

NOVEMBER NEWSLETTER 2018

November 2

FUNtastic Friday – Nursery
Rhymes

November 4

Daylight Saving Time Ends

November 5

Steve Carr Singing

November 6

Election Day

November 7

Trip to Hamrick's
Lost Now Found Singing

November 12

Veterans Recognition

November 13

Assisted Living/Memory Care
Family Night

November 14

October, November, December
Birthday Party

November 15

Nifty 90's Celebration

November 16

Trip to see B-17 at
Morristown Airport

November 17

In Faith Singing

November 20

Charity Bingo

November 24

Virgil Webb Singers

November 26

Sacred Calling Singing

November 27

Trip to Hobby Lobby, Ross,
and Dollar Tree



Hello Residents,

November is a time where we normally reflect upon the things we are thankful for. As I think about the things I am thankful for, our Regency family is quick to come to mind. I am so thankful to be a part of such a wonderful family. I love each and every one of you. My hope for you is that you will have a wonderful Thanksgiving season – full of gratitude and love. I encourage you to spend some time with your family and friends during this season.

We also honor our Veterans during November. I would like to personally thank each and every Veteran for your service and sacrifice. We truly appreciate you for all you have done to ensure we live in a free country.

May God bless each one of you!

Happy Thanksgiving!

Trudy Darnell,
Executive Director



100th Birthday Celebrations – September 20th and October 21st

We had the honor of celebrating with two very special residents these last couple of months. They joined the Centenarian Club!! They made the 2nd and 3rd Regency residents that reached this milestone this year. Welcome to the Centenarian Club, Russell Reedy and Olive Cook. We celebrated Russell on Thursday, September 20th with cake and ice cream. Per his request, entertainment was provided by the J.R. Bewley Singers. On Sunday, October 21st, we celebrated with Olive Cook as she reached this milestone. They joined Teresa Clark, who turned 100 in January. We were able to get all three of our Centenarians together for a photo.



Picnic at Douglas Dam – October 2nd

We didn't let a few sprinkles dampen our fun! Despite a little rain, we had a beautiful setting for our picnic. We had a wonderful meal of Kentucky Fried Chicken, mashed potatoes and gravy, green beans, coleslaw, and cake. The scenery at Douglas Dam is just absolutely beautiful! We had a great day and look forward to going again next year!





FUNtastic Friday/I Love Lucy Day – October 5th

This month’s FUNtastic Friday was all about celebrating the great Lucille Ball and her hit TV show, “I Love Lucy.” Our snacks were centered around some of the most famous “Lucy” episodes: chocolate cake balls, grapes, and ice cream. We learned some interesting things about Lucille Ball and the show itself. We even had Lucy stop by for a few photos!! We had a great afternoon of fun. We will be looking forward to next month’s FUNtastic Friday – Nursery Rhymes. Come join us on Friday, November 2nd in the Parlor.



Tailgate Party – October 19th

“Good ‘ole Rocky Top!!” — you could probably hear that song coming from the Parlor on Friday, October 19th, as we celebrated the UT Vols at a Tailgate Party. We were getting pumped up to cheer on the Vols as they took on Alabama. After some tailgating snacks of cheese and crackers, cheetos, cupcakes, and Football candy corn, we tried to figure out who was the best quarterback and the best cheerleader. We had some very enthusiastic cheerleaders and some great quarterbacks. We had a great afternoon of fun and a little friendly competition. We even had a couple of Alabama fans cheering, “Roll Tide.”





Assisted Living/Memory Care Family Night ***Tuesday, November 13th at 6:00 pm***

Once per quarter, we offer an opportunity for Assisted Living and Memory Care residents and their families to share a meal with each other and our Management Staff. The Family Night will be held on Tuesday, November 13th at 6:00 pm in the Main Dining Room. The meal is free, but we do need an accurate count for food. Please RSVP to the front desk no later than noon on Monday, November 12th. Each Assisted Living/Memory Care resident is allowed to bring up to 5 guests. We look forward to seeing you there.



Trip to Hamrick's ***November 7th at 9:45 am***

We always enjoy the opportunity to travel to Kingsport for an opportunity to shop 'til we drop at Hamrick's. We will start by having lunch at the Cracker Barrel in Kingsport, then make the short drive to the Hamrick's. They have a wide variety of men's and women's clothing, shoes, home goods, etc. Please sign up in the Green Book outside the Coffee shop on 2nd floor if you are interested.



Veteran Recognition ***November 12th at 2:00 pm***

Regency is proud to have several Veterans in our midst. We are thankful for each and every one of you for your service and sacrifice. We invite all residents to come and honor our Veterans at our Veteran Recognition on Monday, November 12th at 2:00 pm.





