REGAL HEIGHTS HEALTHCARE & REHABILITATION CENTER
A MEMBER OF NATIONWIDE HEALTHCARE SERVICES

The Regal Heights Messenger

May 2023 • Volume 6 • Issue 5

A Note From Our Administrator

Hello Regal Residents, Staff, and Friends,

The cold winter weather is out of the way; we welcome the month of May.

May is a gorgeous month. The flowers are blooming, the birds are chirping, and the sun is shinning. Summer is fast approaching!

At Regal Heights, we are busy gearing up for the many special events happening in May: Nationwide Healthcare Week, appreciating all our employees at Regal Heights and the National Skilled Nursing Care Week "Cultivating Kindness" appreciating all our residents – all happening during the week of May 14-20. Also on May 14 is our Mother's Day Brunch. Our first cookout event is on May 26 – our Memorial Day Cookout with entertainer Ms. Meeta Parker.

May is a busy and exciting month for the staff and residents at Regal Heights. Come and celebrate with us!

Sincerely,
Sara Thompson, NHA
Administrator at Regal Heights Healthcare and Rehabilitation Center

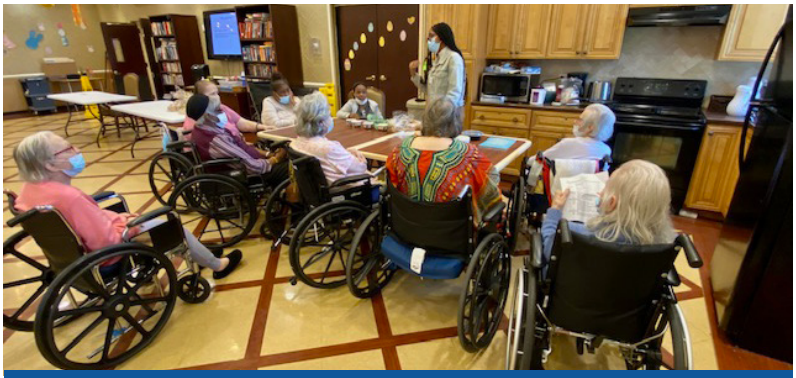
Our Department Leaders

- **Sara Thompson**
  Administrator
- **BethAnn Troy**
  Director of Nursing
- **Jessica Reynolds**
  Assistant Director of Nursing
- **Susan Ricciardi**
  Admissions & Community Relations Director
- **Nicole Olinchak**
  Human Resources/Payroll
- **Gail Patton**
  Business Office Manager
- **Karen McGhee, DO**
  Medical Director
- **Azalia Schultheis**
  Staff Development/ Infection Control
- **Nico Zaballero**
  Activities Director
- **Kristin Zaballero**
  Director of Rehabilitation
- **Holly Hansen**
  Dietitian
- **Joshua Winder**
  Director of Food Services
- **Hyacinth Gordon**
  Central Supply
- **John Taylor**
  Director of Maintenance
- **Ernie Colon**
  Director of Housekeeping
- **Jo Ellen Chesla**
  Taiwo Sapara
  Social Services
- **Annette Richardson**
  RNAC

Bible Study Group with Veronica

Regal Heights' Easter Event complete with cotton candy!

Gardening Group ready for planting



Raven meets with our Cooking Group

May 2023 Activity Calendar

REGAL HEIGHTS HEALTHCARE & REHABILITATION CENTER

Resident Birthdays

Carla C. · 5/02
Rena A. · 5/07
Digna C. · 5/15
Mansoor S. · 5/17
Sharon B. · 5/21
Carol B. · 5/26
Charles R. · 5/27
Patricia B. · 5/27
Millicent S. · 5/29

Staff Anniversaries

Hyacinth G. · 28 Years
Frances P. · 21 Years
Assie K. · 7 Years

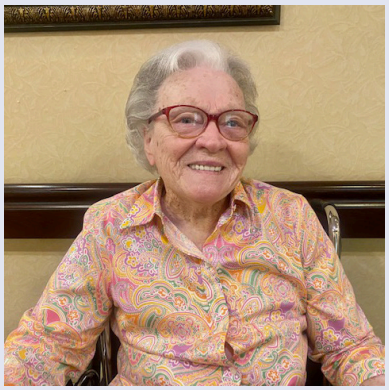
REGAL HEIGHTS HEALTHCARE & REHABILITATION CENTER

