



# REGENCY PARK

SENIOR LIVING COMMUNITY

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

## Executive's Corner!

### Addressing Loneliness and Isolation in Assisted Living

Loneliness and social isolation are often quiet challenges faced by many older adults, even within the supportive environment of an assisted living community. While our residents are surrounded by care and companionship, the transition from home, the loss of loved ones, or changes in health can still create feelings of disconnection.

As an Executive Director, I see firsthand how important meaningful relationships and daily engagement are to overall well-being. Loneliness is not just an emotional experience, it can impact physical health, cognitive function, and quality of life. That's why we are intentional about creating opportunities for connection every single day. From group activities and shared dining experiences to one-on-one interactions and family involvement, our goal is to foster a true sense of belonging. We encourage residents to participate in programs that bring them joy, while also respecting their individual preferences and comfort levels. Equally important is our team's role in building genuine relationships taking the time to listen, engage, and understand each resident's story.

Families also play a vital role. Regular visits, phone calls, and involvement in community events help bridge any emotional gaps and remind residents they are deeply valued and connected. Addressing loneliness is not a one-time effort—it requires compassion, awareness, and ongoing commitment. Together, as a community, we strive to ensure that every resident feels seen, heard, and truly at home.

## June 2026

### Wit & Wisdom: Dad Jokes

Happy Father's Day! We've rounded up the funniest, punniest "dad jokes" to make you groan ... and then giggle!

"I was just reminiscing about the beautiful herb garden I grew last year. Good thymes!"

"I tell dad jokes, but I don't have any kids. I'm a faux pa."

"What does 'IDK' stand for? Everybody I ask just says 'I don't know.'"

### On the Menu: Carbonated Water

There's something about a fizzy drink that's extra refreshing, and these days, the market for carbonated water is bubbling over with options. The three main types are seltzer, club soda and sparkling mineral water. Most of the flavored carbonated water you'll find in stores are made with seltzer, which is just plain water with carbon dioxide added. Because seltzer has the most neutral taste, it's a good blank canvas for added flavorings. Club soda is like seltzer, but with the addition of certain minerals that give it a slightly salty taste. Sparkling mineral water comes from a mountain spring that contains naturally bubbly water, and depending on the water's source, contains various elements that contribute to its unique flavor.



## Wit & Wisdom

"One father is more than a hundred schoolmasters."

—George Herbert

"It doesn't matter who my father was; it matters who I remember he was."

—Anne Sexton

"I decided in my life that I would do nothing that did not reflect positively on my father's life."

—Sidney Poitier

"She got her looks from her father. He's a plastic surgeon."

—Groucho Marx

"I know that I will never find my father in any other man who comes into my life, because it is a void in my life that can only be filled by him."

—Halle Berry

"When one has not had a good father, one must create one."

—Friedrich Nietzsche

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."

—Charles Wadsworth

"It no longer bothers me that I may be constantly searching for father figures; by this time, I have found several and dearly enjoyed knowing them all."

—Alice Walker



## Celebrating Freedom

When President Abraham Lincoln's Emancipation Proclamation went into effect on Jan. 1, 1863, it signaled the end of slavery in the United States. Then why is Freedom Day or Emancipation Day, commonly known as Juneteenth, celebrated as a federal holiday on June 19 instead?

After Confederate Gen. Robert E. Lee surrendered on April 9, 1865, news of the war's end took time to reach every state. On June 19, 1865, Union soldiers, led by Gen. Gordon Granger, arrived in Galveston, Texas — the western-most state at the time — and announced that the war was over and slavery was abolished.

Combining June and 19, the day was named Juneteenth and sparked numerous celebrations among African American communities. Knowledge of the unofficial holiday faded as many former slaves moved north, but it regained popularity during the civil rights movement in the 1960s.

Juneteenth has been called the country's "second Independence Day" and is marked by a variety of joyous and solemn celebrations.

## Foods That Help Protect Your Skin

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these items in your diet for a dose of added protection.

*Watermelon and tomatoes.* The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

*Cantaloupe and carrots.* These orange fruits and vegetables have high levels of beta-carotene, which may help boost the skin's ability to defend against sunburn.

