

WHAT'S COMING UP

September 4th

National Wildlife Day
Labor Day

September 5th

International Day of Charity

September 6th

National Read a Book Day

September 8th

World Physical Therapy Day

September 9th

International Sudoku Day

September 10th

Grandparents Day

September 11th

Patriot Day

September 15th

POW/MIA Recognition Day
Rosh Hashanah

September 16th

National Trail of Tears
Commemoration Day

September 21st

World Alzheimer's Day
World Gratitude Day

September 22nd

Native American Day
Falls Prevention Awareness
Day

September 23rd

Fall Equinox

September 25th

National Cooking Day

September 28th

National Good Neighbor Day

SEPTEMBER 2023 NEWSLETTER



Hello Residents,

There will soon be crisp air and changing colors surrounding the beautiful community that we call home. September is a month of change, transitioning from summer to autumn. As the season is changing, so is the atmosphere at Regency.

Regency introduced "Anytime Dining" last August, which has been a very positive change. Please remember anyone can now go to the main dining room between the hours of 8:00 am to 5:00 pm and request delicious food from the alternate menu.

Regency will soon host a Bluegrass Festival on Saturday, September 16th, beginning at 11:00 am. The festival will be a time of reminiscing, toe-tapping, and celebration.

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.

"Autumn is a second spring when every leaf is a flower."

— Albert Camu

Michelle Moffitt,
Executive Director

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.*



Christmas in July

Ham, sweet potato casserole, turkey, dressing, Christmas trees, and Santa Clause....in July? Why not! Just add some flamingos and pineapples to the party! Santa visited all three dining rooms and was amazed with our community. We may have a future resident on our hands!



Aloha Birthday Party Sponsored by UT Home Health

We celebrated July birthdays with a Hawaiian theme. We even brought out the grass skirts and danced along with some music. We ate cake and ice cream, enjoyed conversation and lots of laughter.



National Mutt Day

We had so much fun together making homemade puppy treats. Each resident made their own recipe of pumpkin peanut butter oatmeal balls and each table made a recipe of cold treats. Team work for the win! We got to share our delicious goodies with the puppies, so we took our treats with us on an outing to the Morristown Humane Society!



Chair Yoga with Debbie from Smoky Mountain Home Health and Hospice

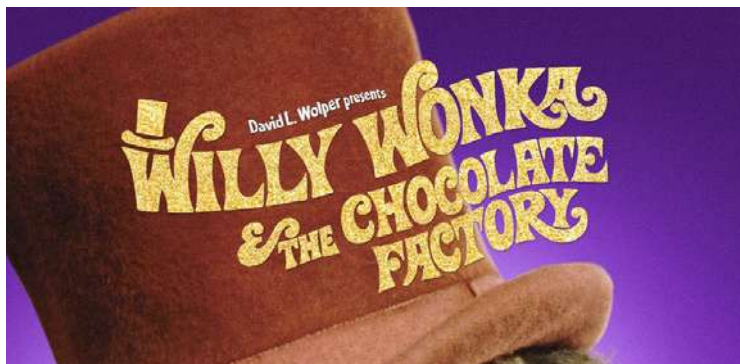
A new exercise routine is what we needed and Debbie supplied just that! Our residents thoroughly enjoyed it, and the good news is Debbie will be leading us in this routine twice per month. Thanks Debbie!



BBQ and Bluegrass

September 16th from 11:00 am to 3:00 pm

Come on out for some music, crafts, vendors, and food! Regency will have food trucks, several craft tables, local vendors, health vendors, and even music entertainment by the Smoky Mountain Variety Show and Damascus Road Bluegrass Gospel. The event will be held from 11:00 am – 3:00 pm. Make it a family event and come on out and join us!



“Willie Wonka and the Chocolate Factory”

September 13th at 1:30 pm

Movie Day! We’re serving popcorn, candy, soda, and a classic film. Grab a friend and head up to the third floor theater for an afternoon at the movies!



Penny Auction with Debbie

September 14th at 2:30 pm

We supply the pennies and the prizes, just bring yourself! Get ready to bid on some prizes from Smoky Mountain Home Health and Hospice.



