

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



Dear Regency Family,

Did you have a great time with our family-friendly events in September? From karaoke to the First Responders' Cookout and National Assisted Living Week to the auction, it's been a memorable month with concerts, bingo, food events, and new things to do.

We have a delightful October planned for you as well. Be sure to invite your friends and family!

- » Alzheimer's Association Fundraiser Walk on October 1st - Walk with us at Big Spring Park. Registration is at 9 a.m. if you decide to join us.
- » Fall Festival Extravaganza on October 7th - Come and enjoy the BBQ/cookout, a live concert, games, and more.
- » Danny Frazier in Concert on October 11th - Enjoy the musical stylings and inspirational spirit of Danny, a local celebrity, as he displays his talents
- » Huntsville Botanical Gardens Guided Tour on October 14th - Time to enjoy the fall sites at the gardens with guided tours. Be sure to sign up by October 5th.

Together, let's continue to make new memories and connect with old friends. Invite your friends and family members to join us in our celebrations and to check out Regency. As always, thank you for choosing to make Regency home for yourself or a loved one.

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.

Tim Taylor,
Executive Director

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



Painted Sunshine Parties with Sip and Paint — August 18th

“Painted Sunshine Parties” joined us for a sip and paint session in the sun room with twelve residents and employees. Using acrylics, we created a summer memory with a basket full of daisies. Such a fine time!



“Elvis” with Blue Hawaii Tribute and Luana’s Wahines Dancers — August 22nd

Hawaiian vibes were in the air as “Elvis” (Brian Lee) sang “Blue Hawaii,” and “The Hawaiian Wedding Song” as Luana’s Wahines Hawaiian Dancers did their choreography. For over an hour we reminisced and talked about Elvis and the old days. We just “Can’t Help Falling in Love” with Elvis!



Senior Health and Wellness Fair — August 25th

Twenty vendors came for the return of our Regency Senior Health and Wellness Fair on site. Door prizes, giveaways, snacks, goodies, and more were all there! Friends, family, and outside visitors alike came to find out what valuable services these vendors offer our community and the public. Go Team Regency!



First Responders Cookout — September 9th

Honoring those who do so much for us, Regency held our annual First Responder Community Cookout. “Big Daddy Kingfish” was in concert, delicious eats were on the grill, and great times and memories were made! Thank you, First Responders, for serving our community!





Lunch Bunch to City Cafe

October 4th at 10:30 pm

Italian, Greek, Mexican, American, breakfast, fried fish, huge cake slices... you name it, City Cafe has it. For October's Lunch Bunch we'll be taking a trip to Drake Avenue to indulge our taste buds. Be sure to sign-up in advance for this monthly adventure.



What's Cooking Wednesday with National Cheese Month

October 5th at 2:45 pm

Ooey, gooey, dripping, and caramelized cheese on top of and inside fresh baked deli Italian bread and fried to a sweet and salty, perfectly golden crust in real butter. As requested repeatedly by the residents, we'll bring this favorite back in October. Join us and see what all the fuss is about!



Fall Festival Extravaganza

October 7th at 11:00 am

Trees are turning a bright yellow and red as the autumn days are upon us. It's time to enjoy our annual tradition with our Fall Festival. Be sure to add this to your calendar for family-friendly activities, such as a BBQ, live concert, and more. What a pleasure to be together!



Danny Frazier in Concert

October 11th at 1:30 pm

Have you heard of the inspirational Danny Frazier from Cullman? Born with fetal alcohol syndrome, the doctors realized at age two that he would never use his legs. With this in mind, Danny has gone on to inspire others with his spirit and can-do attitude. He's a volunteer firefighter, an Elvis impersonator, and always has a smile on his face. Come and check out Danny's take on Elvis and be inspired to be all you can be!



Jim Phillips with a "Lost in Antebellum" Talk

October 18th at 2:45 pm

Have you heard any of the old tales of Antebellum? Have you seen any old money or read any books or newspaper clippings? Come to the sun room, and hear Jim Phillips bring this era back to life as he describes daily living and gives every attendee a chance to check out items on display. Let's reminisce about the good ol' days!



Halloween Craft

October 27th at 2:45 pm

Do witches' hats, brooms, and spiders sound delicious? Maybe not, but add chocolate and candies to the mix! We'll create some edible snacks and goodies in the sun room as we assemble great snacks to look like Halloween images. Join us for this month's "craft" with a different twist.



