

January 2025

Regency Park

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



Celebrating January

Adopt a Rescued Bird Month

Mentoring Month

**International Creativity
Month**

Universal Letter-Writing Week

January 12–18

Buffet Day

January 2

Twelfth Night

January 5

National Word Nerd Day

January 9

Cut Your Energy Costs Day

January 10

National Hat Day

January 15

Belly Laugh Day

January 24

Bubble Wrap

Appreciation Day

January 27

Chinese New Year

January 29

**The Difference Between Living and Living Well
Looking back at the adventures of 2024**



Excited for the new adventures of 2025!

Galloping into Radio History



The call of “Hi-Yo, Silver! Away!” first echoed on Detroit’s WXYZ radio station on January 30, 1933. A mysterious masked cowboy known as the Lone Ranger went on to become one of the most famous and influential western heroes of the 20th century.

WXYZ station owner George Trendle and writer Fran Striker co-developed the idea of *The Lone Ranger*, yet neither of them had any experience with cowboys or the Wild West. To them, this hardly mattered. After seeing the success of the movie *The Mask of Zorro*, they wanted to develop an American version of a masked swashbuckler. Furthermore, they wanted their hero to set an example of good morals and to stand for truth, justice, and freedom. The show was an instant success and eventually drew an audience of 20 million faithful listeners three times a week.

The writers did not worry about historical accuracy. This was perhaps most evident in the character of Tonto, the Lone Ranger’s faithful Native American sidekick, who uttered simple phrases and groans. During early episodes, the Lone Ranger was often stuck talking to his horse, Silver. The writers realized they needed a second character, so they introduced Tonto on February 25, 1933. Like the Lone Ranger, Tonto was also a model of justice and truth, often providing the brains of the duo.

By the 1950s, *The Lone Ranger* had moved to film and television and starred Clayton Moore as the masked hero. The western craze hit full stride, and a string of hit shows followed: *The Roy Rogers Show*, *The Adventures of Wild Bill Hickok*, *Bonanza*, *Gunsmoke*, *Maverick*, and *Rawhide*. Some argue that the western declined with the Red Scare, the Space Race, and the Cold War. Yet others contend that westerns never went out of style. *The Lone Ranger* struck gold in 1933, and westerns have been treasured ever since.

Rails of Adventure



On January 17, Cable Car Day, cable cars all over the world will garner attention. Cable cars use cables to pull them up or lower them down. San Francisco’s iconic cable cars are moved by a system of cables underneath the street.

The high-flying cable gondolas of Rio de Janeiro carry people to the Christ the Redeemer statue atop Mount Corcovado. The valley of Gulmarg—the Himalayan “meadow of flowers” in India’s Jammu and Kashmir regions boasts the second-highest cable car ride at 13,500 feet. One of the longest cable car rides is in Switzerland’s Alps. The 19-minute journey from the village of Grindelwald to Männlichen allows visitors to enjoy the rugged Alps without a pair of hiking boots.

Here in Portland, we do not have a cable car, but we do have the Portland Streetcar which was established in 2001. The streetcar runs from Northwest Portland to South Waterfront via Downtown and the Pearl District. We also have The Portland Aerial Tram, also known as the OHSU Tram. Established in 2006, the tram connects the city’s South Waterfront district and the main Oregon Health & Science University (OHSU) campus, located in the Marquam Hill neighborhood. It is one of only two commuter aerial tramways in the United States. We may not travel via a cable car, but we sure have many rails to adventures here in Portland.



Brain Bending Fun



January might be a challenging month. It is, after all, International Brainteaser Month. There are brainteasers for every taste. Wordsmiths enjoy crosswords, word jumbles, and acrostics.

Mathematicians enjoy sudoku and kakuro. Riddles, logic puzzles, tangrams, ciphers, and even good old-fashioned Rubik's Cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
3. Before Mount Everest was discovered, what was the highest mountain in the world?

Is your mind too cluttered with irrelevant minutiae to solve January's brainteasers? Never fear. Another little-known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- *Dreamt* is the only English word that ends with the letters *mt*.
- Hydrox cookies debuted in 1908, four years before Oreos.
- Tigers have striped skin, not just striped fur. The pattern of stripes is unique to each tiger, similar to human fingerprints.

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mount Everest; it was the highest mountain even before it was discovered.

January Birthdays

Those born between January 1–19 are Capricorns, the Sea Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20–31 are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.

Famous Birthdays

Isaac Asimov (author) – January 2, 1920
 Diane Keaton (actor) – January 5, 1946
 Elvis Presley (musician) – January 8, 1935
 Ernest Borgnine (actor) – January 24, 1917
 Wayne Gretzky (athlete) – January 26, 1961
 Oprah Winfrey (TV host) – January 29, 1954
 Gene Hackman (actor) – January 30, 1930

Resident Birthdays

Beverly J. – January 16th
 Shirley R. – January 17th
 Carolyn L. – January 20th
 Joan C. – January 30th

What Happening in January

Performances:

Music, We Remember: 1/2 @3:00pm
 Music, We Remember 1/16 @3:00pm
 Jeanne & The Angels 1/27 @3:00pm



Classes:

Classic Club with Terry 1/13 @11am
 Science with Dr. Roy Torely 1/20 @11am
 Art Therapy with Joyce 1/27 @11am
 Music with Lisa: 1/2 & 1/16 @9:30am
 SteelFeathers Exercise Mon & Wed @9:30am
 Art Club with Catlin Gable students
 every Tuesday @4:00pm

Council Meetings:

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

A Magical Start to the Year



It turns out that January is a magical month. First, January 16 is Appreciate a Dragon Day. In Eastern cultures, dragons are powerful beings of wisdom, magic, and longevity, and their symbolism is often used by emperors and leaders. European cultures tend to view dragons as fearsome

fire-breathing foes. These winged beasts can fly, and perhaps this is why the word *dragon* comes from a Greek word meaning "I see clearly," as if dragons can see the entire world from above.

Then January 19 is Brew a Potion Day. Potions are believed to heal, bewitch, or poison others. In olden days, traveling salesmen and charlatans would travel across the land selling snake oil panaceas, promising to heal any and every possible ailment. Even in modern times, we see television infomercials selling products guaranteed to clear our skin, regrow our hair, or clean our upholstery. In lieu of these potions, concoct your own magical mixture or recipe and give it to someone you love on January 19.

If the magic of fantasy is too far-fetched for you this month, you could instead engage in another sort of magic: January 2 is Science Fiction Day. The mysteries of science can sometimes be even more baffling than dragons and potions. After all, who could have foretold rovers roaming Mars? A person falling to Earth in a 24-mile free dive from the edge of space? The ability to hold a computer in the palm of your hand? Of course, all of these achievements are mere science. For them to become science *fiction*, the scientific advancement must present some dreadful and unforeseen challenge.

This January, the biggest challenge may be to allow your imagination to take flight and consider dragons, potions, and scientific calamities. Then February will bring us firmly back to Earth.

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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!