

June 2024

Regency Park

Assisted Living & Memory Care | 8300 SW Barned Rd Portland OR, 97229 | 503-292-8444



Celebrating June

Adopt-a-Cat Month

National Soul Food Month

International Men's Health Month

Automotive Service Professionals Week

June 3–9

Watermelon

Seed Spitting Week

June 27–30

Go Barefoot Day

June 1

Tailors Day

June 5

National Doughnut Day

June 7

Nature Photography Day

June 15

International Day of Yoga

June 21

Day of the Seafarer

June 25

National Bingo Day

June 27

The Difference Between Living & Living Well



For the month of June challenge yourself to get out and try something new!

In the Company of Fairies



In his 1904 play *Peter Pan*, playwright Sir James Matthew Barrie wrote that when the first baby laughed, the laugh broke into a thousand pieces, and each piece became a fairy. Whether you find fairies nothing but foolish folklore or believe that fairies actually flutter about the woods and glens, International Fairy Day is June 24.

Indeed, many cultures believe that fairies do exist. In January 2014, residents of Iceland protested the building of a new road for fear that it might disturb the fairies and elves living among the rocks. A survey showed that 54 percent of Icelanders believe in fairies. The Icelandic Road Administration is so familiar with protestations regarding construction and fairies that they provide locals with a five-page document detailing precautions they take so as not to disturb these miniature mythical folk.

Perhaps Iceland's only rival in its belief of fairies is Ireland. Most people are familiar with Ireland's leprechauns guarding pots of gold at the end of rainbows, but fairies are just as common. Fairies, say the Irish, are fallen angels who were not as evil as Satan and so were not banished to hell but to Earth. Fairy culture is so pervasive in Ireland that a certain mushroom is called a fairy mushroom, a type of grass is called fairy flax, and the bells of the foxglove plant are called fairy bells. Fairy mounds, called raths, are believed to be magical fairy dwellings. Visitors to Ireland today can even take guided tours of these mysterious places.

Fairies have also become part of legend in Italy, Japan, and America, where children summon the tooth fairy by placing a lost tooth under their pillows. On average, a tooth in America is worth \$5.84, which is actually down from last year's average of \$6.23—still far less than a pot of gold.

What do you think about fairies? Are they just the stuff of legends, or is there something more to the stories than we know?

Up and at 'Em!

Open your eyes, leap out of bed, and face another glorious new day! That's the philosophy behind Upsy Daisy Day on June 8.



The first known record of the phrase *upsy daisy* is from an 1862 book by C. Clough Robinson entitled *The Dialect of Leeds and Its Neighbourhood*: "Upsy daisy! A common expression when a child, in play, is assisted in a spring leap from the ground." While in this expression *daisy* is a cute way of saying *day*, it also gives us the image of a child lying down in a bed of daisies. Funny, then, how the flower name *daisy* also refers to the word *day*, as in *day's eye*. A daisy closes its petals at night and then opens them in sunlight, exposing its yellow center like an eye opening. So, on June 8, leap out of bed, take a trip to the florist, and surround yourself with daisies.

June is Men's Health Month!

Wear BLUE Day Friday, June 14, 2024, to raise awareness about the importance of male health and to encourage men to live longer and healthier lives. 2 key factors to share with the men in our lives.

Eat Healthy: Add more fruits and vegetable into your diet and try to limit eating foods that are high in calories, sugar, salt, and fat. You can still enjoy your favorite foods, even if they are high in calories, fat or added sugars. The key is eating them only occasionally.

Get moving: Make a personal goal to reach! **2 ½ hours of physical activity per week.** Participate in activities you enjoy will help you to stay motivated. Being physically active can improve your brain health, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

June Birthdays

If you were born between June 1–21, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

Those born between June 22–30 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle, but they are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness.

Famous Birthdays

Pat Boone (singer) – June 1, 1934
 Rafael Nadal (tennis player) – June 3, 1986
 Prince William (British royal) – June 21, 1982
 Meryl Streep (actress) – June 22, 1949
 Larry Blyden (TV host) – June 23, 1925
 Slim Pickens (actor) – June 29, 1919
 Lena Horne (entertainer) – June 30, 1917

Resident Birthdays

Robert P. June 7th
 Jim B. June 10th
 Mike T. June 12th
 Ben M. June 13th
 John J. June 15th
 Eveleyn S. June 20th
 Margot P. June 27th

Staff Birthdays

Diaena Tavera Chavez June 4th
 Wendy Orr June 4th
 Terri Smith Wierman June 7th
 Tara Bryson RN June 7th
 Jenevie Pajarillo June 8th
 Mohsen Ghasem Zadeh June 15th
 Leo Perez Rodriguez June 15th
 Claudia Urbina-Cabrera June 18th
 Jeanne Tolentina June 22nd
 Erick Patricia June 26th
 Mayra Palominos June 27th
 Tara Allen June 29th

Happy Birthday Everfriends!

What Happening in June

Performances:

Roy on the Bandura 6/3 @11am
The Cooley Show 6/4 @3:00pm
(NEW) Robby Mater 6/20 @3:00pm
Charles and The Angels 6/25 @3:00pm
Steve West 6/28 @3:00pm



Classes:

Dementia Support by Gentiva 6/4 @ 1pm
Classic Club with Terry 6/10 @11am
Art Therapy with Joyce 6/24 @11am
(MC) Music Therapy 6/5 & 6/19 @9:30am
(MC) Chair Yoga twice a week @9:30am
 (see calendar for dates)

Meetings:

Activities Meeting 6/15 @11am
Chefs Chat 6/17 @2:30pm
Town Hall Meeting 6/26 @11am
 All residents welcome to attend meetings



A Firm Tradition

Don't underestimate the power of a handshake. Scientists discovered that "a handshake preceding social interaction enhanced the positive impact of approach." Furthermore, not just any old handshake will do. A firm, confident, and friendly handshake lays the foundation for a positive social experience.

The handshake likely originated as a gesture of peace. Two people would demonstrate that they held no weapons in their hands. Now if only the promoters of World and National Handshake Days could get together, shake hands, and agree on just one day to honor the handshake!

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



Regency Park Leadership Team

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Do you need a ride?

Regency Park does offer transportation by appointments within a 10-mile radius. Rides are available Monday-Thursday 9:30-4:00pm. 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 ONLY at this time. If wheelchair transport is needed transportation will need to be booked with an outside agent. Concierge can provide contact information. Please 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!