

WHAT'S COMING UP

November 4

Travel Speaker, Niki Sepsas

November 6

Daylight Savings Ends

November 10

Veterans Breakfast-AL

November 11

Veterans Day

November 13

World Kindness Day

November 15

America Recycles Day

November 17

Family Thanksgiving Meal

November 18

Apple Cider Day

November 24

Thanksgiving

November 26

Alabama vs Auburn

November 28

Cyber Monday

November 29

Giving Tuesday



NOVEMBER 2022 NEWSLETTER



Happy Thanksgiving,

"Let us come before his presence with Thanksgiving, let us make a joyful noise to Him with songs of praise."—Psalm 95:2

We look forward to this season of plenty and time spent with family and friends. Blessed is our community to be able to have our families join us for Thanksgiving, it will be an enjoyable time for us all to share a meal, prayer, and music together.

Remember that Regency is here to support those who need Assisted Living and our Pathways IN2L programming is important for those who are needing compassionate and engaging support for cognition challenges.

The greatest compliment we can receive is you sharing our community with your friends who are needing support for their loved one. We also give our families a "thank you" of \$2,500 credited to your account for the families you send to join our community. Credit is applied to your account 60 days after your friend has moved into Regency.

Plan for a blessed remainder of 2022, we pray for your family, residents, and staff daily, as prayer is the strength we live and breathe by, it has been amazing how fast this year has flown by, and we are increasingly grateful for all of our partners who support our residents and the community. We are looking for more volunteers to help with our resident activities and our staff, also looking for a part-time Chaplain to continue the one-on-one time for those who aren't always the social butterfly.

Our goal is to support and provide care that gives our residents and staff the best possible physical, mental, and spiritual outcomes in our daily routines.

Blessings to you and your families in this season of Thanksgiving.

Rachelle Gillespie,
Executive Director



Happy Oktoberfest

Residents enjoyed some cold beer and salty pretzels as we celebrated Oktoberfest.



A Visit from Chief Meteorologist Wes Wyatt

Wes Wyatt, Chief Meteorologist for WBRC Fox 6 News, visited our residents and discussed how he predicts the weather and gave all residents that attended their own weather radio.



Funny Money

Residents enjoyed a new game called Funny Money with Mary Levan. It was such a fun game and the highest bid was for a box of Kleenex that went for \$100! Good thing Mary supplied the money!



Breast Cancer Awareness

We all enjoyed pink lemonade and treats along with pink ribbons and bracelets while we were reminded of yearly mammograms, remembered those who have been lost to breast cancer, and celebrated all survivors!



End Of Daylight Savings Time

November 6th

On November 6th don't forget to set your clocks back by one hour!



Edgewood Garden Club

November 9th

On November 9th, Edgewood Garden Club will visit and bring fresh flowers so residents can make arrangements. Please be sure to sign up for this activity!



Veterans Day

November 10th

On November 10th, We will be having a Veterans Day Breakfast for all of our veterans! Thank you for your service!



Food for Those in Need

November

In November we will be collecting canned goods for those who need food in this season of Thanksgiving. Please drop off all donations in the lobby of Assisted Living and Independent Living!



Thursday Outings

November

Please check our calendars and see what outings you are interested in! We have some good ones planned, you don't want to miss out on the fun!



30 Days of Gratitude

November

November is the perfect month to remind ourselves to be thankful for all of God's blessings. We hope you will all remember to give thanks!



Family Thanksgiving Dinner

November 17th at 4:00 pm

Please look for more information on our Facebook page and flyers that will be posted! We hope you join us for this Thanksgiving Dinner!

NEWSLETTER CLUB

Rodney Dangerfield

By: John T. Bird

Rodney Dangerfield (1921-2004), birth name Jacob Rodney Cohen, entertained millions with comic observations and jokes about his wife, unusual people, but mostly about himself. He was not the master of self-deprecating humor by choice—he was an unsuccessful comedian deep in debt until he happened to overhear a man he knew to be in the Mafia complaining loudly one night: “These kids today don’t give me no respect.” A lightbulb went off in Rodney’s brain and the best-known catchphrase intro to one-liners delivered staccato was born—I tell ya, I get no respect, no respect at all...

