

**October 4**

Building Scarecrows

**October 5**

Yom Kippur

**October 6**

Walmart

**October 7**

Birthday Social

Music By: J. Quakenbush  
Wear Pink for Breast Cancer  
Awareness

**October 13**

The Birmingham Humane  
Society  
& Lunch Outing

**October 14**

Thrift Store Donation

**October 15**

National I Love Lucy Day

**October 19**

Music By: America's Grandson

**October 20**

Scenic Drive  
Fall Festival

**October 21**

Music By: Les Filmer

**October 27**

Fall Festival  
Music By: Harmony Hills

**October 28**

Alabama Symphony

**October 31**

Halloween Social

**OCTOBER 2022 NEWSLETTER**



***Fall is in the Air,***

October is the season we tend to refer to as the Season of Harvest. We think of the farmer who has nurtured his fields and is now preparing to bring the harvest in. We think of cooler temperatures and the frost on the pumpkin. We begin focusing on family gatherings for the holiday season just around the corner.

In Matthew 9:35-38 Jesus said to his disciples the harvest is plentiful but the workers are few. The scripture is clear that He Jesus is the Lord of The Harvest. Harvest then is not just once a year but something we experience daily, included is the love we receive from our families, the harvest of time invested in building up our fellow man, reaching out to give hope to another human being, the Harvest of Blessings.

When we put God in his place and recognize he is the Lord of our Harvest and everything we have earned or need is his and provided by him. From the work we have to the families we have, the children and friends we love, and those we serve. His blessings are the harvest we receive each and every day.

So we receive his harvest every day, something he gives to us but most importantly the blessings we can give to others. He gave us hands to work and his heart to serve. As we prepare for the season of Thanksgiving let's remember when we are taking time to reflect and enjoy our families. We are blessed in his harvest each and every day.

During the season of Harvest let's strive to be a blessing each and every day with the purpose of The Lord of Harvests for who he is in our lives.

Thank you to our teams that serve and love our residents and our families every day. We appreciate and feel blessed that you are part of our Regency family.

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





## Hot August Nights

We had a great time dancing the night away, enjoying burgers and hotdogs, and let's not forget the beautiful cars and trucks from the car show!



## White Water Rafting

Our fearless Executive Director, Rachelle, took three lucky employees to enjoy a day of river rafting. There may have been someone that ended up in the water... but we will never tell!





## The Alabama Art Museum

Our residents enjoyed strolling through the art museum. It was a great way to spend the morning!



## National Assisted Living Week

We enjoyed celebrating a week of fun festivities with our staff, residents, families, and community. Our biggest event was The Lip Smackin' Crawfish Crackin' End of Summer Bash!







## Closet Clean Out!

October 14th

We will be making a Thrift Store Donation Run on October 14th. If you have any clothing that you would like to donate, please put it in a box or trash bag clearly marked "DONATE" and let the receptionist know so we can pick up your items.



## Alabama Symphony

October 28th at 11:00 AM

If you would like to purchase tickets to The Alabama Symphony Coffee Concert on October 28th at 11:00 AM, please see Tina or Christy. We will be seeing Beethoven's Third Symphony: Eroica. Ticket prices range from \$19.00 to \$38.00. Tickets must be purchased in advance and, sorry, no refunds!



## Fall Festival

October 20th from 3:00-6:00 PM

Our Fall Festival will be on October 20th from 3:00 to 6:00 PM. Families and friends are invited to join in on the fun!



## Hearing Clinic/Free Library Services

November 14th at 1:00 PM

Audiologist Jill Byrd, will be here to clean hearing aides and replace hearing aid batteries on November 14th at 1:00 PM in the IDL Lobby. Please be in the lobby a few minutes early.

If you would like to sign up to receive digital talking machines or books on digital cartridges please let Tina or Christy know and we will help you sign up for this free service.

## DONATIONS NEEDED TO BUILD OUR ACTIVITY PROGRAM

### We are requesting the following donations:

Art Canvases, Paints, Tea Cups and Saucers, RC Cars and Trucks for Adults, a Lightweight Metal Detector, and Life-Like Babies. We are also looking for a pool table or other game table.

