

## WHAT'S COMING UP

**October 2**

World Smile Day

**October 2**

World Teachers' Day

**October 12**

Indigenous Peoples Day

**October 29**

National Cat Day

**October 31**

Halloween



## OCTOBER 2020 NEWSLETTER



### ***Families and Residents;***

Peace, freedom from disturbance, tranquility. That has not been the best way to describe 2020 as the year began, we were looking at our vision of a more vibrant community with new residents, and in March a pandemic came marching over us and the world.

We are hoping for a more peaceful fall and close to 2020. We are pleased to say hello to you in this October Newsletter after many months of nothing to share other than COVID. We are pleased to let you know that we have been safe during this unprecedented time, and residents are doing well. We appreciate you supporting our need to provide a secured setting for our residents, allowing only medically necessary personnel to support the residents during this time of following specific protocol for their safety.

We are looking forward to the time where we will be able to have our families back and visiting in the community for events and one-on-one visits with your loved ones.

I would like to thank our staff for all that they are doing and have done to support our residents during this time of COVID. They have been tireless in going above and beyond to ensure the safety and wellbeing of our residents.

*John 16:33 | I have said these things to you, that in me may you have peace, in this world you will have trouble, but take heart! I have overcome the world.*

We believe this to be true, and pray for your safety our residents and staff and all families. Thank you for allowing us to continue to serve you and your loved ones at Regency!

***Rachelle Gillespie,***  
*Executive Director*

## WHAT WE'VE BEEN UP TO

We have been hosting Drive through events. Drive Through Senior Center events in Alabaster, Center Point, Fultondale, Vestavia Hills, Huey Town. We have provided giveaway items for their Zoom BINGO events and the Annual Senior Fair Event.

We have been delivering Senior Survival Bags. Over 750 bags to Seniors who are staying home, and sharing bags with individuals that our local churches have shared where there is a need. The Survival Bags included books, games, word searches, food items, and paper goods. We have provided Survival Bags for families that are caring for their loved ones in their homes.

We have hosted a drive-through flower event for Mother's Day, and Father's Day drive-through hamburgers and hot dogs with all the fixings. We have hosted a Smoothie Bar drive-through and Banana Spit Day drive-through events to let people know we are still here and doing well.

We are having Zoom sitter size classes. We are alive and well at Regency Birmingham.



## FUN FACTS

- » Fall colors are caused by the amount of sugar in leaves. The more red in the leaf, the more sugar that leaf is storing. That is why Maple trees are so vibrant. Evergreens don't change because their leaves have a thick wax covering that protects the chlorophyll (green) in the leaves.
- » Did you know that today Americans spend an estimated \$2.6 billion on Halloween candy, according to the National Retail Federation. That renders the day itself the nation's second-largest commercial holiday on the calendar.
- » People born in Autumn live longer. A study in the Journal of Aging Research found that babies born during the autumn months are more likely to live to 100 than those born during the rest of the year.



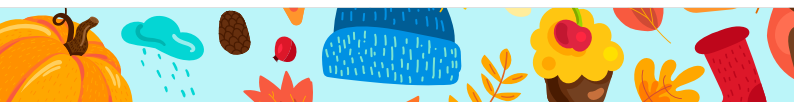
## COLORING PAGE



## THANK YOU

### October 28th is First Responders Day

The event recognizes the heroic men and women who make it their business to take immediate action when emergencies take place. Thank you to these brave people who keep us safe!





## FROM THE BLOG



### Halloween Fun Through the Decades

As fall begins to settle in, there's always an undertone of excitement that accompanies it. Perhaps it's the thrill of slightly cooler temps? Maybe the anticipation of the string of holidays that parade across the last remaining months of the year? But no matter what it is that gets you in your feels for fall, we know the fun all starts with Halloween!



#### DID YOU KNOW?

*Today Americans spend an estimated \$2.6 billion on Halloween candy, according to the National Retail Federation. That renders the day itself the nation's second-largest commercial holiday on the calendar.*

This holiday is a favorite of many, from the fun of dressing up, or seeing the costumes others piece together, to enjoying fall treats and our favorite candies. Does this season also conjure for you childhood memories of trick-or-treating, time with family and friends, and maybe even passing out candy to the little ones who rang your bell, shouting “trick or treat!” in their cutest disguises? However you like to celebrate this spooky season, we're excited to share it with each of you at Regency.

Though it's always a fun time, the way we celebrate Halloween changes over time just like we do. From DIY costumes mom made from household items to watching your sweet grandchildren dress up as their favorite Disney characters, the way we do Halloween evolves right along with us. Costume trends have also evolved over the years, and we thought a round up of popular costumes from each decade would be a fun way to reminisce about this fall holiday.



### 1920s

Popular costumes during this era included the Pierrot clown featuring dramatic black and white face paint, and other classic staples like ghosts, witches, gypsies, and farmers.

