

WHAT'S COMING UP

November 1st

All Saint's Day

November 4th

Book Lovers Day

November 6th

National Nacho Day

November 9th

World Freedom Day

November 11th

Veteran's Day

November 13th

Caregiver Appreciation Day

November 22nd

Go For a Ride Day

November 23rd

Thanksgiving

November 24th

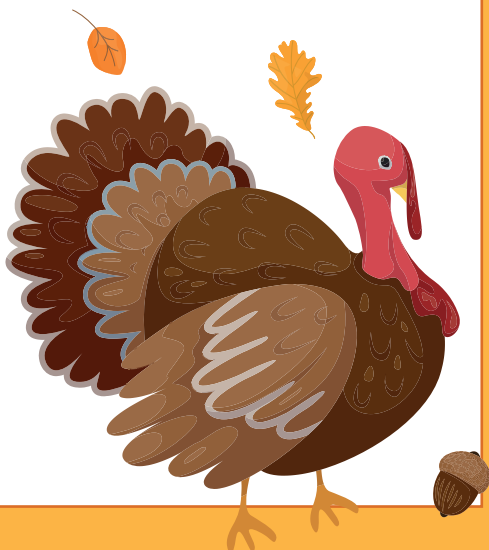
Black Friday

November 29th

Square Dance Day

November 30th

Stay At Home Because
You Are Well Day



NOVEMBER 2023 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 wants you to share the beautiful amenities and services through Friends Make the Best Neighbors, 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 the 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. When your friend becomes your neighbor, after they have lived with us for 60 days, we will thank you by giving you one month of FREE rent or a check for \$2500, whichever you prefer.

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

Michelle Moffitt,
Executive Director



Eee-resist-able Web Craft

Residents gathered together in the parlor and had a crafty afternoon! We painted spiderwebs with white glue then dried them with a hair dryer. Then the uniqueness came out and all kinds of spiders appeared!



That's Italian Day

Friends, cheese ravioli, Italy, and laughter— what else could you ask for? Oh, a photoshoot with funny hats! Gotta have fun!



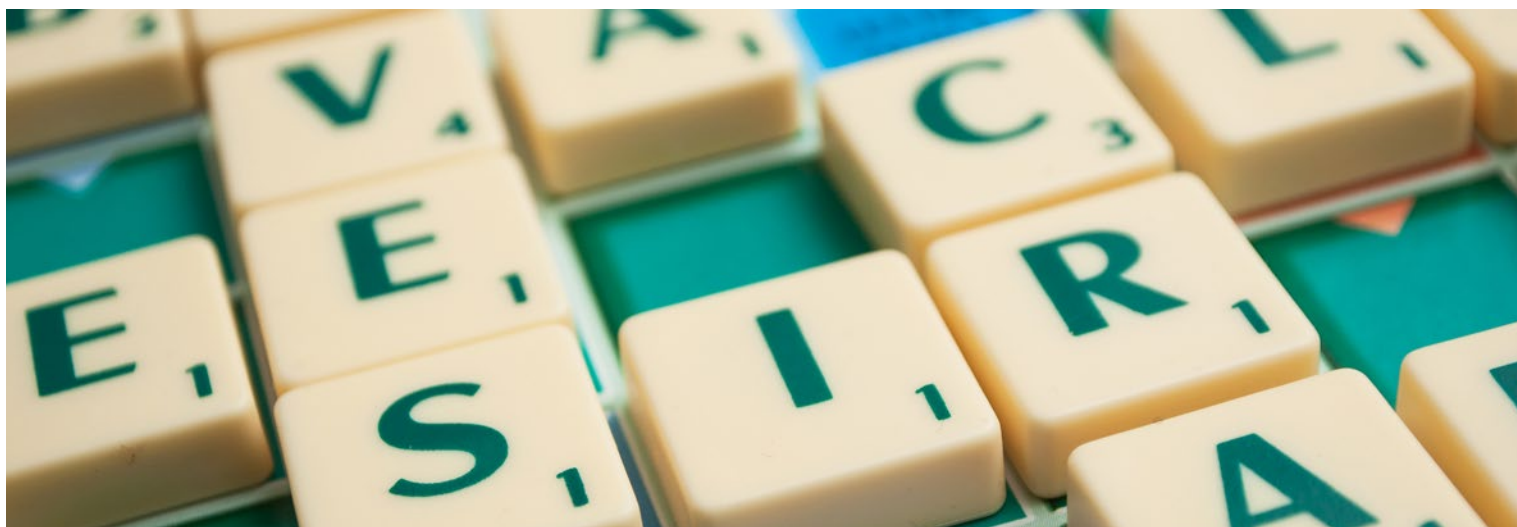
Crafting with Cindy

We have an amazing volunteer and her name is Cindy. She volunteers her time for craft hour. This month she came and helped us make sunflowers! The residents took a vote and picked their December craft already for when Cindy comes.