Rodney already had honed good comic timing and a good memory. Now he had the idea for the polar opposite of Don Rickles’s insult humor aimed at getting highly paid to insult patrons of a show by calling them “hockey pucks.” Rodney would primarily insult himself.

Rodney had discovered an innovative niche that would lead him to a long career that included Grammy awards, starring roles in movies, 70 appearances on the Tonight Show starring Johnny Carson, and lucrative Las Vegas engagements.

The story of Jacob Cohen’s rise from poverty to a tidy net worth of \$11 million dollars upon his death (his tombstone reads “There Goes The Neighborhood”) is a true Horatio Alger story of rags to riches but also of sadness and depression.

Growing up on Long Island, young Jacob saw his father,

a vaudeville performer, at most twice a year. Yet as an adult he tried to deal with that pain by fashioning a successful joke around it: “My father carries around the picture of the kid who comes with the wallet.” His mother was cruel, never showing him any affection, not a kiss or a hug. So after many years, Rodney made a joke about that: “My mother never breast fed me. She told me that she only liked me as a friend.” One of his most notable jokes involved both parents: “Once when I was lost I saw a policeman and asked him to help me find my parents.” I said to him, “Do you think we’ll ever find them?” He said, “I don’t know kid. There are so many places they can hide.”

In 2004 Dangerfield told Howard Stern that a neighborhood man had molested him as a youth, paying him a nickel and kissing him for 5 minutes. Rodney opened up about how he dealt with parental neglect and this sexual abuse by smoking marijuana every day for decades. While visiting Ronald Reagan in the White House in 1983, Dangerfield casually lit up a joint.

Rodney never attended college. Even while working selling newspapers and ice cream at the beach, he had dreamed of at least being a notable comic writer. Among the prestigious bullet points on his resume were a stint as a singing waiter —fired—and aluminum siding salesman.

Rodney would eventually perform at many venues in New York’s Catskill Mountains and was naturally discouraged at his sustained failure marked by falling \$20,000 in debt. He later joked, “I played one club—it was so far out, my act was reviewed in Field & Stream.”

He realized at this moment that he needed a recognizable image and a memorable name. Way back in 1941, the great comedian Jack Benny created a fake cowboy radio star named Rodney Dangerfield, which oddly would also be used as a pseudonym by Ricky Nelson on the Adventures of Ozzie & Harriet TV show. Benny's gift for timing and self-deprecation was a great inspiration for Rodney.

Sometimes career advancement is a matter of luck. Consider Wally Pipp, New York Yankee first baseman. Sitting out a game in 1925 due to a headache, he was replaced by Hall of Famer Lou Gehrig. Pipp never got his job back. Gehrig would play in 2,130 consecutive games before getting sidelined by symptoms of ALS.

Dangerfield's Wally Pipp moment came in March 1968 when Ed Sullivan needed a emergency replacement act fast, to replace an act lost to history. Rodney got the call, and the audience loved him. In comedy parlance, he slayed them. Sullivan kept inviting Rodney back for more, which led to exposure in Vegas and those 70 Tonight show gigs.

Tired of traveling, Rodney solved that problem in 1969 by establishing his comedy club Dangerfield's in New York City. Jerry Seinfeld, Jim Carrey, Tim Allen, and Roseanne Barr all had successful HBO specials from this venue.

Off stage, Dangerfield was not happy with those who confused him with his on-stage loser persona. His wife

described him as "classy, gentlemanly, sensitive, and intelligent." Rodney, born Jewish, described himself as a logical atheist: "We're apes—do apes go anyplace?"

Rodney discovered at his peak that he had a gift for telling jokes involving sex.

Here is one about his wife (a fertile subject):

"I was tired one night and I went to the bar to have a few drinks. The bartender asked me, 'What'll you have?' I said, 'Surprise me.'"

He showed me a naked picture of my wife.

And of course, there's a popular one making fun of himself:

"I tell ya, the first time I had sex, I was scared, so scared. I was all alone!"

Suffering from clinical depression, of course Rodney would make a joke at his shrink's expense on the topic of suicidal ideation:

Last week I told my psychiatrist, "I keep thinking about suicide." He told me from now on I have to pay in advance.

Dangerfield's personal physician, Dr. Vinnie Voom Ba, once gave him some exercise advice.

