



# REGENCY PARK

SENIOR LIVING COMMUNITY

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

## Stay Safe in the Heat!

When temperatures rise, we need to take precautions to prevent heat exhaustion and heatstroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

**Stay inside.** During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

**Hydrate.** Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

**Dress appropriately.** Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

**Take a break.** On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

**Check your meds.** Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

**Watch for symptoms.** If you or someone else shows signs of heat exhaustion, which can lead to heatstroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.

## July 2026

### Executive's Corner!

#### The Importance of Making Tough Medical Decisions Early



As we age, conversations about healthcare wishes and future medical decisions can be uncomfortable. However, making these decisions early is one of the greatest gifts we can give ourselves and our loved ones.

Unexpected health changes can happen at any time. When important decisions have already been discussed and documented, families are spared the burden of guessing what their loved one would have wanted during a crisis. Advance directives, healthcare powers of attorney, and discussions about treatment preferences help ensure that personal wishes are respected.

At our community, we encourage residents and families to have open and honest conversations about future healthcare goals. While these discussions may be difficult, they often provide peace of mind, reduce stress during emergencies, and allow families to focus on what matters most, supporting and caring for one another.

Planning ahead is not about expecting the worst; it is about taking control of your future and ensuring your voice is heard. If you have not yet discussed your healthcare wishes with your family, there is no better time than now to start the conversation.

Warm Regards, TJ Johnson

## Beyond the Stars and Stripes

In honor of the United States' 250th birthday, learn more about lesser-known official symbols for the land of the free and the home of the ... bison!

The North American bison has been the official national mammal since 2016, but the majestic animals have been roaming the continent for about 25,000 years. Wild bison numbered more than 30 million in the 16th century, but by the 1880s, less than 400 survived due to expanding human settlements and over-hunting. President Theodore Roosevelt hunted bison but later became a champion of their conservation. Thanks to Native American tribes and other conservationists, the wild bison population has grown to 500,000 in the past century.

In 1986, Congress approved the rose, many varieties of which are native to North America, as the national floral emblem. The official proclamation cites the bloom's prevalence in most states and the values the flower symbolizes, including "love, peace, friendship, courage, loyalty and devotion." President George Washington was an avid rose gardener, naming a variety for his mother, Mary Washington, and the White House is famous for its Rose Garden.



## The Ground Zero Gunboat

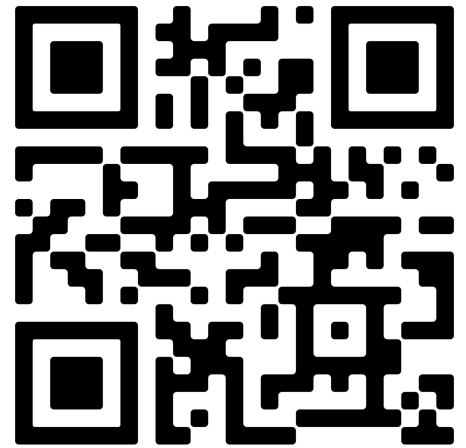
In July 2010, construction workers building the new World Trade Center, where the Twin Towers stood before 9/11, found something unexpected: a shipwreck.

The vessel, nicknamed Ground Zero Gunboat, was quickly extracted, studied and preserved as best as possible. Experts determined that the ship was built during the American Revolution era in Philadelphia, maybe even from the same white oak trees used to build Independence Hall, where the Declaration of Independence and Constitution were signed.

Historians and scientists believe the boat was made to patrol shallow waters but may have traveled as far as the Caribbean. In spite of extensive study, it's still a mystery as to how the boat ended up in Lower Manhattan.

The Ground Zero Gunboat now permanently resides at the New York State Museum, where visitors were invited to watch the preservationists reconstruct the ship in 2025. The ship is a much-anticipated piece of the museum's celebration of America's 250th anniversary.

## July Social Connections!



@REGENCY\_PARK\_ALF

## Reasons to Celebrate!

Ms. Alice	.....	Birthday
Mr. Edgar	.....	Birthday
Mr. Jim	.....	Birthday
TJ	.....	Employee Anniversary
Jewel	.....	Employee Anniversary
Brooke	.....	Employee Anniversary

## Thank a Postal Worker

July 1 is National Postal Workers Day. With words or a sweet treat, thank one of the wonderful men and women who make sure our mail gets to us every day.



## Fostering Friendships

Older adults have extra reason to recognize the importance of social connection on World Friendship Day, July 30.

First, the concerning news: a 2023 advisory by the U.S. Surgeon General warned Americans about the loneliness epidemic, noting adults aged 65 and older experience the highest rates of social isolation. The study found that lacking social

connection was as dangerous as smoking 15 cigarettes a day.

Here's the good news. The advisory also found that maintaining healthy social connections increased survival rates up to 50%. In a study published in the "Journal of the International Neuropsychological Society," socially active participants lessened their risk of cognitive decline by 70%.

Psychologists recommend that late-life adults socialize according to their interests and energy levels. For folks who are experiencing overwhelming isolation, call the Institute on Aging's 24/7 Friendship Line at (888) 670-1360.

## Sun, Summer and Psoriasis!

Psoriasis, a chronic autoimmune skin disease with no cure, causes itchy, scaly rashes often appearing on the knees, trunk, and scalp. Though the causes aren't fully understood, there's a genetic component. Individuals with psoriasis often find summer an anxious time for showing bare skin, yet warm weather brings relief. Here are a few tips:

1. Sunbathe for five minutes a day and increase up to no more than 15 minutes.
2. Swim in saltwater to remove dead skin and help appearance but remember to rinse off and moisturize after.

3. Wear Loose, breathable clothes.

4. Heat and sweat will worsen psoriasis so utilize AC and stay moisturized.

5. Stay inside when insects are most active to prevent bites.

6. Remain calm. Believe it or not, anxiety and stress cause psoriasis to flare and worsen symptoms.



## Wit & Wisdom

"Liberty, when it begins to take root, is a plant of rapid growth."  
—George Washington

"Creativity is the greatest expression of liberty."  
—Bryant H. McGill

"I would like to be remembered as a person who wanted to be free ... so other people would also be free."  
—Rosa Parks

"None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free."  
—Pearl S. Buck

"Without freedom of thought, there can be no such thing as wisdom; and no such thing as public liberty without freedom of speech."  
—Benjamin Franklin

"There is a certain enthusiasm in liberty that makes human nature rise above itself in acts of bravery and heroism."  
—Alexander Hamilton

"Liberty is worth paying for."  
—Jules Verne

"You can only protect your liberties in this world by protecting the other man's freedom."  
—Clarence Darrow

## 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)

Director Of Care Ops, and Clinical Support (EXT 511):

Katrina Alexander

[Katrina@regencyassistedliving.com](mailto:Katrina@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 Department: Nathan Montigny

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

Customer Service: Info@regencyassistedliving.com



REGENCY PARK

SENIOR LIVING COMMUNITY

730 Maryland Route 3 South  
Gambrills, MD 21054