

## WHAT'S COMING UP

### September 1

2:00— Pianist, Jordan Hopkins

### September 2

2:00— Travel Speaker, Niki Sepsas

### September 5

Labor Day

### September 8

10:00— Birmingham  
Museum of Art

### September 9

10:00-2:00— Vendor: Soul  
Sisters Door Hangers

### September 11

Grandparents Day  
Patriot Day

### September 15

Vendor \$5 Jewelry Sale  
Lip Smackin' Crawfish Crackin'  
End Of Summer Bash

### September 21

World Alzheimer's Day  
World Gratitude Day

### September 22

Fall Equinox  
Falls Prevention Awareness Day

### September 25

Rosh Hashanah

### September 30

2:00— Music By James & James

## SEPTEMBER 2022 NEWSLETTER



### *September Greetings,*

Welcome to September, fall is on the way!

We celebrate Labor Day this month as well as enjoy cooler weather and football every weekend. Football is a sport that relies on teamwork for its success, and “team” can mean Together Everyone Achieves More. Our team is learning to work together for the good of the whole, focusing on the same goal line each day for our residents.

Our goal is to set an example for our residents and families by coming together to create a vibrant life for our residents every day. This includes educational opportunities, exercise, and of course events that include music, food, and all our family members. Our calendar features new and fun opportunities each week, both on- and off-site. Thank you to our Life Enrichment team and the fun they create each day.

We are still looking for volunteers who want to invest an hour a month with our community, enriching the lives of our residents. We are looking for your gifts and talents! You would be pleased to learn how much you can add and enrich someone's life. We hope to see you soon!

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





## Regency Rededication

Our community welcomed Regency leadership Don Howe, Rick Stern, Randy Holcombe, and Pastor Don MacLafferty. We had a building and staff rededication to God's Service, which was such a special time to be shared by staff and residents.



## Hot August Nights

Hot August Nights was a blast! We enjoy our antique car show, along with live music from Neki & The Infusions, while our residents savored burgers and hot dogs.





### General Jackson River Boat Cruise

Three lucky employees were chosen to enjoy the day on The General Jackson Riverboat. This cruise was our way of thanking them for the dedication and service they have shown over and over here for everyone at Regency Birmingham.



### Peach Park & The Alabama Safari Outing

Our residents enjoyed their all-day outing by enjoying lunch at Peach Park in Clanton, then heading to the Drive Thru Safari in Hope Hull. We loved feeding the llamas, zebras, giraffes and all the other animals!





## Concierge Service

Please arrange all transportation needs through Rachel at the receptionist desk in Assisted Living. We will offer transportation Monday, Tuesday, Wednesday, and Friday from 9:30 am to 1:00 pm.

We also will now offer postage stamps for your convenience. To purchase, please see Tina.



## Lip Smackin' & Crawfish Crackin'

September 15th

On September 15th families and friends are invited to our community's end of summer seafood bash!



## National Assisted Living Week

September 11th-17th

National Assisted Living Week is September 11th through 17th and gives us a chance to recognize all of the staff, volunteers, and our community that play a vital role in making Regency worthwhile. Look for fun activities that will be scheduled each day!



## Cooking Club

Residents will be able to help prepare and sample some tasty treats in our new monthly Cooking Club!



## iN2L

We are thrilled to be re-launch our iN2L technology system. With an easy-to-use touch screen, iN2L provides activities, games, therapy, reminiscing, music, virtual travel and so much more. This system will be used for both our Memory Care and Assisted Living residents.



## Volunteers Needed!

Families and friends, we need your help! We are looking for at least 50 volunteers that will come at least once a week, or even once a month, to enrich the lives of our residents. Training provided!

**For more information, please email Tina at [tknowles@regencybirmingham.com](mailto:tknowles@regencybirmingham.com)**

We're also looking for musicians.  
Come share your talent with us!



## The Importance of Activities for Seniors



People of any age manage much better in life when they are physically, socially and mentally active. This is especially true in our senior years. There are three categories of activities that are recommended for optimal senior well-being: physical, social and mental.

Physical Activities provide the foundation for all other forms of senior wellness. Physical activities can decrease the risk of depression, dementia, stroke and type 2 diabetes.

It also improves your overall health and allows seniors to maintain their independence longer.

Activities with a social focus are also crucial. Without consistent social interaction, seniors can experience a variety of issues such as loneliness, depression and increased risk of dementia.

When seniors consistently engage in social activities, they experience significant improvements in their physical, mental and emotional outcomes.

You will also benefit from healthy relationships and have a continuous sense of being part of the community and society.

Mental focus is just as important. Human beings must continue to receive intellectual stimulation over the entire course of life. Continued mental activity improves the quality of all life areas. By having a variety of beneficial effects on the physical state of the brain, mental activity improves reasoning abilities, memory and the ability to continue to learn.

