

## WHAT'S COMING UP

**November 6**

Daylight Savings Ends

**November 11**

Veterans Day

**November 13**

World Kindness Day

**November 15**

America Recycles Day

**November 18**

Apple Cider Day

**November 24**

Thanksgiving

**November 28**

Cyber Monday

**November 29**

Giving Tuesday



## NOVEMBER 2022 NEWSLETTER



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

November is here, and what a wonderful season it brings to our lives. The season encourages us to embrace gratitude.

Gratitude is more than simply saying, "Thank you." Gratitude can shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves, the world around us, and our Creator.

Everything in our lives can improve when we are grateful. Research has shown that gratitude can enhance our moods, decrease stress, and drastically improve our overall level of health and well-being. On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure; they are more physically fit and happier. Within Regency, everyone can reap the benefits of gratitude!

Regency Retirement Village is thankful for each of you and wishes you and your family a blessed Thanksgiving season

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



## Assisted Living Week—Granny's Fried Apple Pies

Residents got to enjoy homemade fried apple pies made fresh on the spot. We rolled out the dough, put in the apples, sealed the pie shut, and threw it in the skillet to fry. Afterwards we added sprinkles of sugar and a scoop of ice cream. The air was filled with the aroma of apples!



## Assisted Living Week—Hayrides

Our Director of Nursing, Rhonda, got the Volunteer Fire Department from Thorn Hill to assist with our hayride. The residents enjoyed the ride, with some not having been on one since they were young. All the memories that popped up were just wonderful, the residents felt young again. A big thank you to everyone that helped!





## **Assisted Living Week—Apple Butter and Biscuits**

We made buttermilk biscuits for the residents, and let them add regular butter or homemade apple butter. Residents could eat as many as they wanted! There are so many things you can make with apples. Apple stack cake, apple nut bundt cake with a sweet glaze, caramel apples, and of course apple pie!



## **Assisted Living Week—Apple Cookie Decorating**

We started out with basic sugar cookies, then mixed up some frosting for decorating. We had the residents make the cookies look like apples with their decorating skills, and some even made cookies for other residents that were unable to make it to this activity. Getting together like this helps people share stories and just have good friendly fellowship!





## Monica's Poodles and Doodles

November 1st at 1:30 pm

These dogs are just beautiful! If you are an animal lover, you need to come to this activity. We let residents feed Monica's Poodles and Doodles treats and give them love. Animals help heal the heart!



## Eating Out Trip to Cracker Barrel

November 4th at 10:30 am

Our residents have an opportunity to go out on Fridays to eat at a restaurant of their choice. We have activity meetings once a month to plan these trips with residents signing up on the sign-up sheet near the coffee shop if they would like to attend. On the day of the outing, we gather the residents on the list and away we go for a good meal and a time of fellowship.



## Shopping Trip to Ross, Dollar Tree, and Hobby Lobby

November 4th at 2:00 pm

The residents go shopping once a week and we wanted to add more stores to the list. They now have the choice of these stores we have added, as well as others!



## IN2L Travel Club

November 9th at 1:30 pm

To reintroduce these computers to the residents we thought, "What better way than to explore places to travel?" There are tours on these computers that we will take to do some sight seeing and to learn about various cultures different than our own.



## Veterans Celebration Program

November 11th at 2:00 pm

We would like to recognize our veterans that live here, as well as all that have served our country. For our residents that are veterans, we will be presenting them with a token of our appreciation at this event. There will be refreshments after the program.



## Native American Week

November 14th-18th

We would like to share Native American culture with our residents and will do so by having each day of Native American Week feature different activities.



## Movie Matinee

Every Wednesday

Our Movie Matinees feature all kinds of stories, from romance to action and war. This month we will start featuring Christmas movies to get everyone in the mood for Christmas. We always have popcorn, boxed candies, and sodas for free. We hope to see our residents there at the Regency Theater!

**THANK YOU,  
FRED LEHRER!**



Fred was a pastor of the Regency community church for years and years. He has traveled to many different places and has plenty of stories to tell. His devotion to God and his family is unending.

His own wife spent time in our Memory Care unit, and he was a constant support for her during her time with us. As a pastor, his devotion was strong as well. He would take prayer requests for the staff, pray for everyone in our community, and even lead a Bible study group on Friday mornings.

Fred's daughter seems to take after him in that she is strong-willed and happy as well. She has shared with us that, even though he is ill, he has made miraculous strides in getting better.

