



HAPPY HALLOWEEN

October 1

World Communion Sunday

October 5

“Adult” Grilled Cheese

October 6

Management Pumpkin
Carving Contest

October 7

Oktoberfest

October 12

Al Mahan in Concert

October 13

Kris Pierce in Concert

October 25

Craft Time: Fall Door
Decoration

October 26

Health Care Fall Festival

October 31

Halloween Party



OCTOBER NEWSLETTER 2017

***Hello Residents,***

I would like to take a moment to thank you for your continued patience through our construction of the new wing and the paving of our parking lots. As we seek to improve the facility and the services we provide, we hope to keep the inconvenience to a minimum.

Although cooler weather is upon us, I would like to remind everyone to stay hydrated. We keep fresh filtered water on each floor. Please help yourself anytime.

Be sure to check us out on Facebook at “Regency Retirement Village Huntsville.” We post pictures of special events, newsletters, the latest happenings and more.

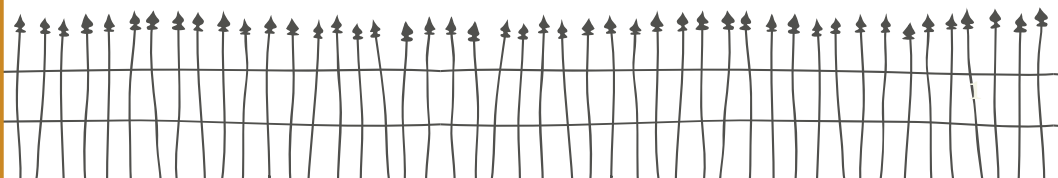
The First Responders Cookout was a huge success as we reached out to the community and to serve those who serve us. We were delighted to have you be part of this event as we enjoyed the musical stylings of the U.S. Army Materiel Command Band; the fresh BBQ’d hamburgers, hot-dogs and brats; and meeting those first responders that serve around us.

This month, it’s time for Oktoberfest. We’ll be creating this event for all the residents, employees and both family groups, with live music, brats, chips, bounce houses, and more. Be sure to put October 7th on your calendar.

Continue to share your love for Regency with your friends. We are the top shelf of Huntsville, and you are part of what makes us great.

Thank you again for staying with our family at Regency.

Tim Taylor,
Executive Director





First-Ever ALZ RRV Bingo Fundraiser – August 29th

Raising funds for the Alzheimer's Association, Regency Retirement Village gathered in the 1st Floor Dining Room to cheer and savor each time someone won, in our first-ever ALZ Bingo Benefit. With prizes ranging from an Alabama football plaque to a fall wreath and a spectacular glass pumpkin, seniors vied over who would win the next gift, as they snacked on appetizers. In total, 12 people won, taking home beautiful pieces to add to their collection. Such a fantastic way to support the ALZ cause and support our residents!



Cooking Show: Banana Pudding Cake – September 7th

A dense Tres Leche cake with Banana Pudding, topped with more pudding, bananas, whipped cream and caramel topping running down the sides... Ooey... Goey... and delicious! With smiles across the room, the seniors relished the blend, as they enjoyed the perfect 70°F weather with the slight summer breeze. Such a wonderful way to enjoy a mid-afternoon snack, and the natural setting of the great outdoors and gazebo.





First Responders Cookout/Theme Lunch – September 14th

The First Responders Cookout/Luncheon was exciting and thrilling, as we gathered to honor the police, EMS, fire fighters, active Army soldiers, and those who serve us. With first responders from the local area, residents and employees enjoyed fresh grilled burgers and more, while the U.S. Army Materiel Command Band played the latest hits and Top 40 songs. The weather was perfect and taste buds were made happy, as everyone sat back to enjoy modern music with a twist.



“Elvis” in Concert – September 15th

“Elvis,” aka Brian Lee Howell, was in the building as things got “All Shook Up.” Singing the top Elvis hits with a costume change to go along, Brian brought the concert home with his incredible dance moves. Seniors clapped, sang along and cheered, as they raved how it was the best concert yet. “Elvis” is still loved and remembered with our seniors and they fondly stopped for a hug and to grab an autograph. What an incredible time!





Summer Shenanigans – August 24th

A roaring good time was had by all during our Summer Shenanigans program. The shenanigans were provided by the Rocket City Chorus, an a cappella group who sings in barbershop-style. They were very entertaining, as they acted out several songs such as, “Along Came Jones,” and harmonized with old favorites like, “Hello, Mary Lou.” Staff members pitched in to help serve the residents, family members, friends and singers. The evening was complete with a serving of dirt pudding from a sand pail.