### 1930s

In the 1930s, things took a turn toward more store bought costumes over those handmade at home by mom. Ben Cooper, Inc. was a privately owned American corporation which produced and sold Halloween costumes from the late 1930s to the late 1980s. Becoming one of the largest costume manufacturers in the country, Ben Cooper worked with Disney producing iconic costumes we're sure some of you remember— primarily the beloved Mickey and Minnie Mouse!

### 1940s

The 40s were all about spooky skeletons and cute clowns. We also started to see costumes that drew on bodysuits, fishnets, high heels, and heavy makeup.

### 1950s

Aloha! In the 1950s, grass skirts, leis, floral Hawaiian shirts, and beach party vibes a la Elvis films influenced costumes, and so did the ever popular western genre. Zorro, Davy Crockett, and Tarzan costumes are other popular choices you may recall from this time!

### 1960s

This era was all about superheroes! Superman, Spiderman, Catwoman, and Batgirl were all popular choices in the 60s, as well as other pop culture figures like the Beatles! Do you remember what your kids dressed up as during this groovy decade?

### 1970s

In the 70s, Star Wars took center stage! Other hits from this time period were Raggedy Ann and Andy, Charlie Brown, Snoopy, and the crew from Peanuts, and even Barbie and Ken. I bet we have a few residents who went as some of these favorites, or perhaps your kids did!

### 1980s

Ah, the 80s. The decade of big hair, bright colors, spandex, and more. We bet you remember some iconic costumes from this time which include Elvira, Hulk Hogan, and even the king and cuddly Care Bears. Do you remember?

### 1990s

Go, go Power Rangers! The Mighty Morphin Power Rangers were wildly popular with kids and teens during the 90s. This was also a popular time for group costumes! Grab a few friends and choose a theme. It's more fun together, isn't it?



### 2000s

The 2000s were a pop culture bonanza, and that didn't end with Charlie Brown Halloween. From Harry Potter costumes to Britney Spears and the Disney Channel's Hannah Montana, if it was on TV, it was in costume form as well come October 31st.

### 2010s

Sisters Ana and Elsa from Disney's Frozen have to take the cake for Halloween costume popularity for this time frame. Other common costume selections include the cast of Game of Thrones, the throng from the Marvel Avengers films.

## We are pleased to serve each and every resident and their families!

### WELCOME NEW RESIDENTS!

Virginia Points	Virginia Hayes	Saddie Curry	Nana Chambers
Gary Conn	Alene Holovac	Katie Banks	Helen Carter Fredrick
Donna Herndon	Dan Holovac	Kimberly Bailey	Shirley Ousley
Nancy Helig	Richard Prater	Lonnie Ring	Wilma Miller
Peggy Theis	Mary Anderson	Marygene Allison	
Eugene Theis	Ronald Handley	Terry Johnston	
Shirley Nails	Charlotte Handley	Burnette Johnston	

### QUARANTINE HEALTH TIPS



#### Healthy ways to cope with stress

1. **Take care of your emotional health**, it will help you think clearly.
2. **Take breaks** from watching, reading, or listening to news stories, including those on social media.
3. **Take care of your body.**

Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep.

4. **Make time to unwind.** Try to do some activities you enjoy.

5. **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

## Happy Birthday

### Resident

Carolyn Rogers	Oct. 3
William Dunham	Oct. 4
Elaine Ring	Oct. 4
Audrey Frost	Oct. 16
Don McCay	Oct. 28
Jean Brannon	Oct. 31

### Employee

Satoyia Foster	Oct. 5
Winnie Wanjiru	Oct. 17
Melanie James	Oct. 20
Tessie Ziegler	Oct. 27
Renita Hill	Oct. 30

