

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

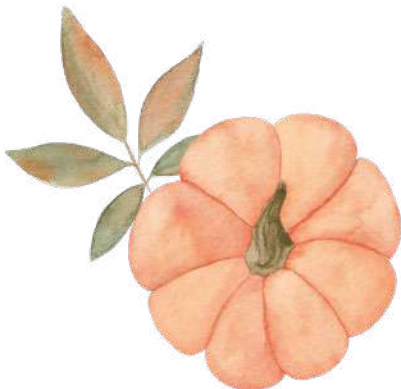
National First Responders
Day

October 29th

World Stroke Day

October 31st

Halloween



OCTOBER 2023 NEWSLETTER



Hello Residents,

As fall crept in with leaves flashing reds, golds and browns, we watched the seasons change while gathered alongside our family and friends. We have celebrated the season together moment after moment with our Alzheimer's Bingo fundraiser, the Assisted Living Week cookout, concerts and more. With lasting memories for years to come, we can't wait to make more!

So, what do we have planned for October?

- » Fall Festival on Friday, October 6th at 11:00 am
 - » Bouncy Houses
 - » Petting Zoo
 - » Ice Cream Truck
 - » Cookout & BBQ
- » Famous storyteller Jim Phillips with "Ghost Stories from Antebellum" on October 19th at 2:45 pm
- » Carving pumpkins with management on October 30th at 1:30 pm
- » Halloween Party with costume contest on October 31st at 1:30 pm

Let's enjoy these wonderful activities and more with the other residents of Regency Towers. Invite your friends and family members to come and be a part of these special celebrations as we live life together. As the seasons change, we'll be sure to capture every precious moment.

As always, thank you for choosing to make Regency home for yourself or your family member.

Tim Taylor,
Executive Director



Tour of Cook's Museum of Natural Science — August 22nd

We road-tripped to the Cook's Museum of Natural Science in Decatur. The residents of Regency Towers enjoyed displays about rocks, birds, trees, fish, bugs and more. It was an educational experience as we toured the facility recognized by USA Today as the "Best New Museum in the Country." Impressive!



Labor Day Party — September 1st

We celebrated Labor Day singing patriotic songs, competing in trivia, eating fruit parfaits and winning prizes. The afternoon party was a huge hit with residents filling the room and joining us in song. We hope everyone had a blessed and wonderful Labor Day!



Alzheimer's Bingo Fundraiser — September 8th

Seeking to make a difference by funding research for a disease that affects so many of our loved ones, Regency Tower residents and guests came together to play sixteen rounds of Bingo. All proceeds went directly to the Alzheimer's Association. Glorious times and great moments.



Assisted Living Week Finale Cook-In — September 15th

We closed Assisted Living Week with our finale cook-in. Delicious fresh grilled foods, an ice cream truck and a petting zoo. We had Taylor and Jeff in concert, rocking the sun room. What a joy it was celebrating our residents, family members and employees! We captured every moment so we can relish in them in the future.



Fall Festival

October 6th at 11:00 am

Fall leaves and pumpkins stacked on hay bales will decorate the pavilion as we hang outside for our annual Fall Festival. Bouncy houses! A petting zoo! Vendors with games and prizes! An ice cream truck! A live concert! What a great opportunity to invite your family and friends to enjoy a fun public event! Let's make some amazing memories.



Belinda and the Better Business Bureau

October 12th at 1:30 pm

Do you get spam phone calls? Have you received calls from someone stating a loved one is hurt or asking for money from your bank account? How about phony emails saying a long-lost loved one has died and left you millions? That's just a few of the latest phishing scams in circulation at this time. Come to this talk by Belinda and find out exactly how to spot a "fake" and what to do about it. We are in that time of year when Medicare fraud is at its highest! Let's protect you and your resources!



Fall Crafts with Karen

October 13th at 1:30 pm

Have you met "dancing" Karen in our Activities Department? She is such a creative creature and this month she's going to teach us all a new craft. What a fun and creative afternoon this will be. Be sure to be there and to catch some of Karen's creative spirit.



Jim Phillips and “Ghost Stories from Antebellum”

October 19th at 2:45 pm

Have you heard any of the spooky stories from Alabama during the Antebellum period? Have you seen any of the old books, newspaper clippings or currency from that time? Well, instead of making a trip to the library, where Jim is famous for his talks on the southeastern United States, why not join us in the sun room as he takes us back to the bygone era of the Antebellum South? What an interesting journey it will be!



Reverse Trick-or-Treating with Becca Bain & the Stepping Stone Homeschoolers

October 31st at 10:15 am

The Stepping Stone Homeschoolers will be our entertainment on Halloween morning with youngsters aged from toddlers to teenagers all dressed up in costumes. They'll make us laugh and clap as they entertain us with Halloween jokes, skits and more. To finish off the hour, we'll circle around the room as we “reverse trick-or-treat” and the kids pass out candy to residents. This event is always a BIG hit with the residents who love to see the little ones having so much fun!



Carving Pumpkins with Management

October 30th at 1:30 pm

Goblins. Cats. Faces and teeth. Exactly what will our management team carve into their Halloween pumpkins? Be sure to check out this hour of entertainment as you cheer on your favorite staff members while they work on their creations. All attendees get to vote and we'll be giving away prizes for 1st, 2nd and 3rd best carving. What a fantastic holiday tradition here at Regency Towers!



