

April 2024

# Regency Park

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



## Celebrating April

**Lawn and Garden Month**

**Humor Month**

**Welding Month**

**Laugh at Work Week**

*April 1–7*

**National Volunteer Week**

*April 21–27*

**Peanut Butter and Jelly Day**

*April 2*

**World Rat Day**

*April 4*

**Teflon Day**

*April 6*

**National Gardening Day**

*April 14*

**Take a Wild Guess Day**

*April 15*

**Earth Day**

*April 22*

**Talk Like Shakespeare Day**

*April 23*

**International Jazz Day**

*April 30*

## Embrace the beauty of new experiences





## For the Love of Birds



Many have heard of the Audubon Society and know it as an environmental organization dedicated to studying and preserving birds and their natural habitats. The organization is named after John James Audubon, the French American painter of birds who dedicated his life to his unique art. His birthday April 26 is now celebrated as Audubon Day.

Audubon showed an affinity for birds starting in childhood. He spent hours roaming the countryside, collecting birds' nests and eggs, and drawing them once he returned home. Audubon's father was a sailor and hoped his son would join the navy, so John James went to military school. However, he suffered from seasickness and so returned to the woods.

In 1803, the Napoleonic Wars broke out in France. Audubon's father obtained a fake passport and sent John James to America to avoid the war. It was at his family's farm in Pennsylvania that Audubon devoted himself full-time to the outdoors: hunting, fishing, and drawing birds.

Audubon was obsessed with birds. In an effort to study their habits, he tied string around their legs to see if they returned year after year. He learned the art of taxidermy and worked in natural museums. But his greatest contribution to ornithology was his brilliant book *Birds of America*. He dedicated his life to drawing every single bird in America. His style was new and different: a highly detailed drawing of each bird, more accurate than ever before. His drawings were life-sized, with some pages over three feet tall and two feet wide. After 14 years of traveling the entire country, Audubon drew over 700 species of birds. *Birds of America* is often considered the greatest picture book ever made, and original copies have sold for over \$10 million. How's that for a nest egg?

## Unraveling the Art of Tatting



While a handkerchief, table runner, doily, or collar made of intricate knotted lace appears nearly impossible to construct, the art of tatting is easy to learn. All you need to start tatting is thread, a shuttle (a small device that helps guide a silk thread through loops into knots), and your two hands. Give it a try on April 1, International Tatting Day.

This decorative art form may have grown from the netting and ropework handmade by sailors and fishermen of olden times. Tatting became fashionable in the 1800s and enjoyed a surge in popularity during the 1950s and 1960s. Technology has usurped the handiwork required to make tatted lace, which means that handmade tatting is more precious than ever.



## Major League Debut

On April 15, 1947, Jackie Robinson played his first major league baseball game with the Brooklyn Dodgers against the Boston Braves in front of a crowd of 25,000 spectators at Ebbets Field in Brooklyn. This marked the first moment that an African American athlete played a sport in any of the major leagues.

Robinson did not get a hit that day, but he was awarded the first ever Rookie of the Year title that year. In 1949, he was named the National League's Most Valuable Player. The next year, he became the Dodgers' highest paid player with a salary of \$35,000. In 1955, Robinson led the Dodgers to a World Series victory over the New York Yankees. A perennial All-Star and Hall of Famer, Robinson's number 42 was retired by all of baseball on April 15, 1997.

## **April Birthdays**

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done. April birthstone is the diamond.

Diamonds symbolize clarity and strength. In fact, the word diamond comes from the Greek word “adamas,” which means “unbreakable”. Those born in April have two birth flowers: the perky daisy and the delicate sweet pea. They symbolize innocence and bliss, respectively.