Halloween Day Events

October 31st at 10:00 am

Boo! Are you scared? October 31st will be your chance to enjoy Halloween, Regency style. We'll start the morning at 10 a.m. with the Stepping Stone Home-schoolers with reverse trick-or-treating. Yum! Yum! Come and get some candy from all the cute students that are dressed up. Then in the afternoon, we will have a costume party for residents with food and games. In addition, residents and employees alike will be competing for prizes for the best costume. What a blast it will be!

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: Ms. Bess Anderson

Ms. Bess Anderson was born in Mobile, Alabama in 1941, and grew up with three very close siblings. She was married to her husband, Les, for 53 years. He was a Vice President of Sales until he retired and started his own company, while Bess worked as a legal secretary. They loved going to the beach with their four children. Bess moved to Huntsville to be close to her daughter, Stephanie. Her favorite hobby was singing in the church choir, which she started in 1972. We are blessed to have Bess here at Regency!

WELCOME NEW RESIDENTS!

Barbara & James Batson

David Prebyl

Don Osborn

Carl Randolph

Edward Kiker

Rose Lacy

Bill Poole

Jessie Coffey

Olga Coronel

Imogene Stone



Happy Birthday



Resident

Herman Barley	Oct. 4
Nantiya VanDaalen	Oct. 4
Wanda McDaniel	Oct. 6
Patricia Sanders	Oct. 8
Pete Maiker	Oct. 8
Sue Gann	Oct. 8
Caroline Vincent	Oct. 11
Beryl Clark	Oct. 13
Barbara Phillis	Oct. 15
Jean King	Oct. 17
Carol Collins	Oct. 25
Dorothy Carter	Oct. 26
Rose Lacy	Oct. 27
Anna Sharp	Oct. 27
Renate Kilmach	Oct. 31

Employee

Tequila Robinson	Oct. 3
Olivare Sapp	Oct. 6
Joe Cordova	Oct. 6
Dalton Caden	Oct. 9
Alana Congo	Oct. 14
Olufemi Raji	Oct. 19
Joyce Fearn	Oct. 20
Patricia Ayers	Oct. 22
Lawanda Leonard	Oct. 23
Kyerra Sanders	Oct. 26
Charles Bone	Oct. 27
Brian Bradley	Oct. 29
Velma Bowman	Oct. 31

THERAPY CORNER

October is National Physical Therapy month. Physical therapy addresses a broad range of issues, with the primary goal of individuals maintaining their mobility to optimize their quality of life. Common issues addressed in Physical Therapy (PT) include difficulty walking, acute pain, balance, stroke recovery, arthritis, neurological deficits, and fall recovery/prevention – to name a few.

Therapists use several methods to treat these issues – exercise, mobilization/manual therapy, ultrasound, electrotherapy, motor learning and development, and patient/family education. Interventions often utilize

assistive and adaptive devices such as walkers, canes, wheelchairs, orthotics, and prosthetics.

Finally, an imperative component of patient management involves teaching patients the best ways to move or perform tasks to prevent further injury and promote health and wellness.

If you have issues affecting your quality of life, contact your physician and ask about a referral to physical therapy.

Until next time,

Your Restore Therapy Family, Ryan Parden, PTA

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
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TOURMALINE
 HISPANIC
 LIBERTY