*Vitamin C-rich foods.* Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, which is good for fighting free radicals. Exposure to the sun's radiation can cause these molecules to form and damage cells in the body.

*Salmon and tuna.* Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer.





## Thank a Nursing Assistant

They lend a helping hand all day, every day to men and women across the nation. In June, we get the opportunity to recognize the nursing assistants and certified nursing assistants who provide hands-on, direct care on a daily basis.

Supervised by a nurse, nursing assistants interact frequently with the people in their care, assisting them with tasks such as feeding, bathing, dressing and grooming.

Because they spend the majority of their time providing hands-on care, nursing assistants often form a close relationship with the people they serve. Their role requires compassion, patience and dedication, qualities that enable them to be a source of emotional support, as well as a vital advocate for quality health care.

From June 11-17, we're given the opportunity to thank these dedicated professionals for their hard work and care. The first day of the commemorative week is always observed as Career Nursing Assistants Day, a nod to nursing assistants who have worked in the field long-term.

## Brain Bender: Day at the Beach

Leo, Sabrina and Vicky spent a summer day at the beach. Each of them saw a sea creature — starfish, crab and jellyfish — and enjoyed a treat from the concession stand — ice cream, snow cone and hot dog. They also met new friends by joining in an activity — Frisbee, volleyball and flying a kite.

Using the clues below, can you figure out how each of them spent the day?

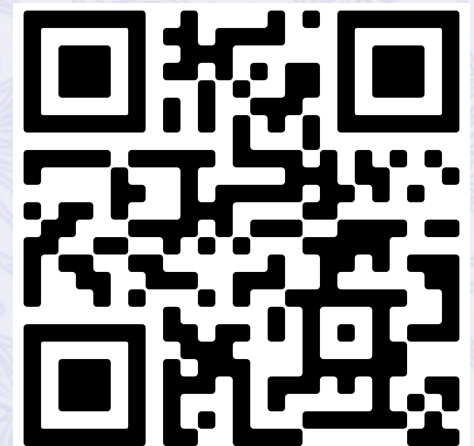
- Sabrina did not play volleyball, see a crab or eat a snow cone.
- The person who flew a kite also saw a jellyfish.

- Leo did not fly a kite, but he did eat a hot dog.
- Vicky either saw a jellyfish or ate ice cream.

*(Answer: Leo saw a crab, ate a hot dog and played volleyball. Sabrina saw a starfish, ate ice cream and played Frisbee. Vicky saw a jellyfish, ate a snow cone and flew a kite.)*



## Visit Our Socials!



## Time to Celebrate!

Ms. Marie	.....	Birthday
Ms. Kay	.....	Birthday
Ms. Doloris	.....	Birthday
Ms. Janet	.....	Birthday
Mr. Pat	.....	Birthday
Katrina	....	Employee Anniversary
Mya	.....	Employee Anniversary
Appliene	..	Employee Anniversary

## Diabetes and Gum Disease

People with diabetes are more prone to infections, including gum disease. If you're diabetic, it's especially important to floss daily, brush at least twice a day and see your dentist at least twice a year.

## Managerial Team Contact Information



Executive Director (EXT 507): TJ Johnson

[tj@regencyassistedliving.com](mailto:tj@regencyassistedliving.com)

Business Office Coord. (EXT 501): Kristyn Middleton

[kristyn@regencyassistedliving.com](mailto:kristyn@regencyassistedliving.com)

Nurse Director (EXT 515 or 510): Alice Carroll

[alice@regencyassistedliving.com](mailto:alice@regencyassistedliving.com)

Wellness Nurse (EXT 510): Barbara Hill

[barbara@regencyassistedliving.com](mailto:barbara@regencyassistedliving.com)

Marketing and Admissions Director (519): April Lane

[april@regencyassistedliving.com](mailto:april@regencyassistedliving.com)

Maintenance Director (EXT 512): Sebert Balfour

[sebert@regencyassistedliving.com](mailto:sebert@regencyassistedliving.com)

Activity Coordinator (EXT 505): Patience Reick

[patience@regencyassistedliving.com](mailto:patience@regencyassistedliving.com)

Customer Service: Info@regencyassistedliving.com



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