Luanna’s Wahinis – September 6th

Everyone was transported to the Big Island with its tropical breezes, as Luanna’s Wahinis dazzled us with a wonderful Hawaiian Hula show. The Big Kahuna emceed and explained the origin of the group and the meanings of some of the arm movements and hand gestures. The six Wahinis (ladies) swished and swayed as they told beautiful stories with their movements. We learned about the bamboo instruments and the poi balls as they demonstrated their uses. The bright colorful costumes and the lively music were very entertaining. So we say, “A hui hou” (until we meet again). Mahalo to Luanna’s Wahinis.





Bible Reading with Ruth – Every Thursday Afternoon

We welcome our newest volunteer, Ruth King, who will be having Bible Reading Time every Thursday afternoon at 3:00 pm. Ruth is no stranger to Regency, as she comes and visits friends several times a week and also sings with the Chase Park singers. Ruth is a diligent student of the Bible and is a Ladies Bible Class teacher at Chase Park Church of Christ. Thank you, Ms. Ruth, for giving your time to help enrich the lives of our residents through the reading of God’s Word and to brighten the day for so many.



Elvis “Pieces of My Life” – September 15th

“It’s one for the money, two for the show...” as Elvis (featuring Brian Lee Howell) steps out in his blue suede shoes, ready to rock & roll. The ladies were front and center to enjoy some of their favorite hits from the 50s, 60s, and 70s, and to swoon over the King of Rock & Roll. Hands were clapping as residents were singing along to hit songs they love. “Elvis” performed hits from his early years, including “Blue Suede Shoes” and “Jail House Rock” as well as songs from the concert years like, “Can’t Help Falling in Love” and “Always On My Mind.” Gifts of scarves and leis adorned some of the ladies, as the concert concluded.





October 5th at 1:00 pm

“Adult” Grilled Cheese

Do you enjoy ooey, gooey, melted cheese? Provolone? Monterey Jack cheese? How about warm buttered Italian bread that’s been fried in butter to a delicious crispy brown crust? If your mouth is watering, visit us in the Sun Room on October 5th to enjoy in this fall season treat, as we enjoy stretching the cheese until it breaks from biting into the delicious crust.



October 6th at 2:30 pm

Management Pumpkin Carving Contest

Jack-O'-Lanterns of all various shapes and configurations will be dreamed up, planned and created, as management goes head-to-head in a pumpkin carving competition. Who will take the prize? Join in the fun and see who is the most creative and dedicated to the task of creating their Jack-O'-Lantern. Don't forget to vote for your favorite! 'Tis the season for glowing pumpkins with smiling faces.



October 7th

from 10:00 am – 2:00 pm

Oktoberfest for Staff, Residents, and Both Family Groups

Can you say “Oktoberfest?” This is a call to all residents, employees and both family groups to attend this year’s annual Oktoberfest. With bounce houses, a cookout, live music and more, we’re gathering together as a family to savor the fall season and the beautiful cooler weather. This is a fantastic way to provide unity and great community involvement across our property. Join us in stimulating your senses and laughing as we create new memories and chat about old ones. Let the good times roll!





October 12th at 1:00 pm
Al Mahan in Concert

Mr. Al Mahan is traveling to Regency in his annual tour. This concert will be a new theme and be for the “Working Man” with songs like, “Big John”, “John Henry”, “Working on the Railroad”, and “16 Tons”. Al has been coming to Regency for 8 years and we continue to enjoy his artistic talent and beautiful voice. Come and join in the experience as we reminisce and sing along!



October 13th at 1:30 pm
Kris Pierce in Concert

With a beautiful baritone voice, Kris will serenade our residents with Christian/Gospel and Country music, mixed in with a little bit of Rock and Roll. New to Regency, Kris comes to us as a professional singer. He began singing at the tender age of 16, and has been entertaining ever since. With a magical and deep voice, you’re sure to enjoy his Top 40 Hit Playlist. Come and clap along!



October 25th at 2:30 pm
Craft Time: Fall Door Decoration

To prepare for the fall season, we’ll come together in the Sun Room to create door decorations. Spelling out the word with colored paper on square panels, connected with burlap ribbon, we’ll create unique and one of a kind decorations for each resident to take home. Get those brain cells jumping as you enjoy this new activity and express your unique tastes.



