REGENCY PARK
SENIOR LIVING COMMUNITY
730 Maryland Route 3 South • Gambrills, MD 21054 • (410) 923-1200

Heartbeats and Health

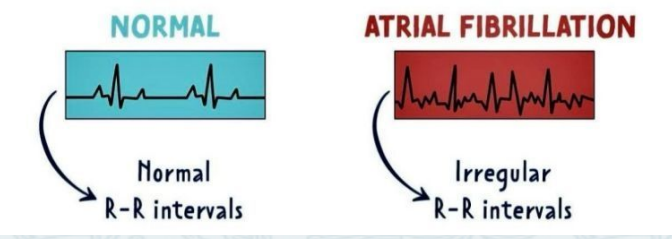
You've probably heard people say their "heart skipped a beat" when describing moments of excitement or joy. But this sensation—a heart that flutters, flips, skips or quivers—could be a sign of a serious condition called atrial fibrillation.

Atrial fibrillation is also called AFib or AF. It is the most common type of arrhythmia, which is a problem with the heartbeat's speed or rhythm. When AF happens, the two upper chambers of the heart (the atria) beat out of sync with the two lower chambers (the ventricles). This irregularity can come and go or be persistent.

During AF, the heart beats inefficiently, causing poor circulation and placing the body at risk for heart failure and stroke, since blood clots can more easily form in the heart and travel to the brain. These risks increase with age.

The most common cause of AF is from abnormalities or damage to the heart's structure. This damage can be the result of conditions such as high blood pressure, heart disease and hyperthyroidism.

People with AF may notice symptoms such as heart palpitations, shortness of breath, dizziness, weakness and fatigue. If you think you have AF or a similar condition, consult your doctor.



November 2026

Executive's Corner!

Staying Healthy This Fall & Winter

As the leaves begin to change and cooler weather arrives, fall and winter also bring an increase in seasonal illnesses such as the flu, RSV, COVID-19, and the common cold. For older adults, these illnesses can sometimes become more serious because our immune systems naturally change as we age. At Regency Park, keeping our residents healthy is a partnership between our team, residents, families, and visitors. Simple precautions can make a big difference. We encourage everyone to remember a few important things: wash your hands frequently, cover coughs and sneezes, avoid close contact with others when you are sick, and speak with your healthcare provider about recommended seasonal vaccinations. The CDC particularly emphasizes annual flu vaccination for adults 65 and older and recommends RSV vaccination for everyone age 75 and older, as well as certain adults ages 50–74 who are at increased risk. Families and friends also play an important role. We love seeing our residents enjoy visits with their loved ones, but if you are experiencing a cough, fever, sore throat, congestion, or other signs of illness, please consider postponing your visit until you are feeling better. A small precaution can help protect not only your loved one but our entire community. We will continue to monitor our residents closely and take appropriate precautions when illness occurs. As always, our goal is to provide a safe, comfortable, and caring environment while allowing our residents to continue enjoying the activities, friendships, and special moments that make Regency Park home.

Here's to a happy, healthy, and safe fall and winter season at Regency!

In Service to the Nation

November brings Veterans Day, when we honor those who have served in the nation's military. Take a moment to reflect on your experiences.

- Did you serve in the armed forces? If so, in which branch? How long was your service? In what places were you stationed? Where else did you travel to as a member of the military?
- What ranks did you hold, and what duties did you perform?
- Who was the most memorable person you met while serving?
- Of your time in the military, what is the most lasting memory you have?
- If you didn't serve, were you close to someone who did—a family member, spouse, child or friend? How did you feel about them being in the service?
- What do you remember about the times when the nation was at war?
- Describe the ways that war changed your life or the lives of others you know.
- From your military service or wartime experiences, what would you most want future generations to know?
- Have you visited any war or military memorials?
- How do you show support to veterans and honor Veterans Day?



Life on the Road

Route 66 is celebrating its 100th birthday! From 1926 to the last half of the 20th century, "The Mother Road" was the favored way to traverse the western half of the United States.

The nation's first paved highway spanned 2,448 miles from Chicago, Ill., to Los Angeles, Calif. Towns and businesses along the highway grew and prospered with the boom of tourists. The Bobby Troup song "Route 66" advised folks to "Get your kicks on Route 66."

The Federal Aid Highway Act of 1956 prompted the construction and upgrade of roads across the country. By the 1970s, Route 66 was mostly replaced by five interstate highways, and it was fully decommissioned by 1985. Businesses along the highway closed as traffic dwindled.

There have been efforts, however, to preserve historic sites along the route, and travelers can still get their nostalgic "kicks" navigating about 85% of the original Route 66. Cities along the famous route are celebrating the centennial with parades, festivals and, of course, car shows.

Call It a Comeback

From vinyl records to vintage arcades, young consumers are turning to the past for their pastimes. These pre-digital, mid-century activities are making a comeback as younger generations today seek slower, multisensory experiences in a world filled with screens.

Vinyl experienced a golden age during the 1950s to 1970s before losing ground to emerging technologies such as cassette tapes, CDs and eventually music streaming services. Today's consumers, however, are much more likely to put a record on for a slower, more mindful experience. During the past decade, vinyl sales have increased by more than 500%.

In the 1970s and 1980s, arcades were a refuge for teens and young adults to compete and to simply hang out, but many closed in the late 20th century with the rise of home-based video games. Today's arcade revival is about gathering as much as gaming.

As younger generations trade instant algorithms for intentional experiences, they remind us that the most vivid moments happen offline.





Brain Bender: Words of a Feather

Use your ol' noodle to solve these Thanksgiving-themed analogies!

Example: Thanksgiving is to November as Valentine's Day is to: February.

1. Turkey is to bird as cranberry is to _____.
2. Corn is to field as pumpkin is to _____.
3. Mash is to potatoes as _____ is to turkey.
4. Thanksgiving is to Thursday as Mother's Day is to _____.
5. Drumstick is to turkey leg as spud is to _____.
6. Stuffing is to side dish as pumpkin pie is to _____.
7. Turkey is to platter as _____ is to boat.
8. Green bean is to casserole as _____ is to sauce.
9. Massasoit is to Wampanoag as William Bradford is to _____.
10. Black is to Friday as _____ is to Monday.

(Answers: 1. fruit; 2. patch; 3. carve; 4. Sunday; 5. potato; 6. dessert; 7. gravy; 8. cranberry; 9. Pilgrims; 10. Cyber)

Social Platforms!

- TikTok Account: regency.park.alf26
- Online Website: https://www.regencyparkassistedliving.com

@REGENCY_PARK_ALF

Breathe in Fall Fragrances

Surround yourself with the fragrances of fall by looking for scented products in woodsy or spicy aromas, such as cinnamon, clove, eucalyptus, juniper berry, patchouli or pine.

A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Between 2,000 and 3,000 balloon handlers volunteer for the parade each year, and they have the option to attend training to learn the ropes, whistles and hand signals needed to safely guide the massive balloons.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.
- There are more than 8,000 parade participants, including Macy's employees, marching bands, celebrity singers, Broadway performers and the Radio City Rockettes.
- Around 3.5 million people line the city streets to watch the parade, and more than 30 million watch on TV.

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Life is to be lived.™