Oct 13th Outing to Carver's Apple Orchard

Some say Friday the 13th is bad luck, but we spent it with friends and good food, so there wasn't bad luck around us. We had a great time and even bought some apples while we were there!



International Game Day!

November 1st at 1:30 pm

The residents at Regency of Morristown are going to gather together in the parlor and play Scrabble. The competition will be fierce.



Times We Treasure: Show and Tell

November 7th at 2:30 pm

An hour for our residents to be able to pull the curtain back on time and show us that piece of history that means so much to them. An afternoon dedicated to our residents and their treasures.



Out to Eat at Five Oaks Farm and Kitchen in Sevierville

November 10th at 11:00 am

Our residents love to get out and it's an even better trip when it involves food. They say the cinnamon rolls are life changing!



**National Teddy Bear Day with
UT Home Health and Hospice**
November 14th at 2:30 pm

We are going to bring out the kid in all of us. We are going to adopt a teddy bear and have a teddy bear themed party.



Chili Cook-off
November 16th at 11:00 am

Get out the slow cookers and spices. We have some cooks in Regency. The staff is going all in. The residents are the judges and it's going to be a blast.



Riverboat Outing
November 29th at 10:30 am

We are heading to the riverboat in Knoxville, Tennessee. Make sure you sign up. This will be an all day event!



Shellum Cline in Concert
November 30th at 11:00 am

He sings country, gospel, and bluegrass. And he's coming to Regency. You have to come out to this concert. He is an up and coming artist. Make sure you can say you heard him first at the Regency of Morristown!



Lenora Pudleiner

Ms. Lenora was born in Ohio but has lived in Maryland and North Carolina before calling Tennessee home. Lenora graduated nursing school in Maryland with her BSN. She worked as a psychiatric nurse for 20 years. Aside from work, her joys in life are her family, she has 2 boys and 2 girls. She also has 12 grandchildren. She also enjoys crossword puzzles, picture puzzles and reading. Ms. Lenora loves watching her religious channels on TV and also walking outside and seeing nature. Ms. Lenora is a blessing to all those around her and we are happy that she chose Regency of Morristown to be her retirement home.

WELCOME NEW RESIDENTS! 🏠

Hazel Day
Janiella Carpenter
Karen Gosnell
Douglas Mason



Happy Birthday



Resident

Betty Bollman	Nov. 3rd	Clydene Styles	Nov. 16th
Linda Case	Nov. 5th	Frances Kieso	Nov. 16th
Charlie Inman	Nov. 5th	Fay Andrews	Nov. 22nd
Linda Feltman	Nov. 9th	Dewilla Heskett	Nov. 23rd
Sarah Jones	Nov. 10th	Carolyn Bolling	Nov. 25th
Annie Pittman	Nov. 10th	Dorothy Woody	Nov. 26th
Shirley Shockley	Nov. 10th	Lucy Carbino	Nov. 28th
Adeline Creazzo	Nov. 15th		

Employee

Kathy Hightower Nov. 20th



FUN FACTS

- » Novem is the Latin word for November.
- » November's full Moon is traditionally called the Beaver Moon. This was based on the month that beaver traps were set before winter in the Colonial era.
- » November's traditional birthstone is the topaz which is a symbol of honor and strength.
- » Some famous people whose birthdays are in November include Mark Twain, Matthew McConaughey, Leonardo DiCaprio, Ryan Gosling, Jimmy Kimmel, Whoopi Goldberg, Owen Wilson, Scarlett Johansson, Miley Cyrus, and Ben Stiller.
- » Thanksgiving is a holiday that dates back to 1621. The first Thanksgiving was started when the Pilgrims, early European settlers, and Native Americans came together for a three-day feast to celebrate a successful harvest.
- » A central tradition of Thanksgiving is enjoying a big meal with family and friends, and turkey is often the star of the dinner table. Many families also enjoy dishes like mashed potatoes, stuffing, cranberry sauce, and pumpkin pie.
- » Thanksgiving Day is famous for its parades, with the Macy's Thanksgiving Day Parade in New York City being one of the most well-known. It's also a day when American football takes center stage, with many families watching games on TV or playing touch football in their yards.