## Outings

If you would like to sign up to go on an outing, sign-up sheets will be posted on the information boards. Sign up early to reserve your spot on the bus!

## Scarecrow Contest

Residents and staff will be constructing scarecrows to display at our Fall Festival. Make sure you join our Regency Facebook Group Page to vote on your favorite!

## NEWSLETTER CLUB



## Joke Corner

By: Nadie Kerr

Two elderly women were eating in a restaurant one morning.

Ethel noticed something funny in Mabel's ear and said, "Mable did you know you've got a suppository in your left ear?"

Mable answered, "I have?" She pulled it out, stared at it and said, "Ethel, I'm glad you saw this thing, now I think I know where my hearing aide is!"

## Did You Know?

By: Ned Butler

After building and testing three full-sized gliders, the first powered airplane flew at Kitty Hawk, North Carolina on December 17, 1903.

Delta Airlines started life as crop dusting.

In 1935 Delta was the first aircraft with two pilots.

On January 28, 1986, the Space Shuttle Challenger was the first American space shuttle that blew up. Christa McAuliffe, Judith Resnik, Ronald McNair, Michael Smith, Dick Scobee, Gregory Jarvis and Ellison Onizuka were the flight crew on board.

Two years later, space shuttle Discovery lifted off with flight crew Rick Hauck, George Nelson, Dick Covey, Dave Hilmers and Mike Lounge.

This flight was successful and cost about \$2 billion.

## Laughing

By: Nadie Kerr

Did you know laughing at ourselves is one of the best things we can do for ourselves? Research is proving this every day.

The ability to laugh at our own mistakes boosts your physical and psychological well-being.

Laughter strengthens your immune system, boosts mood, diminishes pain and protects you from the effects of stress. Nothing works faster or more dependably to bring your mind and body back to balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others and keeps you grounded, focused and alert. It also helps you to release anger and forgive sooner.

So let's have more laughs whenever we can!



## Sports Highlights

By: Coach (Michael Young)

- » A new head coach going strong at West Catholic
- » Astros win over Tigers for 7-game season sweep
- » Chiefs Patrick Mahomes provides positive update on wrist injury suffered in Week 1
- » Will Serena Williams really retire?

Go online or check your local sports news for more updates!



## The Mystery Of James Dean

By John T. Bird

The great rock group Eagles had a hit song in 1974 titled “James Dean.” The hook was “Too fast to live, too young to die, bye-bye.” The song was released 19 years after Dean’s death while driving his Porsche 550 Spyder and failing to avoid a nearly head-on collision September 30, 1955. It serves as just one example of the enduring grip Dean still holds on American culture. Why does this actor, who died after making only three films, still matter? [Full disclosure: I was born the day James Dean died, though I don’t believe in reincarnation.]

One reason is all of Dean’s films are very good. He was nominated posthumously for his debut in a Best Actor Oscar role portraying Cal Trask in Elia Kazan’s 1955 adaptation of Nobel-prize winner John Steinbeck’s 1952 epic novel *East of Eden*, about the struggle between good and evil in Salinas in central California, where Steinbeck grew up. This film co-starring Julie Harris introduced America to a young actor unafraid to improvise, holding his own against experienced actors, a newcomer who embodied the alienation teens felt in the period of time just before rock and roll would rule. This was the only film Dean would live to see.

“Rebel Without A Cause” (released just after Dean’s death) was hugely popular with angst-ridden teenagers, both male and female. Despite being the only film he was not nominated for a Best Actor Oscar, many critics think it is his finest performance, as his misunderstood character Jim Stark brings out the best in his appealing but naive love interest Judy, expertly portrayed by the Best Supporting Actress Oscar-nominated 16-year-old beauty Natalie Wood. There is a famous scene where

Dean, a cat-quick natural athlete at only 5’8”, 150 lbs., gets the better of a much bigger bully in a switchblade fight. This was filmed with real knives and chain mail vests to heighten the authenticity of the encounter.

