



REGENCY PARK

SENIOR LIVING COMMUNITY

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

Executive's Corner!

A dementia diagnosis can bring uncertainty, fear, and many questions. While it's a difficult moment, it doesn't define the person or take away the meaningful life they can continue to enjoy.

Take time to learn about the diagnosis, ask questions, and involve your loved one in planning for the future. Early support and thoughtful planning can make a tremendous difference for both the individual and their family.

Most importantly, remember that you are not alone. There are professionals, support groups, and senior living communities ready to help you navigate this journey with compassion and understanding.

At Regency Park, we believe every person deserves dignity, respect, and the opportunity to live each day with purpose. A diagnosis may change the path, but it doesn't diminish the value of the life being lived.

Warm Regards, TJ Johnson

Nutrients for Healthy Hair

Low B-12, iron and zinc levels can contribute to hair loss. Keep your locks healthy by including beef, beans, lentils, spinach, broccoli and asparagus in your diet. You may also want to ask your doctor about taking a supplement.

Be Like a Bee

It's important to drink enough water to stay hydrated in the summer heat. To help increase your intake, add flavor and sweetness to your water with a teaspoon of honey.

August 2026

Farewell, Patience!

Help us in wishing farewell and good luck to our Activities Coordinator, Patience! It's been a pleasure working with her at Regency, but she has decided to move on to different heights in her life as she moves closer to her life goals. Our entire staff and residents wish you all the success and happiness in the world. Best wishes, Patience!

Regency Updates!

Last year, Regency Park invested significantly in upgrading the building's internet and cable infrastructure. As part of that project, we installed five new 65-inch SMART televisions throughout the community, providing residents with access to streaming applications and enhanced connectivity. If you have any questions or would like assistance with individualized premium cable options for your loved ones, please contact Kristyn Middleton in the Business Office at 410-923-1200 ext. 501.

Visiting Hours Reminder!

Regency is open to guests from 9:00 AM to 8:00 PM. Our doors will automatically close at 6:30 PM, and if you arrive after this time, kindly call 410-923-1200 EXT 510 for access until the end of the visiting hours.



Laugh Lines: Laughs From Lucy

Aug. 6 is the birth anniversary of beloved comedian Lucille Ball. In honor of the day, enjoy these memorable lines from her legendary TV sitcom, "I Love Lucy."

Lucy: I didn't tell a soul, and they all promised to keep it a secret.

Ricky: There you go again, wanting something that you haven't got.

Lucy: I do not. I just want to see what it is that I haven't got that I don't want.

Lucy: He's baba'd his last lu!

Boy: Is that red stuff (pointing to Lucy's hair) for real?

Lucy: It should be. I paid enough for it.

Lucy: Ever since we said "I do" there are so many things we don't.

Peggy: Ricky's middle-aged. He must be pushing 23.

Lucy: Yeah, he's pushing 23 alright. He's pushed it all the way to 35.

Lucy: Hello, friends. I'm your Vitameatavegemin girl. Are you tired, run down, listless? Do you poop out at parties? Are you unpopular? The answer to all your problems is in this little bottle, Vitameatavegemin.



3 Ways to Celebrate Senior Citizens Day

Behind every community is a generation of trailblazers. This National Senior Citizens Day on Aug. 21, we honor the roughly 60 million older adults whose hard work and wisdom paved the way for us all. Here are some ideas to celebrate the day with people of all ages, both in person and virtually.

Make a masterpiece. Visit a local art studio to take a painting class together. If in-person art isn't an option, set a time to watch a painting tutorial online together and make your masterpieces miles apart but close at heart.

Learn something new. Long-distance learners can attend a virtual webinar together and share ideas afterwards. For in-person bonding, find a public lecture to attend at a local library, university or museum.

Bring on the harmony. If you're celebrating in person, attend a concert. Long-distance loved ones can make their own concert by creating a collaborative playlist online and taking turns adding songs. Send messages with favorite lyrics or stories about each other's favorite tracks.