Veterans Luncheon

September 21st from 11:30 am
to 1:00 pm

All veterans are invited to join us for lunch...on us! Let us honor you during this luncheon. To be held in our BINGO room.



Fall Fruit Salad Social

September 22nd at 2:30 pm

We're welcoming in the fall season with a fall fruit salad social. Come out to join us in the parlor!



Painting with Cindy

September 25th at 2:00 pm

We have a new volunteer, Cindy! She is going to host a craft/painting class. We will be displaying a sample of this craft in the elevators at the beginning in September.



Riverboat Cruise

September 27th at 10:30 am

Yes, you read that right — we are going on a Knoxville Riverboat Cruise! Regency is sailing off for a lunch cruise. More details to come!



Clara Osborne

Mrs. Clara moved into the Regency of Morristown in July of 2023. Clara had a wonderful life with her husband, William P. Osborne, and they had four children together. With a daughter and three sons, Mrs. Clara now has 12 grandchildren that she dearly loves. While Mr. Osborne was a teacher at Morristown College, Clara worked in activities and transportation in this very building, though it was called The Grand Court at the time. Clara then went on to be a Social Services Director where many people loved her dearly for the services she has provided to the community. Mrs. Clara loves music. She used to love playing the piano and now she mostly enjoys listening to music. She was an avid bowler and still loves to read. Before moving to Regency, Mrs. Clara was a Sunday School teacher and was very active in the Senior Citizen Center. Mrs Clara, thank you for calling Regency home! Her sweet smile and quiet laugh makes everyone feel right at home around her.

WELCOME NEW RESIDENTS! 🏠

Lenora Pudleiner
Floyd Lawless
Clara Osborne
William 'Bill' Hill
Kathryn Harville
Marjorie Lawson

Happy Birthday



Resident

Bill Hil Sept. 5th
Ray Horner Sept. 6th
Robin Hunt Sept. 8th
Shirley Foster Sept. 9th
Joanne Mallicoat Sept. 12th
Juanita Brewer Sept. 13th
Lenora Pedleiner Sept. 15th
Nita Sanders Sept. 17th
Nancy Bame Sept. 20th

Employee

Maddison Ford Sept. 9th
Timothy Carson Sept. 14th
Shelia Short Sept. 16th
Abby McCoy Sept. 19th
Kathy Dyke Sept. 20th
Brenda Barnousky Sept. 21st
Steffanie Martin Sept. 24th
Angela Davis Sept. 30th
Cynthia Harmon Sept. 30th

FUN FACTS

- » Many famous people were born in September, including Beyoncé, Keanu Reeves, Freddie Mercury, Stephen King, Estee Lauder, and Sophia Loren, to name just a few. Bask in this fact knowing you share the same birth months as these amazing people.
- » In addition to Labor Day, September is a month of remembrance for many people. It's a time to honor and remember those who have made sacrifices for their country, their community, or their loved ones.
- » Some of the observances during this month include Patriot Day on September 11th, POW/MIA Recognition Day on September 18th, and Gold Star Mother's Day on the last Sunday in September, which honors the mothers who have lost a child in military service.
- » A McDonald's fact that you should know is that in September 1960, the famous "Golden Arches" logo was introduced. Adding to that, the first McDonald's restaurant in Europe opened in Amsterdam, Netherlands.
- » If you're a fan of chicken, you'll be happy to know that September is National Chicken Month in the United States. This month-long celebration is all about recognizing the many delicious ways to prepare and enjoy chicken.