Halloween Party

October 31st at 1:30 pm

Boo! Are you scared? October 31st will be your opportunity to enjoy Halloween and the spooky costumes we will have in the building. Dress up and take part in the fun as we come together in the sunroom for a costume party for both the residents and the employees with Halloween music, trivia and goodies. Come and compete! Let's have some great fun together!





Joyce Hunter

Mrs. Joyce Hunter was born in Fayetteville, Tennessee in 1934. She has one sister and two brothers. After graduating from Central High School, she married Billy in 1954, and they were together for 47 years. He worked on the arsenal, while Joyce had many jobs from bookkeeping to waitressing. Joyce enjoys her close family of one son, one daughter, 4 grandchildren, and 3 great-grandchildren. She was active in the Hayes Chapel Baptist Church and she bowled for 29 years. Joyce is delighted to call Regency home and we are happy to have her with us!

Happy Birthday

Resident

Nantiya VanDaalen	Oct. 4th
Frank Hunter	Oct. 7th
Sue Gann	Oct. 8th
David Stumbaugh	Oct. 11th
Barbara Phillips	Oct. 15th
Shelby King	Oct. 17th
Dorothy Carter	Oct. 26th
Ann Sharp	Oct. 27th

Employee

John Martin	Oct. 3rd
Tequila Robinson	Oct. 3rd
Thomas Bougher	Oct. 5th
Joe Cordova	Oct. 6th
Olivare Sapp	Oct. 6th
Alize Smith	Oct. 7th
Dalton Caden	Oct. 9th
Stefania Fletcher	Oct. 11th
Travolta Garrett	Oct. 11th
Tracey White	Oct. 12th
Travis Crutcher	Oct. 13th
Michelle Luna	Oct. 16th
Olufemi Raji	Oct. 19th
Joyce Fearn	Oct. 20th

THERAPY CORNER

October is National Physical Therapy Month, a time to highlight the importance of physical therapy in improving and maintaining one's quality of life. Physical therapy addresses a wide range of issues with the primary aim of helping individuals function at their best. Some of the common issues addressed by Physical Therapy (PT) include difficulties with walking, pain management, balance improvement, stroke recovery, arthritis, neurological challenges and fall recovery/prevention, among others.



Therapists employ various methods to address these issues, including exercises, mobilization/manual therapy, ultrasound and electrotherapy, motor skill development and patient and family education. In many cases, interventions also involve the use of assistive and adaptive devices such as walkers, canes, wheelchairs, orthotics and prosthetics. Moreover, a crucial aspect of patient management is teaching patients the proper techniques for movement and task execution to prevent further injury and promote overall health and well-being.

If you believe that you're experiencing issues affecting your quality of life, don't hesitate to reach out to your physician and inquire about a referral to physical therapy.

Until next time,

Your Restore Therapy Family

WELCOME NEW RESIDENTS! 🏠

Susan Jenkins
Mamie Jones

Ronald MacDonald
Durwood White

WORD FIND

U	P	B	R	R	R	B	U	O	R	T	I	O	K	T	O	B	E	R	F	E	S	T	I	K
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C	P	N	T	V	D	H	I	E	P	W	V	L	B	S	M	R	A	U	J	R	F	L	A	O
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RUSSIA
REVOLUTION
OKTOBERFEST

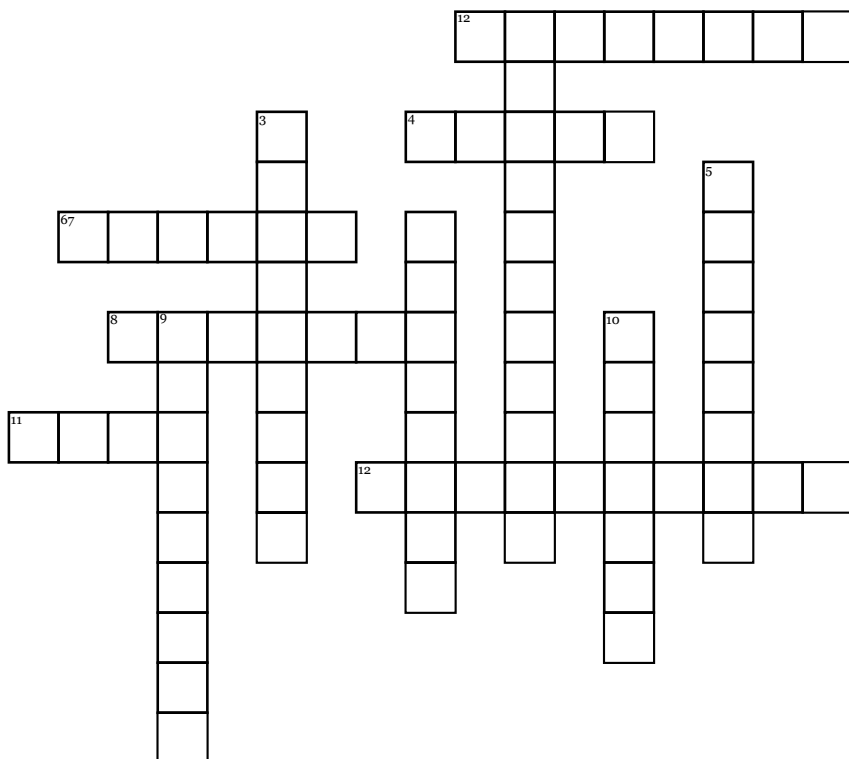
BAVARIAN
LIBERTY
CHICAGO

PUMPKIN
POPCORN
HALLOWEEN

CREEPY
FRIGHTENING
DARK

MAPLES
BIRCHES
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

