

2025

REGENT PARK
REHABILITATION & HEALTHCARE

The Park Chronicle

10604 E. 13th St. N. | 316-337-5450

PUNNY SPRING

Spring is the ideal time to turn over a new leaf.

Q: How do you tell someone winter is over?
A: You spring it on them!

Q: What did the florist say when it was springtime?
A: Business is blooming!

Special Days

- Mardi Gras March 4
- Ash Wednesday March 5
- Daylight Saving Time March 9
- Quilting Day March 15
- St. Patrick's Day March 17
- French Bread Day March 21
- Doctors' Day March 30

MARCH IS SOCIAL WORK MONTH



Celebrating Social Work Month

For the last seven years at RPRH Kayla, LMSW brings strong expertise regarding counseling, discharge planning, Medicaid and hospice. She balances providing empathy with guiding residents and families through some of the most difficult decisions of their lives. She has a passion for advocating for the rights of vulnerable populations, including the elderly, and seeks to assist residents to attain their highest quality of life and maintain dignity. We are so fortunate to have Kayla as a integral part of our team! Happy Social Work Month, Kayla!!



Spring Is Here

The vernal equinox falls on March 20 this year.

It is a day when daylight and darkness are approximately equal in length. On this day, the sun crosses the celestial equator —the “line” in the sky above Earth’s midline. It marks the end of winter and the start of spring in the northern hemisphere and the end of summer and the start of fall in the southern hemisphere. The Chinese have celebrated the equinox with feats of egg balancing, where an unbroken egg, a symbol of fertility, is said to bring good luck and prosperity for the rest of the season. Early equinox celebrations in Germanic countries centered around Ostara, the Germanic goddess of spring. In Persia, the Achaemenid dynasty celebrated the equinox with the festival of Nowruz, meaning “new day.” And finally, in Central America, the Mayans celebrated this day for centuries with a viewing of the sun as it sets on the El Castillo pyramid in Mexico.

March Madness

Fill out your bracket with Life Enrichment!



The “Road to the Final Four” begins Tuesday, March 18. Sixty-eight of the country’s best men’s college basketball teams will compete in a three-week tournament known as March Madness, or the Big Dance. With so many games to follow, it’s common for fans to watch several games at once across channels.

The tournament is also crucial for college basketball programs aiming to bolster their national reputation. The NBA draft takes place three months after the tournament, and a player’s performance during March Madness can impact their draft prospects. While the focus is on team play, standout individual performances still draw attention. Top contenders like Kansas, Duke, Kentucky, Arizona, and Gonzaga remain perennial favorites. Yet, the magic of March Madness often lies in the unexpected—a “Cinderella” team overcoming the odds to deliver a victory.

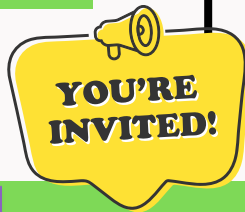
RESIDENT ENGAGEMENT



BIRTHDAYS



Jon M - 5th
 Mae W - 10th
 Carol W - 13th
 Luella H - 16th
 Chris V - 24th
 Terrance C - 30th



