

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

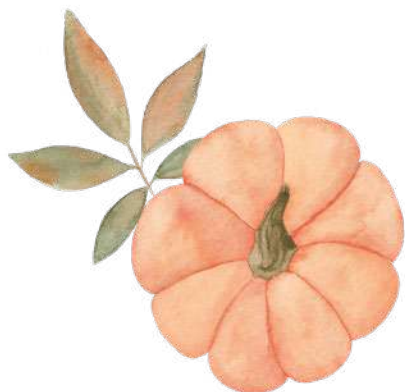
National First Responders
Day

October 29th

World Stroke Day

October 31st

Halloween



OCTOBER 2023 NEWSLETTER



Hello Residents,

October, known as Emotional Wellness Month, serves as a reminder to disconnect and dedicate time to nurturing our mental well-being. Maintaining a healthy emotional state is instrumental in making wise decisions, fostering healthy relationships, and achieving our goals.

“Emotional wellness” refers to our ability to process feelings in a healthy, positive way and manage the stress of everyday life. If you feel stressed or overwhelmed, try a soothing activity like meditation or yoga to slow down and clear your mind. Use Emotional Wellness Month as an opportunity to take charge of your emotional wellness, find the soothing activities that work for you and, most of all, breathe!

While we reflect on emotional health and brain health, it is vital to acknowledge that an estimated 55 million people worldwide are living with dementia. In the United States alone, more than 6 million have Alzheimer’s. The Alzheimer’s Association is addressing this crisis by providing education and support to the millions who face dementia while advancing critical research toward methods of treatment, prevention and ultimately, a cure. We here at Regency are forever grateful for the valuable efforts The Alzheimer’s Association takes to enhance the lives of those facing this condition and their families.

There are many ways we can find solace and improve our emotional wellness this October, but our faith will always bring us the most peace. Scripture provides help for us in times of trouble, big or small. Whenever I feel uneasy, I keep this verse in mind:

"Truly my soul finds rest in God; my salvation comes from Him. Truly He is my rock and my salvation; He is my fortress, I will never be shaken." (Psalms 62:1-2)

Let us take these words to heart whenever we need respite. Wishing you a fulfilling and serene October!

Sincerely,

Selina Bradley, 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.*



Memory Care Luau

Residents enjoyed a lovely luau-themed lunch, great fellowship and fun games!



National Assisted Living Week at Riverwood

Residents enjoyed great entertainment, lovely hors d'oeuvres and fun games! We had a fun-filled week at Riverwood.



Sip and Paint

Our Memory Care Residents enjoyed sipping on their favorite sparkling beverages while painting portraits for National Assisted Living Week!



Tranquility Garden of Rome

Residents enjoyed learning about The Labyrinth of Rome on this trip to the Tranquility Garden.





Coosa Valley Fair

October 5th at 10:30 am

Residents will enjoy the thrill of the Coosa Valley Fair on October 5th. Join us for this fun fall outing.



Tranquility Tour of the Rock Garden

October 12th from 2:00 pm to 3:30 pm

The Rock Garden in Calhoun, Georgia, is filled with more than 50 miniature castles, churches, and other structures including whimsical folk art. Join us for this tranquil tour!



Pettit Creek Farms

October 18th at 10:00 am

Join us on our excursion to Pettit Creek Farms for their fall festival! Come and see their beautiful sunflower field and enjoy some fall activities.





Pathways Frightfully Fun Family Night

October 20th from 5:00 pm to 6:30 pm

Residents and their families will enjoy a spooktacular event with entertainment, games and food!



Halloween Pumpkin Carving & Decorating Contest

October 23rd from 2:00 pm to 3:00 pm

Can you carve the best jack-o'-lantern? Come and show off your Halloween skills at our Halloween pumpkin carving contest!



Trunk or Treat

October 30th from 5:00 pm to 7:00 pm

We are hosting a Trunk or Treat event on October 30th. Let's eat some candy!



Halloween Party and Costume Contest

October 31st from 3:00 pm to 4:00 pm

Put on your favorite costume and get ready for a Halloween extravaganza! Join us to celebrate this spooky holiday and participate in a costume contest.

Jackie Brown

After growing up in the snow belt of Western New York and then spending 30 years in sunny Florida, Jackie has spent the last three years in Rome, Georgia enjoying the diverse range of weather conditions our city offers.

Throughout most of her career, Jackie worked in management and accounting. From overseeing a private hotel and beach club to working at a nonprofit and as a controller of a private golf course, Jackie's work experience has varied.

Beyond her career, Jackie's heart has always had a special place for cats and dogs, and these furry companions have brought joy throughout her years. Upon retiring, she made the move to Rome to be near her brother. Just eight months ago she settled into Riverwood where she now calls home. She feels blessed to be in an environment that gives options for a full life.

