

NEWSLETTER

January 2025



2025

HAPPY NEW YEAR

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Directory

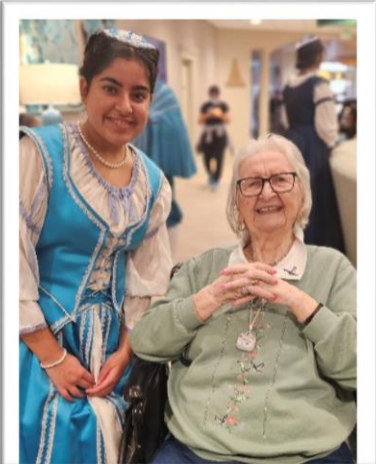
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Director of Sales	Julia Schneider	Ext. 4053	jschneider@lorienhealth.com
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Housekeeping/EVS Director	Jon Sweadner	Ext. 4042	jsweadner@lorienhealth.com
Maintenance Director	Joe Keagle	Ext. 4043	jkeagle@lorienhealth.com
Dining Director	Brian Kelley	Ext. 4013	bkelley@lorienhealth.com
Rehab Director	Krista Cantafio	Ext. 4052	krista.cantafio@powerback.com

These extensions are exclusively available for in-house phones. If you're calling from a cell phone or from outside the building, please dial 410-531-6000 and request the desired extension.

What We've Been Up To

Holiday Spirit

The month of December was filled with singing and music, featuring performances from a harmonica player, high school madrigals, Girl Scouts, and handbell choirs. Harmony Hall was brimming with festive cheer.



January Gems

January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**

Flower: **Carnations**

Quote of the Day

Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.

— Carl Bard

WOW!

Famous First Flight

On January 21, 1976, the Concorde launched its first commercial flights, revolutionizing air travel. This supersonic jet, flying at twice the speed of sound, cut travel times in half and became an icon of luxury and innovation. The Concorde was retired in 2003.

Upcoming Events

Ladies Winter Wonderland Tea Party

Thursday, January 16th 2:30pm, 2nd Floor

Men's Club

Thursday, January 23rd 11:30am, 2nd Floor

Korean New Year

Wednesday, January 29th 2:00pm, Lobby

Full Circle A Cappella Group

Wednesday, January 29th 6:00pm, Lobby

Post-Holiday Open House

Thursday, January 30th 2:00pm, Lobby

Celebrating January

Hot Tea Day

January 1

Elvis Presley's Birthday

January 8

MLK Day

January 20

International Hug Day

January 21

Sundance Film Festival

January 23

Mozart's Birthday

January 27

Chinese New Year

January 29



Regular Events

Women's Bible Study

Every Monday 10:30am Parlor

Bayada Talk

Every 2nd Monday 10:30am Movie Theater

Movement Exploration

Every Tuesday & Thursday 10:00am Lobby

Ice Cream Social

Every Tuesday 1:30pm 2nd Floor

Just Bead It

Every 4th Tuesday 11:00am 2nd Floor

Tai Chi/Yoga

Every Wednesday 10:30am, Lobby

Music Appreciation

Every Wednesday 1:00pm, Movie Theater

Q & A

Every 4th Thursday 3:00pm 2nd Floor

Dr. Lazris

Every 3rd Wednesday, 10:00am 2nd Floor

Catholic Communion and Prayer

Every Thursday 2:00pm Parlor

Catholic Communion

Every Sunday 9:00am Parlor

Happy Hour

Every Friday 2:00pm Lobby

Jewish Services

Every Friday 10:45am Parlor

Bingo!

Every Monday, Wednesday, Saturday & Sunday 1:00pm 2nd Floor



January Birthdays

In January, we celebrate birthdays with:

- **Craig Heald** 01/04
- **Kwang Choi** 01/05
- **Elizabeth Rudd** 01/07
- **Christine Robertson** 01/13
- **Joseph Hands** 01/19
- **Eli Kaylie** 01/22
- **Darlene Sweeney** 01/23
- **Dorothy Sanborn** 01/23
- **Bobbie Mishler** 01/24
- **Florence Vogel** 01/27
- **David Evans** 01/28
- **Jin Shin** 01/30



Martin Luther King Jr.

Born on January 15, 1929, Martin Luther King Jr. was a Baptist minister and leader of the American civil rights movement. Through nonviolent protests like the Montgomery Bus Boycott and his "I Have a Dream" speech, he fought to end racial segregation.

Awarded the Nobel Peace Prize in 1964, King remains a global symbol of justice and equality.

Capricorn (Dec 22 – Jan 19)

Capricorns are known for being hardworking, practical and ambitious.

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

A Poem to Share

The New Year

by Ella Wheeler Wilcox

"What can be said in New Year rhymes,
That's not been said a thousand times?
The new year comes, the old year goes,
We know we dream, we dream we know.

We rise up laughing with the light,
We lie down weeping with the night.
We hug the world until it stings,
We curse it then and sigh for wings.

We live, we love, we woo, we wed,
We wreath our brides, we sheet our dead.
We laugh, we weep, we hope, we fear,
And that's the burden of a year."

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Jackie Johnson
- Sook Ja Lee
- Mary Johannessen
- Tan Sil Hyun
- Norman Roskos

IN MEMORIAM

We honor and cherish the memories of those who have left our community. May they find eternal peace.

