

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

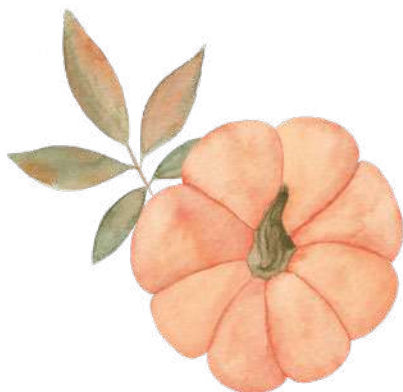
National First Responders
Day

October 29th

World Stroke Day

October 31st

Halloween



OCTOBER 2023 NEWSLETTER



Hello Residents,

October greetings! As we begin the fall season, we hope this newsletter finds you well and enjoying the cooler weather. October marks the beginning of the harvest season, a season meant for gratitude and giving thanks. We at Regency Birmingham are looking forward to the football highlights and family gatherings to come.

During this season, consider the opportunity to invite your friends to become part of our community, fostering closer connections. Living in our community offers the convenience of having someone handle your grocery shopping, meal preparation, and post-dinner cleanup, making it an ideal hosting experience. Your friend will gain a wonderful new home and you will receive a \$2,500 credit to your budget when one of your friends becomes a resident after 60 days of moving into our community. You can opt for a \$2,500 check or have it credited to your account. It's a fantastic opportunity to have your friends become your best neighbors. We eagerly anticipate the opportunity to meet them and welcome them into the Regency Family soon.

Make sure you check your calendars for all of our exciting upcoming events this month, especially our Harvest Festival on October 26th. There will be vendors, games, a petting zoo, food and music. Families are welcome and encouraged to join us in the fun.

As we step into the season of Thanksgiving and hope, let's focus on a simple yet impactful goal: strive for improvement in various aspects of our lives. Aim to have one better thought, one better reaction, one better conversation, and one better boundary you lovingly communicate and consistently keep. Let's choose to take time to be in the moment with our loved ones. What a way to make the world a better place, one moment and person at a time.

Blessings and prayers to our Regency families, friends and staff. We appreciate all you do to serve and make Regency Birmingham a community to be proud of.

"He is the Maker of Heaven and Earth, the sea, and everything in them — he remains faithful forever." (Psalm 146:6)

Rachelle Gillespie,
Executive Director



What's Cooking Wednesday

Our "What's Cooking Wednesday" theme for the month of September was Chinese food. All three communities enjoyed a meal from the Chinese buffet.



Elvis in His Prime

What a time! We watched an entertaining concert starring Elvis in his prime. We danced, sang and ate banana splits as Elvis wowed the crowd with all of his hits.



Piano Serenade

Heather’s piano performance was both mesmerizing and compelling, captivating our residents with its powerful yet peaceful essence. Our residents enjoyed the diverse range of moods and styles she showcased, as well as her masterful utilization of various piano techniques.



Beginner’s Spanish Class

The first course of Beginner’s Spanish Class was “exitoso”! The Assisted Living residents learned the fundamentals of Spanish with light snacks and mock margaritas.





Garden Club

October 17th at 1:30 pm

It's fall, y'all! Our Garden Club will plant broccoli and collards for the autumn season.



What's Cooking Wednesday

October 18th at 12:00 pm

Regency Birmingham will celebrate New York City this month. Our residents' lunch will be a famous New York dish.



Great Gatsby Party

October 20th at 2:00 pm

Join us for a performance by Jordan Hopkins at our Great Gatsby-themed party, celebrating the Roaring '20s.



Breast Cancer Awareness

October 23rd at 2:00 pm

Let's spread breast cancer awareness with great food and live entertainment by The Alexanders.



Fall Festival

October 26th from 4:00pm to 6:00 pm

Fall is here, let the fun begin! Regency Birmingham will host our annual fall festival with games, music, food, prizes and so much more. Bring a neighbor and we will meet you at the door.



Johnny Cash Concert

October 27th at 2:00 pm

It's the Man in Black, none other than Johnny Cash. We will celebrate our October birthdays with a concert featuring Johnny Cash. All are invited to attend.



October Festivities

October 31st at 2:00 pm

Come join the festivities! We will have a crafting corner, tricks and treats, and games.