Resident Council

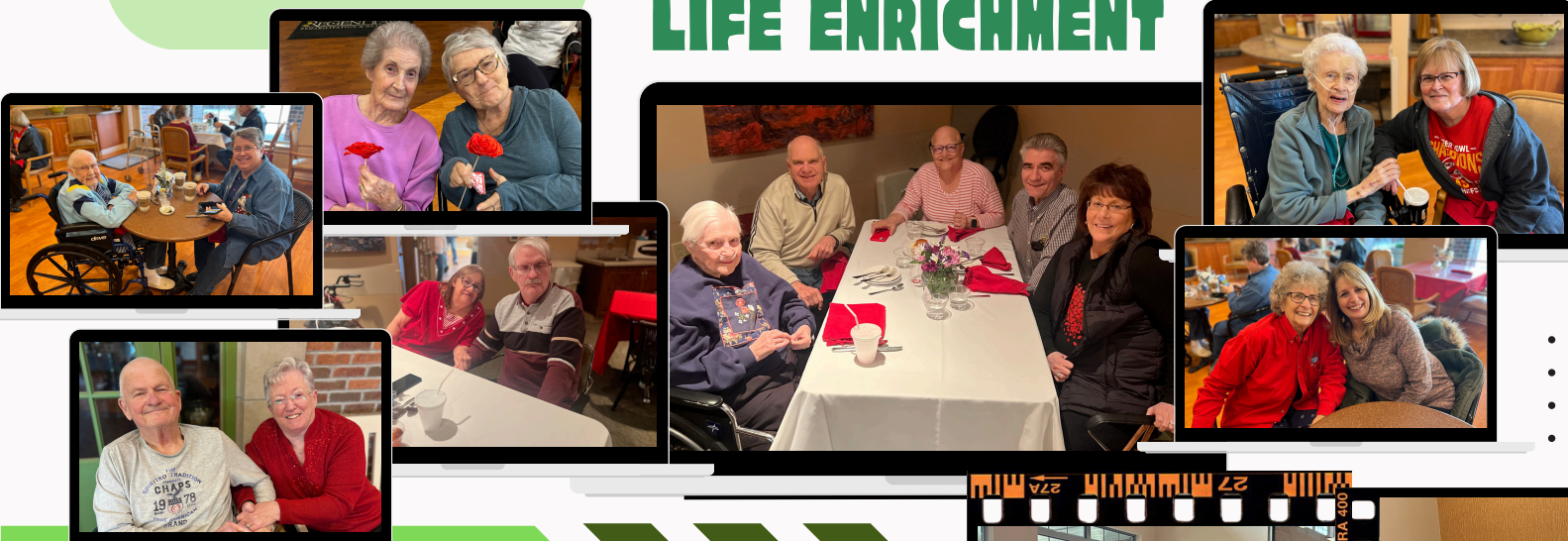
REGENT PARK REHAB

Official Memo

Re: February Happenings in our Community
 Vote for activities, outings & have
 your voice heard in our monthly meeting.

Date: Monday, March 24 @ 3p

LIFE ENRICHMENT



Check out the Activity Calendar

ALL ARE WELCOME

WHERE TO NEXT!?!

OUTING SIGN UP



Make sure to stop by the Life Enrichment
 office, located in our Town Center next to
 the Beauty Shop to sign up for the next
 outing! Seats are limited.



STAFF ENGAGEMENT

Birthday

Aubrey Leathers, Nursing – March 1st
 Leticia Lepe, Nursing – March 7th
 Alex Flores, Dining – March 8th
 Tionna Plankinton, Nursing – March 11th
 Doug Parham, Therapy – March 12th
 Kaya Carver, Nursing – March 15th
 Alexis Hickman, Nursing – March 17th
 Renea Lewis, Nursing – March 23rd
 Raylondra Terrell, Nursing – March 23rd
 Dally Cortez, Dining – March 27th
 Gabrielle Sporleder, Nursing – March 29th

Kesa Knopik, Nursing – 1 year
 Lisa Williams, Environmental – 1 year
 Donnie Bennett, Dining – 1 year
 Sandra Phomakay, Nursing – 2 years
 Dally Cortez, Dining – 4 years
 Gladis Donnelly, Therapy – 7 years
 Shauna Anderson, Environmental – 7 years
 Judy Cook, Admin – 11 years

Anniversary

end of year rising stars

employee recognition programs

Congrats

★	★	★
Amanda	Jade	Maria
Arnie	James	Molly
Ashley	Jasmine	Nachaka
Bianca	Jessica	Nayeli
Bob	Johnna	Nuvia
Brinola	Judy	Rachel
Charles	Kayla	Raffie
Cherylynn	Kesha	Raygon
Christina	Kim	Rod
Christine	Leah	Ruth
Gabby	Lisa	Sarah
Hanna	Liz	Trish
Heidi		Vanessa
		Wes

Quarterly Celebrations

★	★
March – April – May June 5th	June – July – August September 4th
★	★
Sept – Oct – Nov December 4th	Dec – January – Feb March 5th



