

HARMONY HALL



Celebrating March

**Irish-American Heritage
Month**

Women's History Month

**International Black Women
in Jazz and the Arts Month**

World Compliment Day
March 1

International Women's Day
March 8

Wellderly Week
March 16–22

St. Patrick's Day
March 17

Tuskegee Airmen Day
March 22

**Make Up Your Own Holiday
Day**
March 26

The Power of Names

The power of bestowing names is so great that in the Old Testament of the Bible it is God who grants this amazing gift to Adam and Eve. Modern psychologists agree that names are significant. As children develop the ability to speak, they name things to make sense of the world around them. The first full week of March is Celebrate Your Name Week, a time to appreciate our names.

In 1948, professors at Harvard University studied the success of recent Harvard graduates. As it turned out, those with common names like Mike had found more success than those with unusual names such as Berrien. The professors concluded that rare or unusual names had negative psychological effects. More studies followed, and they bore out similar results. Names seemingly influence where we go to school, where we choose to live, who we marry, and even the kind of financial investments we make. Psychologists have attempted to explain this phenomenon as a result of the "implicit-egoism" effect, or the fact that we are drawn to things that resemble us. Other psychologists offer a different explanation.

Names send powerful signals about where we come from: our native country, ethnicity, religion, and economic background. When we hear a name, we hear so much more.

Of course, not everyone loves their given name. According to Legal Zoom, people often change their name if it's very common. They list Britney and Ashley as two examples. Another reason people change their name is because it's difficult to spell or pronounce.

Celebrate Your Name Week is a chance to be proud of not just our names but of who we are. When you introduce yourself, say your name loud and proud, for the way you treat your name shows the way that you want to be treated.



Music Appreciation

March 4 : Music Appreciation Class with David:
TBA

March 11: Music Appreciation Class with Mike.
Continuing Black History month Salute: Etta
James

March 18 : Music Appreciation Class with David:
TBA.

March 25 : Music Appreciation Class with Mike:
Miriam Makeba "Mama Africa."

Opera

March 6: Ottorino Respighi's "La Campana
Sommersa." ("The Sunken Bell").

March 13: "The Enchanted Island."

March 20: "Vincenzo Bellini's "Don Pasquale

March 27: Georges Bizet's "Les Pêcheurs de
Perles." ("The Pearl Fishers").

Broadway

March 28: "Pippin."

UPCOMING Events

March 6th

Q & A with Debbie, Danny and Tim –
10:30am 2nd Floor

March 7th

St. John's Sing-a-long – 2:30pm Lobby

March 17th

St. Patrick's Day Celebration –
2:30pm 2nd Floor

March 19th

Just Bead It – 10:30am 2nd Floor

March 21st

River Hill High School – 11:00am Lobby

March 25th

Dr. Lazris Talk – 10:00am 2nd Floor

March 26th

Resident Trip to Bare Bones –
10:30am Lobby

Religious Services & Events:

Tuesdays & Thursdays: Rosary Communion Service - Located in the Parlor at 3:00pm

Sundays: Catholic Communion Service- Parlor at 9:00am

4th Wednesdays: Catholic Mass Services at 2:30- Located in the Parlor

Sundays: Grace Christian Church - Located on 3rd Floor at 11:00am

2nd Sundays: St. John's Baptist Church at 2:30pm - Located on 3rd Floor

2nd and 4th Fridays: Jewish Services with Rabbi Baron at 11:00am - Located in the Parlor

On our updated website you can find the month's activity calendar, newsletter, and movie listings!

www.lorienhealth.com/locations/harmony-hall

Health Concerns

For Questions regarding Audiology, Dental, Eye Care and Podiatry services – please call HEALTHDRIVE AT (888) 964-6681, Option 3. If you want to sign up for any of these services contact Claro or Gimly at ext. 4026/4032.

Thank You

Please do not hesitate to call the Recreation Office at 410-531-6000 x 4022, and we will be happy to sign you up for the events you wish to attend.

Meet Your Neighbor



Meet Genevieve Denicola. Genevieve was born and raised in Jessup, PA. Shortly after graduating high school she began to work in a lingerie factory. After getting married she moved to Peckville, PA where she raised 3 daughters. She and her husband owned and operated a grocery store in Peckville. Hobbies include cooking, singing and even sang in a choir. After moving to live with one of her daughters in Virginia, Genevieve then moved to Maryland and became a resident of Harmony Hall. Genevieve does a lot of activities and especially enjoys music for Happy Hours and other special events. If you have not already met her please do. She is a joy to know.

Transportation Trips

1st Monday – Walmart
 2nd Monday – Target
 3rd Monday – The Dollar Store
 4th Monday – The Mall in Columbia
 10:30am to 12:30pm

Giant
 Tuesday at 2pm (1 hour)
 Friday at 11:15am (1/2 hour)

- Recreational trips are subject to time changes and cancellations when deemed necessary by Transportation
- If you need to schedule a transportation appointment, ask the Front Desk for more information

Women of the World Unite



Women around the world will take to the streets promoting women's rights to celebrate International Women's Day on March 8. The first National Women's Day occurred over 100 years ago on February 28, 1909, in New York.

Theresa Malkiel, a factory worker who rose to the top of the leadership of the Women's National Committee of the Socialist Party, proposed the first celebration. Malkiel believed that socialism was the path toward the liberation and equality of women. When the men of the party showed no true interest in equal rights for women members, Malkiel took it upon herself to organize her fellow women and strengthen their place in the party. The first Women's Day celebration was a show of strength for the women she organized.

The struggle for women's rights was not unique to America. Across Europe, women were organizing for workers' rights and the right to vote. In 1910, at the International Socialist Women's Conference in Denmark, European activists decided to establish an international holiday modeled on the one organized by Malkiel. The following year, on March 11, 1911, International Women's Day was celebrated for the first time by over a million people in Austria, Denmark, Germany, and Switzerland. Women took to the streets, marching for the right to vote, to hold public office, and to enjoy equal opportunities for employment. Six years later, on March 8, 1917, International Women's Day marchers across Russia marched for "Bread and Peace," demanding an end to World War I, tsarism, and government-imposed food shortages. This marked the beginning of Russia's February Revolution (according to their old calendar). Seven days later, Tsar Nicholas II abdicated the throne, and women were granted the right to vote. Over the decades, the holiday has transformed from a socialist holiday to a mainstream celebration of political activism by women. While the day is an official holiday in many countries, the fact that it is not observed in many places speaks to the pressing need to continue the fight for women's rights.

March Birthdays

March 8th – Natile Morrison
March 12th – Adele Weber
March 12th – Edith Hoffheiser
March 13th – Mary Kovarik
March 15th – Adrianus Verdel
March 17th – John Kovarki
March 23rd – Robert Beaver
March 24th – Diego Crespo
March 31st – Horace Weiss



Won't You Be My Neighbor?



Each year, March 20 is celebrated as Won't You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody's favorite television neighbor. Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids' better natures. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.