Michael “Coach” Young

Regency of Birmingham shines its spotlight this month on Michael Young, known to us as “Coach”. Coach graduated from Jones Valley High School and attended the University of Alabama in Tuscaloosa where he earned a Bachelor’s in Corporate Finance. He was employed as a branch manager at Norwest Financial for 5 years. He then attended Birmingham Southern College and earned a Master’s Degree in Education. Afterward, he worked as a fifth-grade teacher at Hall Kent Elementary School and went on to teach sixth-grade science and math. During this time he became a coach, and he has been called Coach ever since. After leaving that position he became an assistant principal. Coach has two daughters, Marchelle and Kourtney, and three grandchildren with one more on the way. He has been at Regency for sixteen years and has stated, “I wouldn’t leave here for the world!” Coach is known for welcoming any and everyone to our community with a huge smile, open arms and a helpful heart.

Happy Birthday

Resident

Mary Bourg	Oct. 1	Kathie Daffron	Oct. 17
Robert Bright	Oct. 1	Brooke Endress	Oct. 18
Tea Sam Roe	Oct. 2	James Bagley	Oct. 19
Brett Nichols	Oct. 6	Don Ellis	Oct. 19
Linda Dunn	Oct. 8	Connie Pharo	Oct. 25
Carmenrosa Klein	Oct. 16	Don McCay	Oct. 28

Employee

Cynthia Welch	Oct. 1	Ronnie Zinninger	Oct. 19
Audrey Means	Oct. 2	LC Gardner	Oct. 21
Destiny Sanders	Oct. 3	Barbara Brooks	Oct. 28
Johnette Dawson	Oct. 8		

FUN FACTS

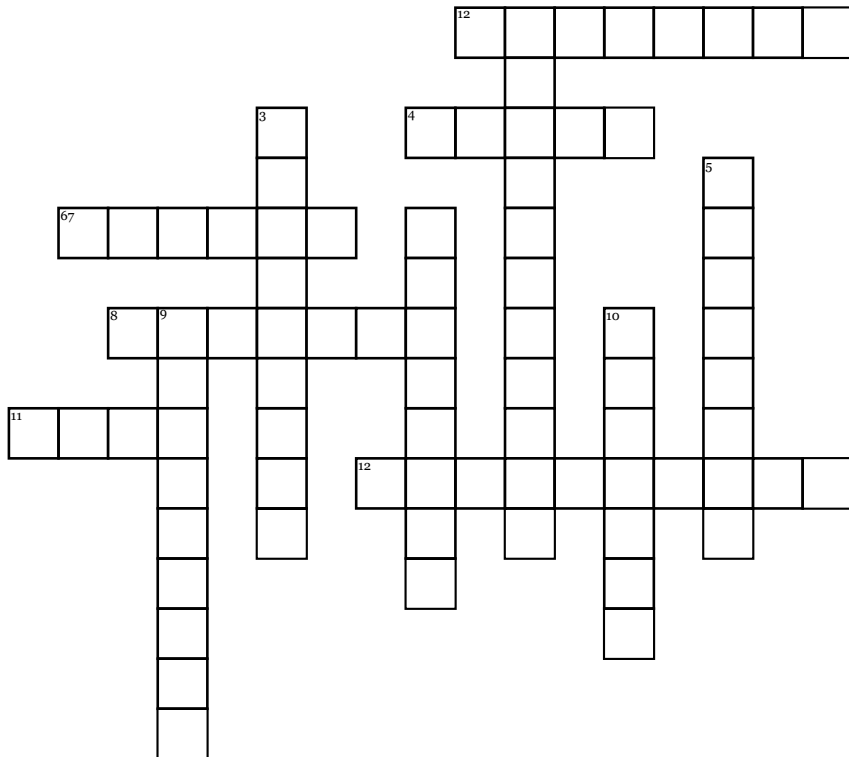
- » In the original 10-month calendar, October was month 8. Hence the name, octo, Latin for 8. It’s so weird when you think about it, isn’t it?
- » Most other languages have followed suit and also have named October after the number 8. In German and Danish, it’s Oktober. In French, Octobre. In Italian, Ottobre. In Spanish, Octubre. In Swahili, Oktoba. In Albanian, October is known as Tetor. You guessed it. Albanian for 8: Tetë.
- » The anglo-saxons had a different name for October, calling it Wintirfyllith. This name refers to October having the first full moon of the winter season.
- » In early Germanic, October was known as Weinmond, meaning wine month. This must have been before Oktoberfest!
- » Two Zodiac signs represent the month of October. If you were born between October 1st and 22nd, you’re a Libra. Libras are known to be calm and balanced with impeccable taste. Born between October 23rd and 31st? You’re a Scorpio. Scorpions are known to be passionate and magnetic with a strong will.
- » Diwali, also known as the festival of lights, is one of the most celebrated days in Hindu culture.
- » Occurring in October, Diwali symbolizes the victory of light over darkness and good over evil. Common practices during this celebration are lighting firecrackers and eating sweets.
- » Oh, October! Even though the days are getting shorter and cooler (in the Northern hemisphere, at least) we are reaping the benefits of the passing summer. October is known as the best harvesting month for many crops including apples, carrots, corn, grapes, onions, potatoes and squash. Oh, and obviously pumpkins too!
- » The changing of the leaves is one of the most spectacular events of October. It is also quite a draw for tourism as well. In the United States, people travel to the northeast where large swathes of maples, birches and poplars turn from green to dazzling reds, yellows and oranges.

