



REGENCY PARK

SENIOR LIVING COMMUNITY

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

Executive Corner

Introducing The Bridge Program: A Thoughtful Transition in Care

Regency Park Assisted Living is proud to announce the launch of **The Bridge Program**, a thoughtfully designed transitional care program created to meet the evolving needs of our residents.

As individuals age, changes in health and independence can occur gradually. For residents who have experienced a decline in health or functional ability—but are not appropriate for skilled nursing—*The Bridge Program* provides the additional support they need while honoring their dignity and independence.

This specialized program serves as a “bridge” between our fully independent living services and the more comprehensive care found in skilled nursing. It is tailored for residents who may require more assistance with daily living activities, increased supervision, or closer care coordination, yet do not meet the criteria for skilled nursing placement.



July 2025

Key Features of The Bridge Program:

- **Personalized Support Plans** designed to address specific health or mobility challenges.
- **Increased Staffing Oversight** to ensure safety and timely assistance.
- **Specialized Activities and Engagements** that promote cognitive function, social interaction, and emotional well-being.
- **Enhanced Communication** between care teams, residents, and families to navigate changing needs with compassion and clarity.

Our goal with *The Bridge Program* is to support residents in maintaining their highest level of independence while providing the peace of mind that comes with extra care and attention. It reflects our commitment to aging in place and to honoring the unique journey of every resident. Ask our friendly staff how *The Bridge Program* can assist your loved one with increased care needs within Regency Park Senior Living Community.

With Gratitude,

TJ Johnson Executive Director



Marvel at the Monuments of the National Mall

The National Mall of our nation's capital in D.C. is a tourist's delight. Offering visitors a peek into American history and culture, the monuments and memorials of the National Mall are a must-see for history buffs and sightseers alike. Here's a glimpse at some of the greatest monuments on display in Washington, D.C.

Washington Monument. This impressive obelisk that honors George Washington, our nation's first president, is not only breathtaking from the ground but also the sky. Visitors can take an elevator ride to the top of this monument for spectacular views of the city.

Lincoln Memorial. This tribute to the 16th U.S. president is a majestic structure that features a larger-than-life statue of Abraham Lincoln. Some of his speeches are inscribed on the landmark, including the Gettysburg Address.

Martin Luther King, Jr. Memorial. This striking statue of Dr. King celebrates the life and legacy of the civil rights leader and was dedicated in 2011.

National World War II Memorial. With more than 4 million visitors each year, this memorial—which honors the spirit and sacrifice of the 16 million men and women who served in World War II—is one of the most popular spots of the National Mall.

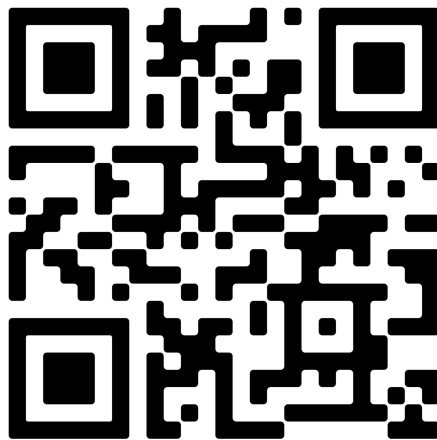
Our Friendly Staff

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What You Missed!!



@REGENCY_PARK_ALF



What's to Come!!

- Music by Ken 7.1.25
- Regency Monthly Spelling Bee Competition 7.8.25
- Family BBQ Day 7.10.25

Calcium Works if You Take It

The *Natural Woman Health* e-newsletter's survey says 81 percent of women don't realize that their calcium intake should increase from 1,000 mg to 1,200 mg after age 50.

Two recent studies support calcium's effectiveness in building bone health, but only when women consistently meet the recommended daily requirements. One study, published in the *Archives of Internal Medicine*, said only 57 percent of women continued to take their calcium for the duration of the five-year study. Yet, the women who consistently took the calcium experienced a 34-percent reduction in bone-fracture risk. The Women's Health Initiative released a similar study. In it, individuals who took the recommended amount of calcium achieved a 29-percent decrease in bone fractures.

In general, studies show calcium supplements are effective but only when women take them daily and consistently. Women should space their calcium intake through the course of the day and couple calcium intake with vitamin D.

—PRNewswire





A Juicy Journey Through Stone Fruits

If you're looking for a healthier option to satisfy a sweet craving, swap the sugar for a juicy stone fruit. What classifies as a stone fruit? Any fleshy fruit with a hard pit or "stone" inside. Known for their sweetness and juiciness, stone fruits are a staple summertime refreshment.

Hall of fame. The most popular stone fruits include peaches, plums, cherries,

nectarines, mangoes and apricots. Some surprise stone fruits? Raspberries, olives and coconuts!

The pits. Did you know? That pit inside is actually a seed. So what would happen if you planted it? You'd grow a tree! But the fruit your tree would yield would be a hybrid variety from the fruit it came from.

The good stuff. Stone fruits are packed with vitamin C, which supports the immune system and encourages collagen production. Plus, stone fruits are full of fiber, which coincidentally helps you feel full, too.

Stone fruits are best enjoyed when they're ripe.

Reasons to Celebrate

Ms. Alice Birthday
Mr. Edgar Birthday
Ms. Rose Birthday
TJ Employee Anniversary
Jewel Employee Anniversary
Brooke Employee Anniversary

Community Library Option!

For the month of July there are several books that are sure to be interesting.

- The Secret Life of Sunflowers: A novel based on the true story of Johanna Bonger, Vincent van Gogh's sister-in-law.
- The Extraordinary Life of Sam Hell by Robert Dugoni

- The Underground Library by Jennifer Ryan
- The Southern Lawyer by Peter O'Mahoney

Resident Meeting Reminder

Our resident meetings are a terrific opportunity to share input, have your questions answered, and stay in the loop with what's happening in our community. Make plans to attend this month's meeting; check the calendar for the date and time or reach out to our Activity Team, Patience or Nathan.



Brain Bender: A Puzzling Parade

Jeff, Andrea, Ron, Brandon and Lila each marched in their town's Independence Day parade as a member of one of the following groups: U.S. Air Force, town council, antique car owners, clowns, and a marching band. Their last names are Alvarez, Baxter, Chan, Drake and Emerson. Using the clues below, can you determine each person's full name, what group they were in, and the order they marched?

- The clowns marched after the band but before the antique cars.
- Jeff and Lila marched third and fourth.
- Ron and Mr. Drake both wore their uniforms with pride.
- Ms. Chan's Model T was not third in the parade.
- The five participants in this puzzle are Ron, the trumpet player, Councilman Emerson, Ms. Baxter and the last group to march.
- Jeff marched between the band and the clowns.
- The band, the town council and Ms. Baxter did not march first or last.

(Answer: Ron Alvarez is in the Air Force and marched first. Brandon Drake is in the band and marched second. Jeff Emerson is on the town council and marched third. Lila Baxter is a clown and marched fourth. Andrea Chan owns an antique car and was fifth.)

Managerial Team Contact Information

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FREE JULY**



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