WELCOME NEW RESIDENTS! 🏠

- Betty Hood
- Marjorie Tolbert
- Rose Clonts
- Mary Pickle
- Brenda Evans

Happy Birthday

Resident

Priscilla Roberts	Oct. 2nd
Richard Sparks	Oct. 6th
Harold Shaw	Oct. 7th
Barbara Davis	Oct. 11th
Joe Carver	Oct. 17th
Nancy Clift	Oct. 24th
Allen Chisolm	Oct. 25th
Alice Cormany	Oct. 28th

Employee

Kristy Austin	Oct. 2nd
Latonya Wiggins	Oct. 6th
Whitney Flynn	Oct. 6th
Jiyah Johnson	Oct. 11th
Latresure Gaskins	Oct. 22nd
Naralene Barrett	Oct. 24th

FUN FACTS

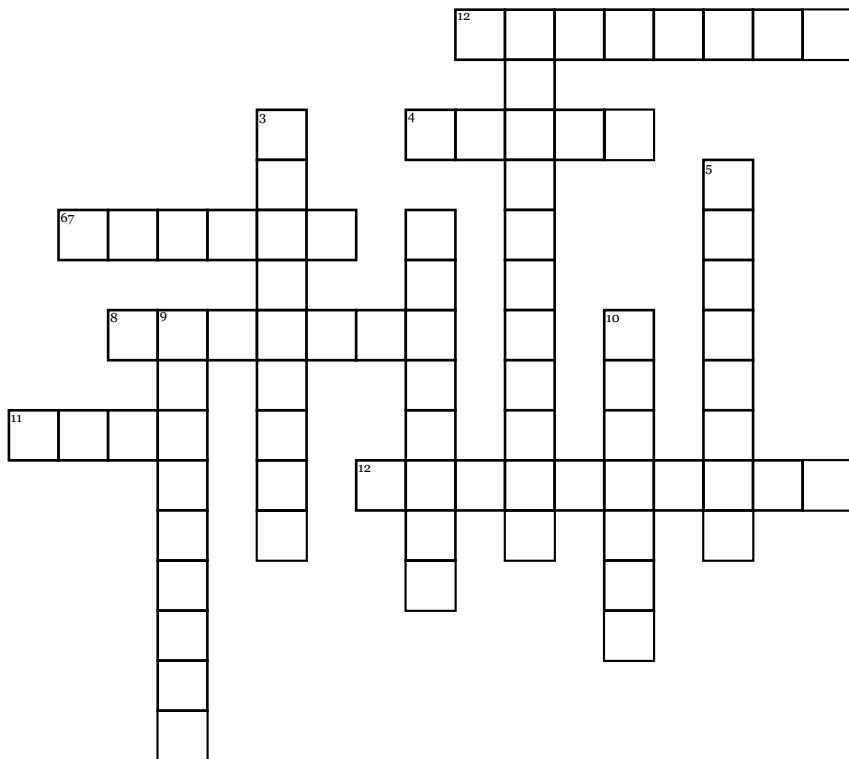
- » In the original 10-month calendar, October was month 8. Hence the name, octo, Latin for 8. It's so weird when you think about it, isn't it?
- » Most other languages have followed suit and also have named October after the number 8. In German and Danish, it's Oktober. In French, Octobre. In Italian, 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.
- » Occurring in October, 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

U P B R R R B U O R T I O K T O B E R F E S T I K
 E O V A Z C B G V X E N R F N H H V H G A H E D Z
 C P N T V D H I E P W V L B S M R A U J R F L A O
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|-------------|----------|-----------|-------------|---------|
| RUSSIA | BAVARIAN | PUMPKIN | CREEPY | MAPLES |
| REVOLUTION | LIBERTY | POPCORN | FRIGHTENING | BIRCHES |
| OKTOBERFEST | CHICAGO | HALLOWEEN | DARK | 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

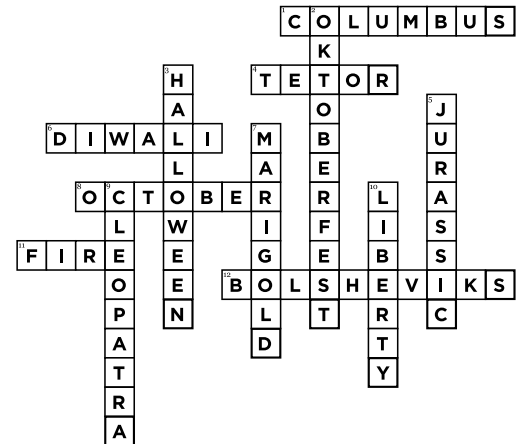
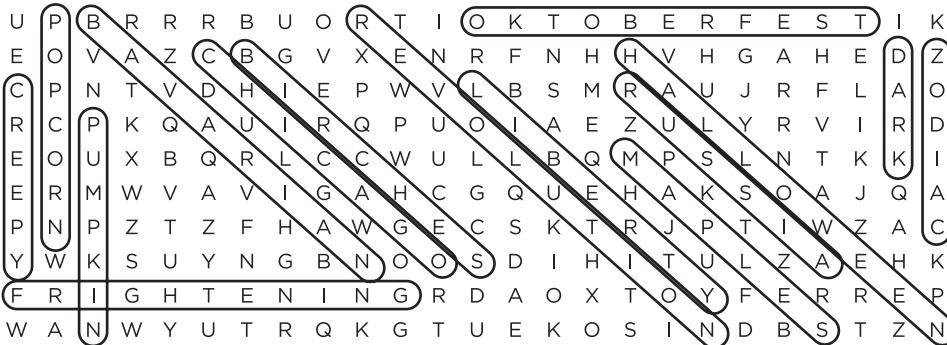
DEENA FILE



Congratulations to Deena File for being our Employee of the Month for October! Ms. File is a caregiver at Riverwood. She has been in the Human Services field for over 35 years and her passion is to serve others. She feels blessed to be a part of the

Riverwood Community and considers serving the residents and her fellow coworkers an honor. Ms. File feels that helping others is like helping herself, and she never tires of her work. She looks forward to continuing to serve this community for years to come, and she is truly an asset to us. She always has a positive attitude and a smile on her face, and we are grateful she is a part of our Regency family.

ANSWER KEY



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