



REGENCY PARK

SENIOR LIVING COMMUNITY

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

May Celebrations

Lucy	Birthday
Ms. Liz	Birthday
Kisha	Employee Anniversary
Nicole	Employee Anniversary
Isatu	Employee Anniversary



Flower of May: Lily

The Lily of the Valley is May's flower. Some facts about it:

- *Botanical name: Convallaria majalis*
- *Other names: May Bells, Our Lady's Tears, Ladder to Heaven*
- *Description: Small bell-shaped blooms on a short delicate stem*
- *Colors: White, pink*
- *Meanings: "Sweetness," "You complete my life" and "Return of happiness"*
- *Bloom size: 5 mm to 10 mm in diameter*
- *Color pattern: Solid*
- *Facts: It is said to have been the favorite flower of Queen Victoria. All parts of the plant are poisonous if ingested. It is very popular for weddings and corsage designs.*

May 2026

Executive Director's Corner!

As the days grow longer and the weather begins to warm, we are reminded that spring and summer bring a renewed sense of energy, connection, and opportunity within our community.

At Regency Park, this seasonal transition is more than just a change in temperature — it's a chance to enhance the daily experiences of those who call our community home. Warmer weather allows us to expand our programming outdoors, encourage more movement and social engagement, and create meaningful moments that support both physical and emotional well-being.

You'll begin to see more outdoor activities, from morning walks and gardening to social gatherings and family visits in our shared spaces. These moments are essential not only for maintaining health, but for fostering joy, independence, and connection among our residents. Spring and summer also serve as a reminder of the importance of staying proactive with wellness. Hydration, sun safety, and routine health monitoring remain a priority for our team, ensuring that residents can safely enjoy all that the season has to offer.

For families, this is a wonderful time to reconnect whether through visits, shared meals, or participation in community events. Your presence continues to play a vital role in the happiness and well-being of your loved ones. As always, our commitment remains the same: to provide a safe, engaging, and compassionate environment where residents can thrive. We look forward to embracing the season together and creating lasting memories along the way.

Warm regards, TJ Johnson

Nutrient of the Month: Manganese

The human body needs small amounts of manganese in order to form healthy bones and skin. The mineral also activates enzymes that play an important role in metabolism, as well as antioxidants that protect cells from free radical damage. Rich sources of manganese include oats, leafy greens, brown rice, pineapple and cinnamon.

MANGANESE RICH FOODS



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The Biggest Buzzwords

Every year during the week after Memorial Day, the country's best spellers in 8th grade and under compete for more than \$50,000 in the Scripps National Spelling Bee. Try your hand at defining recent years' winning words. Answers below include the Merriam-Webster dictionary's definitions of these tricky terms.

Winning Words:

- 2025: *éclaircissement*
- 2024: *abseil*
- 2023: *psammophile*
- 2022: *moorhen*
- 2021: *murraya*

Answers:

- 2025: *éclaircissement*—a clearing up of something obscure
- 2024: *abseil*—rappel
- 2023: *psammophile*—an organism that prefers or thrives in sandy soils or areas
- 2022: *moorhen*—an aquatic bird (*Gallinula chloropus*) of the rail family that is widespread in the New World, Eurasia and Africa and that has a red bill, red frontal area on the head and a white band on the flanks
- 2021: *murraya*—a genus of tropical Asiatic and Australian trees (family Rutaceae) having pinnate leaves and flowers with imbricated petals

Facts Behind the Force

"May the 4th be with you" is the punny greeting for "Star Wars" Day, May 4, which celebrates the iconic film franchise and its signature catchphrase, "May the Force be with you." Both would-be Jedis and never-seen-it Sith Lords can enjoy these behind-the-scenes facts about sound effects.

The "Star Wars" feature films have collected several Oscar wins and nominations for sound. The gargled bellow of Chewbacca, Han Solo's Wookiee copilot and best friend, is a combination of the roars of a badger, lion, seal and walrus. Beloved droid R2-D2's robotic beeps are the coos of a baby processed to sound electronic.

Lightsabers, the space-age swords invented by the franchise, are so well-known for their unique hum that actor Ewan McGregor, who played the young Obi-Wan Kenobi, couldn't help but make the sound when filming fight scenes, which was edited out in production. The lightsaber sound effect is made from a movie projector sample combined with static from an old TV to produce electromagnetic feedback.



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Fun Days of May!!

- May 1- Global Love Day
- May 4-National Orange Juice Day
- First Thursday of May- National Prayer Day
- First Friday of May- No pants Day
- May 12- International Nurses Day
- May 20- National Be a Millionaire Day



Older Americans Month

In honor of Older Americans Month, consider the hard-earned advice these famous Americans encouraged people of all ages to live by.

"Hope for the best. Expect the worst. The world's a stage. We're unrehearsed," advised filmmaker and comedian Mel Brooks, who turns 100 next month. This wisdom combines a few classic adages to encourage people to be prepared and gracious optimists.

"Be nice to people and kind," now 92-year-old actress Shirley MacLaine counseled to once-upon-a-time set-mate Elvis Presley, and that wise guidance holds true today. Practicing daily

acts of kindness not only helps the recipient of that kindness, but studies show that it improves health and happiness for those practicing kindness.

"You have to be brave," encouraged award-winning singer, dancer and actress Rita Moreno, now 94, who has accomplished a rare "EGOT," earning Emmy, Grammy, Oscar and Tony awards throughout her career.



Melanoma Monday Is May 4

Melanoma is the deadliest form of skin cancer. It may develop in a mole or suddenly appear as a new dark spot on the skin. Early diagnosis is crucial for the successful treatment of melanoma.

To raise awareness of melanoma and other skin cancers, and to encourage early detection through self-exams, the American Academy of Dermatology recognizes the first Monday in May as Melanoma Monday.

In a skin self-exam, you check all the spots on your body. If you notice any changes, you should make an appointment with your dermatologist. To look for changes, follow the ABCDEs of melanoma:

A is for asymmetry, which means the two halves of the spot look different.

B is for border. Check for moles with scalloped, irregular or poorly defined borders.

C is for color. Look for moles that have more than one color, and pay attention to moles that are black, white, red or blue.

D is for diameter. Watch for moles bigger than a pencil eraser.

E is for evolution. A mole or spot that looks different from your others or is changing in shape, size or color is cause for concern.

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