

# NEWSLETTER

## October 2023

Harmony Hall



### IN THIS ISSUE

Directory .....	2
Wellness .....	3
Armchair Travel .....	4
September in Review ..	6
Upcoming Events .....	7
Regular Events .....	8
October Birthdays .....	9
A Poem to Share .....	10
Noticeboard .....	11
Laughing Matters .....	12
Employee Spotlight .....	14
Word Scramble .....	15

# Directory

Concierge/Front Desk		Ext. 4000
Executive Director	Theresa Connor	Ext. 4016
Business Office	Sam Saleniks	Ext. 4007
Director of Nursing	Cindy Williams	Ext. 4098
1 <sup>st</sup> & 2 <sup>nd</sup> Floor Coordinator	Melissa Estel	Ext. 4032
Transportation Director	Wesley Antoine	Ext. 4038
Director of Activities	Danny Dye	Ext. 4022
Director of Sales	Troy McQuaige	Ext. 4009
Director of Sales	Wanda Boucher	Ext. 4003
Director of Sales	Julia Schneider	Ext. 4053
Human Resources	Tanika Hampton	Ext. 4011
Housekeeping/EVS Director	Jon Sweadner	Ext. 4042
Maintenance Director	Earl Watson	Ext. 4013
Dietary Director	John Scheeler	Ext. 4013
Rehab Director	Krista Cantafio	Ext. 4052

# Wellness

## Staying on Your Feet

Falls occur when we least expect it; however, there are opportunities to decrease the risk of falls by taking the time to remove or reorganize items in the home. Completing a home safety check with a family member or caregiver will increase your awareness of potential risks and allow you to address areas of concern. The Centers for Disease Control (CDC) shared that 3 million older people are treated in emergency departments for fall injuries yearly. One of the most common areas where falls occur is in the bathroom. A significant modification you can make to your bathroom is professionally installing grab bars. Grab bars do not have to look industrial.

### **Steps to take to decrease falls in your home:**

- Arrange furniture to allow for a clear pathway
- Place your telephone/smartphone near your bed
- Add a night light to illuminate the path from your bed to the bathroom
- Place electric cords out of the walkway; however, do not place them under the rug
- In your bathroom, put a rubber non-slip mat in the bathtub or shower
- Rearrange your closet by placing commonly worn items where you can reach them without bending or stretching
- In your kitchen, place commonly used items within easy reach
- In your frequently used rooms, increase the overhead lighting and use the highest wattage allowed for your lamps

### **Steps to take for yourself to decrease falls:**

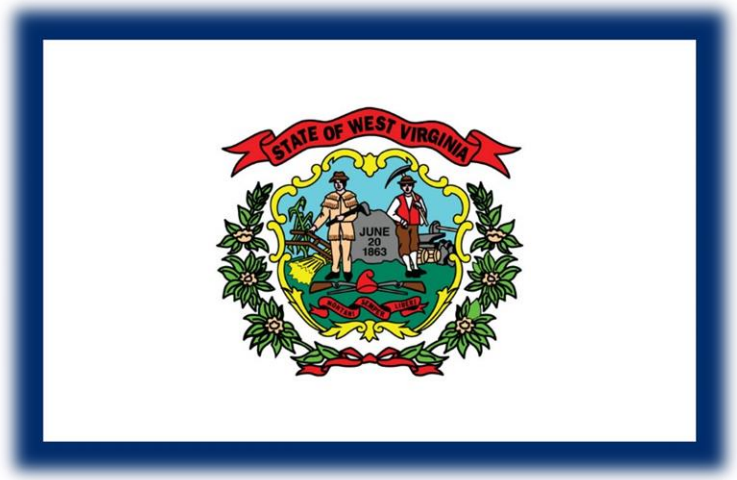
- Begin an exercise program to improve your leg strength & balance, such as Tai Chi
- Ask your doctor or pharmacist to review your medications and possible side effects that may impact balance
- Schedule an annual eye checkup & update your eyeglasses if needed
- Use comfortable, appropriate fitting footwear

# Armchair Travel

Did you know that West Virginia was almost named "Kanawha" in honor of a Native American tribe? However, when the region separated from Virginia, officials decided to incorporate the latter's name into the new state's name.

