



# REGENCY PARK

SENIOR LIVING COMMUNITY

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

## Energy Drinks Pack Vigor ... and Controversy

As Americans down energy drinks at lightning speed, controversy surrounding the beverages continues to rise. Many studies warn against the health risks associated with these carbonated concoctions, but as sales of energy drinks skyrocket to more than \$9 billion annually, the threats don't seem to faze consumers.

Most energy drinks contain a cocktail of caffeine, sugar and dietary supplements. Many studies report that the high amount of these ingredients in energy drinks can wreak havoc on your health. However, manufacturers point out that the level of caffeine found in their cans is comparable to a regular cup of coffee.

The problem is that many consumers misuse the drinks, swigging several cans a day simply because they like the taste. Energy drinks, however, are not meant to hydrate the body. Their intent, according to manufacturers, is to improve both physical and mental performance. They should not be a substitute for daily fluid intake.

According to *MayoClinic.com*, energy drinks can cause restlessness, irritability, increased blood pressure, possible dehydration and weight gain.

If you choose to consume energy drinks, the Mayo Clinic advises that moderation is key. Be an informed consumer and understand the nutritional information and serving suggestions.



Coffee WITH A Cop

## October 2025

### The Man of the Month!



For some, no introduction is necessary, but for those who may be unfamiliar, allow us to introduce Paul Thompson, our maintenance assistant. With his vibrant spirit and driven work ethic, Paul has quickly earned the trust and admiration of our residents and their families.

Paul is consistently proactive and efficient in his work, demonstrating a strong commitment to delivering high-quality results. During his breaks, Paul enjoys engaging with our residents and sharing his passion for fishing, often discussing various fishing techniques and strategies. His diverse range of interests and talents is truly impressive. We appreciate your dedication and hard work, Paul, and are very grateful to have you as part of our team at Regency.

### 3 Things You Need to Know

Whether you shop at a farmers' market or grocery store, here are a few tips for buying fall produce:

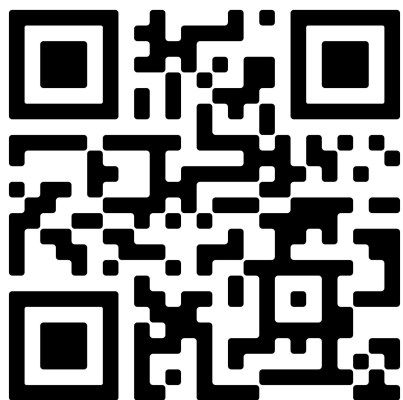
- 1) Sweet potatoes. Smaller is better. Large sweet potatoes have more water content, diluting sweetness.
- 2) Brussels sprouts. Look for small, firm sprouts with bright green heads. Smaller heads will have a sweeter taste. Sprouts sold on the stem stay fresh longer.
- 3) Winter squash. Choose squash that are heavy for their size with a dry stem. The skin should have a matte finish, not shiny.



## View Our Socials!



@REGENCY\_PARK\_ALF



## Upcoming Events

Regency will be hosting an event called "Regency Manor" on the 30th of October. Stay tuned on our socials for our official flyer.

## Community Library Options!

Following last month's library options here are four more editions to the Janet Evanovich series:

- Eleven On Top
- Twelve Sharp
- Lean Mean Thirteen
- Fearless Fourteen



## Favorite Fall Flavors

As the leaves on the trees turn from green to glorious shades of red, orange and yellow, another unmistakable sign of autumn makes an appearance on grocery store shelves and restaurant menus: the flavors of the season. Which of the following is your No. 1 pick?

*Pumpkin spice.* This orange squash has long been a popular fall dessert ingredient, but pumpkin spice—a blend of pumpkin, cinnamon, nutmeg, ginger and allspice—now reigns as the king of fall flavors, ever since Starbucks introduced its pumpkin spice latte in 2003.

*Apple cider.* From a cup of freshly pressed, cold apple cider to a steaming mug of mulled cider, this flavor is one of the most fragrant that fall has to offer.

*Maple.* This rich, dark sap harvested from maple trees is traditionally drizzled on pancakes and waffles and can be used in baked goods or added to coffee, tea or ice cream. Maple's earthy sweetness also pairs well with savory and salty foods such as sausage, bacon, pork chops and nuts.

## Reasons to Celebrate!

Stacy ..... Employee Anniversary  
Robina .... Employee Anniversary  
Gabriel ... Employee Anniversary

## Love Your Lungs

October serves as the month to observe the awareness of lung health. Statistics show that over 10 million Americans are diagnosed with lung disease such as Chronic Bronchitis and emphysema which constitutes to COPD, Asthma, asbestosis and even mesothelioma. Occupational lung illnesses alone cost at least 10 billion dollars annually, not to mention the overall impact that lung diseases cost to treat and even the other underlining issues that affect our bodies.

Lung diseases cause more than just difficulties in breathing, they also cause chronic coughs, fatigue from low oxygen levels and even compromises our immune system, which reduces how well we fight against infections. It is important that we "Love Our Lungs" in every way possible to help our body function and age well. Simple ways in which we can care for our Lungs are:

- Quit Smoking
- Clean Your Space
- Green your Space: Utilize plants to purify your air.
- Stay Active
- Practice Good Hygiene: Wash hands as much as possible and avoid crowded places during virus season.



## Time To Update Wardrobes

With cooler weather right around the corner, now is a good time to update your loved one's wardrobe. Please make sure that he or she has plenty of warm clothing as well as a jacket or sweater. When doing this, please remove any out-of-season clothing. Thank you!



## No More Cobwebs!

It may be spooky season, but the only cobwebs you want as décor are the fake ones! Real cobwebs are webs that have been built and abandoned by spiders, making them traps for dust and dirt that build up in the corners of your home. Unsightly and sneeze-inducing, cobwebs can be easily removed with a vacuum—use the wand attachment to reach every nook and cranny. Sweep your home regularly and keep clutter to a minimum to prevent more spiders making their home in yours.



## Meaningful Marigolds

October's birth flower, the marigold, also takes the spotlight at the beginning of November for *Día de los Muertos*, or the Day of the Dead. On Nov. 1–2, people of Mexican heritage around the world observe the holiday, which honors loved ones who have died. The fragrant, bright orange flowers are used in the festivities and are believed to guide the souls of the departed and reunite them with their living family members to celebrate the occasion.



## Halloween for All

For children with food allergies or sensory disorders, going trick-or-treating can be challenging. That's why many households now provide non-food goodies along with candy, so everybody can participate in this fun holiday tradition. If you opt to participate, place a blue or teal pumpkin near the door so visiting families and children will recognize that your home has all-inclusive treats. It's best to provide these items in a separate bucket from food items. Need ideas? Consider bouncy balls, stickers, plastic jewelry, and fun pencils, pens or erasers.

## Wit & Wisdom

"I often think that the night is more alive and more richly colored than the day."  
—Vincent Van Gogh

"A man is a very small thing, and the night is very large and full of wonders."  
—Lord Dunsany

"The night walked down the sky with the moon in her hand."  
—Frederic L. Knowles

"The cloud shadows of midnight possess their own repose."  
—Percy Bysshe Shelley

"The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night."  
—Henry Wadsworth Longfellow

"So the darkness shall be the light, and the stillness the dancing."  
—T.S. Eliot

"To me, every hour of the day and night is an unspeakably perfect miracle."  
—Walt Whitman

"Deep into that darkness peering, long I stood there, wondering, fearing, doubting, dreaming dreams no mortal ever dared to dream before."  
—Edgar Allan Poe

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