



January 2025
Lorien Bel Air



Candlelight Dinner

Join us on Thursday, January 23rd for a Candlelight Dinner. Beat those winter blues with a glass of wine and a fabulous dinner by candlelight.



4:00 Assisted Living in the Dining Room



5:00 Long Term Care in the Cafe



Limit of 2 guests;

\$8.00 charge per guest (will be charged to the room).



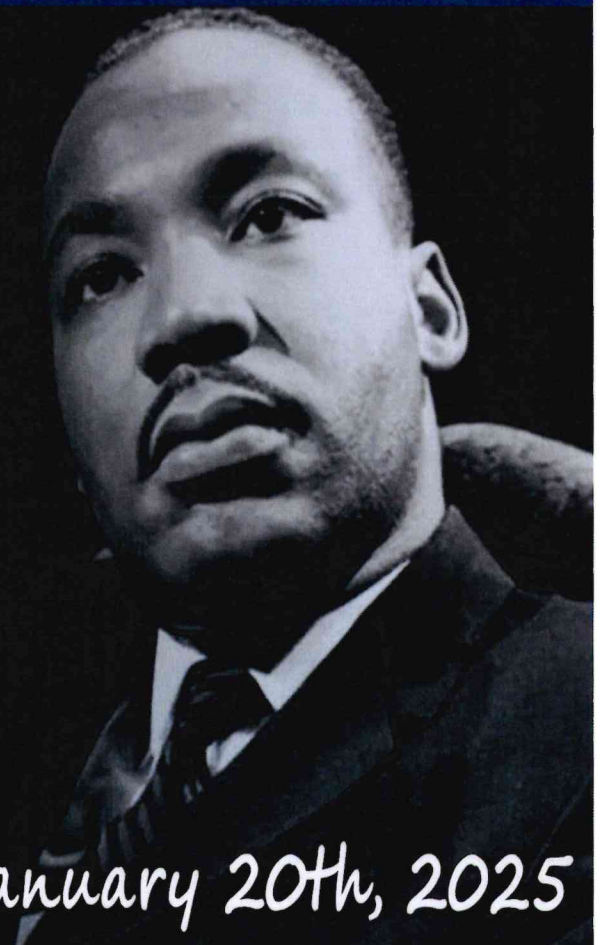
Please reserve your spot by January 15th.



If you can't fly, then **run**.
If you can't run, then **walk**.
If you can't walk, then **crawl**,
but by all means, **keep moving**.

- Martin Luther King Jr.

Monday, January 20th, 2025



Which Type of Trust Is Right For You?

What Is A Trust?

A trust is an agreement between the grantor of the trust (that's you) with a trustee (someone named by you) to hold title to assets for the benefit of your beneficiaries (whoever you name). When we break it down in its simplest form, it's that straightforward. It's an agreement.

Now, the terms of that "agreement," called a "trust agreement," can vary significantly, and that's where we come in as we'll work with you to clarify the terms that you want between yourself and the trustee for the benefit of the people you name as beneficiaries.

Revocable Living Trust

With a revocable living trust (RLT), during your lifetime, you will be the "grantor," the "trustee," and the "beneficiary." So, for all intents and purposes under the law, nothing really happens when you retitle your assets in the name of your RLT, so long as you are living and have the capacity.

With an RLT, once you become incapacitated (which is determined as per the instructions in the trust document) or in the event of your death, the trust becomes irrevocable, and the person or persons you've named as successor trustee steps in to control the assets held in the name of the trust for the benefit of the beneficiaries named in the trust. If you are still living but incapacitated, you would still be the beneficiary. If you have died, then your named heirs would be the beneficiaries. At that point, the trust may distribute outright to your beneficiaries or be held in continuing trust -- protected from creditors, future divorces, future lawsuits, and even estate taxes (if the trust is drafted properly) -- if your trust terms provide for continuing protection.

You could indicate in the trust agreement that you want your beneficiaries to "control the trust" but that you want the trustee to continue to hold title to the assets, thereby protecting the assets, while giving the beneficiaries nearly full control and use of the assets. If you want to provide this kind of benefit and protection to the people you love, be sure to talk with us about building a Lifetime Asset Protection Trust into your plan. It's highly worth it if you'll pass on anything more than what your children will immediately spend upon your death.

We support you in making these decisions in our Family Wealth Planning Session™ process before ever drafting a single legal document for you.

Irrevocable Trust

An irrevocable trust is the same as an RLT -- an agreement between a grantor and a trustee to hold the property for a beneficiary. Still, if the trust agreement is irrevocable, or once it becomes irrevocable, it cannot be changed. There are some exceptions to this, but for the most part, that is the case. If you put your assets into an irrevocable trust, you cannot then take them out of the trust and return them to yourself because the gift to the trustee to hold the assets for the beneficiary is irrevocable.