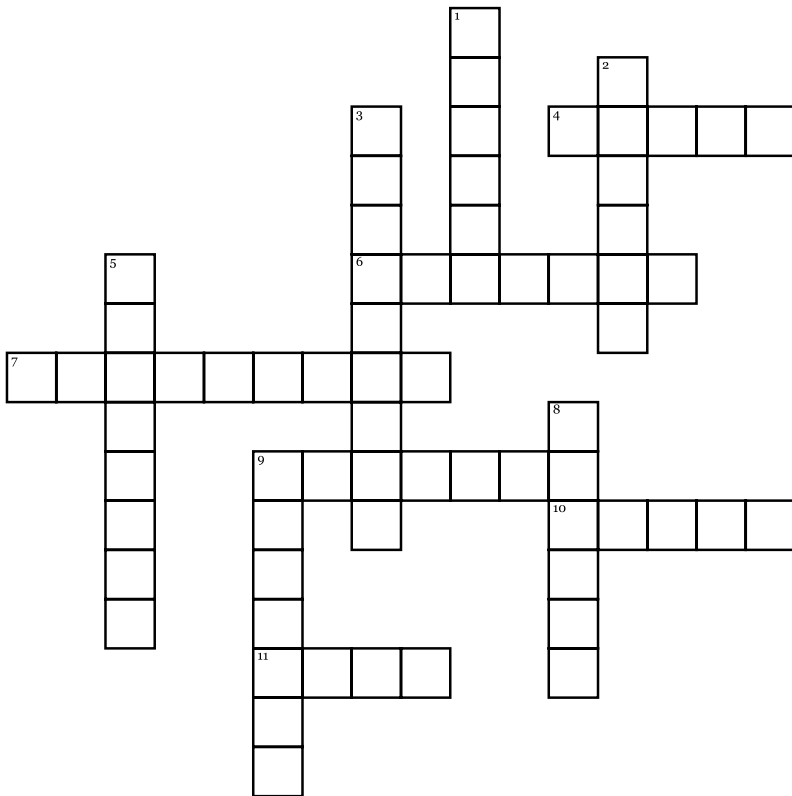
DISNEY
 OPAL
 CALENDULA

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

Jennifer Watkins



Mrs. Jennifer has served at Regency periodically since 1984. Currently she's one of the top Resident Assistants in Pathways, taking care of the residents and ensuring their needs are always met. Jennifer has three biological children, one adopted child, 15 grandchildren, and one great-grandchild. Even though she's extremely busy, she finds time for her family, softball, volleyball, football, basketball, and fishing. She's a happy person and loves working at Pathways. Please join us in thanking Jennifer for her service and her positive, happy spirit. She's a delight to be around! Congratulations, Jennifer. You are the Employee of the Year!

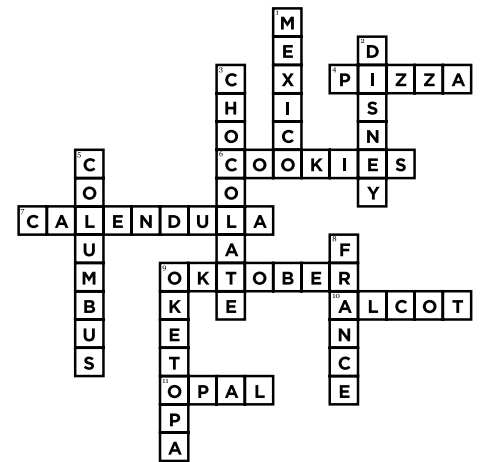
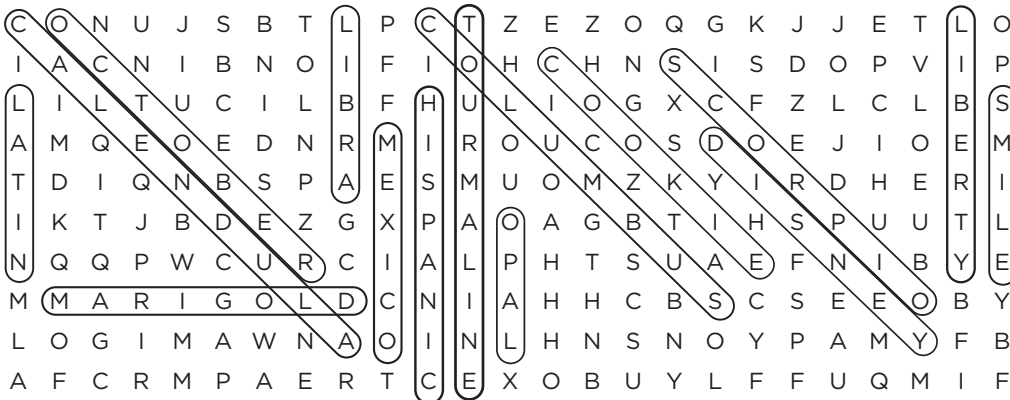
EMPLOYEE OF THE MONTH

Nicole Thompson



Nicole Thompson has been here at Regency for almost seven years. In fact, she loves the job so much, that even after she left for a brief stint she returned! She has an eight-year-old daughter who loves to play soccer. For hobbies, she works outside diligently in her yard. Nicole states, "I love what I do. I love my residents. I love it so much that I came back." Nicole cares for the residents deeply and goes over and above to take care of their needs. Help us congratulate Nicole for winning October's Employee of the Month!

ANSWER KEY



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