May 2023

National Skilled Nursing Care & Nationwide Healthcare Week
May 14-20, 2023

Due to COVID precautions, all programs are subject to change.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Morning Expression (CR) 2:30 Casino Games (C) 5:00 Movie Special Channel 8	**2** 10:30 Rosary (CR) 2:30 Women's Outreach Baking Group (CR) 6:00 Evening Bingo (CR)	**3** 10:30 Morning Expression (CR) 10:30 Bible Study (H) 1:30 Country Ride Bus Trip 6:00 Meal Planning/Around the World	**4** 10:30 Music Appreciation (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	**5** 10:30 Men's Group (CR) 2:00 Cinco de Mayo Happy Hour w/ Mr. Tony Lombardi (CR) 5:00 Movie Special	**6** Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
7 Friendly Visits 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 New Destiny Fellowship Church (CR)	**8** 10:30 Let's Get Crafty w/ Trina (CR) 2:30 Gardening Group (CR) 5:00 Movie Special Channel 8	**9** 10:30 Rosary (CR) 2:30 Women's Outreach Baking Group (CR) 6:00 Evening Bingo (CR)	**10** 10:30 Morning Expression (CR) 10:30 Bible Study (H) 1:30 Country Ride Bus Trip 2:30 Meal Prep (CR) 5:00 Bon Appetit (CR)	**11** 10:30 Living Life Church CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	**12** 10:30 Men's Group (CR) 10:30 Hospitality Cart w/ Trina 2:00 Happy Hour w/ Mr. Joe Parker (CR) 5:00 Movie Special	**13** Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
14 Mother's Day 11:00-12:30 Regal Heights Mother's Day Brunch with Ms. Meeta Parker (CR/MDR) 	**15** 10:30 Expressions (CR) 2:00 National Skilled Nursing Care Week "Staff/Resident Family Feud Game" (CR) 	**16** 10:30 Rosary (CR) 2:30 National Skilled Nursing Care Week $1.00 Bingo Game (H DR) 	**17** 11:30-1:00 National Skilled Nursing Care Week Celebration "Cultivating Kindness" Luncheon Event w/ entertainer Mr. Bruce Copp (CR) 	**18** 10:30 Music Appreciation (CR) 2:00-4:00 "Cultivating Kindness" Kona Ice Cream Truck and Rita's Water Ice Day" 	**19** 10:30 Men's Group (CR) 2:00 Grand Finale Party "National Skilled Nursing Care Week" w/ Ms. Veronica (CR) 5:00 Movie Special	**20** Pretzel Saturday Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
21 Friendly Visits 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 Church Service (CR)	**22** 10:30 Let's Get Crafty w/ Trina (CR) 2:30 Gardening Group (CR) 5:00 Movie Special Channel 8	**23** 10:30 Rosary (CR) 2:30 Women's Outreach Baking Group (CR) 6:00 Evening Bingo (CR)	**24** 10:30 Morning Expression (CR) 10:30 Bible Study (H) 1:30 Country Ride Bus trip 6:00 Meal Planning around the world (CR)	**25** 10:30 Living Life Church (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	**26** 12:00-2:00 Regal Heights Healthcare Memorial Day Cookout Event with entertainer Mr. Meeta Parker (CR/MDR) 	**27** Friendly Visits 10:30 Eastburn Programing(E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
28 Friendly Visits 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 Church Service (CR)	**29 Memorial Day** 10:30 Memorial Day Trivia (CR) 2:00 Memorial Day Movie Special (CR) 	**30** 10:30 Rosary (CR) 2:30 Women's Outreach Baking Group (CR) 6:00 Evening Bingo (CR)	**31** 10:30 Morning Expression (CR) 10:30 Bible Study (H) 2:30 Resident Council Meeting (CR) 5:00 Bon Appetit CR)			



Resident of the Month: Helen Costenoble

Regal Heights is proud to announce that Ms. Helen Costenoble is our May Resident of the Month.

