

# In Harmony

A fresh approach to daily living  
(Special Edition: Surviving Social Distancing)



"Every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not so good, remember that it will not last forever and better days are on the way." - Jenni Young

## Healthy Habit

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

## Beyond Bingo

- **Movie of the Week** - *Yesterday*: A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed. Currently on HBO.
- **Book of the Week** - *Unknown Valor: A Story of Family, Courage, and Sacrifice from Pearl Harbor to Iwo Jima* by Martha MacCallum. Available on Amazon/Audible.
- **Oldies but Goodies** - Jacks, Marbles, Hangman

## Reliable Resources

- **Libby App** - Did you know your local library has thousands of e-books and audiobooks? You can borrow them, instantly, for free, using your smart phone or tablet.  
<https://www.overdrive.com/apps/libby/>
- **Silver Cuisine** - Healthy meal delivery for seniors.  
[www.silvercuisine.com](http://www.silvercuisine.com) or 1.844.404.FOOD (3663)

Get in touch with us! Visit us online at [www.LorienHealth.com/Harmony-Hall](http://www.LorienHealth.com/Harmony-Hall) or call us at 410.531.6000 for more information.