West Virginia is famously known as the Mountain State, and for good reason! It is the only state that lies entirely within the Appalachian

Mountain region, and its average elevation is higher than any other state located east of the Mississippi River. West Virginia is a state located in the eastern United States, bordered by Virginia to the southeast, Kentucky to the southwest, Ohio to the northwest, and Pennsylvania and Maryland to the northeast. It is known for its beautiful mountainous landscape, with the Appalachian Mountains spanning a large portion of the state. The state is also home to numerous rivers and lakes, making it a popular destination for outdoor enthusiasts. West Virginia has a rich cultural history, with a strong tradition of music, art, and literature. The state is known for its bluegrass and country music, as well as its vibrant arts scene. The state is also home to numerous historic sites, including the Harpers Ferry National Historical Park, which played a pivotal role in the Civil War. Despite being one of the smaller states in the country, West Virginia has a unique charm and character that is sure to captivate anyone who visits. West Virginia is renowned for its abundance of forests and protected woodlands, which makes it the third most forested state in the United States. The state is also famous for its salt, with wild buffalo and deer congregating to lick natural salt deposits. Native Americans and colonists also gathered salt to cure butter and preserve meats. Even today, salt deposits are still being mined to obtain rock salt, which is then utilized to make an array of chemicals such as chlorine. Besides salt, coal, oil, and natural gas are also crucial to West Virginia's economy.



West Virginia Facts	
<b>Nickname</b>	The Mountain State
<b>Statehood</b>	1863; 35th state
<b>Capital City</b>	Charleston
<b>Population</b>	1.79 million
<b>State Bird</b>	Cardinal
<b>State Flower</b>	Rhododendron
<b>State Animal</b>	Black Bear
<b>State Tree</b>	Sugar Maple
<b>State Song</b>	The West Virginia Hills
<b>State Motto</b>	<i>Montani Semper Liberi</i> (Mountaineers [are] Always Free)
<b>Famous People</b>	Don Knotts, Jerry West, Steve Harvey, Brad Paisley, Joyce DeWitt
<b>Major Industries</b>	Mining, Manufacturing, Agriculture

So come along and enjoy the following activities planned for this month.

### **Armchair Travel to West Virginia**

Monday, October 2<sup>nd</sup>

10:00am Movie Theater

### **West Virginia Trivia**

Wednesday, October 11<sup>th</sup>

10:00am 2<sup>nd</sup> Floor

### **Documentary – The Mine Wars**

Monday, October 16<sup>th</sup>

10:00am Movie Theater

### **Dishes: A Documentary about Collecting Fiesta**

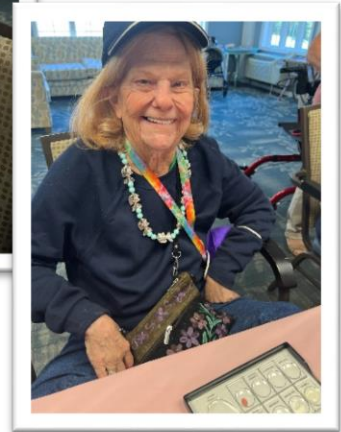
Wednesday, October 25<sup>th</sup>

10:00am Movie Theater

# September in Review

## Fun with Mary Kay

Mary Kay consultant Deborah Velencia provided an enjoyable time for the residents, who indulged in makeup and skincare tips.



## Wine Tasting

We are thrilled to announce Troy as our new Sales Director. He is a level 1 Sommelier, so he hosted a wine tasting event where our residents and family members had the opportunity to try a variety of wines from all over the world. The event was a huge success, with everyone enjoying the delicious hors d'oeuvres and charcuterie and having a great time.



# Upcoming Events

---

## **I Love Lucy Marathon**

Saturday, October 14<sup>th</sup>

10:00am – 5:00pm Movie Theater

## **A Day at the Races**

Saturday, October 17<sup>th</sup>

1:00pm 2<sup>nd</sup> Floor

## **Men's Club**

Thursday, October 19<sup>th</sup>

11:30am 2<sup>nd</sup> Floor

## **Korean Youth Orchestra**

Saturday, October 28<sup>th</sup>

10:30am Lobby

## **Halloween Spooktacular Party**

Saturday, October 31<sup>st</sup>

1:30pm Lobby



### **Special Days**

- 1<sup>st</sup> Day of Older Persons
- 1<sup>st</sup> Intl. Music Day
- 1<sup>st</sup> Residents' Rights Month
- 4<sup>th</sup> World Animal Day
- 4<sup>th</sup> World Space Week
- 5<sup>th</sup> World Teachers Day
- 6<sup>th</sup> World Smile Day
- 9<sup>th</sup> Curious Events Day
- 9<sup>th</sup> Columbus Day
- 9<sup>th</sup> Indigenous Peoples' Day
- 25<sup>th</sup> Pablo Picasso's Birthday
- 31<sup>st</sup> Halloween

