



REGENCY PARK

SENIOR LIVING COMMUNITY

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



What's New!!

Regency is excited to announce the launch of our Men's Club on February 15, 2025. Led by our Activities Assistant, Nathan Montigny, the club will offer a range of activities designed to help the men reminisce about their past and enjoy their golden years. Nathan plans to create a fun and engaging experience for our male residents in this new era of Regency Park, starting off with An American Legion Celebration Brunch. Stay tuned for updates on this new initiative.

Meet Nathan Our Activities Assistant



Nathan attended the American Musical and Dramatics Academy (AMDA) in New York City, where he honed his craft in the performance arts and obtained a degree in musical theatre.

Furthermore, he has undertaken training in

Reiki Energy Healing Practices and will attain his Master Reiki certification in April of 2025. Nathan established strong bonds with our residents and thoroughly enjoys facilitating morning exercise and discussions. He can often be seen around the facility singing, dancing, and showcasing photographs of his dogs, Bailey and Peaches, with residents.

February 2025

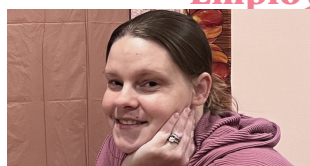
Resident of the Month



We are pleased to feature Rosemarie Cannon from Wilmington, DE, as our Resident of the Month. A dedicated mother, she values

family, health, and education. Roe, as she is fondly known, has served as a clerical aide in the district court, efficiently managing her work and personal life, including time for tennis, golf, and family. She has a penchant for Pina Colodas, which she savors on her mother-son outings. With her extensive experience and insight, she motivates young individuals to pursue educational excellence, offering solace and guidance to all. We love you, "Roe Roe."

Employee of the Month



Brooke Guthrie, one of our morning Medtechs and a mother of four, has been selected as our Employee of the Month for February. A native of

Baltimore who grew up in Odenton, Brooke is a passionate and dedicated healthcare professional who appreciates spending her leisure time engaging in activities such as skating, shopping, and spa days with her daughters, as well as paint balling with her sons. Her preferred travel destinations include Jamaica, Aruba, and Florida. Brooke is deeply devoted to providing exceptional care to the elderly and is widely known for her dependability and outstanding social skills. We extend our warmest congratulations to Brooke on this achievement and for her invaluable contributions to Regency.

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.
Patience Reick Activity Coor.

Birthdays and Anniversaries to Celebrate!

Ms. Ginny Birthday
Ms. June Birthday
Mr. John S. Birthday
Tamika ... Employee Anniversary
Aashaya ... Employee Anniversary
Theresa ... Employee Anniversary

Hot Chocolate History

Warming up with a mug of hot chocolate is a sweet and simple winter ritual. We have the Indigenous people of Mexico and Central America to thank for coming up with the concept of grinding cocoa beans into a rich, foamy beverage. The original version was a lot different from what we enjoy today, though; for starters, their drink was served cold! But you can still raise a toast to tradition by adding in a complementary warmth with ground cayenne pepper, one of the key ingredients in Mexican hot chocolate.



Flashback to Old-Time Movie Theaters

Many moviegoers can recall the anticipation as heavy red velvet curtains parted, revealing a big screen that would transport them to another time and place for just a few cents. See if you remember these other former theater traits:

Spectacular signage. Elaborate signs with blinking lights and large marquees displayed “now showing” movie titles and the names of the starring actors.

Uniformed ushers. Outfitted in uniforms with matching hats and carrying a trusty flashlight, the role of usher included taking tickets, helping guests to their seats and maintaining quiet and order when viewers became too chatty or rambunctious. In the days before cell phones, it was also the usher who relayed emergency messages to patrons.

Notable newsreels. In the era before daily TV news broadcasts, newsreels—which were shown before a feature film—gave people a way to see and hear the leading stories of the day.

Updated a couple times each week, they provided actual footage of events in relatively real time.

Health Corner!!

It’s soup season! This classic comfort food is brimming with more than just savory flavors and cozy vibes. Here are a few reasons why you should shift into soup mode this month.

More veggies. People of all ages may struggle to eat enough vegetables daily. But you’ll usually find plenty of veggies in soup, where they provide rich flavor, color and nutrition.

Healthy hydration. Essential for good health, hydration doesn’t just come from drinking water, but also from what we eat—and soup is high on the list of hydrating foods.

Symptom soother. Many people swear a bowl of chicken noodle soup can cure certain illnesses. At the very least, sipping on warm soup can soothe a sore throat, clear a stuffy nose and settle a troubled tummy.

Portion control. Because of the high-water content, soup is very filling, and the hot temperature forces us to eat it slowly and mindfully. These factors can prevent overeating and be helpful for weight management.

Bone benefits. Soups made with bone broth contain calcium, magnesium and, most importantly, collagen—a protein that promotes strong bones, muscles and joints as well as healthy hair and skin.





A Celebration of Sound

For more than six decades, the world of music comes to a crescendo when performers and other industry members gather for the Grammy Awards.

The Grammys were created in 1958 by the Recording Academy to honor achievements in the recording industry. Winners are chosen by their peers, and commercial aspects like record sales do not influence votes. Trophies in the form of gold gramophones are awarded in

more than 90 categories in various genres, including pop, rock, rhythm and blues, country and classical music. The night's four most-coveted Grammys go to the album, record and song of the year and best new artist.

The first Grammys, held in 1959, saw Rat Packers Frank Sinatra, Sammy Davis Jr. and Dean Martin join other entertainers like Gene Autry, Johnny Mercer and Henry Mancini in Beverly Hills, Calif., while a simultaneous event took place in New York City. These multi-city ceremonies continued for several years before being changed to a single venue, which today is in Los Angeles.

What You Missed!!



Scan Our QR Code to See What You Missed During the Last Week of 2024

What's to Come!!



Sweetheart Happy Hour

We invite you to celebrate and spread love in the air at Regency with us and your loved ones on the 14th of February as we are all deserving of love and have much love to spare.

*HAND SPA DAY

*AQUA PAINTING

Wit & Wisdom

"To fall in love with yourself is the first secret to happiness."
—Robert Morely

"How you love yourself is how you teach others to love you."
—Rupi Kaur

"Not only do self-love and love of others go hand in hand, but ultimately they are indistinguishable."
—M. Scott Peck

"If you have the ability to love, love yourself first."
—Charles Bukowski

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."
—Lucille Ball

"Self-love is not a place we get to but a place we choose."
—Shannon Kaiser

"It is only when you have mastered the art of loving yourself that you can truly love others."
—Robin Sharma

"You yourself, as much as anybody in the entire universe, deserve your love and affection."
—Buddha

"Talk to yourself like someone you love."
—Brené Brown

Managerial Team Contact Information

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