



REGENCY PARK

SENIOR LIVING COMMUNITY

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

EXECUTIVE DIRECTOR CORNER: The Power of Motivation in Healthcare

Dear Residents, Families, and Team Members, As we step into another month filled with opportunities to grow, connect, and thrive, I want to take a moment to talk about something that lies at the heart of everything we do in assisted living: motivation. Motivation is more than just a buzzword—it is the fuel behind compassionate care, innovation, and resilience. In the world of healthcare, especially within assisted living communities like ours, motivation is what transforms ordinary days into meaningful moments. Whether it's a caregiver offering a warm smile during a resident's morning routine, a nurse going the extra mile to explain a medication, or a dining team member preparing a resident's favorite meal just the way they like it—these actions are driven by purpose and passion. Our mission is not only to care for the physical well-being of our residents but to support their emotional, social, and mental health as well. That's why we invest in staff training, celebrate achievements big and small, and foster an environment where every team member feels inspired to give their best. Because when our team is motivated, our residents feel it—and that's when the magic happens. To our families, thank you for your trust. To our residents, thank you for your wisdom, spirit, and joy. And to our staff—thank you for showing up with heart, every single day. Let's continue to lift one another up, lead with kindness, and stay motivated in our shared mission: to make every day feel like home. With gratitude, TJ Johnson, Executive Director

May 2025

Employee and Resident of the Month



Kereen Ramsay and Joan Baker has earned the distinction of Employee and Resident of the month for May. As a mother of four, including twin boys, Kereen appreciates exciting experiences. When not at Regency, she devotes time to family

activities, such as visiting parks, cooking, and sightseeing, as well as enjoying a nice dinner out. Although she enjoys *Diary of a Mad Black Woman*, her fondness for *Titanic* underscores her gentle spirit. Kereen is deeply dedicated to ensuring our residents receive superior care. We appreciate her tireless efforts and are honored to recognize her achievements this month.

Joan, a devoted mother of three, is an avid ceramic enthusiast and enjoys writing and journaling in her free time. A native of Washington, DC, purple is her color of choice. Ms. Joan's drink of preference is a gin fizz, and for a sweet treat, she recommends 3 Musketeers. Since joining the Regency community, she has been an inspiration to residents and staff, and we always look forward to our conversations with her. She actively participates in our activities, with a particular fondness for movie nights and bingo. Her feedback on our services and activities are invaluable. We are thankful for Ms. Joan and delighted to celebrate her as our golden lady for this month.

Our Friendly Staff

TJ Johnson Executive Dir.
Kristyn Middleton Business
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.

You Otter Know ...

The last Wednesday in May is World Otter Day! These cute aquatic mammals are considered indicator species, meaning the health of a specific otter population provides key information about the surrounding ecosystem. The holiday raises awareness of the planet's 13 otter species, many of which are considered threatened or endangered.



Shop Smart for Mom

If you've waited until the last minute to shop for Mother's Day, experts say it's best to avoid traditional gifts such as jewelry, which may increase in price due to holiday demand. Instead, opt for a nontraditional gift, such as a scarf, a book or a plant.



Community Library Options

Looking for a good book to read? How about a magazine to peruse or a movie to watch? Our recommendation for this month; check out "Reader's Digest" Condensed volumes 1-4.



Regency Celebrations!

Ms. Lucy Birthday
Ms. Mary "Liz" Birthday
Kisha Employee Anniversary
Nicole Employee Anniversary
Amie Employee Anniversary

Regency Welcomes Kristyn Middleton as Our New Business Office Coordinator!



Regency is thrilled to announce the newest addition to our team, Kristyn Middleton, who joins us as our Business Office Coordinator.

A proud Washington, D.C. native and devoted mother of three boys — including a pair of Irish twins — Kristyn brings both warmth and professionalism to our community. She holds a bachelor's degree in business and administration and is deeply committed to delivering exceptional customer service experiences.

Kristyn's creativity shines through her love for color art, which she finds both therapeutic and inspiring. Her passion has even led her to teach painting classes, sharing her artistic talent with others. A fan of Marvel movies, especially *Black Panther*, Kristyn finds joy and empowerment in cinematic storytelling.

Looking ahead, Kristyn aspires to open her very own paint studio, where she can further explore and express her artistic vision.

Please join us in giving a warm welcome to Kristyn Middleton! We're excited to have her as part of the Regency family, and we know she will make a wonderful impact on our community.

Regency News and Announcements!

We're excited to announce the launch of our new website! Visit us online to explore our updated look, learn more about our services, and stay connected with the latest news and events. It's now easier than ever to find the information you need and discover what makes our community so special—check it out today!



Understanding Seasonal Allergies: Causes, Symptoms, And Relief

As the seasons change, many people begin to experience the familiar signs of seasonal allergies—sneezing, itchy eyes, runny nose, and congestion. Also known as allergic rhinitis or hay fever, seasonal allergies are triggered by pollen released into the air by trees, grasses, and weeds.

What Causes Seasonal Allergies?

Pollen is the main culprit behind seasonal allergies. During the spring, tree pollen is the most common trigger. In the summer, grass pollen tends to dominate, while ragweed is a

major source in the fall. When someone with allergies inhales pollen, their immune system reacts as if it were a harmful substance, releasing histamines that cause allergy symptoms.

Common Symptoms

Seasonal allergy symptoms can vary in intensity but typically include:

- Sneezing
- Runny or stuffy nose
- Itchy, watery eyes
- Coughing or throat irritation
- Fatigue due to disrupted sleep

In some cases, allergies can also worsen asthma symptoms, leading to increased wheezing and shortness of breath.

Treating Allergies

The best way to manage seasonal allergies is to minimize exposure to pollen. Here are a few helpful tips:

- Keep windows closed during high pollen days.
- Use air purifiers with HEPA filters indoors.
- Shower and change clothes after spending time outdoors.
- Check daily pollen forecasts and plan outdoor activities accordingly.

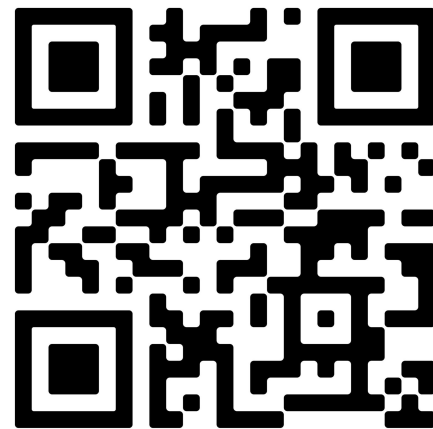
Over-the-counter antihistamines, decongestants, and nasal sprays can provide relief for most people. For more persistent symptoms, healthcare providers may recommend

allergy testing or prescribe stronger medications, such as corticosteroid nasal sprays or allergy shots (immunotherapy).

Conclusion

If allergy symptoms interfere with daily life or don't improve with over-the-counter treatments, it may be time to consult a healthcare provider. They can help determine the specific allergens causing symptoms and develop a personalized treatment plan. While seasonal allergies can be a nuisance, they are manageable with the right strategies and treatment. Understanding your triggers and staying proactive can help you breathe easier and enjoy the seasons to their fullest.

What You Missed!



Whatever you missed on our Facebook can be found on our Instagram page username listed below:

@REGENCY_PARK_ALF

What's to Come!

- Hands of Harmony
- Cinco de Mayo Feast
- Monthly Residential Birthday Party (A celebration in honor of all the birthday's within each month)
- Mother's Day Tea Party
- Memorial Day Tribute



Managerial Team Contact Information



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