Let's Celebrate

Nifty 90's Celebration *November 15th at 3:00 pm*

We will celebrate all of our Regency residents who are 90 – 99 years old. Last year we honored over 40 residents. We are sure we have some new members to the Nifty 90's club. Come join us — even if you aren't 90 — we might learn some valuable advice and information from them!



Charity Bingo *November 20th at 2:30 pm*

Every other month, we host a Charity Bingo. November's Charity Bingo is always a little special. All proceeds will benefit Toys for Tots. We request a new, unwrapped toy for the first Bingo card and a \$2 donation for each card afterward. All money raised will also be given to Toys for Tots. Our sponsor for this Charity Bingo is Smoky Mtn. Home Health and Hospice. The Regency store will be selling toys if you are unable to get out to get one. We will have some great prizes available — this is one event you do not want to miss



Trip to see B-17 Airplane *November 16th at 2:00 pm*

More than just an airplane, the B-17 is living history that holds a remarkable connection to the past and is the most iconic image of World War II. Join us as we travel to the Morristown Airport to tour this truly amazing aircraft. The cost of the tour is \$10 per person. Veterans are free. If you are interested in going, please sign up in the green book located outside the coffee shop on 2nd floor.



Upcoming Entertainment *Check your calendars*

We have several of your favorites and some new entertainment coming this month! We encourage you to attend any and all you can. Steve Carr, Lost Now Found, Barbara Turner, Adrian Ray, The Warren Family, Paul Indelicatio, InFaith, Curt Mathson, Virgil Webb Singers, Sacred Calling, and Rebekah Nester will all be entertaining us this month.

***SAVE
THE
DATE***

December 2nd — Christmas Open House

December 6th — Morristown Christmas Parade

December 7th — FUNtastic Friday:

Denim and Diamonds

December 14th — Christmas Party

December 20th — Candlelight Dinner

December 31st — New Year's Eve Wine
and Cheese Social



Ruth Frederick

Ruth was born in LaFayette, GA. She had 1 brother. They moved to Morristown when she was 7 years old — they relocated because her father was over the Hamilton National Bank here. She graduated from Morristown High School and went on to Tusculum College to pursue a teaching degree. She taught at various schools in the area for several years. She met her husband, Larry, on a blind date. They married in 1951. They had 2 children, John and Amy. Over the years, Ruth was very Civic minded and worked for the American Red Cross. She retired from there in 1995. She helped form the Morristown Humane Society and was active in that organization for over 40 years. She has also been active in the Somo Sala Circle

for 50 years. Ruth has been a member of All Saints’ Episcopal Church since 1967. Ruth made the decision to move to Regency in 2015. She was most excited that she could bring her faithful companion, Yellow Kitty. She enjoys attending all the activities. She says what she likes most is the fact that you can “do what you want, when you want”.

FUN FACTS

- In 1789, the first national holiday of Thanksgiving was observed in honor of the creation of the new United States Constitution.
- Sarah Josepha Hale is referred to as the Godmother of Thanksgiving for urging governors, editors, ministers, and President Lincoln to make Thanksgiving Day a fixed national festival.
- Turkey became the traditional Thanksgiving fare because at one time it was a rare treat due to its cost.

WELCOME NEW RESIDENTS!



- George Morin
- Charles Prater
- David Sotelo
- Elaine Holder
- Maxine Hensley

HAPPY BIRTHDAY!

Resident

Mary Corbett	Nov. 1	Renee DuBois	Nov. 12
Maxine Hensley	Nov. 1	Robert Bolling	Nov. 15
Bill Marquis	Nov. 1	Clydene Styles	Nov. 16
Betty Carter	Nov. 3	Brilla Young	Nov. 21
Bernie Graff	Nov. 8	Carolyn Bolling	Nov. 25
Sara Jones	Nov. 10	Stella Weems	Nov. 27
Ruth Frederick	Nov. 11	Henry Arms	Nov. 30

Employee

Lukas Lawson	Nov. 3	Morgan McClanahan	Nov. 19
Lacey Richards	Nov. 5	Jami West	Nov. 20
Leslie Dyer	Nov. 10	Anna Renner	Nov. 24
Rachel Baker	Nov. 14	Summer Hayde	Nov. 25
Katrina Hicks	Nov. 17	Christa Keirse	Nov. 25