October 31st at 2:00 pm
Halloween Party

Ghosts! Goblins! Pirates... and monsters! Join in the fun and dress up for Halloween. With Becca Bain and the home school children doing a Halloween Trick-or-Treat for our seniors at 10:30 am, our residents will be in the spooky spirit to enjoy treats & eats at the 2:00 pm Halloween Party. We’ll have a good ole’ fashioned costume contest with music and prizes. Of course, our magical powers have removed all calories and fat grams from the candy! Or have we?! Why don’t you come and find out?

**SAVE
 THE
 DATE**

Nov. 1st — FUNtastic Friday





October 12th at 2:15 pm *Healthcare: Al Mahan in Concert*

All residents, families and friends are invited to come and join us for the musical styling of Al Mahan. He performs interactive nostalgic music along with humor, impersonations and parodies. This will be our first Healthcare & Rehab concert with Al, so we want everyone to come and show their support and enjoy a musical afternoon.



October 26th *Italian Tuesday*

Mama Mia! Our own Connie Flynn will be preparing some tasty Italian delights as our residents learn about the culture, cuisine, history and music of Italy. Italian-American Heritage Month is celebrated in October because of the discovery of America by Christopher Columbus, an Italian according to most historians.



October 26th at 6:00 pm *Fall Festival*

Fall Festival will be an indoor/outdoor activity (weather permitting) for our residents and their families. There will be fall games, music, food, and fun for all as we celebrate the fall time of the year. Look for more details to come.



October 27th *Frankenstein Friday*

The last Friday before Halloween will be an interactive day with residents and staff dressed in costume, enjoying lively karaoke and spooky Frankenstein treats. We may watch the movie "Young Frankenstein" and decorate sugar cookies with Frankenstein faces. Mary Shelley and Boris Karloff would be proud.





Mr. Wayne Jackson

Mr. Wayne has lived with the Regency family for four and a half years. He's Oklahoma, born and raised. After serving in WWII as an electrician's mate on an aircraft carrier, he returned home to get his radio/telephone license. Working for the radio and television industry for over 5 years, he fell in love with the music, which are now our "classical oldies". He went back into the electronic field for testing aircrafts and proceeded to work on missiles. He worked for Hughes Aircraft for 32 years in Arizona, California, Texas, and New Mexico. Looking to expand his skills, he then went to Raytheon to continue working on missiles. He is proud of his two daughters that live

nearby and looks forward to each visit. During his free time, he is visiting with family, working on puzzles and attending our live concerts and sing-a-longs. We are delighted to have Mr. Wayne here at Regency. We enjoy his company, lively conversations about his daughters, and work life.



WELCOME NEW RESIDENTS!

Forrestine Brown
William Grisham

Minnie Bass
David Toles

Marion Skalka
Thomas Belew

Charles Roberts
Anita Penney

HAPPY BIRTHDAY!



Resident

Elizabeth Green	Oct. 5	Marjorie Ward	Oct. 18
Waldean Dugan	Oct. 10	Lucile Geffcken	Oct. 22
Eva Braun	Oct. 12	Norma Layton	Oct. 24
Barbara Rouse	Oct. 14	Willie Gaines	Oct. 30

Employee

Shapearl Brewster	Oct. 2	Sarah Lanier	Oct. 14
Joe Cordova	Oct. 6	Orlando Crawford	Oct. 17
Sherrie Rice	Oct. 6	Vanessa Jones	Oct. 18
Olivare Sapp	Oct. 6	Nakita Robertson	Oct. 30
Dalton Caden	Oct. 9	Kristy Stewman	Oct. 30
Deziree Smith	Oct. 12		





OCTOBER FUN FACTS



- Halloween's origins come from a Celtic festival for the dead called "Samhain." Celts believed the ghosts of the dead roamed Earth on this holiday, so people would dress in costumes and leave "treats" out on their front doors to appease the roaming spirits.
- In a few American towns, Halloween was originally referred to as "Cabbage Night." The name originated from a Scottish fortune-telling game, where girls used cabbage stumps to predict information about their future husbands.
- Candy makers supposedly lobbied to extend daylight savings time into the beginning of November to get an extra hour of daylight so children could collect even more candy (thus forcing people to purchase more candy to meet the demand).

HAPPY BIRTHDAY!