**Tina Knowles**

*Activity Director*

## Movie Review



The ostentatious, over-the-top film “Elvis” is memorable principally for the startling, brilliant portrayal of The King. Lead actor Austin Butler moves, sings and mimics Elvis Presley in a Best Actor Oscar-worthy performance of a lifetime.

Six major omissions by producer, co-writer, and director Baz Luhrmann mar this biopic: A White House meeting Elvis had with President Richard Nixon in 1970 when Elvis sought to be deputized (!) to fight crime; another meeting, in 1965 at his Beverly Hills mansion with the Beatles, who idolized him; Elvis’s love of karate (his wife Priscilla would leave him for his instructor Mike Stone); the sheer number (31) of mindless yet profitable 60’s movies; and two of Elvis’s struggles as a 19-year-old musician, turned away from the Grand Ole Opry and failing his audition with Arthur Godfrey’s Talent Scouts on CBS.

—*John T. Bird*



## Welcome, Vaughn Pickens!

Please join us as we welcome Vaughn Pickens to our transportation department.

We are glad to have him join our team!

**“That old September feeling, left over from school days, of summer passing, vacation nearly done, obligations gathering, books and football in the air ... Another fall, another turned page: there was something of jubilee in that annual autumnal beginning, as if last year’s mistakes had been wiped clean by summer.”**

— Wallace Stegner, *Angle of Repose*

SUBMITTED BY: KB

## The Zephyr

The unstoppable train like some midnight vision is spectral

When you speak of the Zephyr be respectful  
On the sides, red, white, and blue reflectors  
A day in September, thought I'd jump on board to inspect her

With blinding speed, computers protectin' her  
Running the Zephyr at two-hundred-fifty is no conjecture

Gunning this mostly ghostly, midnight, bright vision much faster

Past houses, fields and towns could bring unthinkable disaster

Still, break the chains of old rusty roads to achieve true freedom

To the ancient voices of limit, be heedless in Life's season

It's said, "there is no other train faster to freedom than The Zephyr!"

Know that the Zephyr flies through the night so quickly it's almost spectral

On the sides, bright, shining, red, white, and blue reflectors

Faster than lighting from the sky's freeze-frame reflections

So, please, side track all slower ones in the same sector  
Some say, "glory days ridin' the rails have gone away," sounding reflective

But, certainly not those high-flyin' on this new futuristic rebel

This jet-powered, super, fast-train doesn't need any fuel injector

Non-stop doesn't require an in-between, old fashioned, railway connector

Zephyr, sail and rage like an impatient hurricane

Zephyr, fly freely, and strongly across the great American terrain

On the sides, shine red, white, and blue, brilliant reflectors

Coming to a scheduled, sliding, mild stop like a gentle, summer zephyr

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### Beatrice Tindol

Beatrice Tindol has been a resident at Regency for the past two-and-a-half years. She moved here from Fort Walton Beach, Florida where she resided for 62 years.

She was born on April 17th, 1929 (93 years young) in New Brockton, Alabama. One of five

daughters to James and Macy Lee Martin. Even though Beatrice was the middle child, she considered herself to be the one that took charge of caring for her sisters. She and her sisters grew up singing in the church and were asked to perform on many occasions.

Beatrice married her lifelong sweetheart (Comer) on December 15th, 1946 after his return from an assignment in Okinawa, Japan during World War II. They were married for 71 love-filled years.

