

## 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**

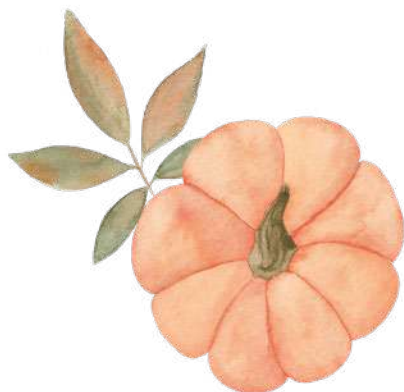
National First Responders  
Day

**October 29th**

World Stroke Day

**October 31st**

Halloween



## OCTOBER 2023 NEWSLETTER



### ***Hello Residents,***

As the vibrant colors of October signal the arrival of fall, we extend our warmest greetings to you, our cherished Regency community. Your choice to make Regency your home or entrust us with the care of your loved ones fills our hearts with gratitude.

At Regency, our dedicated team of compassionate professionals is committed to creating a warm and inclusive environment. We place personalized care and individual needs at the forefront of our mission. Your trust in us is a testament to the faith you've placed in our ability to provide exceptional care.

As the leaves change and the air grows crisp, we eagerly embrace the upcoming holiday season. It's a time for rejoicing with family and friends, both old and new. We extend a warm welcome to the newest members of our Regency family, and we look forward to the beautiful memories we'll create together.

Share the exceptional living, your friends deserve it! Friends Make the Best Neighbors is Regency Senior Living's resident referral program. If you or a family member is a Regency resident, you may know others who might enjoy the exceptional care and service Regency provides. Everything from delicious meals and social activities to freedom from home maintenance! We would love to meet your friends and invite them to enjoy the lifestyle that led you to us. This Friends Make the Best Neighbors program could bless you with a free month of rent. Call us for details.

As the holiday season draws near, we eagerly anticipate the joyous gatherings and celebrations that await us. May this season be filled with blessings and warmth for all. Thank you for being a part of our community!

***Michelle Moffitt,***  
*Executive Director*





## Elvis Is in the Building

We stepped back into the 1950s and invited Elvis to entertain our residents. “All Shook Up,” “Return to Sender” and “Jailhouse Rock” could be heard as hands and feet were keeping time to the beat. Elvis even stayed around for some pictures with a few Regency celebrities.



## Theme Lunch: Country Western Day

Fried chicken livers, fried chicken, mashed potatoes, turnip greens and cornbread with butter; doesn't that make your mouth water? Our dietary team showed up and showed out with this country and western lunch. Compliments could be heard in both dining rooms. Of course, we had to dress for the occasion to get the residents in the spirit.





## Penny Auction with Kris and Darlene

Who wants 40 pennies? Residents and staff had a ball with this activity! We had snacks, fall decor and even a pretty sun hat on the bidding block. By the end, it was penny for penny and we loved every minute of it!



## Activities with Volunteers

We are always thankful for our volunteers here at Regency of Morristown! Brooke from Caris Home Health came and the residents shucked corn and broke beans with her while talking of the good ol' days. Liza from UT Home Health volunteered her time with a cooking class and sponsored our September birthday party. Debbie from Smoky Mountain Home Health and Hospice led our residents in chair yoga for an exercise class. We are blessed to have these ladies!





## Jason Stewart in Concert

October 2nd at 2:00 pm

Jason will be in the parlor singing country and bluegrass music! Come out and join the fun.



## Meet and Greet

October 5th at 2:30 pm

We want to welcome our new residents to the community the proper way, with a party! All of the community is encouraged to come out and get to know each other. Regency is a big family and we want to welcome you to ours!



## Out to Eat at Carver Apple Orchard

October 13th

What's a better way to ring in the fall season than to visit an apple orchard? We will be going out to eat for lunch and maybe stop for a shopping spree while we are there!



## Pumpkin Craft

October 16th at 2:00 pm

It's craft time! There will be step-by-step directions and everyone can leave with a set of handmade fall pumpkins to decorate their apartment with.



## Good Morning Regency

Every Monday through Friday  
at 9:45 am

Introducing a new daily program for residents to gather over coffee and breakfast goodies. We will discuss daily events, go over daily birthdays and have our daily devotion. We plan on inviting different speakers throughout the month.



## Trick or Treat

October 28th from 2:00 pm  
to 4:00 pm

We will be hosting our trick-or-treat to the public.  
Everyone is invited.



## Halloween Party

October 31st at 2:00 pm

We can't end October without a party! Put on your favorite costume and come party with us!

## Friends Make the Best Neighbors

Would you like a free\* month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion! Invite your friends to move into our community and receive a free month or a check for \$2,500 for each referral who becomes a resident.

*\*Referring residents will be paid out 90 days from the move-in date.*





## Faye Andrews

Faye Andrews made Regency of Morristown her home in June of this year. She has the most gentle spirit that puts everyone at ease around her and makes anyone in her presence feel welcome. She was married to her husband, Douglas, for 53 years, and they had four children. Ms. Faye has ten grandchildren and ten great-grandchildren. Ms. Faye is a native of West Virginia but has lived in Tennessee for the past 50 years. She was once a pharmacist and then became a travel needlework teacher. She traveled the country for the National Embroidery Organization. Ms. Fay is also an avid quilter. Ms. Faye, we love having you at Regency! Thank you for your sweet smile and calling Regency home !

