



REGENCY PARK

SENIOR LIVING COMMUNITY

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

Reading Is Aloud

Where Great Stories Come to Life

Every great story deserves to be shared.

For centuries, stories were passed from one generation to the next by simply gathering together and listening. Long before books filled our shelves, storytelling brought people together, sparked conversations, inspired imaginations, and created lasting memories.

At Regency Park, we're bringing that tradition back in a fun and engaging way with our newest Life Enrichment Program, Reading Is Aloud!

This exciting program is designed for everyone who enjoys a good story, regardless of their reading ability or vision. We believe that the joy of literature should be accessible to everyone because great stories are meant to be experienced, not just read.

Each weekday from 9:30 a.m. to 10:00 a.m., join our Life Enrichment Manager, Nathan, as he brings popular books and timeless classics to life through expressive, engaging read-aloud sessions. Residents are invited to simply relax and listen or follow along using one of the printed copies available during the program.

But the experience doesn't end with the last page! Before and after each reading, residents will have the opportunity to share thoughts, memories, and opinions during lively group discussions, making every session both entertaining and meaningful.

What You Can Expect:

- Engaging readings of popular books and beloved classics
- Fun and interactive group discussions
- A welcoming experience for all reading abilities

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- Printed copies available for those who wish to follow along
- An opportunity to connect with friends through the power of storytelling

Participation couldn't be easier, just show up, listen, and enjoy. Whether you've always loved books or simply enjoy hearing a great story, Reading Is Aloud is a wonderful way to relax, connect, and discover something new each day.

Join us weekdays from 9:30–10:00 a.m. and experience the magic of storytelling—because at Regency Park, every story is better when it's shared!

Executive's Corner!

Aging in Place: Growing Older with Confidence

One of the greatest benefits of assisted living is the opportunity for residents to age in place remaining in the community they know and love as their care needs change over time. Rather than facing multiple moves, residents can continue enjoying familiar surroundings, trusted caregivers, and meaningful friendships. As we age, it is natural for our health needs to increase. Residents may require additional assistance with mobility, personal care, medication management, or other daily activities. These changes are not setbacks—they are a normal part of the aging journey.

At Regency Park, our goal is to meet residents where they are. As needs evolve, our care plans evolve too, ensuring each resident receives the support they need while maintaining as much independence and dignity as possible. Aging in place isn't simply about staying in one location, it's about providing the right care at the right time, allowing residents to continue living safely, comfortably, and with the highest quality of life.

TJ Johnson

Meet Ni'a



Our Life
Enrichment
Assistant

Ni'a, born January 26, is a proud Aquarius with a creative spirit and a heart that finds peace through art. With a love for the

colors blue and brown, she has always found comfort in creativity and self-expression.

When life becomes overwhelming, Ni'a turns to her pencil and allows her emotions to come to life on paper. For her, drawing is more than just a hobby—it's a way to release stress, express what words sometimes cannot, and find her way back to a place of peace.

Her strength and outlook on life are beautifully captured in her favorite quote:

"The storm may have changed me, but it never stopped me from becoming who I was meant to be."

Twisty Treat

From ballgames to happy hours to Oktoberfest celebrations, pretzels are a staple of the snacking world. Since their invention sometime in the Middle Ages, the baked treats' twisted knots have held multiple meanings, including good fortune and new beginnings.



Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are many ways to connect and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits, sending "just because" cards by mail or making phone or video calls. For short but meaningful connections, try texts or connecting on social media.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most is love and support. Showing interest in their lives, offering a listening ear and saying "I love you" are all simple yet shining ways of being a wonderful grandparent.

Pneumonia Prevention

In addition to getting the pneumonia vaccine, there are other ways to help prevent the infection: Wash your hands with soap and water often, eat a healthy diet, get plenty of sleep and exercise regularly.

To Your Health: Reduce Arthritis Risk

Lifting light weights not only keeps your muscles and bones strong, but the activity is also good for maintaining joint health and reducing your risk for arthritis. Muscle mass is key to preventing osteoarthritis and joint pain. Strengthening the muscles around joints lightens the load on the joints themselves, helping them stay healthy.

Arthritis Relief With Coconut Oil

Using coconut oil as a lotion can soothe dry skin, and it may also help relieve joint pain related to arthritis. Coconut oil contains anti-inflammatory properties, and some research shows that massaging the oil into the skin can increase circulation to the area.



Introducing Our Bridge and Bridge Plus Program

Purpose Create a true aging-in-place continuum by providing enhanced clinical support for residents whose needs exceed traditional Assisted Living while allowing them to remain safely at Regency Park whenever appropriate. Bridging Care. Building Confidence. Aging Together.

Bridge Community Integration

Eligible Quiet Waters residents with mild dementia may participate in supervised 'day trips' to Assisted Living for meals, activities, entertainment, religious services, and social events before returning to

Memory Care. This promotes dignity, socialization, and quality of life while maintaining a safe environment.

Benefits

Residents

- Age in place longer
- Fewer disruptive moves
- Enhanced clinical care
- Better quality of life

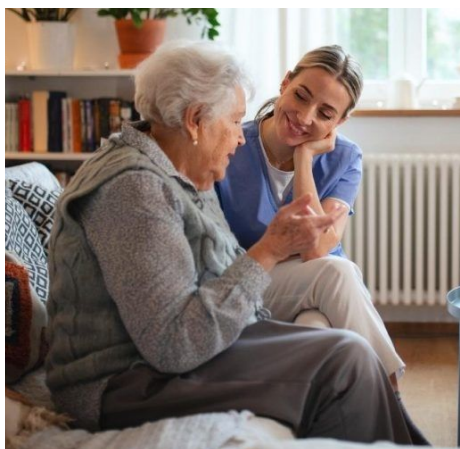
Families

- Greater peace of mind
- Improved communication
- Better continuity of care

Regency Park

- Increased resident retention
- Competitive advantage
- Additional revenue supports staffing
- Reduced avoidable discharges

See our Marketing Director, April Lane for more information about our Bridge programs.



Let Go and Grow

"Autumn teaches us the beauty of letting go. Growth requires release—it's what the trees do." —Ka'ala

Try This Happiness Challenge

The New York Times issued a "7-Day Happiness Challenge" to their readers, and one of the challenges was to try an 8-minute phone call. Hearing someone's voice while conversing, rather than reading their written messages, eases loneliness and provides a sense of belonging; it also regulates your nervous system and drops stress levels. Simply put, a short, effortless call with a loved one can boost your overall happiness, and it won't take much time out of your day. Sounds like a win-win!

Grounded Gratitude

"Gratitude can transform our life sooner than anything else," urged spiritual leader Sri Chinmoy, who helped establish World Gratitude Day on Sept. 21. Keep your gratitude grounded with these practical paths to transformation. One-minute messages. Each day, send a brief message to a loved one, making sure to include one or two of their specific qualities that you notice and appreciate. When you sign a receipt, include a brief thank-you note. Bring it home. Incorporate gratitude into your environment with a gratitude jar and dedicated space for thankfulness. Consider using pages from an old gratitude journal to fill your jar and read the slips when you need a boost of peace.

Avoid thankfulness thieves. Persistent comparison, complaining or gossip can create a loop of negative thinking that impedes gratitude. If you find yourself slipping into one of these habits, consider trying a weeklong challenge with no complaints allowed or substitute gossip for bragging rights.



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