



REGENCY PARK

SENIOR LIVING COMMUNITY

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

From the Director



TJ Johnson
Executive Director

As I approach my first 3 months as Executive Director of Regency Park Assisted Living, I am excited about what we have accomplished and what's to come! During my transition, I have focused on internal rebranding and vision casting. My time so far with Regency Park has

been exciting, educational and reflective. Reflective of the history of the facility and the wonderful work that has been done prior to my arrival, it has been super exciting getting to know our residents and their families and I have been supported tremendously by the Regency Park staff and vendors. Working toward my first year, I would like to continue to build on what great work already exists here. I would like to share my vision for the future of Regency Park. But first, if I have not met you in person, please stop by so that we can be formally introduced. As I mentioned, I have a vision for the future of Regency Park. I am sure you have caught wind of some of the new changes I have implemented, but there's more to come!

Last month, you should have received our monthly newsletter along with our monthly menu. I hope you enjoy this new edition to our newsletter. We have reopened the facility to welcome you and your families to host private celebrations in the Bistro, our beautiful Sunroom or the private conference room.

November 2024

From the Director, Continued ...

Families are welcomed and encouraged to dine with their loved ones for lunch or dinner; these requests can be made with our receptionist. Our new house podiatrist has made his first visit to our facility. Our menu has been updated to include extra sugar-free snack items, I have increased our daily substitute menu items, and we have numerous soup options that our beloved residents requested.

If you haven't visited us in a while, please stop by so that you can see our facility's newly polished floors, updated bathrooms and the beautification that we are adding for the fall to our landscaping. Beginning in the new year, I will be rolling out a new dining experience to include a more personable and customer-based experience for our residents. And I would like to officially invite you to attend one of my new monthly Lunch & Learn with the Executive Director. You will love it! This will be an opportunity to all residents and family members to learn about upcoming plans and initiatives regarding Regency Park and it will be a fun opportunity to relationship build with each other. Lastly, I have made some staffing changes that may cause you to refamiliarize yourself with our current staff members. I would like to thank everyone for their warm welcome and encouragement since joining the team. Thank you for trusting me with the care and future of Regency Park!

-TJ Johnson

HAPPY
Thanksgiving

Our Friendly Staff

TJ Johnson Executive Dir.
Tamika Williams .. Bus. Office Dir.
Alice Carroll Nurse Dir.
Kate Krauss Marketing Dir.
Karen Kelly Resident Care Dir.
Kyra Dangerfield ... Activities Asst
Maddy Woodard .. Clinical Nurse
Xavier Respass .. Dietary Manager
Sebert Balfour .. Maintenance Dir

Reasons to Celebrate

Mr. Carl Birthday
Mr. Jim Birthday
Sebert Employee Anniversary

November Poetry!

And the dead leaves lie
huddled and still,
No longer blown hither and
thither;
The last lone aster is gone;
The flowers of the witch-hazel
wither ...
-Robert Frost (1874-1963)

Just for Fun Days!

November is Banana Pudding
Lovers' Month—who knew? Here
are some more wacky
celebrations to look forward to:
Nov 1: National Cook for Your
Pets Day
Nov 6: Zero-Tasking Day
Nov 9: National Scrapple Day
Nov 16: National Button Day
Nov 21: World Hello Day
Nov 23: Fibonacci Day



Middle-Aged Daughter Hasn't Left the Nest

Dear Abby,
My husband passed away two
years ago. I hope you can give
me some advice on how to deal
with my 53-year-old daughter
who never left home. We
generally get along well. She
does freelance art, but doesn't
earn much. She contributes only
\$30 a month. Also, she has a
driving phobia, so she doesn't
drive. She expects me to drive her
to various places. She only has
cyber friends. She wants to travel,
but doesn't want to go alone and
keeps pushing me to go with her,
although I don't really want to. I
have suggested group tours, but
she hesitates to go alone. I feel
pressured to keep peace and go
along with her desires. How
should I handle this?

Pulling Back



We Would Love to Hear From You!

Please feel free to leave any
comments, questions
or concerns at
info.regencyparkalf@gmail.com



A Guide to Medical Imaging

Different types of diagnostic
imaging tests, collectively
known as radiology, are used in
the medical field to see inside
the human body. These are
some common procedures:

X-ray. An X-ray is the most
frequently used imaging exam.
This technology has been
around since the 1890s, and
uses a small amount of radiation
to take a quick picture of the
body's internal structure and
view problems such as broken
bones, swallowed objects and
some types of tumors.

CT scan. A computed
tomography scan is called a CT
scan or a CAT scan and uses
multiple X-rays taken at different
angles to create a 3D image of
bones, organs and tissues. A CT
scan produces a more detailed
picture than a standard X-ray.

MRI. Short for magnetic
resonance imaging, an MRI is
like a CT scan in that it produces
a detailed view of inside the
body, but uses strong magnetic
fields and radio waves instead of
radiation. This procedure takes
longer than a CT scan.



Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for

future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.



Celebrating Our Veterans!

Regency is home to 13 Veterans who take pride in telling their stories. Join us on "Veterans Day" as we celebrate these heroes and show appreciation for their service.

Our Brave Heroes!

Jack	Joel
James	Edward
Charles	Carl
Edgar	Raymond
John	Albert
Kevin	John
Kenneth	

★ Thank you ★
Veterans

Veterans Dear Abby,

DEAR ABBY: As Veterans Day approaches, may I share a few guidelines that can be helpful when interacting with veterans or service members?

1. When you thank us for our service or pay for our meal, it is really appreciated. We also appreciate packages and notes.

2. Please remember that 15 percent of those who serve in the military are women, and some have been in combat. It's better to ask, "Are you a veteran?" rather than, "Was your husband a soldier?" etc..

It was my pleasure to serve our country. -- AMANDA C.,
U.S. ARMY DISABLED

Wit & Wisdom

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."

—Eleanor Roosevelt

"There's nothing like a really loyal, dependable, good friend. Nothing."

—Jennifer Aniston

"The most beautiful discovery true friends make is that they can grow separately without growing apart."

—Elisabeth Foley

"Friends are those rare people who ask how we are and then wait to hear the answer."

—Ed Cunningham

"A single rose can be my garden ... a single friend, my world."

—Leo Buscaglia

"A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad."

—Arnold H. Glasow

"I would rather walk with a friend in the dark, than alone in the light."

—Helen Keller

"A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."

—Bernard Meltzer

WHAT'S DIFFERENT?

Name six things
that are different
in these two
Thanksgiving
photos.



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