According to Rodney, "He said, 'Jog 5 miles a day for two weeks and we'll talk then. I did and told him, 'Dr. Vinnie, what do I do now? I'm 70 miles from home!'"

Take Time To Laugh

By: Nadine Kerr

An older man living alone decided to add a pet companion to his life. After thinking long and hard about his decision he buys a parrot and brings it home. However, the parrot almost immediately starts insulting the older man and gets really rude. In a moment of frustration the man picks up the parrot and tosses it into the freezer to teach it a lesson. But when the bird stops squawking, the man panics and opens the freezer. The parrot walks out, looks up at the man, and says I apologize for offending you, and I humbly ask for your forgiveness. The man replies, well thank you. I forgive you and I'm sorry too. The parrot then says, if you don't mind me asking...what'd the chicken do?

SOUTHEAST

Sports

Sports Corner

By: Coach

Southeast Sports, is a privately owned Sports Media Group based in Geneva, Alabama. They are dedicated to keeping you to to date on the latest information regarding all major sporting events throughout the Southeast United States, Their coverage includes MLB, CFB, NFL, USFL and much more.

Check them out on the web:
southeastssportsgeneva.com



Bible Verse of the Month

By: Beverly Ivey

Philippians 2:12-16 King James Version

12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

13 For it is God which worketh in you both to will and to do of his good pleasure.

14 Do all things without murmurings and disputings:

15 That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

16 Holding forth the word of life; that I may rejoice in the day of Christ, that I have not run in vain, neither laboured in vain.

Facts

By: Ned Butler

- » John F. Kennedy, 35th president of the United States, was assassinated on November 22, 1963, in Dallas while riding in a presidential motorcade through Dealey Plaza.
- » Kennedy was in the car with his wife Jacqueline, Texas Governor John Connally, and Connally's wife Nellie when he was fatally shot by Lee Harvey Oswald.
- » Kennedy was pronounced dead about 30 minutes after the shooting.
- » Connally was seriously wounded in the attack, but recovered.
- » Lee Harvey Oswald was arrested within 2 hours of President's Kennedy's assassination.



Judy Scamaido

Judith and her husband lived in Houston, Texas for most of their lives together. After her husband retired, they moved to Birmingham to be closer to their three daughters. Ms. Judy now lives in Assisted Living where she enjoys socializing, playing games (all but Chinese checkers), and going on outings. She has made many friends while here at Regency and at meal times you can always hear laughter and good conversation from her dining room table. She is a delightful lady and we are so happy she lives at Regency!



Meditation on a Mountaintop

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Multi-colored leaves floating down in haphazard fashion everywhere

Into Earth's surrounding sea of pure, clear, cool air

To Marvel at the awesome spectacle of Nature's cycles, I stare

Yet, that makes me more subject, by waiting,

to flakes of yellow, orange, and red

A confetti-flood of Fall leaves tapping me on the head

Abundant color is the resulting bright path on which I tread

A banquet of enchanted, Autumn woodland

Before my eyes is spread

For, on the crest of a magnificent mountain,

I stop to rest

Meditation on God's glorious world,

So that my soul is amply blessed

VOLUNTEERS



We are currently searching for volunteers!

Please contact Tina Knowles

tknowles@regencybirmingham.com

EMPLOYEE OF THE MONTH

Chuck Jenkins



Chuck has been here at Regency working in Maintenance Tech since April. His hobbies include BBQ and watching football, and he enjoys working with the staff here. Chuck shared that he has really enjoyed getting to know all the

residents, and we would like to thank Chuck for all he does! We appreciate you!



Cooking Club Recipe of The Month

Check out your calendars for Cooking Club! Last month we made yummy Apple Dumplings. For the month of November we will make Turnip Green Soup. Come Join us!

Turnip Green Soup (way better than it sounds)

- » 1 lg can Margaret Holmes seasoned turnip greens
- » 1 can chicken broth
- » 1 can Rotel
- » 1 can black eye peas – drained
- » 1 can navy beans – drained
- » 1 can kidney beans – drained
- » Large onion – chopped
- » 1 lb sausage chopped, small

Fry the sausage and onion a little bit & then add the other ingredients and cook for about 30 minutes!

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