- Nancy Plants
- Mary Arber
- Diana Jordan
- Patricia Denison
- Samuel McGeiver
- Brenda Stovall

RESIDENT TRIPS

10:45am

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

1:00 – 2:00pm

Friday – Giant

FAMILY NIGHTS

Gather your family and friends to enjoy some quality time together. Join your loved ones on Wednesdays for Game Night and on Thursdays for Bingo at 6:30pm on the 2nd Floor!



DRAWING PROMPTS

The next time you are feeling like getting creative, or the next time your family is visiting, try drawing together. Anyone can be an artist when you have an open mind, a pencil, and piece of paper.

Try drawing any of these:

- A hammock swinging on the beach
- A pet wearing a costume
- Your favorite day
- A club sandwich
- A bouquet of your favorite flowers
- A landscape

Noticeboard



BEAUTY SALON

The hairdresser is available every Tuesday, Wednesday and Thursday from 10am to 2pm.



EVENING HAPPY HOUR

6:00PM LOBBY

Tuesday January 7th & 21st

Larry & Bill

Tuesday January 14th & 28th

Empty Ecstasy

LIBRARY

Step into a world of imagination and knowledge on the 2nd floor library! Whether you're a fan of epic tales, intriguing mysteries, or factual accounts, our fiction and non-fiction collections have something for everyone. Plus, challenge your mind with our selection of puzzles.



CRAFTY CREATIONS

Thursday, January 9

11:00am 2nd Floor

&

Monday, January 13

6:00pm 2nd Floor

Card Making

Join us for a delightful card-making session where you can design and craft your very own unique greeting card.



Laughing Matters



The Nun

A man suffers a serious heart attack and has bypass surgery. He awakes to find himself in the care of nuns at a Catholic hospital. A nun is seated next to his bed holding a clipboard with several forms and a pen.

NUN - Good morning! How are you going to pay for your hospital treatment - do you have health insurance?

PATIENT - No health insurance,

NUN - Do you have money in the bank?

PATIENT - No money in the bank.

NUN - Do you have a relative who could help you with the payments?

PATIENT - I only have a spinster sister and she is a nun.

NUN - (annoyed) Nuns are not spinsters! Nuns are married to God.

PATIENT - Then send the bill to my brother-in-law.

Sick Day

A man calls his boss and says "I can't come to work today"

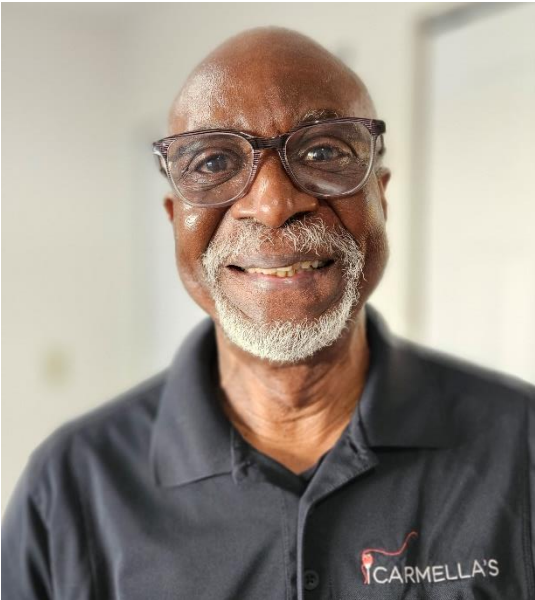
The boss asks why and the man says "It's my eyes."

"What's wrong with your eyes?" asks his boss.

"I just can't see myself coming to work today."

Always find a reason to laugh –
it may not add years to your life but will surely add life to your years.

Employee Spotlight



Othniel Hutchinson

Othniel was born and raised in Jamaica, where he dedicated 24 years to working in bank operations and auditing. He has been happily married for 45 years and is a proud father of four and grandfather of five. In 2013, he relocated to Maryland and enrolled at Baltimore City Community College to study nutrition. He initially worked at Sheppard Pratt before joining Harmony Hall's dining team in 2017. Othniel has a passion for music and poetry, and he appreciates the family-oriented atmosphere at Harmony Hall, which makes him feel comfortable. He finds a connection with the residents and enjoys giving back to the community.

The Letter J Quiz

All the answers to this quiz start with the letter J!

- | | |
|---|---------|
| Caretaker of a building | J _____ |
| A medical condition that turns the skin yellow | J _____ |
| A knitted garment with long sleeves | J _____ |
| A person who writes for newspaper and magazines | J _____ |
| A portable pneumatic hammer or drill | J _____ |
| Specialized vocabulary | J _____ |
| Weary from excuses | J _____ |
| Highest lottery prize | J _____ |
| Fruit spread | J _____ |
| Knees, hips and elbows etc. | J _____ |
| Cheerful and friendly | J _____ |
| A place where scrap is collected | J _____ |
| A short tune used in advertising | J _____ |
| Japanese self-defense method | J _____ |
| Fatigue from air travel | J _____ |
| Dense tropical forest with tangled vegetation | J _____ |
| An Indonesian Island | J _____ |
| Woodworking trade | J _____ |
| Scoff rudely | J _____ |
| Seller of gems and precious metals | J _____ |

- 1 Janitor
- 2 Jaundice
- 3 Jersey
- 4 Journalist
- 5 Jackhammer
- 6 Jargon
- 7 Jaded
- 8 Jackpot
- 9 Jam
- 10 Joints
- 11 Jovial
- 12 Junkyard
- 13 Jingle
- 14 Jujitsu
- 15 Jetlag
- 16 Jungle
- 17 Java
- 18 Joinery
- 19 Jeer
- 20 Jeweler