



# REGENCY PARK

SENIOR LIVING COMMUNITY

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

## Learn To Love Yourself

We all have days of low self-esteem and confidence, perhaps brought on by a bad mood or discovering a mistake we've made. While it's important to acknowledge our faults, staying in a negative state of mind does not do us any good.

Healthy self-esteem is found by appreciating who you are, flaws included. Here are some ways to give your confidence a boost:

*Make a list.* Write down 10 positive things—physical and emotional—about yourself.

Include compliments from others, no matter how trivial. Then list five weaknesses. Making note of your limitations can help you accept, adapt to, and even change them.

*Put some pep in your step.* When your confidence is low, try walking a little more briskly than usual. Be sure to keep your head and shoulders straight, make eye contact and smile. You will look and feel more empowered and will make a positive impression on those around you.

*Look for the best in others.* Giving compliments and praise to others when appropriate will help break your own cycle of negativity. An improved attitude will also draw people to you, helping expand your circle of friends and supportive peers.

*Take action.* Find something you've been putting off—such as organizing a closet, making an appointment or calling a friend—and do it. Completing even a small task will give you a sense of accomplishment.

So, let's not focus on the "norm" of Valentine's Day but rather focus on loving ourselves. Learn to be your own "Valentine".

## February 2026

### Banana Benefits

What's yellow, inexpensive and can help improve the health of your heart, skin, bones and brain? The mighty banana! This botanical berry can provide the following benefits to your body:

*Heart.* Potassium in bananas can help regulate blood pressure, which reduces the risk of hypertension and heart disease.

*Skin.* An average banana contains more than 10% of the recommended daily value of vitamin C, as well as other antioxidants, all of which promote collagen production and reduce inflammation, keeping your skin strong and hydrated.

*Bones.* The magical mineral potassium keeps your bones from losing calcium, which increases their density. The magnesium and vitamin C in bananas also support bone and ligament health.

*Brain.* One banana contains up to a quarter of a person's recommended daily intake of vitamin B6, an essential vitamin that helps make the neurotransmitters responsible for a good mood and a clear mind. The specific combination of potassium with vitamin B6 also helps boost focus and memory.

Bananas also provide a laundry list of other health perks, supporting gut health, blood sugar control, eye health and hydration.

### We Heart Caregivers!

To honor the health care professionals, family members and friends who provide needed help and support, we celebrate National Caregivers Day on the third Friday of February.



## Be My Green Valentine

Valentine's Day makes us think of red and pink, but green is the best way to express your love for Mother Earth. Make eco-friendly choices as you prepare to celebrate the holiday.

Instead of buying a new greeting card, send a thoughtful text message or a short but sweet video message. Alternatively, you could also use recycled materials to create your own romantic message that's sure to be treasured for years.

The manufacture of new gold jewelry produces tons of waste from mining and processing. Consider buying a gift of vintage jewelry instead, or look for jewelry made from recycled metal or repurposed materials.

A traditional bouquet of flowers is even more charming if it is arranged with locally grown, pesticide-free blooms. For longer-lasting flora, give a blooming plant as a symbol of your enduring love.

Bypass processed and packaged chocolates, and opt instead for homemade candies, cupcakes or pastries, either from your own recipes or locally sourced from a small business or farmers' market.

Share the love. Connect with friends and perhaps future valentines by volunteering with local environmental groups and attending events where eco-conscious people gather, such as outdoor music and arts festivals.

## Nutrient of the Month: Thiamin

Also known as vitamin B-1, thiamin is one of the most important nutrients needed for energy metabolism and is crucial for a healthy brain and nervous system. Studies show a link between thiamin deficiency and several conditions, including Alzheimer's disease, diabetes, heart failure and digestive disorders. This vitamin is present in a wide variety of foods, including tuna, beans, asparagus, oranges and sunflower seeds.



## Sweeten Your Smile by Avoiding Sour Foods

Sugary foods aren't the only culprits responsible for declines in dental health. Sour, acidic foods can soften teeth, leading to acid erosion. Sour candy, fruit juices and soft drinks can erode the enamel on your teeth. If you're going to consume highly acidic foods, dentists recommend doing so during mealtime to minimize the effects.

## Personal Factors Can Lead to Falls

Some personal factors can lead seniors to fall more easily than younger people. These factors include:

- Muscle weakness, especially in the legs
- Poor balance or difficulty walking—factors that could be related to a neurological cause, arthritis or another condition that might be treated
- Blood pressure that drops too much on standing
- Vision problems
- Taking medications that cause side effects such as dizziness and confusion or that interact with one another.

Impaired mental abilities and urinary incontinence may also contribute to falls. Talk with your doctor about your personal risk for falls and how you can reduce them.

## Prevent Falls

- Use a cane or walker for added stability.
- Wear rubber-soled shoes for traction.
- Keep rooms free of clutter, especially floors.





## Reasons to Celebrate!

Ginny ..... Birthday  
June ..... Birthday  
Alice ..... Employee Anniversary  
Aashaya .. Employee Anniversary



## World Cancer Day

On Feb. 4, people across the globe unite for World Cancer Day. The annual campaign aims to raise awareness and increase education about the disease and encourage prevention, early detection and improved treatment for patients.

## Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

*Wear red.* Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversations about heart health.

*Know your numbers.* Take advantage of blood pressure

## Fun Days of February

There is more to the month than Valentine's Day. Here are a few that you may not have known:

- Thank Your Mailman Day 2.4.26
- World Nutella Day 2.5.26
- National Toothache Day 2.9.26
- Singles Awareness Day 2.15.26
- Random Acts of Kindness Day 2.17.26
- International Tug of War Day 2.19.26
- National Pancake Day 2.28.26



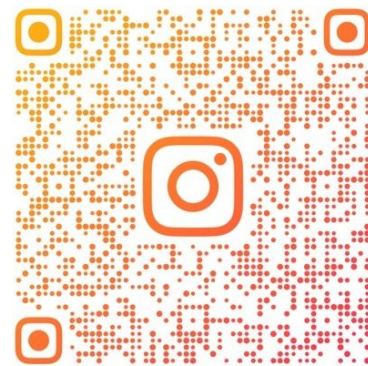
checks and cholesterol screenings in the community. Record your numbers and work with your doctor to make any needed changes.

*Get fit with a friend.* Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

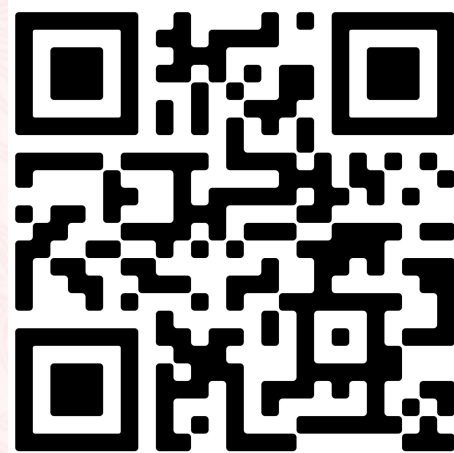
*Give back.* Participate in health fundraisers and events, such as a 5K or blood drive.



## Social Media!



@REGENCY\_PARK\_ALF



## Hearty Events!

- Craft Your Heart Out Event 2.13.26

Information and Flyer can be found on our Facebook and Instagram pages. QR Code above.



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