## WELCOME NEW RESIDENTS! 🏠

Jack Renner  
Norma Livesay  
Darby Taylor  
Larry Couch  
Shirley Shockley  
Adalene Creazzo  
Mary Riggers

## Happy Birthday



### Resident

Ruth Anne Greene	Oct. 4th	Phyllis Thompson	Oct. 21st
Judith Eggert	Oct. 7th	Alvin McClanahan	Oct. 24th
Marie Simpson	Oct. 10th	Margaret Bozzell	Oct. 25th
Carolyn Quear	Oct. 12th	Liz Bandoian	Oct. 26th
Gwenda Bumgardner	Oct. 17th	Bill Reed	Oct. 27th
Carolyn Carter	Oct. 19th	Mary Corbett	Oct. 31st

## 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 Wintirfylith. 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.
- » Diwali symbolizes the victory of light over darkness and good over evil. Common practices during this celebration are lighting firecrackers and eating sweets.

## WORD FIND

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RUSSIA  
 REVOLUTION  
 OKTOBERFEST

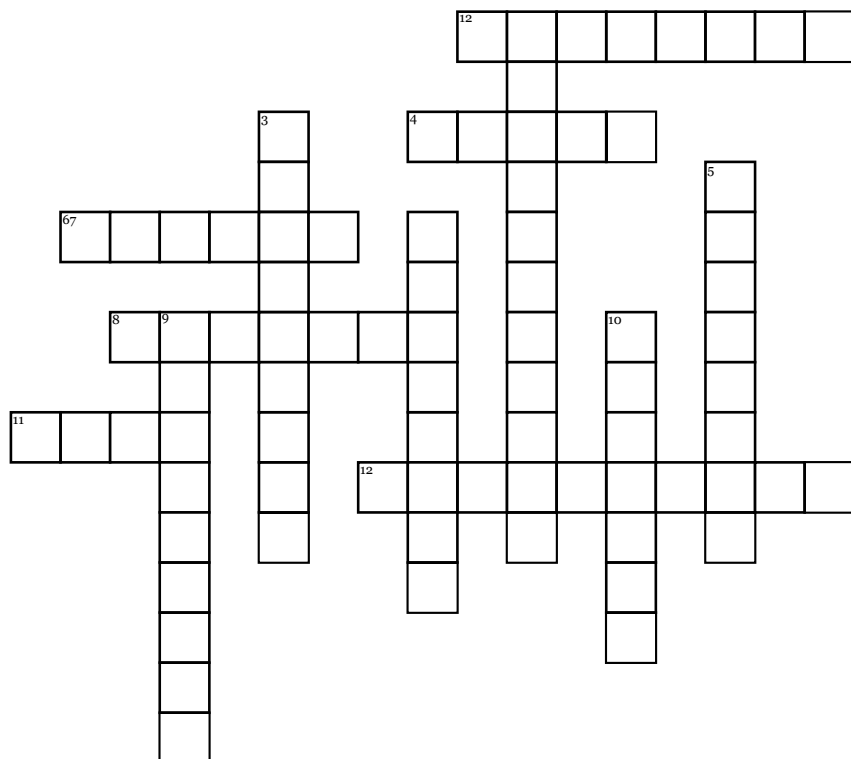
BAVARIAN  
 LIBERTY  
 CHICAGO

PUMPKIN  
 POPCORN  
 HALLOWEEN

CREEPY  
 FRIGHTENING  
 DARK

MAPLES  
 BIRCHES  
 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.



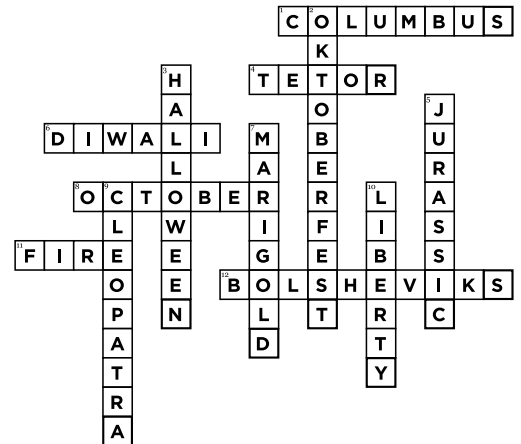
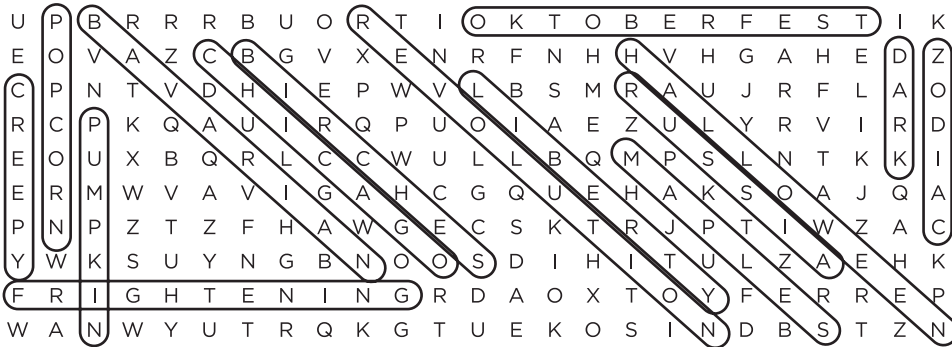
### EMPLOYEE OF THE MONTH

#### Katelyn McKinney



Katelyn is a part of our dietary staff here at Regency of Morristown. We are blessed to have her as a cook/baker. She may have those titles but Katelyn is always willing to help do anything that she is asked to do. She is married to Casey and they enjoy spending time with their nieces and nephews. Andrea, the dietary director, stated that Katelyn always goes about her job with a smile and is always willing to help her co-workers. Thank you Katelyn for being a part of the Regency family!

### ANSWER KEY



### CONNECT WITH US

[Facebook.com/RegencyRetirementVillage](https://www.facebook.com/RegencyRetirementVillage)

[RegencyMorristown.com](https://www.RegencyMorristown.com)