

A Note From Our Administrator

Hello residents, staff, and friends,

September has arrived! September is the first month of the autumn or fall season. The American College and the Professional football season begin in September. Kids begin the school year.

At Regal Heights, we will be officially closing out our barbecue season on Friday, September 1, 2023 to celebrate our Labor Day Cookout with entertainer Veronica. We continue to schedule country ride outings for the month, soaking in the last days of warm sun before autumn settles in.

Lastly, we end the month of September with music and story telling from Mr. Clem Bowen on September 19, 2023. We invite residents and staff to join us and as always we welcome volunteers!

Sincerely,

Sara Thompson, NHA

Administrator at Regal Heights Healthcare and Rehabilitation Center

Our Department Leaders

- **Sara Thompson**
Administrator
- **BethAnn Troy**
Director of Nursing
- **Jessica Reynolds**
Assistant Director of Nursing
- **Susan Ricciardi**
Admissions & Community Relations Director
- **Nicole Olinchak**
Human Resources/Payroll
- **Gail Patton**
Business Office Manager
- **Karen McGhee, DO**
Medical Director
- **Wanda Falice**
Staff Development/
Infection Control
- **Nico Zaballero**
Activities Director
- **Kristin Zaballero**
Director of Rehabilitation
- **Laura Lem**
Dietitian
- **Tomora Davis**
Director of Food Services
- **Hyacinth Gordon**
Central Supply
- **John Taylor**
Director of Maintenance
- **Ernie Colon**
Director of Housekeeping
- **Jo Ellen Chesla**
Taiwo Sapara
Social Services
- **Annette Richardson**
Brandi Grugan
RNACs



Outdoor Courtyard Programing



Baubles and beads with Raven



Religious Programing



Story telling with Mr. Clem Bowen

Resident Birthdays

William L. – 09/02
Dana T. – 09/02
Leona R. – 09/04
Barbara J. – 09/06
Paul C. – 09/07
Helen K. – 09/11
Jean P. – 09/13
David A. – 09/14
Ronald W. – 09/16
Edgar W. – 09/18
Flora H. – 09/20
Marcia M. – 09/22
Edna M. – 09/25
Anne H. – 09/25
Herbert W. – 09/30

Staff Anniversaries

Patricia L. – 20 years
Gabriel J. – 16 years
Tasha J. – 15 years
Teresa S. – 9 years
Rhoda B. – 7 years
Pearl S. – 7 years
Jessica R. – 3 years
Amber D. – 1 year
Kiki R. – 1 year
Paula T. – 1 year
TaTanisha M. – 1 year
Omeka W. – 1 year














September 2023 Activity Calendar

September 2023

Due to COVID precautions, all programs are subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30 Men's Group (CR) 12:00-2:00 Labor Day Cook Out w/ Veronica (CR) 5:00 Movie Special 	2 Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
3 Friendly Visits 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 Community Room Programing	4 Labor Day 10:30 Eastburn Program (E) 2:00 Labor Day Movies (CR) 	5 10:30 Rosary (CR) 2:00 Women's Outreach Baking Group (CR) 6:00 Evening Bingo (CR)	6 10:30 Morning Expression (CR) 10:30 Bible Study (H) 1:30 Country Ride Bus Trip 6:00 Meal Planning/Around the World	7 10:30 Living Life Church CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	8 10:30 Men's Group (CR) 10:30 Hospitality Cart w/ Trina 2:00 Happy Hour w/ Meeta Parker (CR) 5:00 Movie Special	9 Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR) 
10 Friendly Visits 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 New Destiny Church (CR)	11 10:30 Let's Get Crafty w/ Trina (CR) 2:30 Baubles and Beads (B) 5:00 Movie Special Channel 8	12 10:30 Catholic Mass (CR) 2:30 Women's Outreach Baking Group (CR) 6:00 Evening Bingo (CR)	13 10:30 Morning Expression (CR) 10:30 Bible Study (H) 1:30 Country Ride Bus Trip 2:30 Meal Prep (CR) 5:00 Bon Appetit (CR)	14 10:30 Music Appreciation (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR) 	15 10:30 Men's Group (CR) 2:00 Happy Hour w/ Mr. Joe Parker (CR) 5:00 Movie Special	16 Friendly Visits 10:30 Eastburn Programing(E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
17 Friendly Visits 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 Community Room Programing	18 10:30 Morning Expression (CR) 2:30 Baubles and Beads (B) 5:00 Movie Special Channel 8	19 10:30 Rosary (CR) 2:30 Story telling with Mr. Clem Bowen (CR) 6:00 Evening Bingo (CR) 	20 10:30 Morning Expression (CR) 10:30 Bible Study (H) 1:30 Country Ride Bus trip 6:00 Meal Planning/Around the World (CR)	21 10:30 Living Life Church (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	22 10:30 Men's Group (CR) 10:30 Hospitality Cart w/ Trina 2:00 Happy Hour w/ Tony Lombardi (CR) 5:00 Movie Special	23 Fall Begins 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
24 Friendly Visits 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 Word Ministry Church	25 10:30 Let's Get Crafty w/ Trina (CR) 2:30 Baubles and Beads (B) 5:00 Movie Special Channel 8	26 10:30 Rosary (CR) 2:30 Women's Outreach Baking Group (CR) 6:00 Evening Bingo (CR)	27 10:30 Morning Expression (CR) 10:30 Bible Study (H) 1:30 Country Ride Bus trip 2:30 Meal Prep (CR) 5:00 Bon Appetit (CR)	28 10:30 Music Appreciation (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	29 10:30 Men's Group (CR) 2:00 Happy Hour w/ Mr. Nick Canzanese (CR) 5:00 Movie Special 	30 Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)



Resident of the Month: Paul Catinella

Paul was born in Wilmington, DE on the Eastside. He worked as a Chemical Analyst for Dupont.

Paul was married to Rose for over 30 years and has four beautiful children, and currently has two grandchildren.

He enjoys watching TV, playing cards, and going outdoors for some fresh air. Paul is also a devoted catholic. A word of advice from Paul to everyone: "LET YOUR FAITH BE BIGGER THAN YOUR FEARS".

Labor Day Word Search

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

BREAK	CUBICAL	GAMES
HOLIDAY	JOB	MONDAY
OFFICE	PARTY	RELAX
SCHOOL	SEPTEMBER	SUMMER
TRIP	VACATION	WORK

SEPTEMBER FUN FACTS!

- It is the first month of the autumn or fall season.
- Constitution Week takes place during the month of September.
- September in the Northern Hemisphere is similar to March in the Southern Hemisphere.
- American college and professional football begins during the month of September.
- Many kids begin the school year during this month.
- Teacher's Day is celebrated in India on September 5.
- The Anglo-Saxons also called this month Gerst Month meaning barley month. This is because they would harvest their barley crops during this month.
- September is often associated with fire because it was the month of the Roman god Vulcan. Vulcan was the Roman god of fire and the forge.

SEPTEMBER