

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



Dear Regency Family,

What a fantastic month of October! From the huge Fall Festival with over five hundred people in attendance to the concert with Danny Frazier; from the Huntsville Botanical Garden Fall Tour to Jim Phillips and his Lost in Antebellum Talk, it has been a memorable month. Of course, don't forget about the multiple concerts and food events we all participated in!

Are you ready for November? We have several wonderful activities planned so be sure to invite your friends and family!

- » Our community's Thanksgiving Bash on Friday, November 18th
- » Veteran's Day Celebration on Monday, November 7th with American Legion #229 and Frank Caravella in Concert

As we spend this time together, let's continue to make new memories and stay connected to our old friends. Feel free to include those you love in our public events and our everyday activities. 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.*



National Assisted Living Week — September

Great times and beautiful memories were made during National Assisted Living Week. From “Willie Nelson” to National Breakfast Month for What’s Cooking Wednesday, from a jazz concert with Bryan to Lunch Bunch at Olive Garden, and a big beautiful cookout and ALZ Association Fundraiser to themed dress-up days, it was a blast.



Alzheimer's Bingo Fundraiser — September 15th

Raising money for a great cause, Regency Towers gathered for sixteen rounds of bingo for the Alzheimer's Association. Smiles, snacks, and joking around the room as we participated in some friendly competition. We will honor our loved and lost ones as we donate all proceeds to the Alzheimer's Association to fund more research.



National Assisted Living Week Cookout — September 16th

We ended National Assisted Living Week with a bang! The “Brēz Band” in concert, Kona Snow Cones, Rocket City Clowns, the petting zoo, and more were all present at our cookout. Everyone had a happy Assisted Living Week!



Fall Festival — October 7th

The 2022 Fall Festival was fantastic! Residents enjoyed BBQ, Big Daddy Kingfish in concert, a petting zoo, and an ice cream truck with over twenty-four choices. We also hosted face painting with Tanzy, bouncy houses, and more. With around five hundred people in attendance, there was fun and laughter everywhere.





Lunch Bunch to Longhorn

November 1st at 10:30 am

Steaks! Steaming roasted baked potatoes! Fresh salad! Garlic Parmesan chicken! What do you picture when you think of Longhorn? Come with us for our monthly Lunch Bunch outing to savor and indulge in your favorite flavors from this fabulous restaurant.



Veteran's Day Celebration

November 7th at 1:30 pm

Join us as we honor those who have done so much for our country by serving in the military — our veterans. American Legion #229 will be joining us for the distribution of certificates as we hear personal stories from those that served. Frank Caravella will play a concert of patriotic tunes and old-fashioned oldies. Let's be grateful for all that our countrymen and women have done!



Bryan on the Sax in Concert

November 10th at 1:30 pm

Rhythm and blues, patriotic tunes, oldies but goodies, and top hits! Gather with us to hear Bryan's fresh take on these tunes with his saxophone. His talent is the result of over twenty years of experience in the US Army Band. Come and get your ears tickled!



Tom with Compassus in Concert

November 11th at 2:45 pm

Talented. Articulate. Professional. Musical. All these adjectives describe Tom as he expresses his musical stylings by singing our favorite top hits from the 1950s and 1960s. Such a great hour as we spend time together and listen to his deep voice. Don't forget to mark this on your calendar!



Karaoke with Jerry

November 22nd at 1:30 pm

What were some of your favorite songs growing up? What music brings back memories of your first love? This is your chance to come to karaoke with Jerry and request your songs. Jerry will go person-by-person asking for top hits and then each person can sing their choice. Of course, most of the time everyone just joins right in and it's a group singing event instead!



Thanksgiving Bash

November 18th

Would you like to join your loved one(s) this year for Thanksgiving dinner? If so, we would love to have you at a building-wide Thanksgiving Bash on Friday, November 18th! We'll be having live entertainment, delicious plates loaded with goodies (ham, turkey, and all the sides), and more. Please stay tuned for more details as we get closer to the event.



Food Events

Wednesdays at 2:45 pm

Each Wednesday this month we will be celebrating a different national food day. Examples include New York Yankee sandwiches, nachos, apple cider, apple pie, fresh-off-the-griddle French toast, and Christmas cookies. Come and savor a wonderful afternoon snack!



Resident Spotlight: Ms. Jean Glass

Ms. Jean Glass was born in 1936 in Alabama. She married Curtis Stovall after they met at Phil Campbell High School and together they liked to fish, visit loved ones, and go out to eat. Curtis worked for Franklin Homes, and together they had two sons, Phillip and Brent. Ms. Jean loves to read and eat, and her best friends are Alice and Ann. Here at Regency she loves to do crafts, make bracelets, and get her nails done. We are delighted to have Jean as part of our family!



Resident

Cindy Walker	Nov. 8th
Edna Sanders	Nov. 9th
Michiko Robertson	Nov. 13th
Mildred Hasting	Nov. 14th
Mary Simms	Nov. 16th
Sharon Schuff	Nov. 17th
Shelley Carter	Nov. 18th
Jane Young	Nov. 19th
Jean Walker	Nov. 20th
Lydia Sanders	Nov. 20th
David Hepler	Nov. 21st
Thomas Brewer	Nov. 21st
Marie Davis	Nov. 24th
Meritha Thurman	Nov. 24th
Robert Allen	Nov. 28th

Employee

Cabrea Toney	Nov. 1st
Veronica Ward	Nov. 4th
Bianca Collier	Nov. 5th
Julie Weeks	Nov. 5th
Tonyia Smith	Nov. 7th
Shanita Nicholson	Nov. 9th
Vickie Chandler	Nov. 16th
Mulas Malasikwanda	Nov. 22nd
Portue Briggs	Nov. 25th
Jessica Hunt	Nov. 25th
Gary Schutt	Nov. 30th

THERAPY CORNER

This month I would like to discuss how you can stay active during the colder months.