WORD FIND

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|-------------|----------|-----------|-------------|---------|
| RUSSIA | BAVARIAN | PUMPKIN | CREEPY | MAPLES |
| REVOLUTION | LIBERTY | POPCORN | FRIGHTENING | BIRCHES |
| OKTOBERFEST | CHICAGO | HALLOWEEN | DARK | 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 _____

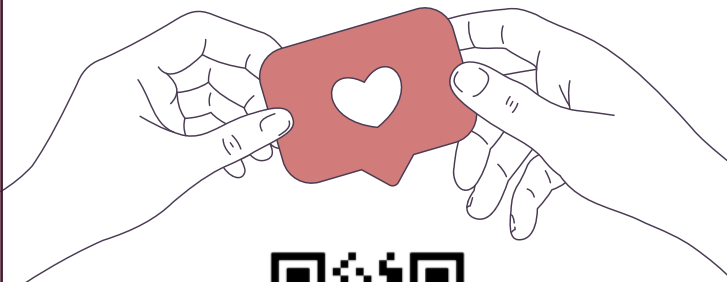
Across

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

Stay Connected!

Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



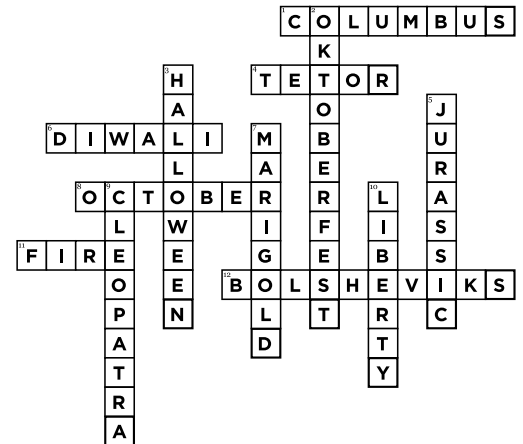
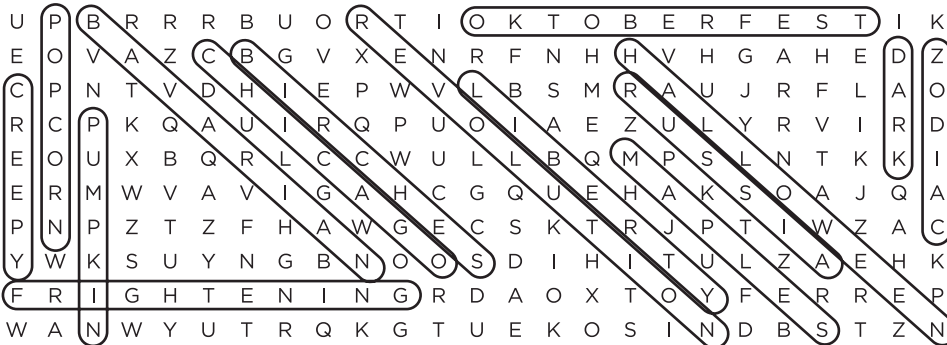
EMPLOYEE OF THE MONTH

Aretha Johnson




Congratulations, Aretha, for being chosen as Employee of the Month for October! Aretha has been with Regency for three years in our Dietary Department. She is a mother of three children; Pamela, Roderick and Royal. She has five grandchildren and loves spending time with her family. Aretha was chosen to be Employee of the Month for the integrity and compassion she shows here at Regency of Birmingham.

ANSWER KEY



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