WORD FIND

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

VETERANS

LINCOLN

BEAVER

SCORPIO

SAGITTARIUS

MUSTACHE

FOOTBALL

PARADE

SAXONS

GETTYSBURG

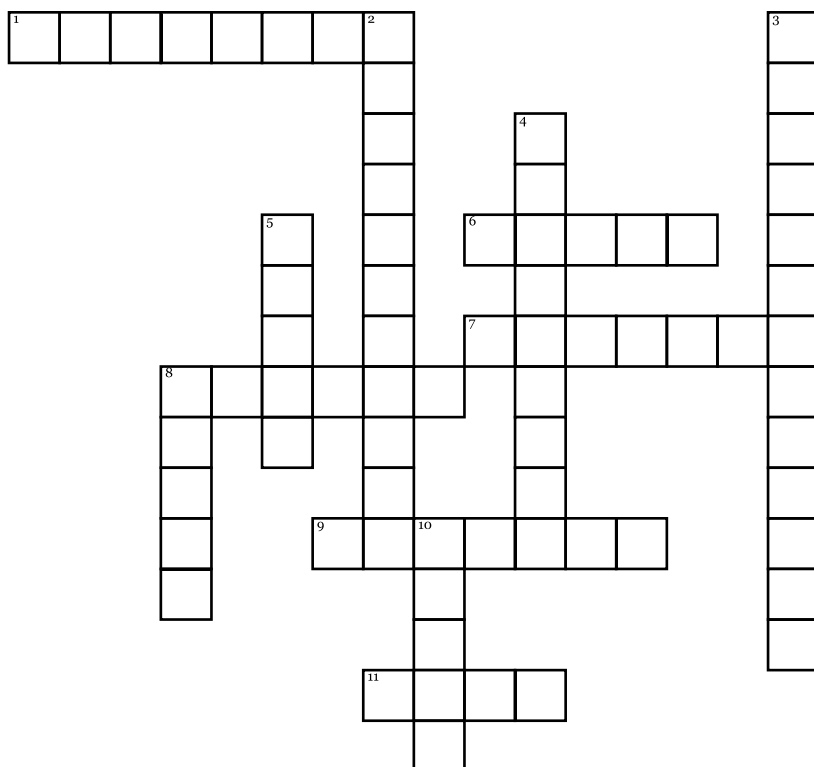
PARIS

SMALLPOX

BANANA

AMERICA

CROSSWORD



Down

2. British writer
3. November birth flower
4. Fall is a season of _____
5. November birthstone
8. The day after Thanksgiving is known as _____ Friday
10. The Latin word for November

Across

1. Early European settlers
6. Dog in a spacecraft
7. Delivered the Gettysburg Address
8. Full moon in November is called the _____ Moon
9. 35th president of the USA
11. Roman emperor

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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.



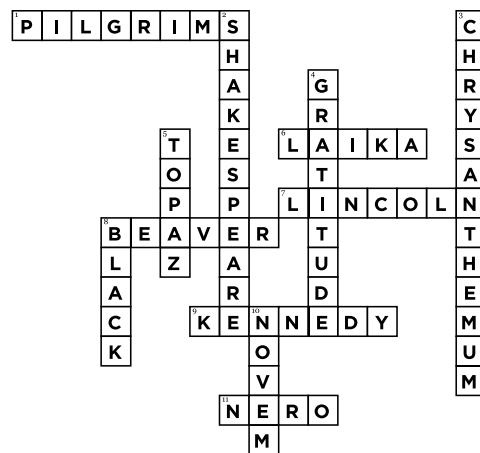
EMPLOYEE OF THE MONTH

Travis Ramsey



Travis has worked at Regency since 2012. He is very dependable, courteous and hardworking. Travis gets along with all his co-workers and other staff in the building. The residents love Travis and his bubbly personality. Travis can do all things Dietary and can even do the maintenance work if needed. Travis is a husband and father. He has 2 boys and 1 daughter. He is a devoted dad who spends all his spare time with his family. He also attends college online at night after work. Travis is a very important part of our Dietary Team.

ANSWER KEY



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