



# REGENCY PARK

SENIOR LIVING COMMUNITY

730 Maryland Route 3 South • Gambrills, MD 21054 • (410) 923-1200

## Our Friendly Staff

|                       |                         |
|-----------------------|-------------------------|
| Nisha Switzer .....   | Executive Director      |
| Alice Carroll .....   | Wellness Nurse Director |
| Tamika Williams ..... | Business Director       |
| Kate Krauss .....     | Marketing Director      |
| George Branch .....   | Maintenance Director    |
| Karen Kelly .....     | Care Coordinator        |
| Chelsie Dillon .....  | Activities Director     |

## Happy Birthday!

|                              |             |
|------------------------------|-------------|
| Edward Raglin .....          | August 2nd  |
| Judith Lee .....             | August 8th  |
| Charles DeRosa .....         | August 11th |
| John 'Jack' Wisniewski ..... | August 19th |
| Dorothy Burr .....           | August 29th |

## Employee Anniversary

Maddy ..... 1 year

## Quotes to Inspire

"Summer afternoon; to me those have always been the two most beautiful words in the English language." • **Henry James**

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." • **John Lubbock**



## August 2022



### Employee of the Month

Esther is a wonderful member of our care staff who is working toward becoming a registered nurse, and no doubt the skills she develops here at Regency will help her along the way. Esther has a tranquil presence that our residents enjoy. "I always like to remind myself never to stress over things I have no control over," she says. You may be surprised to learn that the easygoing Esther is actually a horror fan! She loves movies and TV shows with an exciting edge and a psychological twist. We're very lucky to have you, Esther! Thank you for everything you do.



### Resident of the Month

If Regency Park had a 'Cool' club, Mary Notaro would be president of that club! Friendly, level-headed, and just a little bit rebellious, Mary has the confidence that comes from a lifetime of experience. She was born in Baltimore, but moved to an apartment in Manhattan as a young woman. After she started a family, Mary moved down to Florida. Eventually she found her way back up to Maryland, and we couldn't be happier to have her! Mary has been a hard-working, and fun loving 'party girl' her whole life, and is known around Regency for being friends with just about everyone. It's not surprising that her advice for the younger generations is to "always be nice to people!"