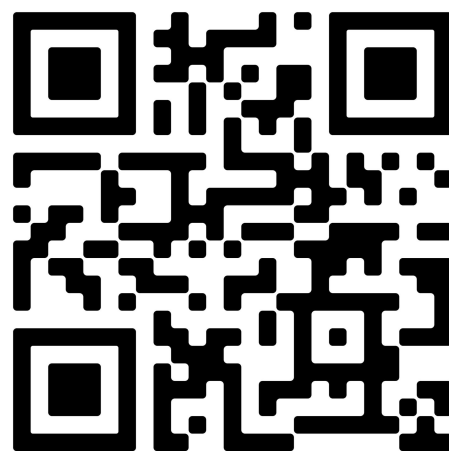
Guilt-Free Snacking

August is the perfect time to enjoy a cold, juicy hunk of watermelon—without the guilt that usually accompanies sweet treats. It's fat-free and packed with nutrients such as lycopene, vitamin A, vitamin C and potassium.

Social Medias!



@REGENCY_PARK_ALF



Sprigs of Mint

Peppermint and spearmint are easy herbs to grow indoors in pots. Use the fresh sprigs to garnish iced tea and lemonade, ice cream and sorbet, and other summery treats.

Vaccines for Seniors

Flu season is just around the corner. In addition to the flu shot, several other vaccines, including those for pneumonia and shingles, are recommended for adults over 50. National Immunization Awareness Month during August is a good time to check with your doctor to see if your vaccines are up to date. Regency will be having our vaccination Clinic in September. Please remember to have your resident consent form filled out and submitted ahead of time.



Breaking the Bank

Ever wonder why piggy banks came to be shaped like swine?

Historically, pigs were valuable resources to rural families desperate for the meat or money from the pig's sale. The German expression "schwein gabt" translates literally to "got pig," denoting that someone got a lucky break during hard times.

Around the turn of the 20th century, novelty pig-shaped banks hit the market, featuring a stopper-less design. The only way to access the coins inside was to smash the bank, which kept the coins safe for true need.

Today, piggy banks have removable stoppers to make

accessing the stashed cash easier than ever. To move away from a "breaking the bank" habit, financial experts recommend putting savings in accounts that are more difficult to empty: using high-yield savings accounts, a savings account at a separate bank from checking accounts, and restricted retirement accounts like 401(k) plans.



Kick Back

National Relaxation Day is Aug. 15, so try the No. 1 suggestion on the "Woman's Day" list of relaxation tips: Drink green tea. According to the magazine, research suggests that antioxidants in green tea can help lower bad cholesterol, increase good cholesterol and help protect against heart disease and stroke. Green tea also fights oral decay and can aid in weight loss, and there's some evidence that it may even protect against certain cancers. Make the tea good and hot, adds the magazine, and you'll build in extra downtime while waiting for it to cool.



Strutting Through Time With the History of Canes

Take an assisted walk through the history of the cane and its evolution from ancient walking stick to modern mobility aid.

Status, storage and self-defense. Many ancient cultures elevated canes from mobility aid and tool to status symbol. Ancient Egyptian royals, Chinese scholars and African tribal leaders carried canes to showcase their powerful social standing. Some ancient Roman canes were designed with hidden weapons, and Egyptian canes were sometimes made with secret compartments to hold valuables.

The cane's golden age. Walking sticks were used throughout the Middle Ages and Renaissance, but they peaked in popularity during the Victorian era, when canes became a must-have for any self-respecting fashionable gentleman. The walking stick rage was so big that in the 1700s, people had to have a license to carry a cane.

Modern mobility. Technology advances have led to modern "smart canes," which have GPS and sensors to provide the cane carrier with guidance based on movement patterns and even alert loved ones in case of a fall. Today's consumers can also find ergonomic, shock-absorbing and handcrafted canes.

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