

Regency Park Senior Living News

INDEPENDENT AND ASSISTED LIVING



The Fair Oaks Debuts Phase II

Regency Park Senior Living celebrated the grand opening of Phase II of its premiere independent and assisted living community, The Fair Oaks by Regency Park, on May 21, 2008. The new wing offers an additional 47 one- and two-bedroom apartments, along with new amenities, to the upscale senior community in Pasadena, California that opened in 2003.

“We feel we have raised the bar to a new standard in senior living,” Emil Fish, President and CEO of Regency Park, told an audience of residents, their families, friends, and community members and leaders.

“Our goal is to encourage each resident to live a richer, fuller and more independent life. Our new wing was created with the same fine distinction and luxury as the

original building of The Fair Oaks,” said Richard Kale, Executive Vice President of Regency Park.

Honored guests included representatives of the offices of State Senator Jack Scott, Congressman Adam Schiff, Councilman Steve Madison, Los Angeles County Supervisor Michael D. Antonovich and Mayor Bill Bogaard.

At the ceremony, The Fair Oaks was recognized by Mayor Bogaard for “its leadership in the community as co-sponsors of the Conference on Aging for the past four years as well as being hosts to the Senior Commission planning meetings and forums.”

Further recognition was given by the State Senate “in honor of the great work you have done to create a beautiful environment for seniors.” Councilman Steve Madison applauded Regency Park “for providing an exceptional facility for senior living.”

Phase II models are available for viewing seven days a week. For more information, please call the Marketing department at 626.204.1700.

REGENCY PARK – A Reputation You Can Trust

Regency Park Senior Living, Inc. has been providing quality health care and housing for seniors for over 30 years. A recognized expert in the senior living industry, Regency Park emphasizes innovative housing solutions and specialized care-giving. For more information, please refer to our website at www.regencypk.com.





FREQUENTLY ASKED QUESTIONS

WHY SHOULD I CHOOSE A REGENCY PARK SENIOR COMMUNITY?

Regency Park senior communities are renowned for their high quality of care and services. From Independent Living to Assisted Living to Alzheimer's Care, Regency Park provides the retirement lifestyle you deserve, all at an affordable monthly rental fee.

ARE YOUR FACILITIES LICENSED?

Yes, all Regency Park facilities are licensed and accredited by the California Department of Social Services.

WHAT HAPPENS IF THERE IS A MEDICAL EMERGENCY?

All Regency Park senior communities are located in close proximity to Pasadena's major hospital, Huntington Memorial – renowned for its state-of-the-art medical technology, superior medical care and top-notch physicians.

WHAT KIND OF LIFESTYLE CAN I EXPECT AT REGENCY PARK?

Retirement living at Regency Park senior communities is all about freedom and choice: freedom to pursue the kind of retirement lifestyle you want and the choice of amenities and services that rival a luxury hotel or resort.





Aging in America

For the first time in its history, America is moving away from being a youth-oriented society. Baby Boomers will spend more time retired from a career than they spent becoming educated. Women will spend more years helping their aging parents than they spent raising their own children. Housing, advertising, health care, family life and politics will all feel the impact of an aging society.

The growing number of elderly in the next century is the natural

result of two factors: a “baby boom and bust” cycle and the increasing life expectancy of Americans. The rapid population growth of the post-World War II baby boom created a generation of some 95 million that will be entering old age in the first part of the next century. As the Baby Boomers went to college and entered the work force in the 1970s, they had fewer babies. This baby “bust” was in contrast to the high birth rate of the previous two decades, creating an

uneven age range. This, combined with the fact that Americans are living substantially longer, has resulted in a growing number of elderly population.

Many seniors are using these post-retirement years to start new careers, gain more education, travel, volunteer and express their creativity. With the changing face of America’s elder population comes the need to rethink our attitudes and social services for elders.

Seniors of the new millennium will be living on their own longer - healthy, active and involved with community and family life. Wellness programs, including health education and exercise, will help seniors continue to stay active and avoid illness and injury.

With “the graying of America,” society is increasingly challenged to help seniors grow old with dignity and comfort. Two key challenges that are new to the public health arena are preventing and treating cognitive decline and addressing end-of-life issues. Meeting these challenges is critical to ensuring that Baby Boomers can look forward to their later years.

Trivia Quiz on Famous Seniors

Tesichi Igarishi
Claude Monet
Grandma Moses
George Bernard Shaw
Oliver Wendell Holmes
Thomas Edison

1. Began the study of Greek at 92.
2. Painted his famous “Water Lily” series from age 76-85.
3. Climbed Mt. Fuji on his 100th birthday.
4. Continued to improve the telephone until 84.
5. Began a successful painting career at 78.
6. Wrote successful plays until he was 94.



REGENCY PARK

SENIOR LIVING

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The Fair Oaks by Regency Park

Independent and Assisted Living
951 S. Fair Oaks Ave.
Pasadena, CA 91105
626.204.1700
License #197604266

Regency Park Oak Knoll

Assisted Living
255 S. Oak Knoll Ave.
Pasadena, CA 91101
626.578.1551
License #191200037

Regency Park El Molino

Alzheimer's Care
245 S. El Molino
Pasadena, CA 91101
626.578.0460
License #191200039



Mental Health and Seniors

Of the nearly 35 million Americans age 65 and older, an estimated 2 million have a depressive illness and another 5 million have depression symptoms falling short of a full blown diagnosis. Minor depression is common among older persons and is associated with an increased risk of developing major depression.

For many seniors, the symptoms of depression often go unrecognized. Some may attribute their feelings to “old age.” As a result, it’s important for seniors and those who care for them to be aware of the symptoms of depression.

Depression often occurs along with other serious illnesses such as heart disease, stroke, diabetes, cancer, and Parkinson’s disease. Because many older adults face these illnesses as well as various social and economic difficulties, health care professionals may mistakenly conclude that depression is a normal consequence of these problems. This can lead to a missed diagnosis and lack of treatment of a depressive disorder.

For many, the important thing to remember is that depression is not just a simple problem. It can be a serious disorder requiring treatment options that include medication, therapy and support groups.