An irrevocable trust can remove assets from your name and protect them from future lawsuits or future growth in your estate, which removes them from your estate for estate tax purposes. We may recommend irrevocable trusts when we are preparing your estate for the potentiality that you may need long-term nursing care that you would like covered by Medicare without decimating your family's inheritance. Or, on the other end of the spectrum, if you have an estate that could be subject to the estate tax or that could be at significant risk of lawsuits.

410.713.1512

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Are those Bingo dollars burning a hole in your pocket?

Did you know you can spend them at our General Store? The store is located on the 2nd Floor, right next to the Beauty Shop & the Recreation Office! Ask an aide or recreation assistant for assistance to go shopping.



The General Store Hours
Tuesdays & Thursdays
9:30-11:00am

Reminder for 2025

The Beauty Shop will be open on the following days:

3rd Floor on Tuesdays

Assisted Living on Fridays



Harford County Public Library's Outreach to Seniors



Silver Reader

Get a Library card!

Borrow or Browse

Large Print Books

Regular Print Books

DVDs and Music CDs

Audiobooks

Get help with eBooks

Questions?

Call Silver Reader staff

410-638-3151 ext. 6352



Will Visit

Lorien Bel Air

on

**FRIDAY,
JANUARY 10**

12:30 PM

LOBBY PICK UP



Appropriate accommodations for individuals with disabilities will be provided upon request. Please discuss any special needs with the librarian at least 48 hours before program. Telephone service for the hearing impaired is available at 410-638-3377. This document is available in alternate formats upon request.



HCPLonline.org

**Harford County
Public Library**

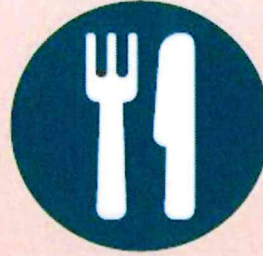
10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



Talk about your feelings



Keep active



Eat well



Take a break



Drink sensibly



Keep in touch



Do something you're good at



Accept who you are



Ask for help



Care for others

Did you know that January is National Mental Health Month?

Let there be light On this New Year,
Let there be a new cheer
In the air and in your heart.

For making that one wonderful start!
For the year that is to come ahead,
For the year that is now,

So, soak in the spirit of the New Year
And give one final bow to the year that has gone!

HAPPY NEW YEAR

JANUARY 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOTES

TOP PRIORITIES

TO DO LIST



January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Key:</p> <p>(ICP) = Ice Cream Parlor / 1st</p> <p>(L) = Library / 1st</p> <p>(DR) = Dining Room / 1st</p> <p>(CS) = Coffee Shop / 1st</p> <p>(MPR) = Multipurpose Room / 1st</p> <p>(BLR) = Balloon Room / 2nd</p> <p>(BFR)= Butterfly Room / 2nd</p> <p>(BR) = Bird Room / 3rd</p> <p>(BWH) = Broadway Hall / 3rd</p> <p>(Cafe) = Cafe / 3rd</p>			<p>1. Happy New Year!!! 10:00 New Year's Bingo (MPR) 10:30 New Year's Bingo (BR) 1:30 Music with Chris (café)</p>	<p>2. Butterfly Migration Day 9:30-11:00 The Store Is Open 10:00 Butterfly Migration Craft (BLR & BR) 10:30 Butterfly Trivia (BR & BLR) 1:30 Karaoke (Café) 3:00 Relaxation & Aromatherapy (BR) 4:30 Checker Challenge (L) 5:00 Nail Fun call ext. 1414 to get on the list 5:30 Spintopia (MPR) 7:30 Visits</p>	<p>3. Beauty Shop 9:30 Radio Social (BFR & BR) 10:00 Bingo (BFR) 10:30 Bingo (BR) 1:30 Happy Hour Stretch (MPR) 2:00 Happy Hour with Lynn (MPR) 4:30 Warm Cookies (CS) 6:30 Armchair Travel (MPR)</p>	<p>4. Trivia Day 10:00 Trivia Challenge (BLR & BR) 1:30 Matinee Movie (MPR) 4:00 Young at Heart Club (BR) 4:30 Coffee Social (L) 6:30 Bingo (Cafe)</p>

