

December 2024

Regency Park

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

Celebrating December

Safe Toys and Gifts Month

National Tie Month

**Computer Science
Education Week**
December 9–15

Eat a Red Apple Day
December 1

Sacher Torte Day
December 5

**Pearl Harbor
Remembrance Day**
December 7

Weary Willie Day
December 9

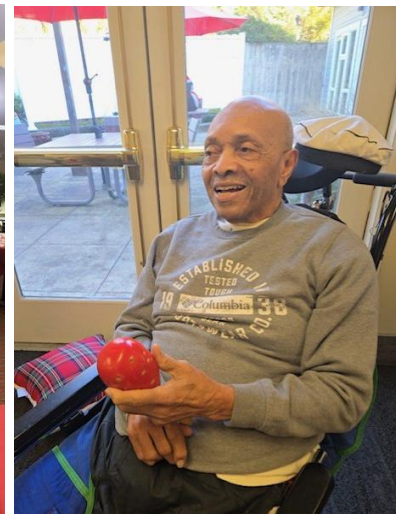
Cocoa Day
December 13

Cat Herders Day
December 15

Eggnog Day
December 24

Christmas Day
December 25

We love to see you smile!





Dice Day Roll Call

Dice may be the ultimate random number generators, but there is nothing random about the date of National Dice Day, which always falls on December 4. Some of the oldest known dice are more than 5,000 years old; they were part of a backgammon set from the historic Burnt City in Iran. Why are dice sometimes called “bones”? In olden times, the *talus*, or ankle bones, of hooved animals, such as sheep and goats, were used as dice. Since then, the name *bones* stuck. The dots on dice are called *pips*, and the six sides of a die also have names: ace, deuce, trey, cater, cinque, and sice. Speaking of *die*, where did this term for a single-number cube come from? It comes from the Latin word *datum*, which means “something given or played.” On December 4, you can do both: give dice as a Dice Day gift and then “let ’em roll” in your favorite game.

Calling All Bingo Lovers



Bingo is celebrated throughout December in church halls and community centers because December is Bingo Month. The game dates all the way back to 1530, when Italians played a game called *Lo Gioco del Lotto d'Italia*. Some

even say that this game was used to fight government corruption. Instead of winning a pot of money, those holding winning numbers were elected as local leaders. The French first introduced a playing card full of numbers. Then in the 1800s, the Germans used the game as a tool to teach children math and spelling. It first appeared in America in 1929 at a carnival near Atlanta, Georgia, where it was called “Beano.” When an excited winner shouted out the word *bingo* by mistake, an entrepreneur named Edwin S. Lowe overheard the faux pas, renamed the game, and employed a Columbia University mathematician named Carl Leffler to create 6,000 randomly numbered bingo cards. Leffler purportedly went insane from the task. A Catholic priest asked Lowe to show him the game as a way of raising money for the church. Bingo has been a church hall mainstay ever since.

December Birthdays

If you were born between December 1–21, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters. Those born between December 22–31 are Capricorns, the Goat. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.

Famous Birthdays

Lou Rawls (singer) – December 1, 1933
 Louis Prima (singer) – December 7, 1910
 Judi Dench (actress) – December 9, 1934
 Connie Francis (singer) – December 12, 1938
 J. Paul Getty (tycoon) – December 15, 1892
 William Parry (explorer) – December 19, 1790
 Ava Gardner (actress) – December 24, 1922
 Ted Danson (actor) – December 29, 1947
 Tiger Woods (golfer) – December 30, 1975

Resident Birthdays

Goody C. – December 7th
 Jean D. – December 8th
 Ken M. – December 8th
 Lynn M. – December 15th
 Dorothy D. – December 24th
 Virginia P. – December 28th
 Sally A. – December 30th

Staff Birthdays

Angela A. – December 7th
 Jordan M. – December 18th
 Myriam S. – December 18th
 Megan N. – December 24th
 Catherine O. – December 24th
 Delia M. – December 25th
 Milo L. – December 31st

Happy Birthday Everfriends!!!!

Come explore with us while we armchair travel to places all over the world.



Cutting-Edge Fun



Nothing announces the arrival of the holiday season like the smell of freshly baked cookies. If you're looking to spruce up your baking this year, ditch the common round shape for some fun cookie cutters during Cookie Cutter Week, held the first week of December.

While evidence shows that ancient Egyptians created interesting molds for baking cakes, Queen Elizabeth I of England is said to have popularized the novelty of baking cookies in the shape of her guests. Gingerbread men and women soon became popular in bakeries across 17th-century England.

Today, you can find cookie cutters in every conceivable shape and size. Some manufacturers will even create custom cookie cutters. Some people enjoy collecting cookie cutters, and serious enthusiasts belong to the Cookie Cutters Collectors' Club (CCCC). In fact, it was the CCCC that originally conceived Cookie Cutter Week about 30 years ago. Members enjoy benefits such as a quarterly newsletter and an exclusive cutter designed to commemorate Cookie Cutter Week.

What's happening in December

Performances:

Music, We Remember: 12/5 @3:00pm
 Cooley Holiday Show: 12/9 @ 1:00pm
 Roy on the Ukrainian Bandura :12/04 @11am
 Noteworthy Connections: 12/12 @ 1:10pm
 Northwest Children's Theater: 12/13 @7:00pm
 Music, We Remember: 12/19 @3:00pm
 Fiddle-N-Fun: 12/20@3:00pm
 Laila M. Christmas Concert: 12/25@11:30



Classes:

Classic Club with Terry:12/9 @11am
 Art Therapy with Joyce:12/23 @11am
 Music with Lisa:12/06 & 12/20@9:30am
 Pet Therapy: 12/5 & 12/19 @9:20am
 SteelFeathers Exercise Mon & Wed @9:30am
 Art Club with Catlin Gable students
 every other Tuesday @4:00pm

Council Meetings:

Town Hall Meeting: 12/2 @1:30pm

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 EVERYDAY at
 10:15am downstairs- SEE YOU THERE**

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 clinicians, 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**



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Medical Appointment Rides

Regency Park offers transportation for medical rides only. Rides are available Wednesday and Thursdays, 9:00-4:00pm. Please keep in mind that all transportation is subject to staff availability. The 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 costs \$30 with a one hour minimum. The staff escort will assist residents 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. Contact information is available. Please try to schedule with the concierge at least 72 hours in advance. We will do our very best to get you where you need to be. Thank you!