

March 2025

Regency Park

Assisted Living & Memory Care | 8300 SW Barnes Rd | 503-292-8444



Celebrating March

**Humorists Are
Artists Month**

Women's History Month

Save Your Vision Month

**Women in
Construction Week**
March 2-8

**Learn What Your
Name Means Day**
March 5

World Plumbing Day
March 11

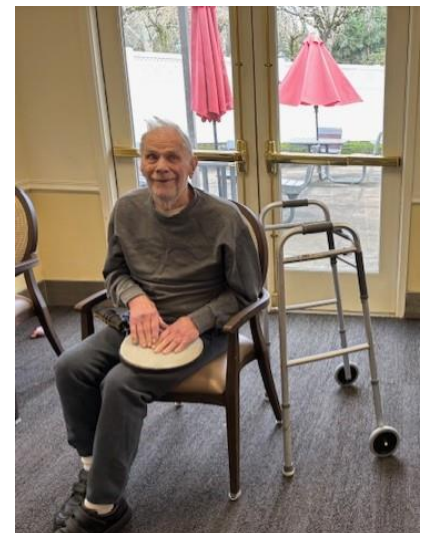
Quilting Day
March 15

St. Patrick's Day
March 17

French Bread Day
March 21

**Quirky Country Music
Song Titles Day**
March 27

The Difference Between Living and Living Well!



NEW CARPET INSTALLATION

Beginning Monday, March 17th
2nd Floor ONLY

Approximate Start Time Each Day: 5PM
Approximate End Time Following Morning: 6AM

Timeline:

| | |
|--------------|-----------------------------------|
| Mar 17-18 | Phase 1: Hallway 251-253 |
| Mar 19-20 | Phase 2: Hallway 245-250 |
| Mar 21-22 | Phase 3: Hallway 232-238 |
| Mar 24-25 | Phase 4: Hallway 229-231 |
| Mar 24-25 | Phase 4: Hallway 254-256 |
| Mar 26-27 | Phase 5: Hallway 257-Mailboxes |
| Mar 31-Apr 1 | Phase 6: Hallway 224-228 |
| Apr 2-3 | Phase 7: Hallway 215-221 |
| Apr 3-4 | Phase 8: Hallway 206-212 |
| Apr 7-8 | Phase 9: Hallway 201-205; 213-214 |
| Apr 9-10 | Phase 10: Central Common Area |
| Apr 9-10 | Phase 10: Stairs to Front Door |

Good Friends make Good Neighbors Program



Senior's love living at Regency Park and since our residents are often our best spokespersons, we've created the perfect program. When a Regency Park resident or family member refers a new potential

resident to a Cascade Living Community and that person moves in for at least 90 days, the referring resident will receive a \$4000 credit applied to their base rent. *To qualify as a new potential resident, the person being referred may not already be on our contact list. To make a referral and to ensure you receive proper credit for making the new introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry or tour.

March Birthdays

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

Famous Birthdays

- Albert Einstein (scientist) – March 14, 1879
- Jerry Lewis (actor) – March 16, 1926
- Moms Mabley (comedian) – March 19, 1894
- Aretha Franklin (singer) – March 25, 1942
- Warren Beatty (actor) – March 30, 1937

Residents Birthdays

- Sharleen Paul March – 6th
- Dianne Raleigh March – 9th
- Helen Unger March – 12th
- Ann Faulkenberry March – 13th
- Alexander Scandalios March – 19th
- David Ball March – 26th
- Pamela Boyer March – 28th
- Timothy Mullen March – 30th

Staff Birthdays

- Mohammed Jobe March – 4th
- Shirley Lucas March – 21st
- Youchaou Ngangoumoun March – 22nd
- Robert Kutschke March – 27th

Happy Birthday Everfriends!



Announcement

Small group outings starting this month! Outing will be posted at the glass table, sign up sheet will be at the front desk. Right now, only 3 people at a time can attend a wait list will be created those on the wait list will go the following month. You must have your own way of paying!! Lets get out!!

Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers.

The most spectacular show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozakura* by night. It begins at the end of March.

The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the “samurai class” joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan’s unofficial national flower.

The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo’s Ueno Park, where there are more than 1,000 flowering cherry trees. Japan’s best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. The tiny lanes of this sleepy village become packed with visitors.

America’s most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.’s Tidal Basin to enjoy the cherry blossoms ever since.

What’s Happening in March

Performances:

Music, We Remember by Shaymus Hanlin
3/3 @3:00pm
Music, We Remember by The Honky Tonk Rebel
1/16 @3:00pm
Jeanne & The Angels Live Music
3/25 @3:00pm



Classes:

Classic Club with Terry 3/10 @11am
Science with Dr. Roy Torely 3/17 @11am
Art Therapy with Joyce 3/24 @11am
Music with Lisa: 1/2 & 1/16 @9:30am
SteelFeathers Exercise Mon & Wed @9:30am
Pet Therapy 3/26 @ 9:45

Council Meetings:

Town Hall Meeting: 3/5 @1:30pm

Barbie Beyond the Box

On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, was inspired to create the doll after observing her daughter prefer paper dolls of adult women over baby dolls. Barbie became the first adult doll for kids—and the star of the first TV ad aimed at children. While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.



In 2023, Barbie’s cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film’s vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie’s status as both a toy and a cultural icon.

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 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**



Leadership Team

Steven Matthews, Executive Director
StevenM@cascadeliving.com

Roger Greene, Business Office Manager
RogerG@cascadeliving.com

Martha Messele, RN, Memory Care Nurse
MarthaM@cascadeliving.com

Mayra Palominos, Memory Care Director
MayraP@cascadeliving.com

Tara Bryson, RN, Assisted Living Nurse
Tarabr@cascadeliving.com

Darian McGroven, Associate Wellness Director
DarianM@cascadeliving.com

Hikmet Sedjeiu, Resident Service Coordinator
Hikmets@cascadeliving.com

Tara Allen, Community Relations Director
TaraA@cascadeliving.com

Robert Kutschke, Dining Services Director
RobertK@cascadeliving.com

Brianna Seamster, Life Enrichment Director
BriannaS@cascadeliving.com

Medical Transportation

Regency Park offers transportation for medical rides only. Rides are available 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!