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5. Golden Globes Day 10:00 Golden Globes Word Game (BLR & BR) 1:30 Mountain Christian Church Service (BFR) 2:15 Social (BFR) 8:00 Golden Globes (CBS)</p>	<p>6. Resident Council 9:30 Pets on Wheels with Willow 10:00 Balloon Toss (BLR & BR) 10:30 AL Resident Council (BLR) 11:00 LTC Resident Council (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Balance Class (MPR) 2:15 Bingo (MPR & BR) 4:30 Trivia (BR)</p>	<p>7. Old Rock Day Beauty Shop 9:30-11:00 The Store Is Open 10:00 Rehab Activity Cart (BWH) 11:00 Artistic Expression (BR) 1:00 Ice Cream Social with Old Rock Tunes (TCP) 2:00 Planet Earth (TCP) 4:30 Hot Cocoa Social (L) 6:00 Pets on Wheels with Willow Bee 6:00 Men's Club (MPR)</p>	<p>8. Elvis Lives Day 9:30 Kohl's advance sign up at ext. 1414 10:00 Test Your Elvis IQ (BLR & BR) 10:30 Elvis Sing a Long (BLR & BR) 11:00 Elvis Artistic Expression (BR) 1:15 Zumba (Cafe) 1:30 Pets on Wheels with Zola 2:00 Bingo (BFR & BR) 4:30 Wine Down Wednesday to Elvis (L) 6:30 Basketball (BLR)</p>	<p>9. Dear Abby Day 9:30-11:00 The Store Is Open 10:00 Legion of Mary Rosary & Communion Service (BLR) 11:00 Artistic Expression (BR) 1:30 Sax Time with Danny (Cafe) 3:00 Relaxation & Aroma Therapy (BR) 4:30 Word Game (L) 5:00 Nail Fun call ext. 1414 to get on the list 5:30 Spintopia (MPR) 7:30 Visits</p>	<p>10. Silver Reader Van Beauty Shop 9:30 Radio Social (BFR & BR) 10:00 Bingo (BFR) 10:30 Bingo (BR) 12:30 Silver Reader Van initial sign up required call ext. 1414 1:30 Happy Hour Stretch (MPR) 2:00 Happy Hour with Greg (MPR) 4:30 Hot Cocoa by the Fire (L) 6:30 Armchair Travel (MPR)</p>	<p>11. Arkansas Day 10:00 Coffee & Paint (BLR & BR) 1:30 Matinee Movie "True Grit" (MPR) 4:00 Young at Heart Club (BR) 4:00 Coffee Social (L) 6:30 Bingo (Cafe)</p>

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12. Hot Tea Day 10:00 Farmer Word Game (BLR & BR) 1:30 New Covenant Church Service (BFR) 2:15 Hot Tea Social (BFR)</p>	<p>13. Wolf Moon (January's Full Moon) 9:30 Pets on Wheels with Willow 10:00 Balloon Toss (BLR & BR) 10:30 All About Wolves (BLR & BR) 11:00 Wolves Artistic Expression (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Balance Class (MPR) 2:15 Bingo (MPR & BR) 4:30 Trivia (BR)</p>	<p>14. Beauty Shop 9:30-11:00 The Store Is Open 10:00 Rehab Activity Cart (BWH) 11:00 Artistic Expression (BR) 1:00 Ice Cream (ICP) 2:00 Planet Earth (ICP) 4:30 Hot Cocoa Social (L) 5:30 LTC Ladies Night (BR) 6:00 Pets on Wheels with Willow Bee 6:30 AL Ladies Night (MPR)</p>	<p>15. Walmart 9:30 advance sign up at ext. 1414 10:00 Ask Google (BLR & BR) 10:30 Cornhole (BLR & BR) 10:30 Pets on Wheels with Max 11:00 Artistic Expression (BR) 1:15 Zumba (Cafe) 2:00 Bingo (BFR & BR) 4:30 Wine Down Wednesday (L) 6:30 Art Class (BLR)</p>	<p>16. Appreciate a Dragon Day 9:30-11:00 The Store Is Open 10:00 Rummikub or Cards (BFR & BR) 11:00 Artistic Expression (BR) 1:30 Music with Keil (Cafe) 3:00 Relaxation & Aroma Therapy (BR) 4:30 Dragon Word Game (L) 5:00 Nail Fun call ext. 1414 to get on the list 5:30 Spintopia (MPR) 7:30 Visits</p>	<p>17. Popeye's Birthday Beauty Shop 9:30 Radio Social (BFR & BR) 10:00 Bingo (BFR) 10:30 Bingo (BR) 1:30 Happy Hour Stretch (MPR) 2:00 Happy Hour with Lynn (MPR) 4:30 Warm Cookies (CS) 6:30 Armchair Travel (MPR)</p>	<p>18. Cary Grant Day 10:00 Your Old Hollywood Celebrity Crush (BLR & BR) 1:30 Movie Matinee "The Philadelphia Story" (MPR) 4:00 Young at Heart Club (BR) 4:30 Coffee Social (L) 6:30 Bingo (Cafe)</p>