Resident

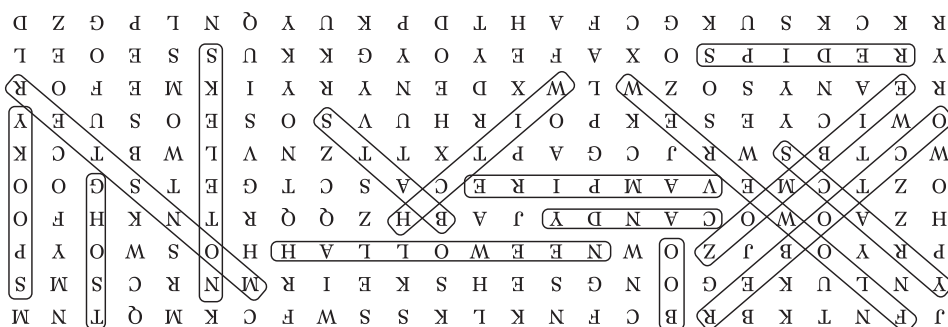
Mildred Burress Oct. 4
 Marshall Farley Oct. 6
 Mary Fausz Oct. 11
 Riley Carroll Oct. 24
 William Baune Oct. 24

Lula Phillips Oct. 24
 Johnny Dickson Oct. 25
 Marlyn Harris Oct. 26
 Naomi Harrison Oct. 27

Employee

Deshay Ajunwa Oct. 4
 Deborah Ford Oct. 8
 Cynthia Freer Oct. 9
 Araven Woods Oct. 9
 Sara Turrentine Oct. 10
 Florrie Wallice Oct. 19
 Lawanda McLin Oct. 23
 Margaret Gaines Oct. 25
 Sabrina Moore Oct. 25
 Shanisha Willis Oct. 27
 Yolanda Love Oct. 31

ANSWER KEY:





Therapy Corner

Welcome to Therapy Corner. This month we will address falls. From a therapist's perspective, the old adage, "an ounce of prevention is worth a pound of cure," applies. Muscles will shorten or lengthen based on activity level. For example, you have probably noticed a lot of your peers (or maybe yourself) walking with a stooped posture (back is bent forward and knees are bent). This posture increases the risk of falling.



So, here is your "ounce of prevention". Try getting involved in an exercise class at least 2-3 times a week or by taking a walk every 1-2 hours. If you are past the prevention point and need "a pound of cure", as physical therapists, we can help!

We can get you started on a stretching and exercise program to target specific muscles that need to be strengthened, giving you the stability you need.

Don't wait for that fall to happen! If you are already having balance issues, let your doctor know or contact us in the Physical Therapy Department and let us help you get back on track.

Your Restore Therapy Family

Ryan Parden,

PTA

WORD FIND

J	F	N	T	K	B	R	B	C	F	N	K	L	K	S	S	W	F	C	K	M	Q	T	N	M
Y	N	L	U	K	E	G	O	N	G	S	E	H	S	K	E	I	R	M	N	R	C	S	M	S
P	R	Y	O	B	J	Z	O	W	N	E	E	W	O	L	L	A	H	H	O	S	W	O	Y	P
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R	K	C	K	S	U	K	G	C	F	A	H	T	D	P	K	U	Y	Q	N	L	P	G	Z	D

BATS

GHOST

OCTOBER

SPIDER

WEREWOLF

BOO

HALLOWEEN

SCARY

SPOOKY

WITCH

CANDY

MONSTER

SKELETON

VAMPIRE

ZOMBIE





EMPLOYEE OF THE YEAR

Richard Wade



Richard was selected as Employee of the Year because of his dedication to the residents and winning attitude. He goes out of his way to assist seniors and their families, as well as employees.

Richard is an asset to RRV, serving since 2009 in the maintenance division. He takes on extra jobs to help out and goes over and above his assigned duties in maintenance. Richard is a vital piece of the RRV family here in Huntsville and a welcoming face throughout the building. RRV is honored to have him!

EMPLOYEE OF THE MONTH

Ashley Reed



Ashley has worked for Regency since March 2011. She became interested in the field when her mom was sick and she cared for her. She has a kind heart and genuinely wants to help people,

understanding that, "life is too short." Ashley will be attending school this spring for nursing. She loves basketball, walking, and jogging in her spare time, between working here and another part-time job. We are delighted to have Ashley here. She's dedicated and a hard worker with a big and generous spirit!

HEALTH CARE EMPLOYEES OF THE MONTH

Tanesha Richardson



Tanesha has been with Regency since August 2012, starting off as a part time Activities Assistant. Her current position is Concierge, as of June, so you will see her smiling face as you enter the Front Lobby. Tanesha is also training to be a back-up for the Business Office Manager. Tanesha has a B.S. Degree in Business Administration with Concentration in Finance. She has a nine year old daughter, Amori, and enjoys spending all her free time with her. She enjoys her work and is always willing to learn new skills to benefit Regency.

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