



REGENCY PARK

SENIOR LIVING COMMUNITY

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

Our Ladies of March



Our Resident of the month, Ms. Liz as we call her, was born and raised in Hot Springs, VA. Ms. Liz is a highly respected and peaceful individual who offers solace and warmth to

those around her. As a devoted mother and grandmother, her hobbies have evolved over time from crocheting and softball to reading and watching TV. Ms. Liz is an avid reader with a passion for getting lost in a good book, and she values perseverance, always aiming to finish what she starts. Her favorite colors are black, turquoise and pink, and she even has a penchant for Kit Kats and crackers. When asked for her wisdom, she advises the young to listen to their parents and work hard. She prioritizes health, love and faith and wishes the best for all. Amoy, our employee of the month, is a native of Jamaica, a country celebrated for its splendor. As a loving mother to a beautiful daughter and a member of a large family, Amoy prioritizes her leisure time. While she may not be an enthusiastic reader, Amoy delights in watching Tyler Perry movies, cooking, listening to music, and attending church on Sundays. She also values her role as a "homebody," finding peace and tranquility in the seclusion of her own home. Amoy has been an excellent addition to our team at Regency, and our residents are grateful for her kind care and engaging company. Thank you, Amoy, for your hard work, and Ms. Liz, for being our beloved resident.

March 2025

What's New!!

March signifies our third month of 2025, a fact that may evoke surprise that we are three months into the new year. Moreover, March is also set to launch our "Lunch with the Director" program, featuring one-on-one luncheons between our Executive Director TJ and each resident starting on March 26th @12PM, aimed at facilitating meaningful connections and exchanges. A collection of photographs capturing these moments will follow as they occur.



Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.



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.

Reasons to Celebrate

Mr. Tom Birthday
Ms. Deo Birthday
Ms. Delora Birthday
Ms. Rosie Birthday
Ms. Mona Birthday
Kate Employee Anniversary
Xavier Employee Anniversary

What You Missed!

View our Facebook page to find out more.



What's to Come!

*Mardi Gras Extravaganza
Featuring an Irish
performance by Vince Borrelli



*St. Patty's Day Bingo



'Favorite Things' About a Classic Film

From the memorable melodies to the picturesque scenery, "The Sound of Music" is one of the most beloved movie musicals of all time. Climb over this mountain of film facts:

"The Sound of Music" was released in the U.S. on March 2, 1965. It was so popular, it played in theaters for 4 1/2 years.

The cast spent nearly three months filming in the city of Salzburg, Austria.

Stars Julie Andrews and Christopher Plummer both learned guitar for the movie, but Plummer's singing and guitar-playing were dubbed in the final cut.

The real Maria von Trapp, along with her daughter and granddaughter, appear as extras in the film. They can be seen in the background as Maria leaves the abbey and sings "I Have Confidence."

Many of the child actors experienced growth spurts during filming. To keep their heights consistent, in some scenes the actors had to be barefoot, wear shoe lifts or stand on a box.

Health Perks of Positivity

March is National Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

Better physical health.

Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

Increased life span. Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

Stronger immune system.

Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

Lower depression rate.

Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.





The Last Great Race

Throughout history, man's relationship with dogs has been a special one, especially in Arctic regions where archaeologists believe canines have aided people for more than 10,000 years. Sled dogs in Alaska, for example, have proven an invaluable resource in transporting people and goods across the frozen tundra.

Today, this unique mode of transportation and its history is celebrated in a variety of sled

dog races, the most famous being the Iditarod, called the "Last Great Race." First run in 1973, the 1,000-mile race each March begins in Anchorage. Racers, known as mushers, lead a team of up to 16 dogs and follow the historic Iditarod Trail through several cities and villages, ending in Nome.

The Iditarod plays a key role in keeping Alaska's sled dog culture alive, which was largely abandoned after snowmobiles and airplanes became faster modes of travel. It also preserves the Iditarod Trail, a National Historic Trail, which was a vital mail and supply route between Seward and Nome.

Eclipse Explained

The astronomical wonders known as eclipses have fascinated humans for thousands of years.

A lunar eclipse occurs when the Earth passes between the moon and the sun, and the Earth casts a shadow over the moon. This type of eclipse can only happen during a full moon. If the sun, Earth and moon are aligned perfectly, then a total lunar eclipse occurs. Although the moon is fully in the Earth's shadow, it doesn't totally disappear—instead, it has a faint glow or may even look red due to sunlight shining through the Earth's atmosphere.

A solar eclipse is when the

moon passes between the Earth and the sun, and the moon casts a shadow on the Earth. This phenomenon only happens during a new moon. When the moon is closest to Earth, it appears larger than the sun and is able to totally block it out—creating a total solar eclipse. Only the sun's halo-like glow is visible behind the moon.



The Best Medicine

Signs in Doctors' Waiting Rooms

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

At a podiatrist's office: "Time wounds all heels."

At a veterinarian's office: "Back in 5 minutes. Sit! Stay!"

Medical Terms Explained

Bacteria: The back door to a cafeteria

CAT scan: Searching for a kitty

Thorax: Character in a Dr. Seuss book

GI series: World Series of military baseball

A patient with a banana sticking out of his ear and a hot dog up his nose goes to the doctor and complains, "Doctor, I don't feel well." The doctor replies, "Well, it looks like you're not eating right."

A woman rushes into her doctor's office and declares, "I think I'm shrinking!" The doctor calmly responds, "Now, settle down and just be a little patient."

Patient: "When I poke my leg, it hurts, when I press my chest, it hurts, and when I poke my stomach, it hurts. What's wrong with me, Doc?"

Doctor: "That's easy; you have a sore finger!"

Managerial Team Contact Information

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