

August 2023

Regency Park

Assisted Living & Memory Care | 8300 SW Barnes Rd Portland OR 97225 | 503-292-8444



Celebrating August

Happiness Happens Month

**Boomers Making a
Difference Month**

Watermelon Day
August 3rd

Homemade Pie Day
August 5th

Root Beer Float Day
August 6th

Vinyl Record Anniversary
August 12th

National Lefthanders Day
August 13th

Elvis Week
August 9th - 17th

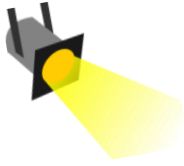
World Humanitarian Day
August 19th

Senior Citizens Day
August 21st

Women's Equality Day
August 26th

SUMMER DAYS SPENT TOGETHER





Resident Spotlight Warren Heathman

Meet Warren Heathman: Kind, generous, quick witted and always ready to lend a helping hand. You will often see Warren playing bingo with



friends or enjoying many of our other community events throughout the day. Born and bred right here in Oregon Warren spent most of his formative years close to home until he went to Seattle to boarding school (his high school years). Then off to PSU,

where his favorite subject was accounting. His first job came at the young age of 13 or 14 bussing tables. His most interesting job was being a part of a television drama (filmed right here in Oregon) called *Under Suspicion*. Its episodes were broadcast on the CBS network from September 16, 1994, to March 10, 1995. Warren loves swing and big band music, watching the news and chatting with friends. When asked about his favorites he said, "I love steak, and baked ham, dance music, Bermuda, and time spent with those I care about." So, as you can see Mr. Heathman has led a full and interesting life. If you see him take a minute to say hello!!! We love that contagious smile!



August Birthdays

In astrology, those born from August 1-22 are Leo Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23-31 are Virgos. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and are aware of every detail.

*Happy
Birthday!!*

Gail L. 8/14/1941

Eunice P. 8/4/1916

Nancy Y. 8/27/1938



A Generous Donation!

There have been many questions surrounding the huge pile of green books in Amanda's office, we thought you'd like to hear the backstory! About a month ago we received a call from one of our neighbors in the area about a donation of over 50 years' worth of National Geographics. We were slightly reluctant because we weren't sure what we'd do with so many magazines! Then one afternoon our neighbor paid us a visit to show us an "example" of what she was talking about! Boy were we in for a surprise the example was gorgeous! Her husband had recently passed away and he was a collector of National Geographics. He was such a collector that he had many of the magazines bound. Chris our Plant Operations Director went and picked up the books (a truck load of them) and brought them back to the community. Soon, you will start to see them popping up around the community in common areas. Please enjoy them and return them once you have finished reading them. We hope you smile at this simple act of kindness from our neighbor. Please see our concierge to sign a thank you card we will be sending off in mid-August to our generous neighbor!

New in Life Enrichment

In Assisted Living: Please Welcome Kari our new Life Enrichment Associate.

Every Sunday a Live Video service by Sonrise Church will provide a chance to enjoy worship and hear a bible-based message.

Every Sunday Steel Feathers Zumba with instructor Betty.

Every Sunday a Weekly Q&A at 11am this is a chance to look at the week ahead and ask any questions and highlight activities you would like to attend.

Every Sunday Lets get some steps in is a chance to get up and get walkin.

Every Wednesday Wine Down a chance to enjoy a glass of wine with friends.

Every Friday is Cookin with Kari a chance to get back in the kitchen and make something delicious for all to enjoy at Happy 1/2.

Every Saturday is a chance to get out in the garden to get your hands dirty.

In Memory Care: Please Welcome Peter our new Life Enrichment Associate.

We are so excited to have Peter in Memory Care running our Life Enrichment program. We will continue to offer activities the residents know and love like music, and trivia as well as introducing new active games like bean bag toss and BINGO!



What's happening in July

Performances:

Shaymus Hanlin: 8/16/23 @3:00pm
Charles & The Angels: 8/25 @3:00pm



Steve West :8/25/23 @3:00pm

Classes:

Dementia Support Group: 8/02 @1:00pm
Pilates: 8/08 @10:00am
Classic Club: 8/16 @ 11:00am
Art Therapy: 8/28 @11:00am
Pet Therapy: 8/10 & /24 @9:20am (MC)
Music Therapy: 8/02 & 8/16 @9:30am (MC)

Council Meeting:

Meeting of the Minds: 8/21 @2:30pm
Town Hall Meeting: 8/29 @1:30pm

Eat well, Laugh Often!

Dining Room Hours 7:30am-6:00pm

Breakst 7:30-9:00am

*After 9am if avablie the breakfast specail can be ordered if not avablie a standard breakfast will be offered.

Lunch 11:30am-1:00pm

*if avablie the Lunch specail can be ordered if not avablie a standard Lunch will be offered.

Dinner 4:30pm-6:00pm

*please keep in the mind to order dinner by 6:00pm

Optum & United Health

As the provider of your loved one's care, we'd like to tell you about a Medicare Advantage plan that may be of special interest to you. The UnitedHealthcare® Assisted Living Plan PPO, and it's designed for people who live in an assisted living community, but who require an institutional level of care. It not only combines your medical, hospital and prescription drug coverage in one, but also adds access to extra care coordination and personal attention from a health care practitioner and registered nurse right here at Regency Park Assisted Living. This plan is amazing!

Here's what the plan provides:

- Collaboration between clinician, doctors, specialists, and community staff
- A primary contact for keeping loved ones and caregivers informed
- A way to stay in familiar surroundings for certain tests and treatments
- Early attention to health problems before hospitalization is necessary
- A health care advocate 24/7 by telephone

Plus:

- Enroll or dis-enroll at any time of year
- Low out-of-pocket expenses if any
- More benefits than Original Medicare, which may include hearing, vision, dental, podiatry, transportation and more (many provided on site) *

It's also important to note that enrolling in this plan does not impact Medicaid.

If you'd like more information:

Call your licensed sales agent, **Liz Albano** at 503-746-0066, TTY <711>, Monday-Friday, 8 a.m. to 5 p.m., PST or email liz_raines@optum.com.

Visit www.uhcassistedlivingplan.com



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Hardscrabble Life

From July 15–19, Las Vegas, Nevada, will host one of the most consequential and cutthroat competitions in the world: the 2023 Scrabble Players Championship. The competition is so stiff that Scrabble enthusiasts declare the entire week Scrabble Week. Anyone who has played Scrabble with a serious player knows how frustrating it can be. After all, many words are allowed in the game that we don't use in common language. This is where the Official Scrabble Players Dictionary comes in. This dictionary is loaded with words players can use during play, even little-known words like *atemoya*, a "Central and South American fruit," and *sthenia*, "a condition of abnormal strength or vitality," to name a couple. For years, it was even legal to play terms that are offensive, such as racial slurs and profanity. As recently as 2021, a list of banned words was released, an act that some players lauded as morally just, and others decried as ruining the game.