## WORD FIND

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APPLE CIDER

AUTUMN

BONFIRE

CANDY

COSTUME

FALL

HALLOWEEN

HARVEST

HAYRIDE

MAPLE

MIGRATION

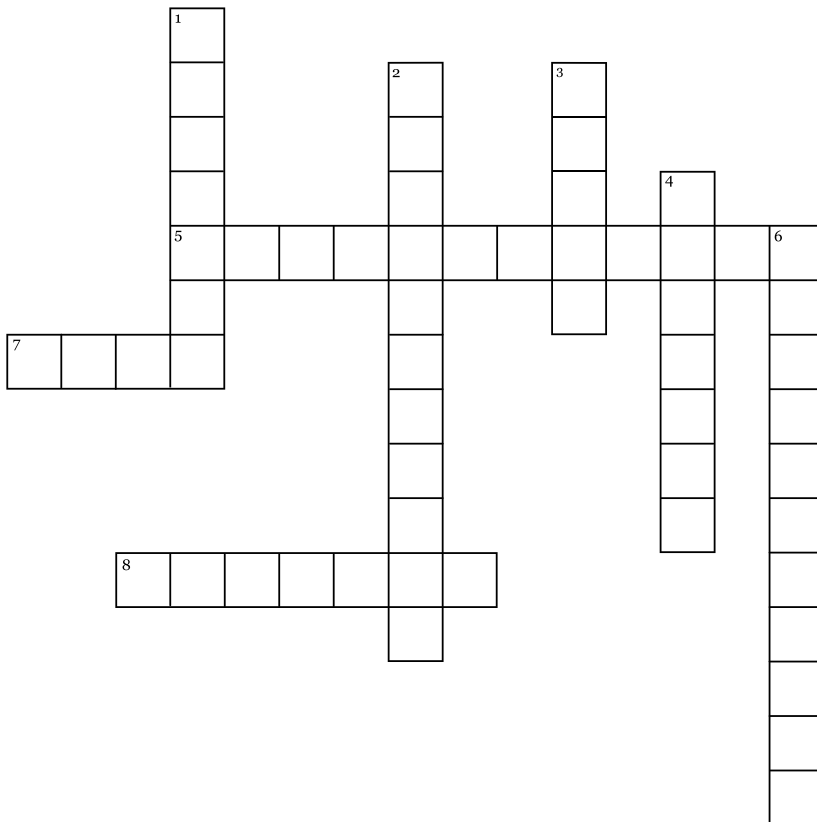
OKTOBERFEST

PUMPKIN

SPOOKY

TURNIPS

## CROSS-WORD



### Across

5. Bats use \_\_\_\_\_ to "see".
7. Fall is caused by the Earth's \_\_\_\_\_ in relation to the sun.
8. \_\_\_\_\_ apples are popular snacks during Halloween.

### Down

1. Fall used to be called "\_\_\_\_\_" around the 12th and 13th century.
2. Popular fall drink.
3. Fall colors depend on how much \_\_\_\_\_ is in the leaves.
4. Last name of the president said to haunt the White House.
6. U.S. State known for its beautiful foliage during fall.





## EMPLOYEE OF THE YEAR

### Patricia Kines

Pat was born in Bessemer, has two sons, and a pet dog and cat (fur babies). Pat graduated from the University of Montevallo in Chemistry. She loves NASCAR, animals, and Alabama Football. She has a passion for senior adults! Pat would like to visit the Galapagos Islands, Ecuador. Ask her about ghost hunting! Pat is a CNA and Caregiver. She's in her seventh year here at Regency, and she loves what she does. Thanks Pat!

We appreciate all your do to serve our residents!

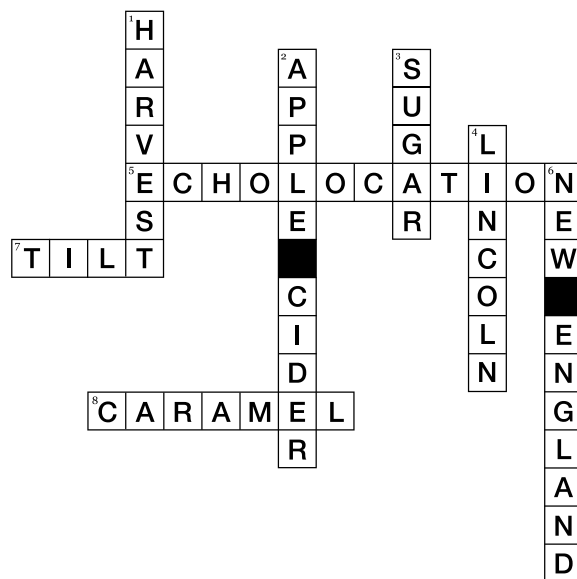
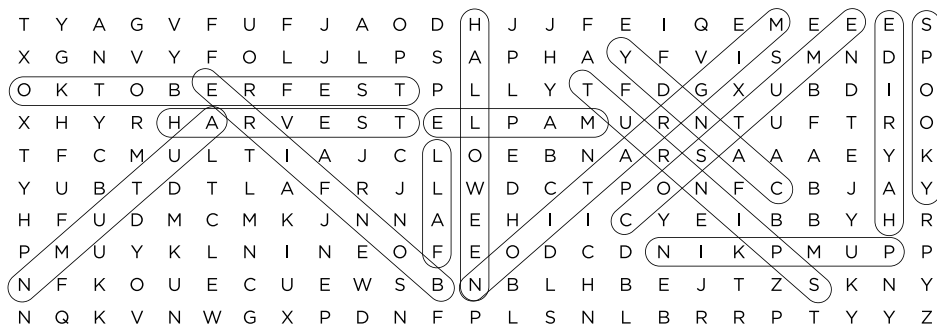
## EMPLOYEE OF THE MONTH

### Rachael McCain

Ms. Rachael McCain has been a devoted caregiver for most of her life. She is the mother of 4 boys, grandmother to 4 granddaughters, and has served as a private caregiver for the last 23 years. She is currently our families' first impression of our community on the phone, and the first masked smiling face our residents see at the front desk.

She is very committed to service in her church, supporting seniors and those in need. She was born in New Mexico, grew up in Texas, and has been in Alabama for the last 23 years. We are blessed to have her on our team here at Regency Birmingham.

## ANSWER KEY



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