



REGENCY PARK

SENIOR LIVING COMMUNITY

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

Executive Director's Corner

Deciding When Hospice May Be the Right Choice

Deciding on hospice care is never an easy conversation for families. It often comes at a moment filled with emotion, uncertainty, and a deep desire to do what is best for a loved one. Hospice is not about giving up, it is about shifting the focus of care to comfort, dignity, and quality of life when medical treatments are no longer improving outcomes or may be causing more distress than benefit.

Hospice care provides specialized support for residents and families, addressing physical comfort, emotional well-being, and spiritual needs. It allows individuals to receive care in a way that prioritizes peace, pain management, and familiar surroundings, while also offering guidance and support to families during an incredibly difficult time. Many families find comfort in knowing they are not navigating this journey alone.

As an assisted living community, our role is to support families with honest conversations, compassionate guidance, and respect for each resident's wishes. Choosing hospice is deeply personal, and there is no "right" timeline—only what feels right for the individual and their family. Our commitment is to walk alongside you, answer questions, and help ensure that care decisions are made with clarity, empathy, and respect.

With Regards,
TJ Johnson, Executive Director



April 2026



Movie Suggestions!

As of April, we aim to mix things up by transitioning from book discussions to exploring movies of interest. It is possible that you will have the opportunity to watch one of the listed options at our next movie night at Regency.

- Big Fish starring Ewan McGregor
- Fantastic Mr. Fox starring George Clooney
- Peter Rabbit starring James Corden
- Jumanji starring Robin Williams
- Night at the Museum starring Ben Stiller

Awareness in April!

- Head and Neck Cancer Awareness
- National Autism Awareness
- National Foot Health Awareness
- National Stress Awareness
- Occupational Therapy Awareness
- Parkinson's Awareness
- IBS (irritable bowel syndrome) Awareness



Wit & Wisdom

"The Earth does not belong to us. We belong to the Earth."
—Chief Seattle

"Whether it's saving the Amazon or just being kind to those around you, we need to take care of each other and Mother Earth."
—Olivia Newton-John

"This Earth is our only home. Together, we must protect and cherish it."
—Ban Ki-moon

"Cherish sunsets, wild creatures and wild places. Have a love affair with the wonder and beauty of the Earth."
—Stewart Udall

"I consider the world, this Earth, to be like a school, and our life the classrooms."
—Oprah Winfrey

"We're all co-travelers on the spaceship Earth and must respect and help each other along the way."
—Stan Lee

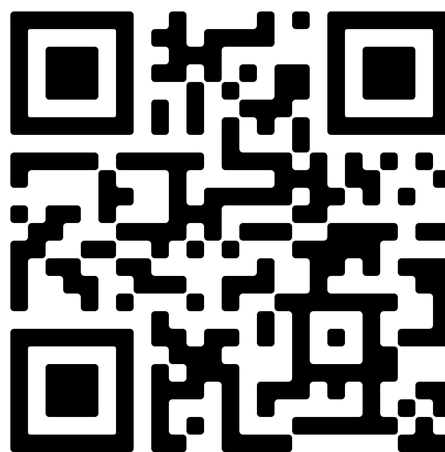
"Once you've been in space, you appreciate how small and fragile the Earth is."
—Valentina Tereshkova

"The Earth is a very small stage in a vast cosmic arena."
—Carl Sagan

I-Spy Our Socials!



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April Celebrations!!

Mr. Fred Birthday
Kristyn Employee Anniversary

Special Event of April!

- Egg decorating Craft Social 4.3
- Sip and Paint 4.15



All That Jazz

April is Jazz Appreciation Month. Celebrate with a look at some of the legendary talents who helped make the genre a musical mainstay.

Louis Armstrong. Affectionately called "Satchmo," Armstrong, like jazz itself, was born in New Orleans and taught himself to play cornet as a boy. He is considered to be the founding father of jazz, pioneering improvised solos and scat singing. The charismatic trumpet virtuoso was so popular, he served as a worldwide ambassador for the new sound.

Charlie Parker. Growing up in Kansas City, Mo.—another cradle of jazz—Parker got his first taste of music while playing in his high school band. Famously known as "Bird," the saxophone great invented the style of jazz called bebop with trumpeter Dizzy Gillespie.

Billie Holiday. "Lady Day" got her start as a Baltimore teen singing along with records in after-hours clubs. After moving to New York City, Holiday became a fixture of the Harlem jazz scene. Despite a lack of formal music training, Holiday's soulful, sultry voice earned her a celebrated place in jazz history.





Taking Care of Your Feet

Your feet are complex structures that require regular care to keep them in tiptop shape. April is National Foot Health Awareness Month, a reminder to give your feet the attention they deserve.

Regular inspections. Examine your feet daily, or have someone else inspect them for you. Pay attention to any changes, and see a doctor if you have pain,

Laugh Out Loud

Is laughter really the best medicine? Many medical experts report that laughing produces major health benefits.

Easy exercise. Laughing is like a mild workout, burning up to 50 calories in just 10 minutes.

A happy heart. In addition to aerobic benefits, laughing heartily can improve circulation and help balance blood pressure levels, boosting heart health.

A stress-free smile. While some stress is good, too much can cause both mental and physical health problems. Laughter relieves stress by reducing stress hormones and releasing endorphins, the feel-good chemicals in the body. People

swelling or discoloration.

Good hygiene. Wash your feet with a mild soap and dry them thoroughly, especially between the toes. Apply lotion to alleviate dry, cracked skin. Change your socks daily and alternate the shoes you wear.

Nail care. Toenails should be trimmed straight across, and any rough edges should be filed smooth. If you need help doing this, see a podiatrist or health care professional.

Proper shoes. Wearing shoes that fit properly will help ward off calluses and blisters and reduce the chance of falling. Your feet can widen as you age, so have them measured when buying new footwear.

usually feel more relaxed and happier after laughing, even during trying situations.

Rest and relief. Laughter is considered a natural pain reliever, since the action releases endorphins and provides a temporary distraction from physical or emotional pain. Watching a comedy before bedtime can ease aches and relax your muscles and your mind so that sleep comes easier.



Laugh Lines: Bird Puns to Crow About

Here are some corny bird puns that are so funny, you won't be able to stop raven about them! Don't egret missing these!

- Someone has been robin banks lately. The police need help to quack the case.
- Did you hear about the woodpecker who found some really firm bark? It was im-peck-able.
- A restaurant tried adding pelican burgers to its menu, but the meal's big bill ruffled some feathers.
- My friend was keeping a sick bird in his house, but then he was told that it was ill eagle.
- Turkeys are terrible batters. They always hit fowl balls and get tagged out at first baste.
- The neighbors asked me to watch their pet parrot while they were on vacation, but it was too much of a bird-en.
- Her favorite dance is the chicken dance. It's poultry in motion.
- Watching chicks hatch is so egg-sighting!

Toucan play at this game!
Can you think of any bird puns?

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