# Regular Events

---

## **Movement Exploration**

Every Tuesday & Thursday 10:00am  
Lobby

## **Ice Cream Social**

Every Tuesday 1:30pm 2<sup>nd</sup> Floor

## **Bridge**

Every Tuesday 2:30pm 2nd Floor

## **Just Bead It**

Every 4<sup>th</sup> Tuesday 11:00am 2<sup>nd</sup> Floor

## **Music Appreciation**

Every Wednesday 1:00pm, Movie  
Theater

## **Dr. Lazris**

Every 3<sup>rd</sup> Wednesday, 10:00am 2<sup>nd</sup> Floor

## **Pay to Play Bingo**

Every Wednesday  
6:00pm 2<sup>nd</sup> Floor

Looking for a fun and exciting way to spend your Wednesday evenings?

Come join us for Pay to Play Bingo! This event is open to families and friends, and we would love for you to be a part of it.

For just \$1 per card (2 card max), you can enjoy a fun-filled night of socializing and gaming.

## **Catholic Communion and Prayer**

Every Thursday, 2:00pm Parlor

## **Catholic Communion**

Every Sunday, 9:00am Parlor

## **Happy Hour**

Every Friday 2:00pm Lobby

## **Q & A**

Every 4<sup>th</sup> Friday 10:00am 2<sup>nd</sup> Floor

## **Jewish Services**

Every Friday 10:45am Parlor

## **Bingo!**

Every Monday, Wednesday, Saturday &  
Sunday 1:30pm 2<sup>nd</sup> Floor





# October Birthdays

In October, we celebrate birthdays with:

- **Betty Fickes**
- **Irene Rinaldi-Pollack**
- **Janet Atkins**
- **Barbara Dye**
- **Carlos Parra**
- **Jo Gail Henry**
- **Kyung Ko**
- **Midge Singer**
- **Frank Bressler**
- **Jeanne Knight**
- **Robert Perkins**



Gandhi (activist) – October 2, 1869  
Neil deGrasse Tyson (astrophysicist) – Oct. 5, 1958  
Thor Heyerdahl (explorer) – October 6, 1914  
Jesse Jackson (politician) – October 8, 1941  
John Lennon (musician) – October 9, 1940  
Eleanor Roosevelt (first lady) – Oct. 11, 1884  
Margaret Thatcher (politician) – Oct. 13, 1925  
Mae Jemison (astronaut) – October 17, 1956  
Kamala Harris (vice president) – Oct. 20, 1964  
Carrie Fisher (actress) – October 21, 1956  
Pelé (athlete) – October 23, 1940  
Pat Sajak (TV host) – October 26, 1946  
Bill Gates (tech mogul) – October 28, 1955

## **Libra (Oct 23 - Oct 22)**

Librans are often considered the nicest and most charming personality in the world!

## **Scorpio (Nov 23 – Nov 22)**

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

# Poem to Share

## Why I Wake Early

Mary Oliver

Hello, sun in my face.  
Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even, the  
miserable and crotchety –

Best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever – darkness,  
to ease us with warm touching,  
to hold us in the great hands of light -  
good morning, good morning, good morning.

Watch, now, how I start the day  
in happiness, in kindness.

# Noticeboard



## NEW RESIDENTS

---

A very warm welcome to:

- **Helga Schmidt**
- **Judith Doyle**
- **Dr. Young Hur**
- **Michael Bohan**

We hope that you enjoy your time here!

## ARTS & CRAFTS

---

Come and join in the fun with this month's crafts at 2:30pm on the 2<sup>nd</sup> Floor.