As colder weather approaches, we tend to be less active. We want to hunker down and not get out unless necessary. Those who love to get outdoors tend to decrease activity as it is almost too cold to go outside. As enticing as staying in a warm room sounds, it is imperative to maintain some level of physical activity.

We are fortunate to have long hallways. Use these to your advantage, and walk some laps a couple of times daily. Unfortunately, the short walk to the dining room is not sufficient activity. A 10-15 minute walk two times a day will make a difference in how you feel and your overall well-being.

Make it a social event by walking in small groups. Meet at the same time each day. Or make it more challenging by timing yourself and trying to improve your time.

Lastly, to make it more entertaining, give your walks themes! If you have difficulty walking, I encourage you to take advantage of the exercise classes. So, let's take advantage of the warmer weather as long as we can. Then heed the suggestions above when it's colder.

Whatever you do, just **keep moving!**

Until next time,

Your Restore Therapy Family, Ryan Parden, PTA



WELCOME NEW RESIDENTS! 🏠

Patricia Norton	Earrett Roberts	Herbert Francis
Peggy Hunter	Charlotte Hagewood	Zareta Honsberger
Ruth Chandler	Roger Mullins	Sharon Murphree
Barbara Stone	Vernon Roberts	

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

POPPY

ARMISTICE

PUMPKINS

ZUCCHINI

SQUASH

SAGITTARIUS

LAIKA

SPUTNIK

FAMILY

SCORPIO

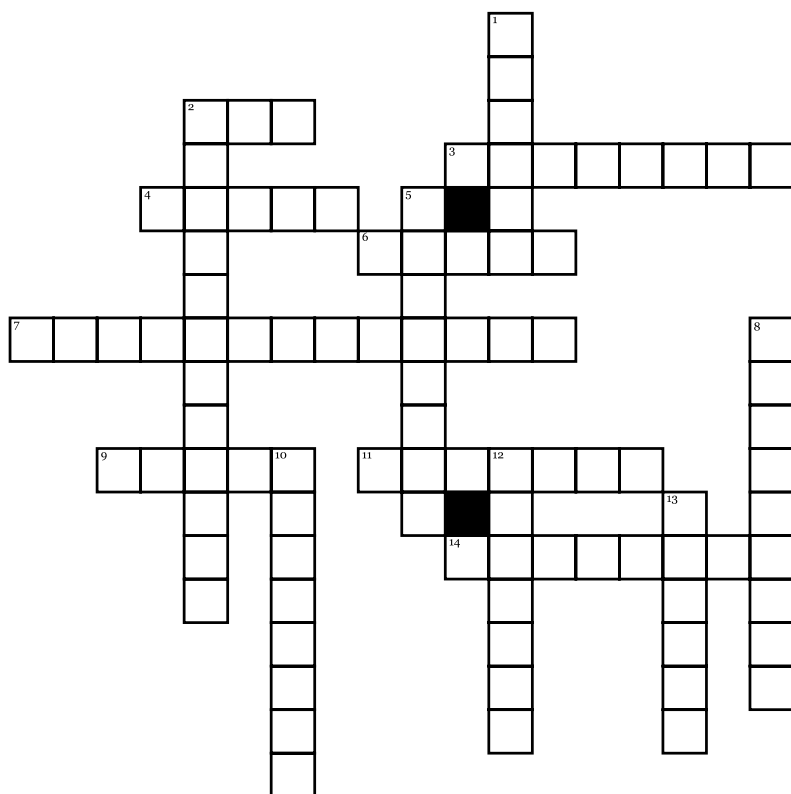
VETERAN

TOPAZ

MEXICO

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

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

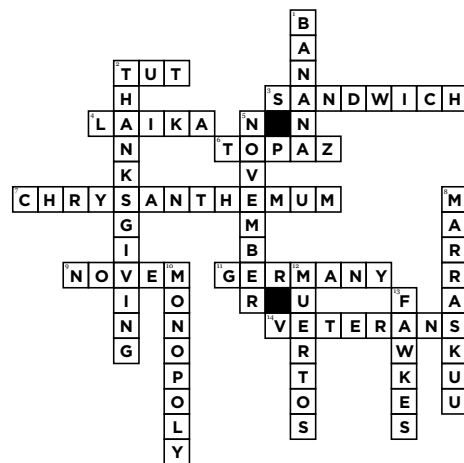
Janette Edmondson



Janette Edmondson has been at Regency for over five years in Memory Care as a resident assistant. She is so talented in so many ways and always has a welcoming smile. She moved to the United States after growing up in Jamaica and has a daughter. Her daughter is a school teacher with a master's degree and Janette also has a granddaughter in college. In her spare time, she loves to shop, cook, and clean. Join us in congratulating Janette for being selected as November's Employee of the Month. We are so honored to have her here with us!

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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