

December 2023

Regency Park

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



Celebrating December

**Universal Human
Rights Month**

**Safe Toys and Gifts
Month**

Clerc-Gallaudet Week
December 3–9

Dice Day
December 4

Bathtub Party Day
December 5

Salesperson Day
December 8

Gingerbread House Day
December 12

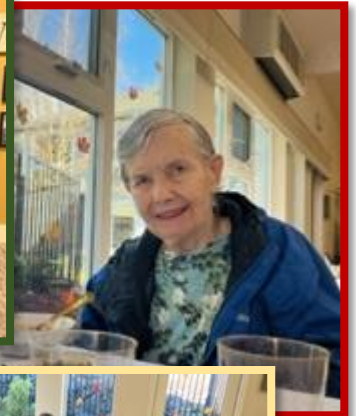
Humbug Day
December 21

Christmas
December 25

Thank-You Note Day
December 26

New Year's Eve
December 31

The Most Wonderful Time of the Year!





christmas DINNER

APPETIZERS
Classic Wedge Salad
French Onion Soup

ENTREES
Prime Rib
Salmon

SIDE DISHES
Baked Potato with Toppings
Rice Pilaf
Grilled Asparagus
Dinner Roll

DESSERTS
Bread Pudding

DRINKS
Cocktails & Non-Alcoholic Drinks
Wine Served with Dinner

December Birthdays

If you were born from December 1–21, you are a Sagittarius, the Archer. Archers are not only confident but also lucky, so they often find success. Their enthusiasm is infectious, so people often help them achieve their ambitious goals. Those born from December 22–31 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps.

Famous People Born in Dec.

- Andy Williams (singer) – Dec. 3, 1927
- Dave Brubeck (pianist) – Dec. 6, 1920
- Buck Henry (writer/actor) – Dec. 9, 1930
- Rita Moreno (entertainer) – Dec. 11, 1931
- Christopher Plummer (actor) – Dec. 13, 1929
- Betty Grable (actress) – Dec. 18, 1916
- Branch Rickey (manager) – Dec. 20, 1881
- Louis Chevrolet (engineer) – Dec. 25, 1878
- Donna Summer (singer) – Dec. 31, 1948

Regency Park Resident Birthdays

- Robert G. 12/6
- Goody C. 12/7
- Jean D. 12/8
- Kenneth M. 12/8
- Lynn M. 12/15
- Edith H. 12/19
- Virginia P. 12/28

Regency Park Associate Birthdays

- Stephanie Y. – Med Tech 12/5
- Angela A. – Server 12/7
- Sonia G. – Med Tech 12/12
- Lashundra J. – Care Associate 12/13
- Brenda L. – LE Assistant 12/16
- Jordan M. – Care Associate 12/18
- Catherine O. – Care Associate 12/24
- Chris P. – Plant Ops Director 12/25
- Peter O. – Sever 12/30

Do you need a ride?

Medical transportation is available by appointments within a 10-mile radius. Driver will drop off and return when contacted for pickup. Transportation services outside a 10-mile radius will result in a charge of \$30.00 per hour.

Transportation along with an escort (*staff assistance*) to medical appointments will result in a charge of \$30.00 with a one-hour minimum. The staff escort will assist resident into the building and either attend the appointment per request or wait in the lobby.

This service will be provided by utilizing the Community's car at this time. We ask that all appointments are scheduled with the front desk at least 72 hours in advance; **please include all appointment details**. Please keep in mind that all transportation is subject to staff availability. We will do our very best to get you where you need to be. Thank you!

Fiddlin' Around



December 13 is Violin Day. On this day in 2010, rock violinist Ben Lee broke the Guinness world record for fastest violin player by playing Nikolai Rimsky-Korsakov's "Flight of the Bumble Bee" in just 58.515 seconds. After breaking the previously unbreakable magic-minute mark, Lee reportedly insured his fingers for over four million dollars.

Violins were once used only in classical music, but they have since become popular in jazz, rock, and pop music. Folk musicians have long played the fiddle, and violin-like stringed instruments have been used in India and the Arab world for hundreds of years. Violin makers, called luthiers, enjoy great renown. Italian luthier Antonio Stradivari's violins are so precious that one 1716 instrument, "The Messiah," is part of a museum collection in England.

Cold Hard Facts



On December 1, 1959, twelve countries signed the Antarctic Treaty, which proclaimed that all countries would use the land of

Antarctica for peaceful purposes only. All scientific discoveries must be shared and used in a spirit of cooperation. Since 1959, the number of countries to sign the treaty has grown to 56. Many significant discoveries have been made on Earth's coldest continent. Research has detected the rise of global carbon dioxide levels, which contributes to global warming. Scientists have discovered fossils of plants, animals, and dinosaurs, as well as four new species of fish. This treaty has helped warm the spirit of international cooperation. Over time, the treaty advanced science, embodying global commitment to preserve and steward this pristine environment.

What's happening in December

Performances:

Roy on the Ukrainian Bandura :12/04 @11am
Cooley Holiday Show: 12/5 @ 1:00pm
Rose City Timberliners: 12/6 @ 1:30pm
Shaymus Hanlin: 12/21 @3:00pm
Steve West: 12/22 @3:00pm
Laila Murphy: 12/24 & 12/25
ALL Families are welcome to come enjoy all the Christmas CHEER!
We look forward to seeing you!

Classes:



Dementia Support by Gentiva: 12/05 @4pm
Classic Club with Terry:12/11 @11am
Music History with Gordon:12/13 @11am
Art Therapy with Joyce:12/25 @11am
Music with Lisa:12/06 & 12/20@9:30am
Pet Therapy: 12/14 & 12/28 @9:20am
Student lead Art with Catlin Gable students every other Tuesday @3:30pm

Council Meetings:

Meeting of the Minds: 12/18 @2:30pm
Town Hall Meeting: 12/26 @1:30pm

Soup du Jour

It's a dish that earned the name "the soup that won the war." General Washington's Continental Army was starving and frozen one winter at Valley Forge. On December 29, 1777, Washington urged his army chef, Christopher Ludwick, to cook a meal he had once encountered visiting his brother in Barbados. It was a soup that warmed both his troops' bellies and hearts. Ludwick gathered what ingredients he could—tripe, meat, and peppercorns—and mixed up a version of pepper pot soup. Not only did the revolutionaries win the war, but December 29 came to be known as Pepper Pot Soup Day. You could celebrate the day by recreating Ludwick's hot and spicy dish. Or you could honor Ludwick by rummaging around in your kitchen to concoct a soup made from leftovers and scraps.

Optum & United Health

As the provider of your loved one's care, we'd like to tell you about a Medicare Advantage plan. 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. This plan is amazing! If you have any questions, Contact *Liz Albano* contact info at the bottom.

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 am to 5 pm, PST or email liz_raines@optum.com.



Regency Park Leadership Team

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If you don't move it; you lose it!

Most can agree exercise isn't always the first group activity you think of joining. However just 30 minutes of exercise a day helps prevent falls, guards against injury and helps preserve cognitive function.

Please join us EVERDAY at 10:15am downstairs- SEE YOU THERE!

