



# REGENCY PARK

SENIOR LIVING COMMUNITY

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

### Executive Director's Corner!

Grief is a natural and deeply personal experience that touches every one of us at some point in life. In an assisted living community, grief may come in many forms—the loss of a spouse, a lifelong friend, a familiar routine, or even the transition into a new stage of living. While each journey is unique, no one should have to walk through grief alone.

At our community, we recognize that emotional well-being is just as important as physical care. We strive to create a supportive environment where residents, families, and team members feel safe acknowledging loss and expressing their emotions. Sometimes grief is quiet and reflective; other times it appears as sadness, frustration, or withdrawal. All of these responses are valid.

Our team is committed to meeting residents where they are with compassion, patience, and understanding. Through meaningful connections, daily engagement, and a listening ear, we work to ensure that comfort and dignity remain at the center of care. We also encourage families to share concerns and memories, as partnership is essential during times of loss. Grief doesn't have a timeline, and healing does not mean forgetting. It means finding ways to honor what was while continuing to live fully in the present. As a community, we stand together in support, offering kindness, respect, and reassurance to one another today and always.



### March 2026

#### March Festivities!

Regency will be starting off the Season of Spring with a "Talent Show" on the 27th of March.

Here are the details:

- Refreshments and snacks available.
- Prizes for 1st, 2nd and 3rd place winners.
- Sign-up is available to all you may do so in-house or contact the activity department at [patience@regencyassistedliving.com](mailto:patience@regencyassistedliving.com) or [nathan@regencyassistedliving.com](mailto:nathan@regencyassistedliving.com).

Flyer will be available on all social media platforms.



#### Celebrations In March

Tom .....	Birthday
Pop .....	Birthday
Deo .....	Birthday
Leroy .....	Birthday
Mona .....	Birthday
Robert .....	Birthday
Xavier .....	Employee Anni.
Paul .....	Employee Anni.

## Symbols of Luck

Since the beginning of civilization, people have used various symbols to bring them good luck.

*Four-leaf clover.* Irish legend claims this green plant will bring luck—if a person can spot the rarity. Scientists say the odds of finding a four-leaf clover in the wild are 1 in 10,000.

*Ladybug.* These insects, recognized by their bright red bodies with black spots, are beneficial to farmers and gardeners because they feast on plant-eating pests, which may be why many cultures admire “lucky ladybugs.”

*Horseshoe.* Ancient folklore was full of mischievous fairies who were afraid of metal, so people hung iron horseshoes above their doors to keep them away. Some believe that hanging a horseshoe with the ends pointed up collects good fortune; others say that pointing the ends down allows luck to flow onto those below it.

*Penny.* You’ve probably heard the saying, “Find a penny, pick it up, and all day long you’ll have good luck.” The coin is said to be lucky only if found face side up.

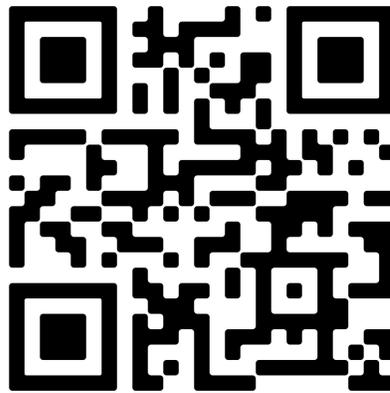
*Rainbow.* Legend has it that a pot of gold can be found at the end of a rainbow, explaining why the colorful sight is a sign of good fortune.



## Social Medias



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## Community Library Options!

Feel the need to dive into some more exciting books? Here are a few to try out:

- 65 Short Stories by W. Somerset Maugham
- Come Sundown by Nora Roberts
- The Appeal by John Grisham

## The Happiest Place on Planet Earth

Picture your happy place in honor of the International Day of Happiness on March 20. Now, picture the eight-time winner of happiest country in the world: a nation partly located in the Arctic Circle where neighborhoods go days without sunlight. So, what is Finland doing right?

*Sisu.* Finns value “sisu,” a cultural concept that embodies perseverance and competence in the face of adversity. Of course, while the word “sisu” is Finnish, the underlying concept transcends national boundaries, and anyone can benefit from values of grit and resilience.

*Sauna.* There are 5.6 million people and 3.3 million saunas in Finland. Most Finns use the sauna at least once a week, making sure to shower before entering, and staying inside the sauna for multiple short periods of about 10 minutes, punctuated by cooling breaks with a cold shower or even a roll in the snow!

*Scenery.* Snow or shine, Finns prioritize being outside. During winter months, many people still bike to work, and some parents even trade strollers for sleds to take their kids to school.





### Blood Pressure: Know Your Numbers

Seven in 10 adults age 65 and older have hypertension, also known as high blood pressure, and many don't even realize they have it. Hypertension increases the risk of major health complications such as stroke, heart attack, dementia and kidney disease. Fortunately, checking your blood pressure—for free—can be pretty straightforward.

Routine medical visits, which

are covered by Medicare, include high blood pressure checks. Be prepared to discuss with your doctor any family history or lifestyle factors that may affect your risk factors for hypertension.

Many health insurance providers offer at-home monitors with no out-of-pocket cost. Charitable organizations may also provide at-home monitors to qualifying individuals.

The American Heart Association (AHA) often provides blood pressure kiosks around the country, which provide free readings and recommendations. Visit [heart.org](http://heart.org) to learn more.

### Coping With Chronic Conditions

According to recent research, more than 90% of adults age 65 and older have at least one chronic health condition, and nearly 80% have multiple chronic conditions. Here are some of the most common chronic health conditions, according to the Centers for Disease Control and Prevention (CDC), along with lifestyle changes recommended by the National Council on Aging (NCOA) that can help reduce the risk for developing these diseases and improve management of already diagnosed conditions. As always, all health choices should be

discussed with your individual health care provider.

**High cholesterol.** Reduce consumption of alcoholic beverages and food with saturated and trans fats, like red meat, deep-fried foods and baked desserts.

**Arthritis.** Exercise for 30 minutes five times per week to improve mobility, circulation, strength and flexibility.

**Hypertension.** Small changes like reducing the amount of salt you consume, exercising regularly and maintaining a healthy weight are all helpful in lowering blood pressure.



Health  
& Wellness



### Poetry Puzzlers

Readers around the world celebrate World Poetry Day on March 21 each year. Roses are red, violets are blue, can you match these verses to writers and poems, too?

1. "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference."

2. "But still, like air, I'll rise."

3. "What's in a name? That which we call a rose by any other name would smell as sweet."

4. "This being human is a guest house. Every morning a new arrival."

5. "Hope is the thing with feathers that perches in the soul ..."

6. "I love you without knowing how, or when, or from where ..."

7. "O Captain! my Captain! our fearful trip is done ..."

Answers:

1. Robert Frost, "The Road Not Taken"

2. Maya Angelou, "Still I Rise"

3. William Shakespeare, "Romeo and Juliet"

4. Jalaluddin Rumi, "The Guest House," translated by Coleman Barks

5. Emily Dickinson, "'Hope' is the thing with feathers"

6. Pablo Neruda, "Sonnet XVII"

7. Walt Whitman, "O Captain! My Captain"

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