Ms. Helen was born in West Virginia and worked as a representative for the Michigan Bell Telephone Company for many years.

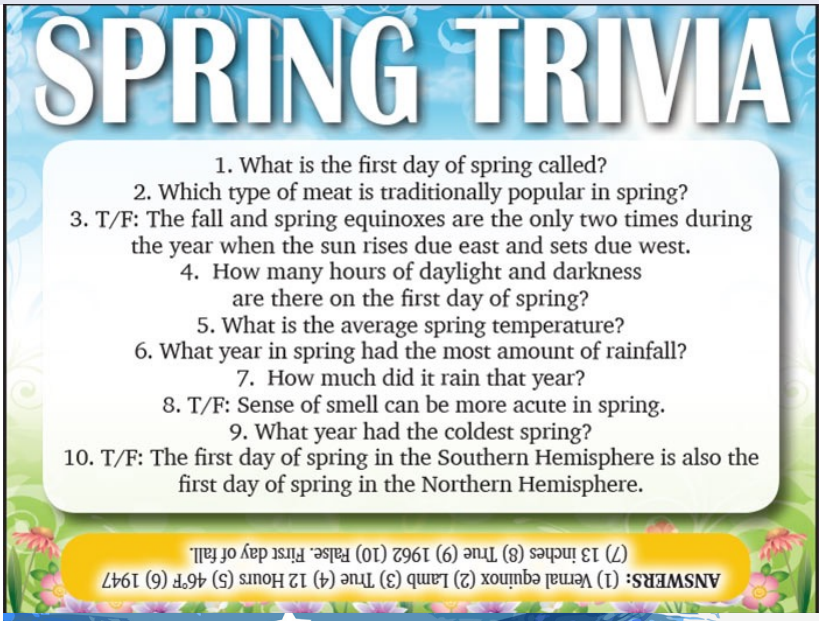
She loves to spend time with her family. Her favorite foods are pizza, chocolate ice cream and Jell-O. Ms. Helen likes cooking her favorite dish, chop suey.

She enjoys keeping herself busy attending Bingo, playing card games, and participating in music groups, happy hour, social events and Catholic Services. No matter what time of the day it is, she always has a smile on her face.

May Word Search Puzzle

I	T	H	T	W	O	R	G	I	S	U	N	C	C	H
E	R	S	Y	A	D	E	N	O	Y	T	R	I	H	T
Y	A	D	Y	A	M	T	S	A	I	N	H	N	O	N
A	W	T	H	I	E	U	M	N	O	N	T	C	H	O
D	O	F	N	Y	R	G	M	R	A	Y	G	O	O	M
A	T	I	Y	U	L	N	I	O	T	S	N	D	A	H
I	E	L	A	G	N	I	T	H	G	I	N	E	M	T
R	S	T	D	E	B	M	L	T	N	A	U	M	W	F
O	T	P	S	I	T	O	S	W	I	P	R	A	O	I
T	B	A	R	B	L	O	Y	A	N	N	R	Y	A	F
C	M	E	E	I	D	L	M	H	E	M	A	O	F	T
I	E	R	H	M	N	B	A	I	D	A	R	O	M	A
V	N	G	T	O	D	G	D	S	R	E	W	O	L	F
M	E	M	O	R	I	A	L	D	A	Y	E	S	S	O
F	S	E	M	E	R	A	L	D	G	P	R	I	N	G

BLOOMING
CINCO DE MAYO
EMERALD
FIFTH MONTH
FLOWERS
GARDENING
GEMINI
GROWTH
HAWTHORN
LILY
MAIA
MAY DAY
MEMORIAL DAY
MOTHER'S DAY
NIGHTINGALE
SPRING
TAURUS
THIRTY-ONE DAYS
VICTORIA DAY
WARM



REGAL HEIGHTS HEALTHCARE & REHABILITATION CENTER
6525 Lancaster Pike, Hockessin, DE 19707
(302) 998-0181
RegalHeightsHealthcare.com
EXEMPLARY CARE CORE VALUES