



REGENCY PARK

SENIOR LIVING COMMUNITY

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

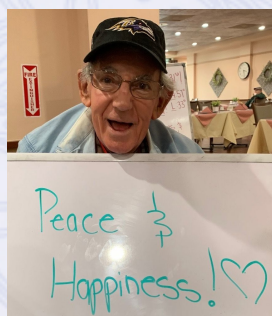
Employee and Resident of the Month



No introduction is necessary as we recognize Sebert Balfour, our Maintenance Director, for his exceptional service. Always professional and dedicated, he ensures that tasks are completed efficiently. As a devoted father to two sons, Sebert prioritizes his family while demonstrating unwavering

commitment to Regency, guaranteeing the comfort and satisfaction of our residents. We appreciate Sebert's tireless efforts and congratulate him on his well-deserved recognition.

Tradition holds that the color purple represents wisdom, imagination, and bravery, as epitomized by the Purple Hearts, the military's highest honor. This distinction is befitting of Mr. Carl Smith, our resident of the month, who delights in spending time with his wife, Rosalie, while savoring a glass of Pepsi and mounds candy. Mr. Carl's advice, "Save Your Money," advocates for financial prudence. We express our gratitude for his wisdom and congratulate him on this honor as the man of the month.



June 2025

Our Friendly Staff

TJ Johnson	Executive Dir.
Kristyn Middleton	Business
Alice Carroll	Nurse Dir.
Kate Krauss	Marketing Dir.
Karen Kelly	Resident Care Dir.
Xavier Respess	Dietary Manager
Sebert Balfour	Maintenance Dir.
Aaliyah Pryce	Program Assist.
Patience Reick	Activity Coor.

What You Missed!

View all social media platforms to see our events below:

- *TikTok: [regency.park.alf](https://www.tiktok.com/@regency.park.alf)
- *Facebook: Regency Park Assisted Living
- *Instagram: [regency_park_alf](https://www.instagram.com/regency_park_alf)

What's to Come!!

- Performance with Bob Clark 6.5
- Senior Prom 6.13
- Brews and Cues Father's Day Social 6.14
- Spirit Week 6.16-6.20 (Special Broadway Hits Performance by Pate and Nate)
- Armchair Travelogue 6.27
- In Room Reiki Sessions with Nate 6.28
- Regency Game Night (First and last Wednesday of June)



The Executive's Corner

Bringing Home to Assisted Living: A Vision for Personalized Care and Comfort

When families make the decision to move a loved one into assisted living, the transition can come with a wave of emotions—uncertainty, concern, and hope. At the heart of this journey lies a simple, yet powerful desire: to ensure that this new chapter of life feels just like home.

As an Executive Director in the senior living industry, I've seen firsthand the difference it makes when a community goes beyond providing care—it offers belonging, dignity, and familiarity. Assisted living doesn't have to feel institutional. In fact, the most successful communities are the ones that feel like an extension of the resident's own home.

Here are several ways we work to create that "home away from home" environment:

- **Personalized Spaces**

We encourage residents and their families to personalize living spaces with cherished furniture, family photos, and familiar decorations. These items carry the memories and comfort of home, easing the transition and bringing warmth to each apartment.

- **Family-Style Dining**

Meals are more than nourishment—they're a time for connection. Our dining rooms are designed to be inviting and communal, with home-cooked meals that accommodate personal preferences. We strive to create menus that reflect residents' cultural backgrounds and favorite dishes, turning every meal into a moment of joy.

- **Meaningful Relationships**

Staff are more than caregivers—they become extended family. We train our team to know each resident personally: their routines, hobbies, and life stories. When a resident is greeted by name, asked about their grandchildren, or invited to a favorite activity, it makes all the difference.

- **Resident-Led Activities**

Rather than impose a generic schedule, we offer programs that reflect the interests of our residents. From gardening and music to crafts and storytelling, our goal is to create opportunities for purpose and passion. Residents often lead these activities themselves, reclaiming a sense of leadership and contribution.



- **Family Involvement**

Home is where loved ones gather. We welcome families to visit often, participate in events, and collaborate with our care team. Open communication builds trust and strengthens the sense that we're all in this together—creating a safe, loving space for their loved ones.

- **Comfort Through Continuity**

Change can be overwhelming, so we focus on providing consistency. Familiar faces, steady routines, and ongoing support help residents settle in with ease. Whether it's the morning greeting from our concierge or a regular wellness check from our nurse, these touchpoints bring security and peace of mind.

- **A Place to Belong**

At the end of the day, our mission is about more than meeting needs—it's about nurturing lives. Assisted living should be a place where laughter echoes in the halls, birthdays are celebrated, and neighbors become friends. We aim to build a true community, one where every resident feels seen, heard, and loved.

Because when we say "welcome home," we mean it.



With gratitude,
TJ Johnson-Executive Director

Community Library Options!

Danielle Steel is the book choice for the month of June. Be sure to check out her works for a very intriguing read.

Reasons to Celebrate

Ms Marie Birthday
Mr John Birthday
Ms Kay Birthday
Ms Janet Birthday
Mr Pat Birthday
Katrina Employee Anniversary
Mya Employee Anniversary



Super Food: Cherries

June brings the sweetness of red cherries to the market. This tasty fruit contains antioxidants that protect the body from damage by free radicals. Some of the compounds in cherries have anti-inflammatory and anticancer properties. They are also rich in melatonin, which regulates the body's natural sleep patterns. Cherries are high in fiber and are a good source of vitamin C, which is important for maintaining healthy skin and keeping your bones and teeth strong.



Honoring the US Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory's adoption as America's flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.

American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the observer's far left.

The flag should not touch

anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered—slowly and ceremoniously—and brought indoors at sundown.

When in uniform, members of the military and police and fire departments salute the flag when it's being hoisted or lowered or passes by in a parade. Military members who are out of uniform and veterans may also salute. Civilians should show their respect by placing their right hand over their heart and removing their hats.



Seniors Stress Less With Lavender

Lavender's benefits have been studied in everything from cancer treatments to hair loss, but older adults should know about the latest research in how lavender can help improve their mental health.

Older adults experienced less stress, depression and anxiety after just 30 nights of lavender or chamomile inhalation aromatherapy, according to a 2020 study. Three groups were exposed to three different options: lavender, chamomile and distilled water. After a month, both the participants in the lavender and chamomile groups were found to have decreased depression and anxiety levels, as well as lower stress.

Aromatherapy isn't the only way for older adults to gain the benefits of lavender. After a small clinical trial with older adult participants, researchers concluded that drinking lavender tea as a complementary mental health treatment can also lower anxiety and depression.

According to the World Health Organization, about 14% of the world's adults over 60 live with a mental disorder, including things like anxiety or depression. Check with your doctor for more resources on how you can make sure you're taken care of, both body and mind.

Managerial Team Contact Information

Executive Dir. (EXT 507):
tj@regencyassistedliving.com
Business Office Coordinator (EXT 501):
kristyn@regencyassistedliving.com
Resident Care Dir. (EXT 511):
karen@regencyassistedliving.com
Nurse Director (EXT 515 Or 510):
alice@regencyassistedliving.com
Marketing Dir. (EXT 519):
kate@regencyassistedliving.com
Maintenance Dir. (EXT 512):
sebert@regencyassistedliving.com
Activity Coordinator (EXT 505):
patience@regencyassistedliving.com
Customer Service:
info@regencyassistedliving.com



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