WORD FIND

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

QUEEN

NEPTUNE

SALADIN

HURRICANE

SOVIET

HERCULES

SOLAR

LIBERTY

PILGRIMS

ECLIPSE

CRUSADE

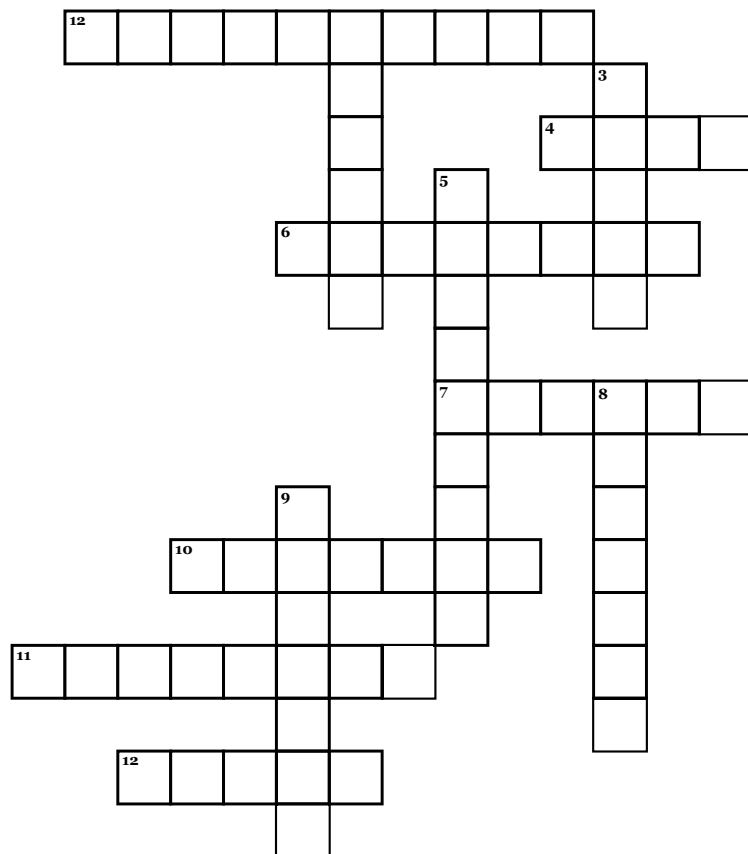
HALLEY

RANGER

KING

CONGRESS

CROSSWORD



Down

- Comet discoverer
- President of Jamestown colony _____ Smith
- _____Where Are You?!
- Gottfried Galle discovered the planet
- Muslim general

Across

- Soviet Premier
- "Queen of Scots" _____ Stuart
- Legendary man-god
- America's first newsboy _____ Flaherty
- Lone Ranger _____ Moore
- First US black delegate Frederick
- Michelangelo's sculpture

Stay Connected!

Join Our Facebook Group

Did you know Facebook use is higher by 18% on Thursday and Friday? Log on and see what's happening in our Friends & Family group! Scan the QR Code below to join!



EMPLOYEE OF THE MONTH

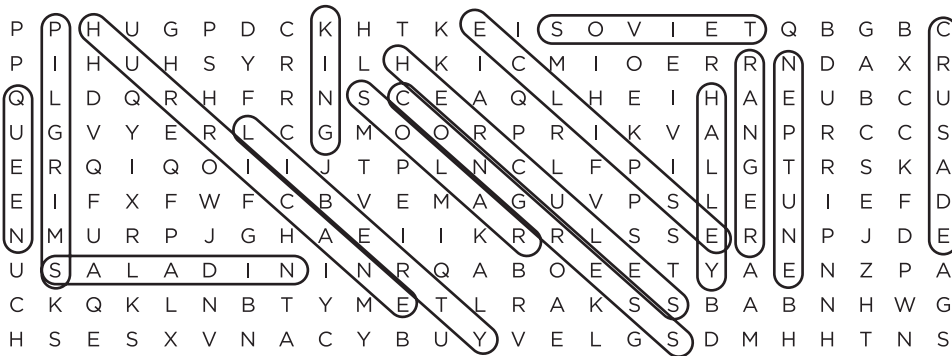
Shelia Brooks



Shelia is an amazing caregiver here at Regency of Morristown. You will find her mainly in our Memory Care Unit but Shelia will gladly work any floor in the building. She treats each resident with respect and kindness no matter the situation. She is

always ready to offer a helping hand. Shelia is the mother of 2 boys and has 7 grandchildren that are the light of her life. She is thankful for her blessings but most of all her Jesus, who she accepted as her Lord and Savior at the age of 9. After 40 years in the automotive factory industry, Shelia took a year off of work and decided that she needed to be back in the workforce. We are thankful she chose the Regency of Morristown. Shelia, we are thankful you are part of the Regency family! Thank you for always smiling and going the extra mile!

ANSWER KEY



CONNECT WITH US

Facebook.com/RegencyRetirementVillage

RegencyMorristown.com