VALENTINE DINNER CREW



NATIONAL WEAR RED DAY

RISING STARS OF THE MONTH

Rising Stars are randomly selected monthly by HR from STAFF who have turned in a SHOUT OUT card from the previous month. Shout Outs are given for recognizing STAFF going above & beyond there job duties! Check out our Facebook Page for weekly updates



ROD



VANESA



HANNA



BRINOLA

REGENT PARK REHABILITATION & HEALTHCARE

EVENT SCHEDULE

MARCH 6 08:30 AM - 06:00 PM

- 8:30 AM am Goodies by Interim Healthcare
- 12:00 PM Carlos O Kelley by Regent Park
- 12-1 PM Cupcake Truck by Team Health
- 3:00 PM snack it up by Phoenix Healthcare
- 6:00 PM Dinner is served - Good Shepherd
- 08:00 PM dessert by Regent Park

STAFF APPRECIATION

RAFFLE \$5 - TICKET \$5 FOR \$50 ALL PROCEEDS GO BACK TO THE EMPLOYEES OF REGENT PARK

REGENT PARK REHABILITATION & HEALTHCARE

EVENT SCHEDULE

MARCH 7 08:30 AM - 06:00 PM

- 8:30 AM am Goodies by Regent Park
- 12:00 PM Mexican Lunch provided by Specialized
- 12-1 PM Dessert provided by Next Level Senior
- 3:00 PM Snacks by Phoenix Healthcare
- 6:00 PM Dinner provided by Regent Park
- 08:00 PM Dessert by Regent Park

STAFF APPRECIATION

RAFFLE \$5 - TICKET \$5 FOR \$50 ALL PROCEEDS GO BACK TO THE EMPLOYEES OF REGENT PARK

employee APPRECIATION

MARCH 6 & 7

employee of the month *Congrats!*

Rising Star SPOTLIGHT

Ruth

It's our honor to recognize "The staff & residents are great" and give a shout out to our employee of the month.

Fun Fact: My daughter, Brinola, lives in a tiny house!

BIGGEST LOSER UPDATE

12 Weeks : End date ~ April 8th
 Half Way Complete

121 LB TOTAL LOST

Lucky the Leprechaun is hidden around the neighborhoods. Find him and turn him in to get entered into a raffle

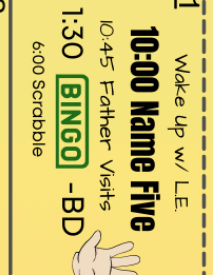
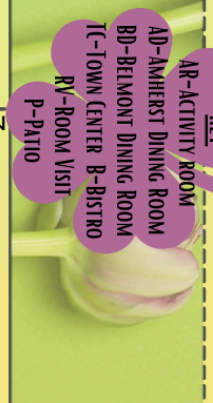
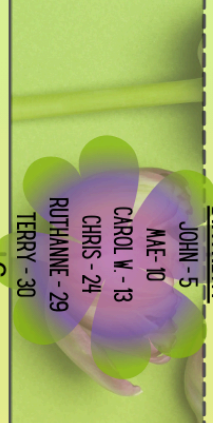


