



# REGENCY PARK

SENIOR LIVING COMMUNITY

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

## Introduction and Welcome!



Regency Park is pleased to announce the appointment of Patience Reick as our new Activity Coordinator. With her “hippy” persona, Patience Reick brings a unique blend of environmental awareness and artistic expression, reflected in her

love for the colors green and lilac purple. Her diverse healthcare experience encompasses dementia care, activities and personal care experience. This demonstrates her adaptability to our activities and attention to care. Patience’s creative pursuits include reading, crocheting, singing and playing the guitar. She is also a dedicated cat lover and mother to two cats, Finn and Salem, soon to be introduced to our residents. Holding an Activity Professional Certification through NCCAP, Patience is well-equipped to enhance our community’s recreational offerings. We extend a warm welcome to Patience Reick, anticipating her innovative contributions to Regency Park.



## January 2025

### A Taste of Winter

The playful act of catching falling flurries on your tongue appears to be a shared response to snow by a range of species. Photographers have captured many animals enjoying a taste of winter, including dogs, birds, cows, deer, bears and monkeys.



### Managerial Team Contact Information

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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.  
Patience Reick ..... Activity Coor.

## Birthdays and Anniversaries to Celebrate!

Ms. Ruth ..... Birthday  
Ms. Sylvia ..... Birthday  
Ms. VI ..... Birthday  
Mr. Al ..... Birthday  
Ms. Pat P. .... Birthday  
Mr. Victor ..... Birthday  
Karen ..... Employee Anniversary  
Brooke .... Employee Anniversary



## Brainteaser

Q: What has one head, one foot and four legs?

A: A bed.

## A Shimmering Seed

January's birthstone, garnet, gets its name from the Latin word for "seed," since the deep red gem resembles the edible seed of a pomegranate.

## A Healthy Start to the Day

It's called the most important meal of the day, so fill up on these tips for a better breakfast.

A good breakfast kick-starts your day, providing energy and keeping your body fueled until lunchtime. The main nutrients needed to make this possible are protein and fiber. Complex carbohydrates and healthy fats round out a complete breakfast.

Eggs, cheese, yogurt, and nuts are smart protein sources for breakfast time. For fiber and carbs, turn to fruits and vegetables, as well as whole grains, which take longer to digest and help you stay full. Whole-grain options include whole-wheat bread and English muffins, oatmeal, and some cereals. Dairy products and nuts or nut butters will provide you with beneficial fats.

For a balanced breakfast, combine foods from each nutrient type. Try whole-wheat toast or an English muffin with peanut butter and sliced fruit; an omelet or scrambled eggs with cheese and veggies; oatmeal topped with fresh fruit, nuts and seeds; or a parfait or smoothie made with fruit and yogurt.

If you have a small appetite in the morning, dietitians say it's fine to split your breakfast into snack-sized portions. For example, start with a cup of yogurt, then later, have a piece of fruit with some nuts.

## Words To Remember

History books are filled with wise words from countless leaders and innovators, offering insight and inspiration for years to come. Take note of these well-known speeches:

*The Gettysburg Address.* "Four score and seven years ago ..." History students are familiar with that opening line of Abraham Lincoln's Gettysburg Address, a brief but memorable speech on American purpose delivered Nov. 19, 1863, on the Civil War battlefield in Pennsylvania.

*Farewell to Baseball Address.* Diagnosed with the disease that bears his name, legendary first baseman Lou Gehrig said goodbye to his teammates and fans at Yankee Stadium on July 4, 1939, with these heartfelt words: "Today I consider myself the luckiest man on the face of the earth."

*"I Have a Dream."* Delivered on Aug. 28, 1963, on the steps of the Lincoln Memorial, these famous remarks by Martin Luther King Jr. on equality are among the country's most iconic and inspirational.

*"The Power of Vulnerability."* Released in June 2010, this speech by researcher and storyteller Brené Brown is one of the most-viewed TED talks of all time. Brown's words on authenticity, connections and courage have helped her become a leading voice on mental health and relationships.



## Jigsaw Puzzle Pointers

Working jigsaw puzzles is a relaxing pastime, but sometimes they may leave you ... puzzled. These tips can help you piece them together.

*Get set up.* First, spread all the puzzle pieces onto your work surface and turn each one face-side up. This will take some time, but it will make the process easier in the long run.

*Build the border.* Gather the straight-edge pieces and assemble the border. This will give you a defined space to work inside.

*Sort the pieces.* Study the picture on the puzzle's box and identify dominant colors or patterns, such as a blue sky or

brick building. Sort and group similarly colored pieces into piles. Put the remaining pieces in a miscellaneous pile.

*Work in sections.* Work on a small portion of the puzzle at a time. Completing a section will give you a sense of accomplishment and motivate you to keep going.

*Take a break.* If you get tired or frustrated, take a break. When you come back to the puzzle, you'll be refreshed and may find that piece you're looking for!



## What You Missed!

### Thanksgiving Dinner



Long story short, Regency had a turkey and Krispy Kreme-y Thanksgiving

from the wonderful meal, to the fun and laughter surrounding our Krispy Kreme hats. It was a lovely day.

### What's to Come!

Our New Year's Party is not one to miss, as we plan to bring in the new year with songs of joy and welcome, as we have our New Year's Countdown Party on December 31st.

## What's to Come Cont'd!



### Bowling Tournament!

Regency invites you to a thrilling bowling tournament, combining excitement, fun, refreshments and laughter; join our event for an entertaining afternoon.



## Wit & Wisdom

"To bring anything into your life, imagine that it's already there."

—Richard Bach

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."

—Robert Brault

"Perhaps imagination is only intelligence having fun."

—George Scialabba

"Memory has thousands of eyes staring into the experiences of the past, while imagination peers into every corner of the universe."

—James Lendall Basford

"Success is when reality catches up to our imagination."

—Simon Sinek

"Embrace your fear. Imagine what you're most afraid of, touch it and hold it so that you rob it of its power."

—Maria Ressa

"Imagination does not become great until human beings, given the courage and the strength, use it to create."

—Maria Montessori

"Let your imagination take you wherever you want to be."

—Bob Ross



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