We would like to thank Fred for everything he has done for our community, and we hope he gets to feeling better soon. We thank God for you and your ministry, Fred. God bless you.





## Linda Kirkpatrick

Linda was born in Blount County, Tennessee and when she was two years old her family moved to Morristown. She is of the Baptist Faith and attended the Free Will Baptist Church. Linda first married a gentleman in the military at age 16, then again years later after he had passed to another military man.

She has four children, thirteen grandchildren, and three great-grandchildren. She shared that she is so happy to live here with her dog, Fido, whom she loves so very much. Linda likes to do word searches and puzzles, read, and listen to country music.

We would like to officially welcome Linda Kirkpatrick to our community!

## WELCOME NEW RESIDENTS!

Jessie Lunsford  
Mary Johnston  
Clayton England  
Clarita Mckee  
Dorothy Larue  
Charlie Fletcher  
Bill Hill  
Lucy Carbino



# Happy birthday



### Resident

John Griffin	Nov. 2nd	Shirley Snowden	Nov. 20th
Linda Case	Nov. 5th	Dewilla Heskett	Nov. 23rd
Annie Pittman	Nov. 10th	Carolyn Bolling	Nov. 25th
Sarah Jones	Nov. 10th	Dorothy Woody	Nov. 26th
Buddy Wampler	Nov. 14th	Roberta Mohn	Nov. 27th
Clydene Styles	Nov. 16th	Lucy Carbino	Nov. 28th
Francis Keiso	Nov. 16th		

### Employee

Sarah Miller	Nov. 1st	Cheyenne Gratz	Nov. 16th
Holly Ann Barnes	Nov. 4th	Jorge Ramirez	Nov. 27th
Emily Baskette	Nov. 14th		

## FUN FACTS

- » November's name has remained unchanged since the ancient Roman calendar, which was in use until 45 BC. This first Roman calendar was only made up of ten months, with November being the ninth month. November actually translates rather appropriately into "ninth month" in Latin. When the Julian calendar was adopted in 45 BC two new months were added, which pushed November back to the 11th. Despite its change in position, November was never renamed.
- » November is the last of the four months which have 30 days. The other months are September, April, and June.
- » Many people in the US can recall what they were doing at 12:30 pm on November 22, 1963. It was on this day that President John F. Kennedy, known as JFK, was fatally shot while riding along with his wife in a procession of cars. He was rushed to a hospital all too late and was pronounced dead at 1 pm that day. Kennedy was the fourth US president to be assassinated, after Abraham Lincoln, James Garfield, and William McKinley.
- » The Anglo-Saxons had quite the fitting name for November. It's usually at this time of the year in the northern hemisphere that cold winds start to chill you to the bone, and as such, they called it "Wind Monath", or wind month.