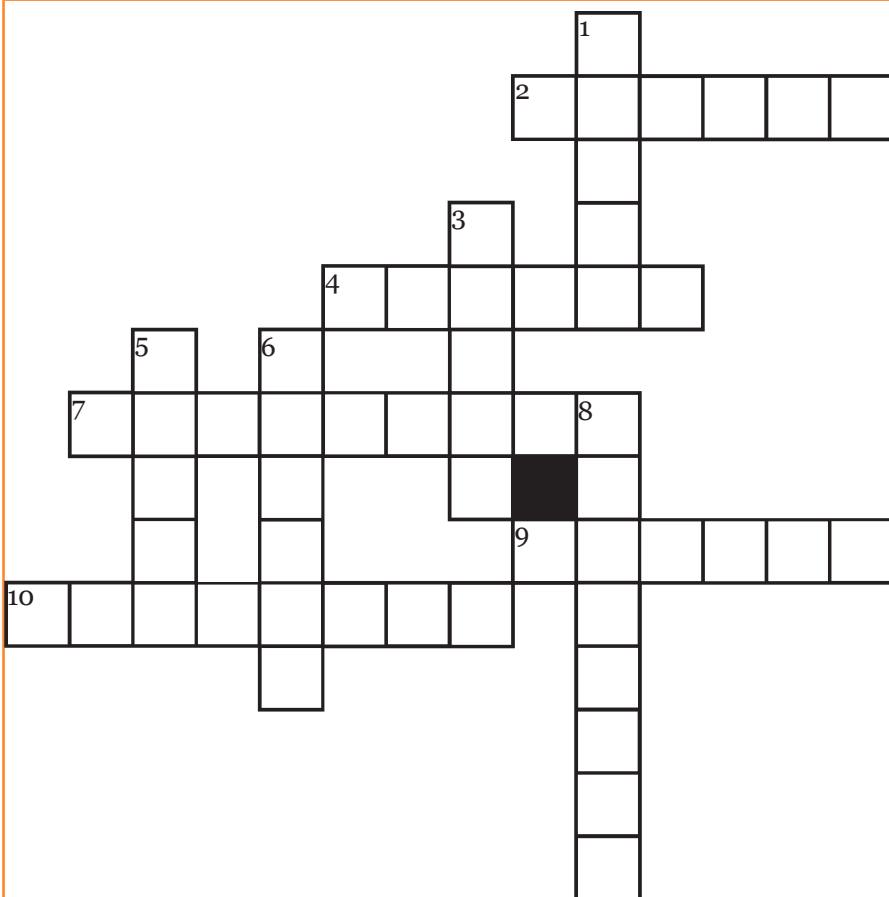


WORD FIND

A W M J S O P V Q J R N D P Z W R N M G G Q X M Y
 H N S A L Q L Z X A R T P C J F I E S N A E B V W
 O K A E H W U M A S H E D A T K T C J I X T A M J
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 Y R R E B N A R C H L H U A P X K S U U H E R R C
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|-----------|-------|-----------------|-------------|----------|
| APPLE PIE | CORN | MASHED POTATOES | MILK | SQUASH |
| BEANS | GRAVY | CRANBERRY SAUCE | PUMPKIN PIE | STUFFING |
| BREAD | HAM | SWEET POTATOES | ROLLS | TURKEY |

CROSS-WORD



Across

2. Reddish growth that covers the throat and neck of a turkey.
4. Main course at Thanksgiving supper.
7. Another word for family members.
9. Thanksgiving Season.
10. People who have migrated to a different land from where they were born.

Down

1. Another name for corn.
3. Sauce to pour over turkey.
5. A celebratory, large meal.
6. You visit them on Thanksgiving
8. Type of filling.

EMPLOYEE OF THE YEAR

Lillian Reed



Humble, hardworking, compassionate, servant's heart, and willing are just a few of the words our residents and employees use to describe Lillian. Her heart and passion for our residents is out of this world. She is fulfilling a calling by "working" here as a Caregiver. We are so blessed to have Lillian as part of our team. Lillian, we cannot thank you enough for ALL you do for Regency. You make Regency a better, brighter place for us all.

EMPLOYEE OF THE MONTH

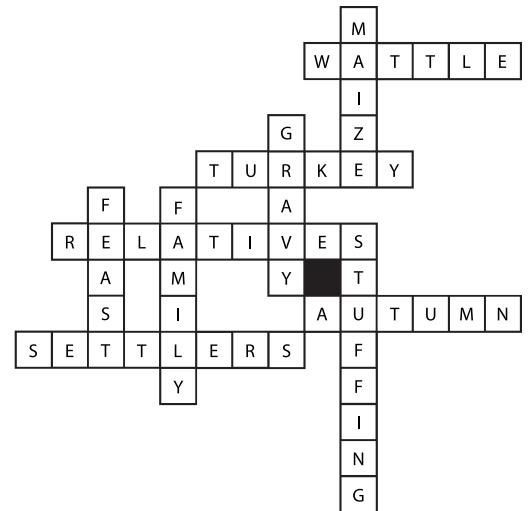
Sue Rickard



Sue has been employed with Regency since November, 2015 as a cook. She is described by the co-worker who nominated her as "a vital member of the kitchen and the backbone of our mornings." She always gives her best. When she is finished with her work, she helps her co-workers finish theirs. Sue is willing to work whatever is needed to get the job done. She is dependable and hard working. Thank you, Sue, for being an excellent employee and for all you do for our residents!

ANSWER KEY:

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



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