ICE CREAM FLAVOR OF THE MONTH: MINT CHOCOLATE CHIP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 7:00a/6:00p Mass Ch. 153 8:30a/2:30p Rosary Ch. 153 10:00 Chair Exercise 10:30 Communion - AR 1:00 NEWS/SPRING CH. 10 2:00 Sunday Sundaes</p>	<p>3 10:00 CUP SMASH -BD 1:00 Rosary - BD 2:00 BINGO -BD Ice Cream of the month 6:00 Color by number</p>	<p>4 10:00 Themed Fitness 10:00 Trivia -BD 2:00 @Market Grapes Special - BD 6:00 Manicure</p>	<p>5 10:00 Tile Table Toe 2:00 BINGO -BD FUDGE BARS 6:00 Puzzles</p>	<p>6 10:00 SHAMROCK GARLAND 2:00 MOVIE & POPCORN 6:00 Board Games</p>	<p>7 10:00 GIANT TENGA-TC 2:00 Happy Hour & PIZZA W/ JOHN FRANGES -TC 6:00 Party Game</p>	<p>8 Wake up w/ LE 10:00 CUP TOSS 1:00 BINGO -BD 6:00 Skip Bo</p>
<p>9 Daylight Savings 7:00a/6:00p Mass Ch. 153 8:30a/2:30p Rosary Ch. 153 10:00 BOARD GAMES 10:30 Communion - AR 1:00 NEWS/SPRING CH. 10 2:00 ICE CREAM SANDWICH</p>	<p>10 10:00 MOVING & @POOVIN with Otis 1:00 Rosary -BD 2:00 BINGO -BD Ice Cream of the Month 6:00 Skip Bo</p>	<p>11 10:00 Stuffed Easter Eggs 1:00 @Market Social w/ Michelle 6:00 Uno</p>	<p>12 10:00 BALLOON SMASH 7:45 TACO SHOP LUNCHEON 2:00 BINGO -BD BROWNIES 6:00 Scrabble</p>	<p>13 10:00 SEQUENCE 2:00 KITCHEN HELPERS -LEPRECHAUN BAIT- 6:00 Uno</p>	<p>14 10:00 Paper Relay 2:00 Happy Hour w/ Ron B. -TC 6:00 Scrabble</p>	<p>15 Wake up w/ LE 10:00 Story of Purim 1:30 BINGO -BD 6:00 Puzzles</p>
<p>16 7:00a/6:00p Mass Ch. 153 8:30a/2:30p Rosary Ch. 153 10:00 BEAN BAG TOSS 10:30 Communion - AR 1:00 NEWS/SPRING CH. 10 2:00 ROOTBER HOATS</p>	<p>17 10:00 BINGO -BD 1:00 Rosary -BD 2:00 St. Patrick's Day Social 6:00 Color by number</p>	<p>18 10:00 Jeopardy 1:00 PEACHY FARTS 6:00 Uno</p>	<p>19 10:00 Parachute 2:00 BINGO -BD SHAMROCK SHAKES 6:00 Puzzles</p>	<p>20 10:00 TRAVEL LOGUE NILE RIVER, EGYPT- 2:00 LONE ON FLESH 6:00 Uno</p>	<p>21 10:00 Jewelry Making -TC 2:00 Happy Hour w/ ANDY -TC 6:00 Dot to Dot</p>	<p>22 Wake up w/ LE 10:00 EGYPTIAN FAIENCE BOWL 1:30 BINGO -BD 6:00 Dot to Dot</p>
<p>23 7:00a/6:00p Mass Ch. 153 8:30a/2:30p Rosary Ch. 153 10:00 CARD GAMES 10:30 Communion - AR 1:00 NEWS/SPRING CH. 10 2:00 Sunday Sundaes</p>	<p>24 10:00 MOVING & @POOVIN with Otis 1:00 Rosary -BD 2:00 BINGO -BD Ice Cream of the Month 6:00 Skip Bo</p>	<p>25 10:00 SENGWICK COUNTY 100 2:00 Ladies Tea 6:00 Board Games ZOO</p>	<p>26 10:00 Chair Stretching 7:45 Chickadee LUNCHEON 2:00 BINGO -BD SUGAR COOKIES 6:00 Manicure</p>	<p>27 10:00 BAKING DEMO w/ CHEF JOHN 2:00 Movie & Popcorn 6:00 Uno</p>	<p>28 10:00 Floral Arranging-TC 2:00 Happy Hour w/ GREG -TC 6:00 Yantze</p>	<p>29 Wake up w/ LE 10:00 Patio Chat morning Chronicle 1:30 BINGO -BD 6:00 Puzzles</p>

2025

March



BIRTHDAY
JOHN - 5
MAE - 10
CAROL W - 13
CHRIS - 24
RUTHANNE - 29
TERRY - 30

KEY
AR-ACTIVITY ROOM
AD-AMHERST DINING ROOM
BD-BELMONT DINING ROOM
IT-TOWN CENTER B-BISTRO
RV-ROOM VISIT
P-PATIO

Evening Activities are Self Directed Sunday evening activity is your choice.
Activities subject to change without notice please check bistro board for any changes

REGENT PARK
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Resident Council
March 24th @ 3pm - BD

