



# REGENCY PARK

SENIOR LIVING COMMUNITY

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

## Meet the Prestons



Martha and James Preston's love story is one for the ages. With romance that spans six decades, they have proven that true love can stand the test of time. Their journey began at the

University of Maryland in 1964, and they have been inseparable ever since. Their love is built on a foundation of shared values and beliefs, and they have instilled these values in their family including their two sons, daughter-in-law and two precious grandkids. As they celebrate their anniversary on December 23rd, Regency honors their dedication to one another and their commitment to spreading love and positivity wherever they go. **HAPPY ANNIVERSARY TO THE PRESTONS!!**



## Hope Your Birthday Is Fantastic

"And in the end, it's not the years in your life that count. It's the life in your years." — Abraham Lincoln

We hope that everyone celebrating a birthday this month has the happiest one ever!

## December 2024

### Handcrafted Happiness

Knitting, drawing and woodworking are just some of the handicrafts that can amp up your happiness. Experts studying the benefits of these pursuits say making something with your hands fosters creative thought, which can produce moments of joy. Crafters also report feeling more energetic and enthusiastic not only while working on a project, but also after completing it.



### Managerial Email and Extension

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## Our Friendly Staff

TJ Johnson ..... Executive Dir.  
Tamika Williams .... Business Dir  
Alice Carroll ..... Nursing Dir.  
Kate Krauss ..... Marketing Dir.  
Karen Kelly .... Resident Care Dir  
Xavier Respass .. Dietary Manager  
Sebert Balfour .. Maintenance Dir  
Aaliyah Pryce ..... Program Asst.

## Let's Celebrate

Ms. Judith H. .... Birthday  
Ms. Janice ..... Birthday  
Aaliyah .... Employee Anniversary  
Rasheed .. Employee Anniversary  
Frances .... Employee Anniversary

## Farewells!

We wish farewell to our lovely Nurse Maddy and Activity Coordinator Kyra as they embark on a new chapter within their lives. Let us not be sad but wish them all the best.

## We Salute You, Caregivers

Think of the word “caregiver” and you’re unlikely to question how the term got its name. To care is “to be concerned” and to give is to “offer to another.” Someone who offers their concerns for another is compassionate, kindhearted and undoubtedly needed. For all the things caregivers do, from assisting with everyday tasks to providing companionship and a listening ear, they deserve much praise. We offer a heartfelt thanks and a special salute to all the caregivers in our community!



## Reap the Rewards of Classical Music

From Bach to Beethoven, Mozart to Mendelssohn, classical music is admired by many—and research shows that listening to this genre can result in a symphony of health benefits!

*Improves memory and focus.* An optimal soundtrack for studying and reading, classical music helps the brain absorb and retain new information.

*Reduces stress.* Listening to classical music lowers the body’s levels of cortisol, the stress hormone, while also boosting dopamine, one of the brain’s “feel-good” hormones.

*Lowers blood pressure.* Multiple studies show that classical music’s calming properties significantly lower blood pressure and heart rate, decreasing the risk of heart attack, stroke and other conditions.

*Promotes healing.* Classical music helps ICU patients recover more quickly from trauma by stabilizing heart rate and breathing, as well as reducing instances of delirium. Rehab programs for stroke and brain injury patients incorporate classical music to improve cognitive functions.

## Staying Active With Age!

**Arthritis:** Doctors say light exercise can help manage arthritic joint pain, especially in the winter. Indoor walking and swimming, riding a stationary bike, yoga and tai chi are all good options.

**Eating Well:** Eating a variety of foods helps us get all the nutrients we need. Think of your plate as looking like a rainbow—bright, colored foods are always the best choice! A healthy meal includes:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Choose foods that are high in fiber and low in sodium or salt. Focus on important nutrients as we age, such as potassium, calcium, Vitamin D, and Vitamin B12. Water is an important nutrient, too! To keep from becoming dehydrated, drink small amounts of fluids consistently throughout the day. Water is your best choice. Keep fluids with sugar and salt at a minimum, unless your doctor suggests otherwise.





## What You Missed in October



Regency had an awesome Halloween Party for our residents.

Staff dressed up in their best costumes bringing joy and laughter to Regency. They had a blast as we also had our very own trick or treat and watched the famous movie "Ghostbusters". What a time was had; please feel free to join us next time and join in on the fun!



Most of the U.S. has average to above-average temperatures, so

many people are looking at a mild month. The exception is the eastern Carolinas through Florida and Alaska, which will be below normal. December precipitation will be above normal in the Great Lakes, Tennessee Valley, Texas-Oklahoma, and the northern Pacific Northwest; elsewhere, precipitation will be near to below normal.

Let's start with the weekend before Christmas week when many students start their winter break. Saturday, December 21, is the **winter solstice**, marking the

## What's to Come!



### Ornament Decorating

Get ready to fill your eyes with Christmas lights and Christmas vibes as we decorate our facility for the Christmas season with our Residents.

### Holiday Sing-A-Long



Join us on December 2nd to "Sing-along" the holidays cheers featuring the Assistance League of the Chesapeake Music Group.

longest night and shortest day of the year in the Northern Hemisphere.

Temperatures will be warmer than normal across much of the United States east of the Rockies and near to below normal elsewhere. Cloudy skies and rainy periods will prevent much sunshine from reaching the southern Appalachians and the Southeast through Florida, across the Tennessee Valley, eastern Heartland, Texas-Oklahoma, and over Hawaii. Expect snow across the southern Plains and much of Alaska. Elsewhere, it will be dry with bright skies.

## Wit & Wisdom

"The more positivity, love and light you reflect, the more light is mirrored your way."

—Suzy Kassem

"Reflection is one of the most underused yet powerful tools for success."

—Richard Carlson

"The journey into self-love and self-acceptance must begin with self-examination ... until you take the journey of self-reflection, it is almost impossible to grow or learn in life."

—Iyanla Vanzant

"The moon is the reflection of your heart and moonlight is the twinkle of your love."

—Debasish Mridha

"Self-reflection is an important stage to diagnose, develop and strengthen your creativity."

—Pearl Zhu

"Art is not a reflection of reality, it is the reality of a reflection."

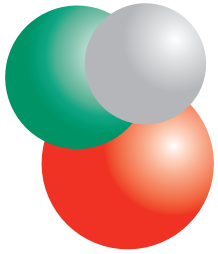
—Jean-Luc Godard

"Reflection is the lamp of the heart. If it departs, the heart will have no light."

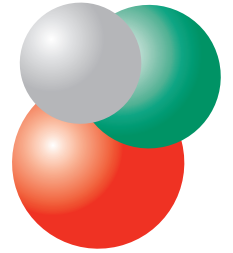
—Abdallah ibn Alawi al-Haddad

"Let go of rejections and focus on self-reflection. For it is within that you will find the light you seek."

—Amy Leigh Mercree



# Greetings of the Season



**Happy Holidays!** Our entire staff would like to wish you and your family and friends a joyful holiday season and a wonderful New Year!



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