REGENCY PARK

SENIOR LIVING COMMUNITY

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

December 2025

Executive Corner!

One of the hardest parts of life is watching the health of someone you love begin to decline. Whether it's subtle changes in memory, mobility, or the ability to care for themselves, these moments often bring feelings of worry, guilt, and uncertainty. Families may find themselves asking, *What's next?* or *How can I make sure my loved one is safe and supported?*

At Regency Park, we walk alongside families every day who are facing these difficult questions. What I want you to know is that you are not alone. Declining health does not mean the end of quality living. In fact, with the right care and support, many residents find new joy, new friendships, and a renewed sense of purpose.

Our role is to help ease the transition to provide compassionate care, dignity, and respect while meeting each individual's evolving needs. It is our privilege to create an environment where families can focus on spending meaningful time together rather than worrying about the challenges of daily care.

Decline may be a part of aging, but with the right support system, it can also be a season of comfort, connection, and peace. If you're noticing changes in your loved one's health, I encourage you to reach out, ask questions, and explore options. Sometimes the next step forward is the very thing that helps a family and a loved one thrive again.

With Gratitude,
TJ Johnson, Executive Director

Christmas Cheers!

In the words of Mariah Carey, "It's TIIIMMMEEEEE". Christmas is here, everyone, meaning festivities, family time and GIFTS, GIFTS and more GIFTS. The theme for Regency's Christmas party this year is "A Gnome for the Holidays," which will be held on the day before Christmas EVE; December 23rd @2pm. Come join us for Live Karaoke and a Hot Chocolate Bar.

Recap 2025!

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Taking on Aging

These captains of industry in their 80s and 90s are still going strong and celebrating the "work" that makes life fun—at any age!

Carol Burnett. The comedy queen, most famous for her Emmy-winning "The Carol Burnett Show," has worked well into her 90s. True to form, her take on aging is playful and full of perspective. At a red-carpet event for a television show premiere, Burnett told reporters asking for her "secret" to aging, "I'm just happy to be working and that I've got all my parts."

Martha Stewart. Media mogul Martha Stewart has spent her 84 years building an entertainment and lifestyle empire, and she has no intention of slowing down. Stewart says she lives by her mother's example. Her mom raised six kids and lived into her 90s. Stewart wakes up before dawn, exercises, enjoys the news, works a few puzzles and thrives on a creative challenge.

Willie Nelson. The 92-year-old country music star released his 77th solo studio album in 2025, and is still "on the road again," touring and performing with fellow icons like Bob Dylan. He refuses to use a set list on stage, preferring to play to the crowd, but he often performs Tom Waits' "Last Leaf" from his 2024 album, as he loves the lyrics: "I'm the last leaf on the tree. The autumn took the rest, but it won't take me."

Hot Cocoa Pancakes

Enjoy a warm and cozy breakfast with these festive flapjacks.

Ingredients:

- 2 tablespoons unsweetened cocoa powder
- 1 1/2 tablespoons sugar
- 1 cup 2% or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups ready-made pancake mix
- 1/4 cup water
- chocolate syrup
- marshmallow spread
- pancake syrup

Directions:

Heat a skillet over medium-low heat or an electric griddle to 375° F.

In a microwave-safe bowl, mix cocoa powder, sugar, milk and vanilla until well combined. Heat in the microwave for 30 seconds.

Next, combine the cocoa mixture, pancake mix and water. Stir until large lumps disappear, but do not beat or overmix the batter.

Pour slightly less than 1/4 cup batter onto the lightly greased skillet or griddle. Cook for 90 seconds, or until bubbles appear on the surface. Flip the pancake and cook it for 30 seconds more. Repeat with the remaining batter.

Top pancakes with chocolate syrup, marshmallow spread or pancake syrup.

Find more recipes at Culinary.net.

Creative Gift Alternatives

Do you find yourself giving the same gifts each year? Switch things up this season with these clever alternatives.

A spot (for) tea. Most tea and coffee drinkers already have a cabinet full of favorite cups, so forgo the mug in favor of something to put that morning cup on: a sofa armrest organizer. These trendy, practical organizers slip over the armrest of a couch and provide a tray for cups and books, as well as pockets for remotes, reading glasses and more.

Mark the months. Consider giving a monthly subscription box, the gift that keeps giving all year. Subscription surprises can cost as little as $5 per month and offer curated monthly deliveries on items like socks, beauty products, books, coffees and teas, adult coloring pages and more.

A scent-sational idea. Surprise the host with the most with a miniature essential oil diffuser and starter oil, such as lavender or peppermint. Diffusers can be long-lasting, so you could be remembered for weeks or months beyond the holiday season.

Cool Ways to Chill Indoors

When the weather outside turns frightful, try some of these indoor activities to make winter more delightful.

Research your roots. Map your family tree by launching a genealogy research project. Heritage hunters can use both free and paid online resources to search military records, newspaper clippings, court documents and more. Make sure to keep your research for future generations.

Volunteer … virtually. Explore opportunities to share your talents in service of others. Virtual volunteers can write letters of encouragement for first responders, transcribe historical records for the Smithsonian, tutor students and much more.

Catch up over crafts. Invite a friend to try a new hobby with you, like jewelry making, calligraphy or origami. If you and your friend can't make crafts shoulder to shoulder, try crafting over video chat. You can even mail your creations to each other—both the successes and the funny failures.

Still Time for the Flu Shot

If you haven't gotten your flu shot yet, it's not too late. Experts say the ideal time to get the vaccine is by the end of October, but getting it later can still be beneficial. Since it takes about two weeks for the vaccine's antibodies to develop in the body to start providing protection, make a point to get the shot as soon as possible.

Keeping Pillows Pristine

Many of us are diligent in washing our bed linens, but is the same true for your pillow? Most pillows are loaded with dust mites, which can trigger asthma and cause allergies to flare up. Even if you don't have asthma or allergies, washing your pillows regularly will rid them of dirt and dust. To keep your bed as clean as possible, consider washing your pillows every few months. While most pillows are machine washable, check the label before laundering.

Reasons to Celebrate!

Ms Judith ..... Birthday
Ms Elin ..... Birthday
Ms Jan ..... Birthday
Nathan ... Employee Anniversary
Patience .. Employee Anniversary

Exercising Safely With Osteoporosis

Protecting your fragile bones by putting them under stress may seem contradictory. But when practiced safely and carefully, stressing your bones through weight-bearing exercises is one of the best ways to help minimize the damage osteoporosis can cause.

That doesn't mean you can literally run out and start exercising. Because your bones are fragile, you'll need a fitness routine that protects your bones while building them up. Your routine will vary depending on what stage of the disease you're in, so be sure to talk with your doctor.

Exercises that target the back and chest can be especially beneficial. Because osteoporosis increases the likelihood of stress fractures in the spine, strong upper body muscles can help support your spine and preserve your posture. Tai chi and yoga, which are both weight-bearing and flexibility exercises, can also help you maintain good posture. Talk with your doctor and yoga instructor before starting a yoga class, as some of the postures can be risky for someone with advanced osteoporosis.

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