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19. 10:00 Word Game (BLR & BR) 1:30 Emmorton Baptist Church Service (BFR) 2:15 Liturgical Dance by Eunice Joseph (BFR)</p> <p>Activity Professional Week</p> <p>Give your activity professional a hug and tell them how much you appreciate them!</p>	<p>20. Martin Luther King Jr. Day 9:30 Pets on Wheels with Willow 10:00 Balloon Toss (BLR & BR) 10:30 Martin Luther King Jeopardy (BLR & BR) 11:00 Artistic Expression (BR) 1:30 Music with Tom (Cafe)</p>	<p>21. Beauty Shop Disco Day 9:30-11:00 The Store Is Open 10:00 Rehab Activity Cart (BWH) 11:00 Artistic Expression (BR) 1:00 Ice Cream & Disco Tunes (ICP) 2:00 Planet Earth (ICP) 4:30 Hot Cocoa Social (L) 6:00 Pets on Wheels with Willow Bee 6:00 Men's Club (MPR)</p>	<p>22. Minnie Mouse Day 9:30 Dollar Tree <i>advance sign up at ext. 1414</i> 10:00 Disney Mix-Up Word Game (BLR & BR) 10:30 Bowling (BLR & BR) 10:30 Pets on Wheels with Max 1:15 Zumba (Cafe) 2:00 Bingo (BFR & BR) 4:30 Wine Down Wednesday (L) 6:30 Basketball (BLR)</p>	<p>23. 9:00-10:00 The Store Is Open 10:00 Legion of Mary Rosary & Communion Service (BLR) 11:00 Artistic Expression (BR) 1:30 Music with Cindy Sings! (Cafe) 3:00 Relaxation & Aroma Therapy (BR) 4:30 Word Game (L) 5:00 Nail Fun <i>call ext. 1414 to get on the list</i> 4:00 / 5:00 Candlelight Dinner <i>(Reservations Required by 1/15)</i> 7:30 Visits</p>	<p>24. Activity Day Beauty Shop 9:30 Radio Social (BFR & BR) 10:00 Your Favorite Activity, Bingo (BFR & BR) 1:30 Happy Hour Stretch (MPR) 2:00 Happy Hour with Brent (MPR) 4:30 Warm Cookies (CS) 6:30 Armchair Travel (MPR)</p>	<p>25. 10:00 Snowflake Painting (BLR & BR) 10:30 Snow Jokes (BLR & BR) 1:30 Matinee Movie (MPR) 4:00 Young at Heart Club (BR) 4:30 Coffee Social (L) 6:30 Bingo (Cafe)</p>

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>26. 10:00 Word Game (BLR & BR) 1:30 Calvary Baptist Church Service (BFR) 2:15 Social</p>	<p>27. Cowboy Day 9:30 Pets on Wheels with Willow 10:00 Balloon Toss (BLR & BR) 10:30 Scrabble Categories (BLR & BR) 11:00 Cowboy Artistic Expression (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Balance Class (MPR) 2:15 Bingo (MPR & BR) 4:30 Trivia (BR)</p>	<p>28. Beauty Shop 9:30-11:00 The Store Is Open 10:00 Rehab Activity Cart (BWH) 11:00 Artistic Expression (BR) 1:00 Ice Cream Social (ICP) 2:00 Planet Earth (ICP) 4:30 Hot Cocoa Social (L) 6:00 Pets on Wheels with Willow Bee 6:30 Tea & Trivia (Library)</p>	<p>29. Chinese New Year 9:30 Target <i>advance sign up at ext. 1414</i> 10:00 Chinese New Year Mad Libs (BLR & BR) 10:30 Axe Throwing (BLR & BR) 10:30 Pets on Wheels with Max 11:00 Chinese New Year Artistic Expression (BR) 1:15 Zumba (Cafe) 2:00 Bingo (BFR & BR) 4:30 Wine Down Wednesday (L) 6:30 Art Class (BLR)</p>	<p>30. 9:00-10:00 The Store Is Open 10:00 Legion of Mary Rosary & Communion Service (BLR) 11:00 Artistic Expression (BR) 1:30 Music with Chris (Cafe) 3:00 Relaxation & Aroma Therapy (BR) 4:30 Word Game (L) 5:00 Nail Fun <i>call ext. 1414 to get on the list</i> 5:30 Spintopia (MPR) 7:30 Visits</p>	<p>31. Beauty Shop Hot Chocolate Day 9:30 Radio Social (BFR & BR) 10:00 Bingo (BFR & BR) 1:30 Happy Hour Stretch (MPR) 2:00 Happy Hour with Bobby (MPR) 4:30 Warm Cookies (CS) 6:30 Armchair Travel (MPR)</p>	