Dean’s final film, garnering his second Best Actor Oscar nomination was “Giant” (1956), another adaptation of a 1952 best-selling novel, this one from Pulitzer-prize winner Edna Ferber’s multi-generational epic tale of Texas. Dean took the role because he wanted to break away from typecasting—the angry, confused teen roles he played in his first two films. He portrayed Jett Rink, a ranch hand who rises to an oil tycoon. The image of Rink smothered in black gold underneath a gusher celebrating the best moment of his life—instant wealth—is a classic moment in this popular movie co-starring old pros Elizabeth Taylor and Rock Hudson, who are often upstaged by the scene-stealing Dean.

According to *Fortune* magazine, the estate of James Dean takes in a cool \$8.5 million a year these days. Dean’s simple look of white T-shirt and jeans, set off by a cigarette dangling from his mouth, has influenced untold millions of young men in America and across the globe. His deliberate and successful attempt to keep his public guessing as to his sexuality just added to his appeal. With the passage of time, his lovers male and female have emerged to establish that he was indeed bisexual. But that takes a backseat to the more important fact that James Dean was cool without even trying to be.

Cynics say early death was a good career move for James Dean, but his legions of fans can only wonder what other great performances he would have delivered had he lived as long as other great actors of his time.



### Katie Banks

Katie started her teaching career with the mindset that she would change the world, but quickly realized that the world changed her. She was able to look at people differently, and accept them for who they are.

She considers herself to be a devout Christian and is always willing to lend a helping hand. It’s not unusual to see her picking up trash, watering the plants, tending to her garden, or just asking, “Can I help?”

Katie’s hobbies include gardening, sewing, and quilting. Her favorite is knitting! She could use a foot pedal sewing machine and sew a straight stitch by the time she was in the third grade. Her products and craftsmanship are exceptional. Katie is such a blessing to all of us here!

# The Clock Of October

“Click, tock” clicks the somber clock of October

“Tis the season’s dark side which tends toward sober

Skies gray, nights black, skies blue, all are October

At times, storms too, for to her children, Nature’s not a doter

“Click, tock” go the clocks marking October’s flow

Even resplendent in darkness starlit, or covered in clouds

Often lonely though in regions of gaiety of Halloween crowds

Ah-the Fall, with skies blue as an unfathomable sea

May colored leaves of October caress, as they flutter past your cheeks

When weather’s mild, go wild, and rejoice at cloudy skies, just as you do the blue

Still, “bing. bing, bong, bong” chimes the clock of October, even when out of view

As with this season of change; such if Life it’s true

While Nature, fickle, rearranges her aspect into picturesque hues

Welcome the frosty demise of Summer’s green, verdant clover

As clouds encroach on the world of Autumn, all to cover over

Enter the most mysterious realm of charades, and October

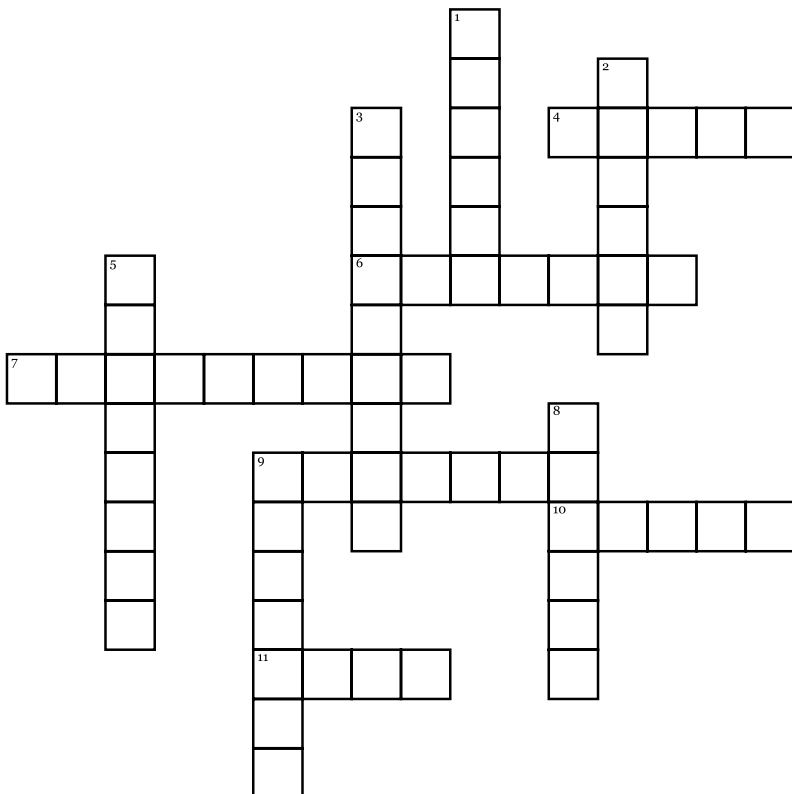
Those bells the somber tales, chiming, of strange Falls have told