| Sunday                                                                           | Monday                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                   | Thursday                                                                                                                                                                                               | Friday                                                                                                                                                                                                  | Saturday                                                                                                                                                                                                                  |                                                                                                                    |
|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|  | 1<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> <b>Sing-Along with Assistance League of the Chesapeake</b><br>2:00 <span>AR</span> BINGO!<br>3:30 <span>AR</span> Get Ya Moving Games | 2<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> <b>Special Musical Performance by Rearview Mirror</b> 🎵<br>3:00 <span>FR</span> <i>Happy Hour! with Distinctive Drinks &amp; Great Games!</i> | 3<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Group Trivia Games<br>2:00 <span>DR</span> Ice Cream<br>2:30 <span>AR</span> BINGO!                        | 4<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Music Appreciation Social Hour 🎵<br>2:00 <span>AR</span> Art for Everyone<br>3:30 <span>AR</span> Get Ya Moving Games | 5<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>LI</span> Card or Board Games<br>2:00 <span>FR</span> Fun Friday Games & Activities                                              | 6<br>10:00 <span>FR</span> Fireplace Chats<br>11:00 <span>FR</span> Reminisce<br>1:00 <span>AR</span> Board Games                                                                                                         |                                                                                                                    |
|                                                                                  | 7<br>10:00 <span>FR</span> Fireplace Chats<br>11:00 <span>FR</span> Catholic Church Service★<br>2:30 <span>FR</span> Nondenominational Church Service★                                                                 | 8<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Whiteboard Games<br>2:00 <span>AR</span> BINGO!<br>3:30 <span>AR</span> Get Ya Moving Games                                                   | 9<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>LI</span> Card or Board Games<br>3:00 <span>FR</span> <i>Happy Hour! with Distinctive Drinks &amp; Great Games!</i>  | 10<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Group Trivia Games<br>2:00 <span>DR</span> Ice Cream<br>2:30 <span>AR</span> BINGO!                                  | 11<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Music Appreciation Social Hour 🎵<br>2:00 <span>AR</span> Art for Everyone<br>3:30 <span>AR</span> Get Ya Moving Games | 12<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>LI</span> Card or Board Games<br>2:00 <span>FR</span> Fun Friday Games & Activities                                                               | 13<br>10:00 <span>FR</span> Fireplace Chats<br>11:00 <span>FR</span> Reminisce<br>1:00 <span>AR</span> Board Games |
|                                                                                  | 14<br>10:00 <span>FR</span> Fireplace Chats<br>11:00 <span>FR</span> Catholic Church Service★<br>2:30 <span>FR</span> Nondenominational Church Service★                                                                | 15<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Whiteboard Games<br>2:00 <span>AR</span> BINGO!<br>3:30 <span>AR</span> Get Ya Moving Games                                                  | 16<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>LI</span> Card or Board Games<br>3:00 <span>FR</span> <i>Happy Hour! with Distinctive Drinks &amp; Great Games!</i> | 17<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Group Trivia Games<br>2:00 <span>DR</span> Ice Cream<br>2:30 <span>AR</span> BINGO!                                  | 18<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Music Appreciation Social Hour 🎵<br>2:00 <span>AR</span> Art for Everyone<br>3:30 <span>AR</span> Get Ya Moving Games | 19<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>LI</span> Card or Board Games<br>2:00 <span>FR</span> Fun Friday Games & Activities                                                               | 20<br>10:00 <span>FR</span> Fireplace Chats<br>11:00 <span>FR</span> Reminisce<br>1:00 <span>AR</span> Board Games |
|                                                                                  | 21<br>10:00 <span>FR</span> Fireplace Chats<br>11:00 <span>FR</span> Catholic Church Service★<br>2:30 <span>FR</span> Nondenominational Church Service★                                                                | 22<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Whiteboard Games<br>2:00 <span>AR</span> BINGO!<br>3:30 <span>AR</span> Get Ya Moving Games                                                  | 23<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>LI</span> Card or Board Games<br>3:00 <span>FR</span> <i>Happy Hour! with Distinctive Drinks &amp; Great Games!</i> | 24<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Group Trivia Games<br>2:00 <span>DR</span> Ice Cream<br>2:30 <span>AR</span> BINGO!                                  | 25<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Music Appreciation Social Hour 🎵<br>2:00 <span>AR</span> Art for Everyone<br>3:30 <span>AR</span> Get Ya Moving Games | 26<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>LI</span> Card or Board Games<br>1:00 <span>B</span> Blossom Store<br>3:00 <span>FR</span> <b>Special Musical Performance by Norm &amp; Tim</b> 🎵 | 27<br>10:00 <span>FR</span> Fireplace Chats<br>11:00 <span>FR</span> Reminisce<br>1:00 <span>AR</span> Board Games |
|                                                                                  | 28<br>10:00 <span>FR</span> Fireplace Chats<br>11:00 <span>FR</span> Catholic Church Service★<br>2:30 <span>FR</span> Nondenominational Church Service★                                                                | 29<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Whiteboard Games<br>2:00 <span>AR</span> BINGO!<br>3:30 <span>AR</span> Get Ya Moving Games                                                  | 30<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>LI</span> Card or Board Games<br>3:00 <span>FR</span> <i>Happy Hour! with Distinctive Drinks &amp; Great Games!</i> | 31<br>9:30 <span>FR</span> Sitting Fit: Morning Exercise<br>10:00 <span>FR</span> Group Trivia Games<br>2:00 <span>DR</span> Ice Cream<br>2:30 <span>AR</span> BINGO!                                  |                                                                                                                    |                                                                                                                                                                                                                           |                                                                                                                    |



# "This Month In History"

## AUGUST

**1907:** UPS is founded as a messenger service by two teenagers in Seattle. It's now one of the world's largest package delivery companies.

**1913:** Stainless steel is invented by Harry Brearley of England.

**1946:** The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

**1959:** President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

**1969:** Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

**1990:** MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

**2005:** Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

**2020:** The music video of the hit song "Dynamite," by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.



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