Art Guild.

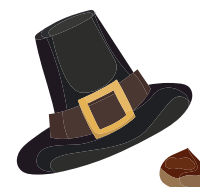
Jackie's greatest joy is spending time with her family, and she has been relishing the opportunity to get acquainted with her new neighbors here at Regency.

## WELCOME NEW RESIDENTS! 🏠

Peggy Dotson  
Bobbie Tant  
Murray Nevin  
Sharron Muller  
Carla Killam



## Happy Birthday



### Resident

Betty Daniel Nov. 1  
Gail Eberhardt Nov. 9  
Charlotte Van Dyke Nov. 25



### Employee

Beakie Powell Nov. 7  
Lavonne Cameron Nov. 16  
Grace Simpson Nov. 27  
Tiffany Price Nov. 30



## FUN FACTS

- » Novem is the Latin word for November
- » November's full Moon is traditionally called the Beaver Moon. This was based on the month that beaver traps were set before winter in the Colonial era.
- » November's traditional birthstone is the topaz which is a symbol of honor and strength.
- » Some famous people whose birthdays are in November include Mark Twain, Matthew McConaughey, Leonardo DiCaprio, Ryan Gosling, Jimmy Kimmel, Whoopi Goldberg, Owen Wilson, Scarlett Johansson, Miley Cyrus, and Ben Stiller.
- » Thanksgiving is a holiday that dates back to 1621. The first Thanksgiving was started when the Pilgrims, early European settlers, and Native Americans came together for a three-day feast to celebrate a successful harvest.
- » A central tradition of Thanksgiving is enjoying a big meal with family and friends, and turkey is often the star of the dinner table. Many families also enjoy dishes like mashed potatoes, stuffing, cranberry sauce, and pumpkin pie.

## WORD FIND

G A R G E T T Y S B U R G E V V U N Y D Q O S C G  
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THANKSGIVING

VETERANS

LINCOLN

BEAVER

SCORPIO

SAGITTARIUS

MUSTACHE

FOOTBALL

PARADE

SAXONS

GETTYSBURG

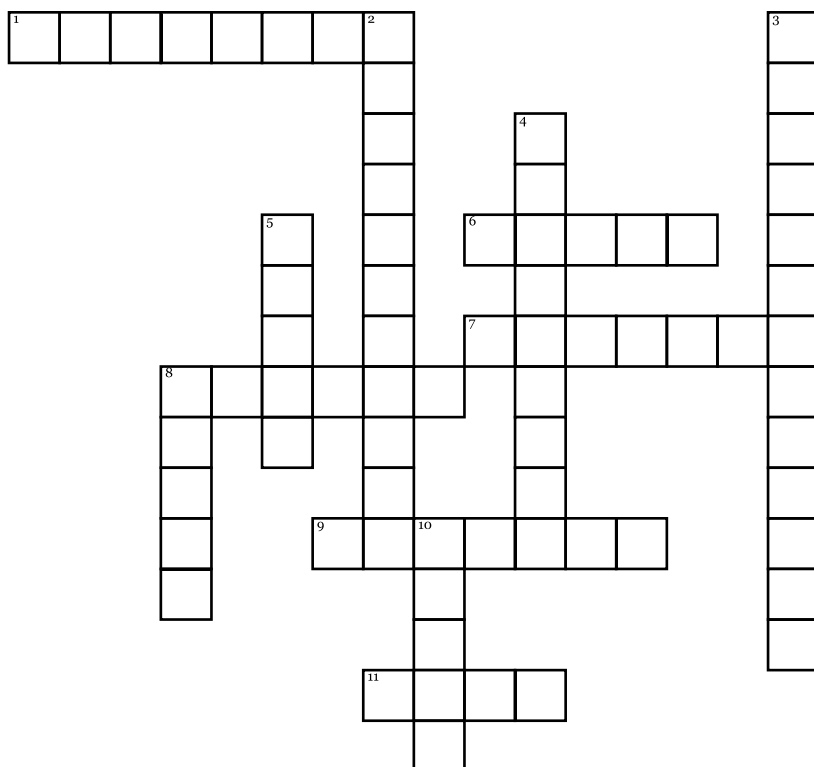
PARIS

SMALLPOX

BANANA

AMERICA

## CROSSWORD



### Down

2. British writer
3. November birth flower
4. Fall is a season of \_\_\_\_\_
5. November birthstone
8. The day after Thanksgiving is known as \_\_\_\_\_ Friday
10. The Latin word for November

### Across

1. Early European settlers
6. Dog in a spacecraft
7. Delivered the Gettysburg Address
8. Full moon in November is called the \_\_\_\_\_ Moon
9. 35th president of the USA
11. Roman emperor

## 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

### Annie Patton

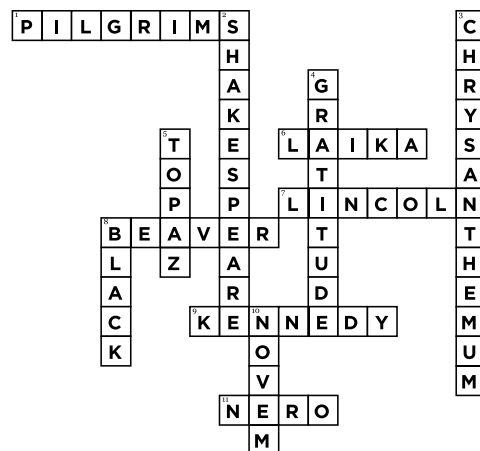


Annie Patton was born June 14th, to loving parents Bertha Wilkins and Edward Bester. She graduated from Holt High School. Annie has two daughters and one son, whom she loves very much. She has six grandchildren. Annie loves spending time with her family.

Her favorite hobbies are cooking for her loved ones and dancing. Annie's favorite vacation is going to the beach. She loves to sit on the beach and watch and listen to waves. Annie loves working at Regency Retirement Village of Tuscaloosa. She has made so many bonds with the residents and their families. Annie greatly appreciates everyone that nominated her for Employee of the Month!

## ANSWER KEY

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



## CONNECT WITH US

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RegencyTuscaloosa.com