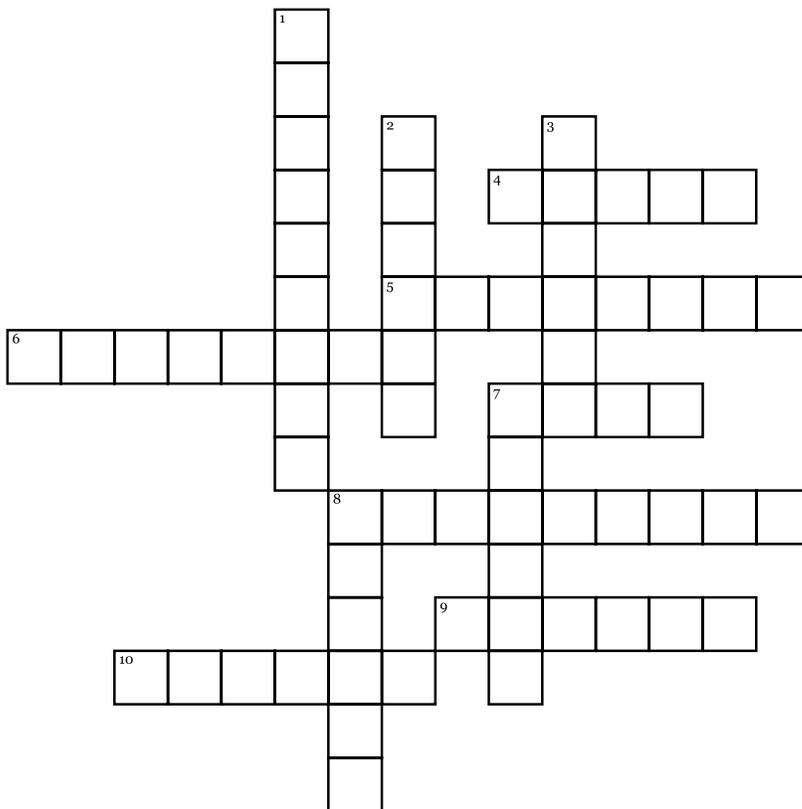
Beatrice's love for helping and teaching others began at a very young age. Not surprisingly, she went on to get a degree in education from Troy State. She taught in Escambia County and Okaloosa County school systems in Florida for 45 years. During this time she touched and shaped many young children's lives. After retiring she and her husband spent time traveling around the United States and Canada. She is a lifetime member of the Ladies Auxiliary VFW and the Moose Lodge. Her hobbies include painting, singing, dancing, and playing games. She has two daughters, six grandchildren, and nine great-grandchildren who are the loves of her life.

WORD FIND

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| CONSTITUTION | LIBRA    | BOSTON | BARLEY | ASTER |
| SAPPHIRE     | HARVEST  | FIRE   | VULCAN | GLORY |
| EQUINOX      | PENTAGON | PIRATE | VIRGO  | ROMAN |

CROSS-WORD



Down

- In 1752 the British Empire changed the calendar from Julian to \_\_\_\_\_.
- What was September's name in the ancient Roman calendar? \_\_\_\_\_
- September 13th is International Talk Like a \_\_\_\_\_ Day.
- The first newspaper in the US was published in \_\_\_\_\_.
- On September 1, 1939 Hitler invaded \_\_\_\_\_.

Across

- September has two star signs Virgo and \_\_\_\_\_.
- The common sapphire is blue due to high contents of \_\_\_\_\_ and iron.
- What is September's birthstone? \_\_\_\_\_
- National Drink a \_\_\_\_\_ Day is in September.
- Sapphires protect the wearer from \_\_\_\_\_ and evils.
- On September 2, 1666, fire burned the city of \_\_\_\_\_.
- Who is the Roman god of fire? \_\_\_\_\_



**EMPLOYEE OF THE MONTH**

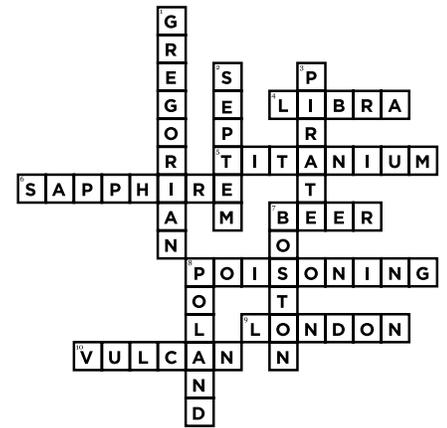
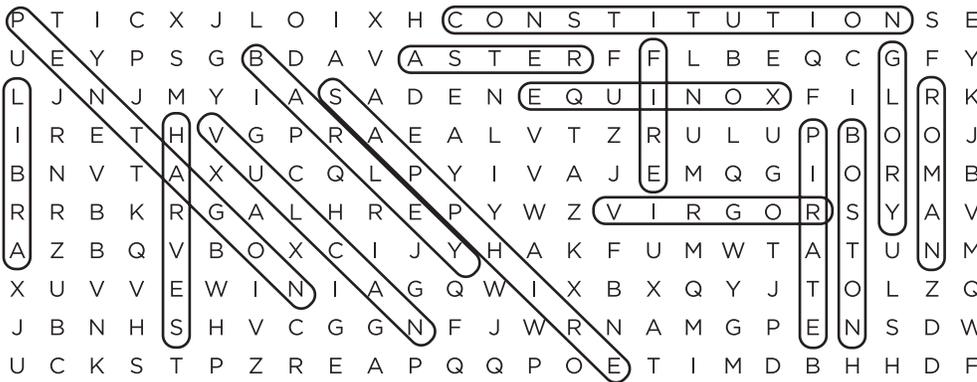
**Chelisa Jeffries**



Chelisa, is a full-time LPN that works the 3rd shift. She is an amazing nurse and works great with staff and the residents. Thank you, Chelisa, for all you do!



**ANSWER KEY**



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