



REGENCY PARK

SENIOR LIVING COMMUNITY

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

Meet April!



April is a dedicated healthcare professional with more than ten years of experience in the industry. She currently serves as the Marketing and Admissions Director, where she uses her extensive background

to support the community's mission and enhance the experience of residents and families. She earned her bachelor's degree in Business Management from Coppin State University, giving her a strong foundation in organizational and administrative leadership.

With over twenty years of customer service experience, April is committed to delivering exceptional support and compassionate care. She excels at integrating healthcare services, engaging community resources, and involving families to create a strong, collaborative support network. Her ability to coordinate these elements ensures that residents and families receive comprehensive, seamless assistance throughout their journey.



January 2026



Executive's Corner!

Dear Residents, Families, and Team Members,

Happy New Year! As we welcome 2026, I want to extend my heartfelt gratitude to everyone who makes Regency Park such a warm and supportive community.

This past year was filled with meaningful moments, growth, and countless examples of compassion. Thank you to our residents for your wisdom and kindness, to our families for your trust and partnership, and to our staff for your dedication and hard work.

Looking ahead, we are excited to continue improving our programs, activities, dining experiences, and communication. Our commitment remains the same: to provide exceptional care and create a joyful, engaging environment for all who call Regency Park home.

Wishing each of you a year filled with health, happiness, and memorable moments.

Warmly,

TJ Johnson

Executive Director

Wit & Wisdom

Remember and reflect on the life, legacy and wisdom of civil rights activist Martin Luther King Jr. with some of his most treasured words:

"Life's most persistent and urgent question is: 'What are you doing for others?'"

"I have decided to stick with love. Hate is too great a burden to bear."

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal."

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education."

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

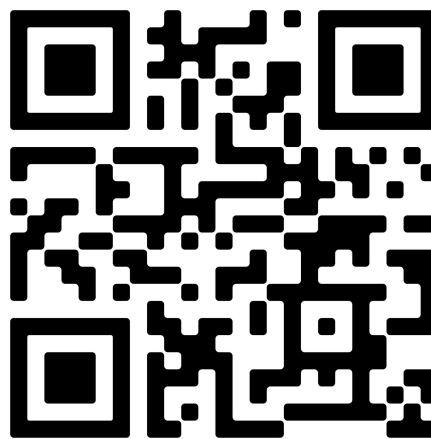
"In the end, we will remember not the words of our enemies, but the silence of our friends."

"We must accept finite disappointment but never lose infinite hope."

Social Loops!



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Reasons to Celebrate!

Ms. Ruth Birthday
Ms. Sylvia S. Birthday
Ms. Yuko Birthday
Karen Kelly Employee Anniv.

Show Awareness for Aware We Stand!

- Cervical Health Awareness Month
- Glaucoma Awareness Month
- National Blood Donor Month
- World Leprosy Day 1.28
- Thyroid Awareness Month

What Is Sundowning?

Sundowning is a group of symptoms associated with Alzheimer's disease and dementia. It refers to emotions and behaviors—such as confusion, aggression and anxiety—that occur in late afternoon and evening, when the sun is setting.

The exact cause of sundowning is unknown. One explanation is that as natural light is reduced and shadows increase, people with dementia become confused and afraid. Their internal clock may also be affected, blurring the difference between day and night. Another trigger is exhaustion at the end of the day—of both the caregiver and the person with dementia. A caregiver who is tired may unknowingly send nonverbal cues of frustration, whereas the patient's fatigue can aggravate symptoms.

To reduce sundowning, it's important to stick to a routine in order to create a safe and comfortable environment. Dementia patients should be encouraged to stay active during the day and avoid daytime naps, as they can lead to disrupted sleep at night. As the day wears on, the use of indoor lighting can lessen feelings of stress as natural light begins to fade. Soft, gentle music will also help create calm, soothing surroundings to make the patient feel relaxed.



A Life-Saving Bracelet

Seventy years ago in 1956, Dr. Marion Collins invented the MedicAlert Bracelet, so his teenage daughter and all people with invisible health conditions could be protected in emergency health situations.

Collins' then 14-year-old daughter Linda nearly died from a severe allergic reaction. As his family wracked their brains

trying to make sure Linda never was exposed to her allergens again, Linda suggested that jewelry could be the solution. Her father designed the first medical ID bracelet and commissioned a jeweler to make the life-saving device.

The original medical IDs were only available in silver or stainless steel. In the 1980s, medical ID bracelets got an upgrade, featuring 14K gold, crystal and silver beaded options. Today, many people who wear medical IDs choose comfortable silicone bands or convenient electronic medical IDs, which can be worn as watch sleeves or stickers.

Brain Bender: Mug Matchup

Benita, Leo and Phoebe came inside from the cold after taking a walk and wanted a hot drink to warm up. They each have a favorite color of mug—red, purple or yellow—and chose a different beverage to enjoy—coffee, herbal tea or cocoa. Then they each picked a chocolate chip cookie, a blueberry muffin or a banana to eat. Using the clues below, can you match each person to the color of their mug, the drink and snack they chose?

- Leo, whose favorite color is red, wanted to avoid caffeine.

- Phoebe has a sweet tooth; if chocolate is an option, she picks it.
- The color of Benita's cup matched her snack.

(Answer: Benita drank coffee in a yellow mug and ate a banana. Leo drank herbal tea in a red mug and ate a blueberry muffin. Phoebe drank hot cocoa in a purple mug and ate a chocolate chip cookie.)



Get to Know Glaucoma

Glaucoma is an eye condition that places damage onto the optic nerve that often causes vision loss or blindness. There are two main categories of glaucoma which is then broken down into different types based on their stages. Here are the main types of glaucomas and how they have derived.

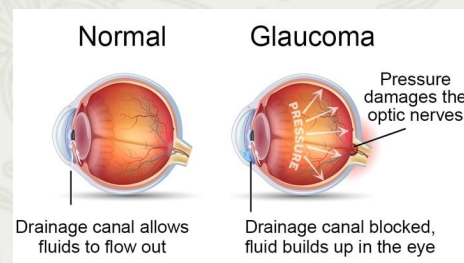
Primary Glaucoma: This category is when a doctor is unable to find a medical component that is the cause factor for the condition. Here is a list of primary glaucomas:

- Open-angle Glaucoma
- Normal-tension Glaucoma
- Angle-Closure Glaucoma
- Congenital Glaucoma

Secondary Glaucoma: This category is caused by medical factors:

- Neovascular glaucoma
- Pigmentary glaucoma
- Exfoliation glaucoma
- Uveitic glaucoma

There are multiple factors that may cause glaucoma in different ways leading to the various types and stages. Some of these factors are tumors, cataracts and even simple eye injuries from doing certain sports, hence why eye protective wear is always advised.



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