**Thursday, October 26<sup>th</sup>**  
Witches Hats & Brooms



## RESIDENT TRIPS

---

### **10:45am**

- 1<sup>st</sup> Tuesday of the month – Walmart
- 2<sup>nd</sup> Tuesday of the month – Giant (30 minutes)
- 3<sup>rd</sup> Tuesday of the month – Target
- 4<sup>th</sup> Tuesday of the month – Resident's Choice

### **1:00 – 2:00pm**

Friday – Giant

## CAN YOU CONTRIBUTE?

---

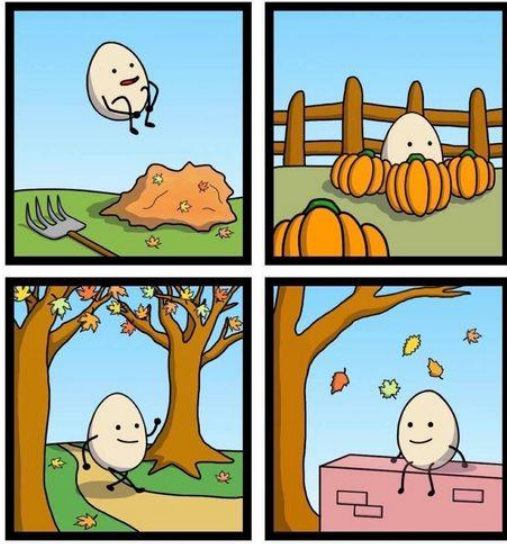
Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to the activities department.

Thank you!

# Laughing Matters



Humpty Dumpty had a great fall

funny.com



Spelling Bee



# Laughing Matters



## A Little Halloween Fun

October is home to Halloween, so we couldn't resist adding some spook-tacular jokes to our newsletter this month. They'll have you laughing...or groaning!

### ***Why do ghosts go on diets?***

To keep their ghoulish figures!

### ***Why did the ghost go to the bar?***

For the boos.

### ***What does a ghost mom tell her kids when they get in the car?***

Fasten your sheet-belts!

### ***Why don't mummies take time off?***

They're afraid to unwind.

### ***How do monsters know their future?***

They read the horror-scopes.

### ***What's it like to be kissed by a vampire?***

It's a pain in the neck.

### ***Why did Dracula take cold medicine?***

Because he was coffin too much.

### ***Why do skeletons have low self-esteem?***

They have no body to love.

### ***Where does a skeleton go for a fun night?***

Anywhere, as long as it is a hip joint.

### ***Why can't skeletons play church music?***

Because they have no organs.

# Employee Spotlight

## Meet Raj Kaur



Raj is originally from India. In 2012, she relocated to Maryland and currently resides in Westminster. She holds a Bachelor of Science in Nursing from Chamberlin University and joined the staff at Harmony Hall in 2013. Raj finds immense pleasure in working alongside her colleagues and caring for the residents. When she's not working, she enjoys spending quality time with her children and indulging in some retail therapy.

If you haven't already had the pleasure of meeting Raj, we wholeheartedly recommend doing so. Her welcoming and accommodating demeanor is truly delightful, and her unwavering dedication to the residents makes her an invaluable member of the Harmony Hall team.



# HALLOWEEN COSTUMES WORD SCRAMBLE

REPITA \_\_\_\_\_

WNEINI HET OHOP \_\_\_\_\_

FWEOEWR \_\_\_\_\_

LNODAD UCDK \_\_\_\_\_

NJAIN \_\_\_\_\_

DWEIKC THIWC \_\_\_\_\_

PVEMAIR \_\_\_\_\_

SSEUPORERHE \_\_\_\_\_

YPEOPE \_\_\_\_\_

PREPLFA RGLI \_\_\_\_\_

NMRAO DGEODSS \_\_\_\_\_

PCOS & BBRROE \_\_\_\_\_

NCWSOL \_\_\_\_\_

DNRE \_\_\_\_\_

BYAB \_\_\_\_\_

NSWO THIWE \_\_\_\_\_

GGRSTREAN \_\_\_\_\_

LVDEI & LGEAN \_\_\_\_\_

RNSEU & CODTOR \_\_\_\_\_

GSKOLCDOLI \_\_\_\_\_

VCAE PEPOLE \_\_\_\_\_

YBSOOCW \_\_\_\_\_

NLKOESAT \_\_\_\_\_

MSIMUME \_\_\_\_\_