Lurid, frowning faces of a once Hallowed Evening, now behold

For always, “click, tock,” clicks the most somber clock of October!

*@2021 by Joe K. Faught*

## CROSS-WORD



### Down

- In October 1968, the 19th Summer Olympic Games were held in \_\_\_\_\_ City.
- \_\_\_\_\_ World in Florida opened in October 1971.
- October 28th is National \_\_\_\_\_ Day.
- On October 12th, 1942 \_\_\_\_\_ arrived in America.
- The Country that donated the statue of liberty? \_\_\_\_\_
- The Turkish name for October? \_\_\_\_\_

### Across

- October is the month of \_\_\_\_\_.
- October first is National Homemade \_\_\_\_\_ Day.
- The birth flower of October is the bright orange \_\_\_\_\_.
- In German, October is called \_\_\_\_\_.
- Author of “Little Women”? Louisa May \_\_\_\_\_.
- The official birthstone of October is the Tourmaline and the \_\_\_\_\_.



EMPLOYEE OF THE MONTH

Doris Smith

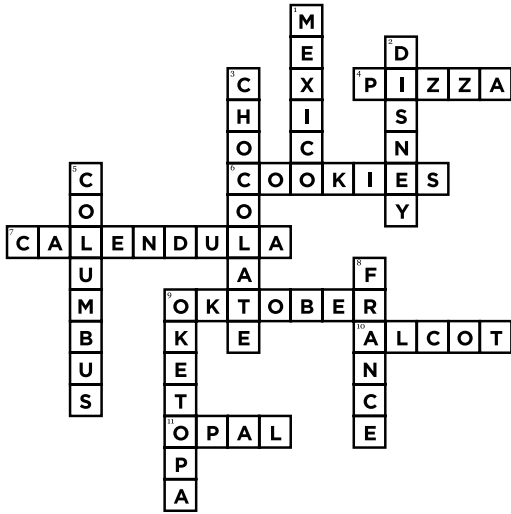
Doris has been employed in our dietary department at Regency twice!

She originally joined us from June 2017 through June 2020, then returned in May 2022. Doris always has a smile on her face and goes out of her way to not only talk to the residents but to brighten their day. She also loves to join in our parties and has some pretty good dance moves!

Doris, thank you for all you do!



ANSWER KEY



FUN FACTS

- » Tourmaline and opal are the official birthstones of October.
- » The birth flower of October is the bright orange calendula, also known as the marigold.
- » The star sign of everyone born in October is either a Libra or a Scorpio. Libras are born between September 23rd and October 22nd and Scorpions are born between October 23rd and November 21st.
- » Shakespeare never mentioned October in any of his plays or sonnets!
- » Matt Damon, Julie Andrews, Hillary Clinton, Bill Gates, Katy Perry, Julia Roberts and even Christopher Columbus were all born in October!
- » In German and Dutch, October is called 'Oktober', in Italian it is 'Ottobre', in Turkish it is 'Oketopa' and in Korean it is 'Siweol'.

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