# WORD FIND

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

MONOPOLY

POPPY

ARMISTICE

PUMPKINS

ZUCCHINI

SQUASH

SAGITTARIUS

LAIKA

SPUTNIK

FAMILY

SCORPIO

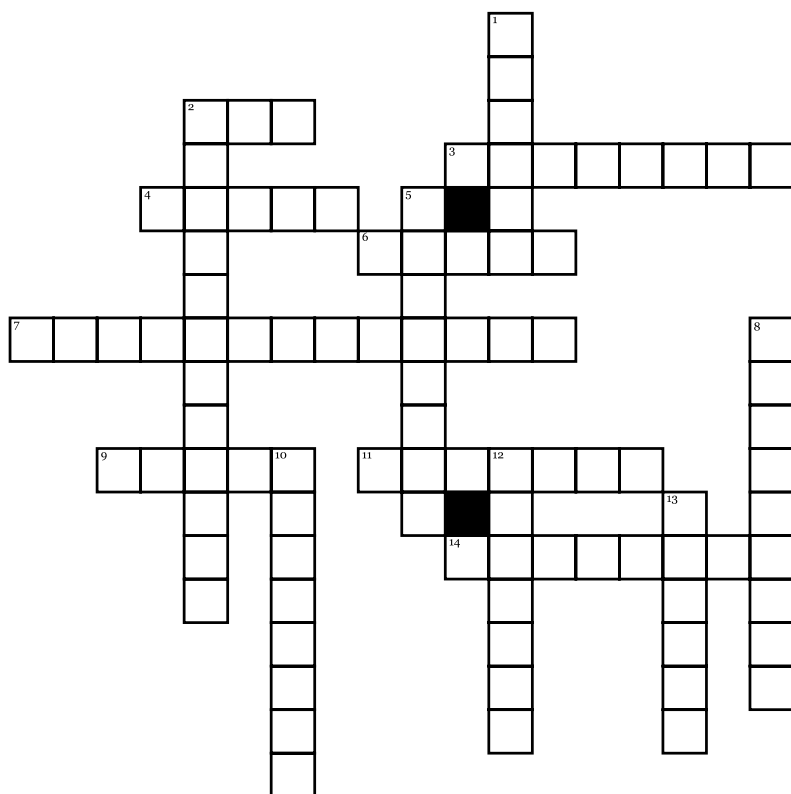
VETERAN

TOPAZ

MEXICO

RUSSIA

# CROSS-WORD



## Down

- November is the official month of \_\_\_\_\_ pudding lovers
- The presidential election in the USA is always in \_\_\_\_\_
- In Finland, the word for November is \_\_\_\_\_
- The popular board game \_\_\_\_\_ was released in November 1935
- On November 1st, the people of Mexico celebrate Dia de Los \_\_\_\_\_
- Guy \_\_\_\_\_ Conspirator that try to kill King James I?

## Across

- King \_\_\_'s Tomb was discovered on November 4th, 1922.
- The first living creature in space was a Russian dog named? \_\_\_\_\_
- The \_\_\_\_\_ is a symbol of strength and honor
- The official flower for the month of November is the \_\_\_\_\_
- The Latin word for 9? \_\_\_\_\_
- The x-ray was invented in \_\_\_\_\_ in November 1895
- In the US November 11th is known as \_\_\_\_\_ Day

## EMPLOYEE OF THE YEAR

### Kendall Fanney



Kendall has worked for Regency for three years. She is currently going to school in the pursuit of a career in Radiology.

She has assisted our facility when we have been short-handed and needed her most.

She cares for the residents, and knows their likes and dislikes. She has a great personality and a sense of humor.

She's a responsible, caring person and we are happy to have her on the team!

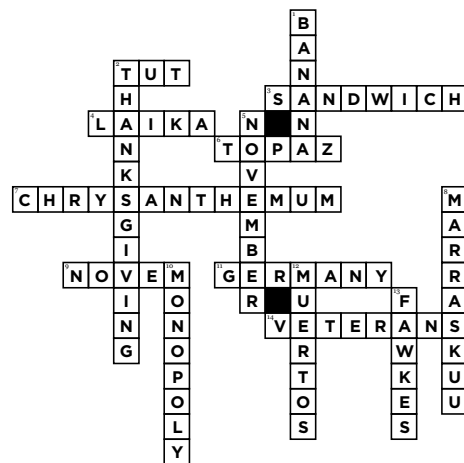
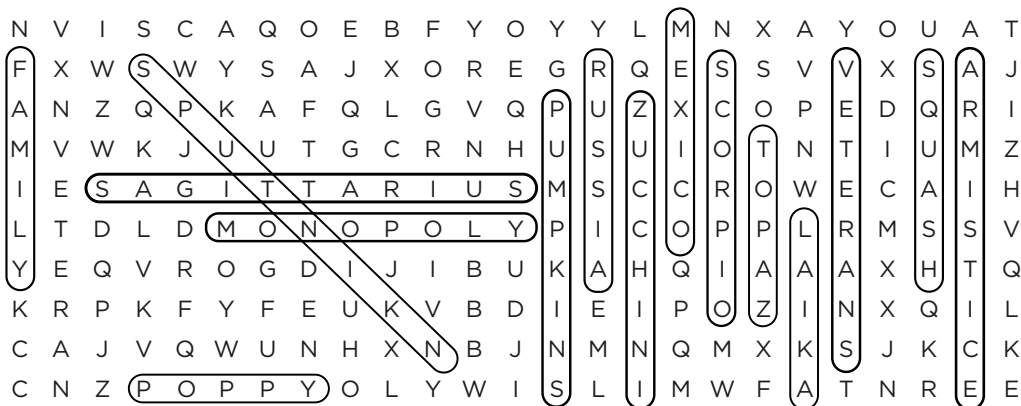
## EMPLOYEE OF THE MONTH

### Darlene Dyer Gray



Darlene is the Activities Assistant here at Regency. She was a caregiver previously and is excellent in her current role. She has got a lot of the residents involved in activities thanks to a good personality that draws Memory Care residents to her. Not a lot of people can do what she does, it takes a special person to have such care for others. Thank you, Darlene, for all you do.

## ANSWER KEY



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