### **Famous Birthdays**

Marlon Brando (actor) – April 3, 1924  
 James D. Watson (scientist) – April 6, 1928  
 Jackie Chan (actor) – April 7, 1954  
 Beverly Cleary (author) – April 12, 1916  
 Queen Elizabeth II (royalty) – April 21, 1926  
 Barbra Streisand (entertainer) – April 24, 1942  
 Jay Leno (comedian) – April 28, 1950

### **Resident Birthdays**

Louden L. – April 1<sup>st</sup>  
 Joyce W. – April 12<sup>th</sup>  
 Henry J. – April 16<sup>th</sup>  
 Keith B. – April 20<sup>th</sup>  
 Maureen G. – April 21<sup>st</sup>  
 Chitra J-D. – April 21<sup>st</sup>  
 Thelma P. – April 22<sup>nd</sup>  
 Joan R. – April 28<sup>th</sup>

### **Staff Birthdays**

Daniel O. – April 19<sup>th</sup>  
 Roger G. – April 20<sup>th</sup>  
 Tre W. – April 26<sup>th</sup>  
 Eric L. – April 29<sup>th</sup>  
 Mathew S. – April 29<sup>th</sup>

**Happy Birthday EverFriends**

## **What's happening in March**

### **Performances:**

The Dave Cooley Show 4/5/24  
 Music Memories by Shaymus Hanlin 4/18/24  
 Steve West on the guitar 4/26/24  
 Charles and The Angels 4/30/24



### **Classes:**

Dementia Support Group 4/2/24  
 Classic Music with Terry 4/8/24  
 Historical Presentation 4/11/24  
 Art Therapy with Joyce 4/22/24  
 Music Therapy with Lisa 4/4/24, 4/18/24

### **Council Meetings:**

Chefs Chat with Robert 4/9/24  
 Activities Meeting with Brianna 4/16/24  
 Town Hall Meeting 4/24/24

## **Attention Residents**

Emily Zhang needs your help; she is a senior at the Catlin Gabel School and is a teaching assistant for a course on mortality and life. In that course, they look at the various ways that people view life, whether it be through religion, or other beliefs. But the best way to learn about the lens through which people go about viewing life is by learning from those who have had a lot of life experiences.

She is hoping to pair students with residents who live her at Regency Park. For a series of four 1-hour-long life-story interviews. The goal would be for the students to learn from the seniors' life experiences. After the interviews, the students will write biographical sketches, present to their class, and then of course will share with the resident they interviewed.

If this is something you may be interest in, please sign up with the concierge and Brianna will follow up with details.

## 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 at 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>**



## Regency Park Leadership Team

**Amanda Sanchez, Executive Director**

AmandaS@cascadeliving.com

**Roger Greene, Business Office Manager**

RogerG@cascadeliving.com

**Martha Messele, RN, Memory Care Nurse**

MarthaM@cascadeliving.com

**Tara Bryson, RN, Assisted Living Nurse**

Tarabr@cascadeliving.com

**Hikmet Sedjeiu, Resident Service Coordinator**

Hikmets@cascadeliving.com

**Katie Velazquez, Community Relations Director**

KatieV@cascadeliving.com

**Tara Allen, Community Relations Director**

TaraA@cascadeliving.com

**Steve Mathews, Move-in Coordinator**

StevenM@cascadeliving.com

**Julio Lluvias, Plant Operations Director**

Juliol@cascadeliving.com

**Robert Kutschke, Dining Services Director**

RobertK@cascadeliving.com

**Brianna Seamster, Life Enrichment Director**

BriannaS@cascadeliving.com

## **Do you need a ride?**

Regency Park offers transportation by appointments within a 10 mile radius. Driver will drop off and return when contacted for pickup. Transportation services outside 10-mile radius cost \$30 per hour. Transportation along with staff assistance to medical appointments cost \$30 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. Services will be provided by utilizing the car.

If wheelchair transport is needed transportation will need to be booked with an outside agent. Concierge can provide contact information.

We ask that all appointments are scheduled with the concierge at least 72 hours in advance. We will do our very best to get you where you need to be. Please keep in mind that all transportation is subject to staff availability.

Thank you!