

# NEWSLETTER

## July 2023

Harmony Hall



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# A Walk Through History

On July 1, 1979, the Japanese technology company Sony introduced its Walkman portable cassette player to the world, an innovation that would forever change the way we enjoy music.



Plenty of portable cassette-tape players were available in 1979, but none of them were designed to be used by individuals walking around. The cassette tape, developed in 1963, allowed people to listen to tapes in their cars or on large cassette players. Sony itself sold the bulky TC-D5 cassette player, but company cofounder Masaru Ibuka was not satisfied. He wanted a truly personal and portable system optimized for playback while he was out and about, especially when he was traveling on long business flights.

Norio Ohga, Sony's executive deputy president, got to work with engineer Kozo Ohson. Soon, Ohson had invented both a new cassette player and a pair of lightweight headphones with fantastic sound quality. The invention was better than anything Sony could have hoped for. Sony Chairman Akio Morita declared, "It'll be a hit!" Now, all Sony needed was a name.

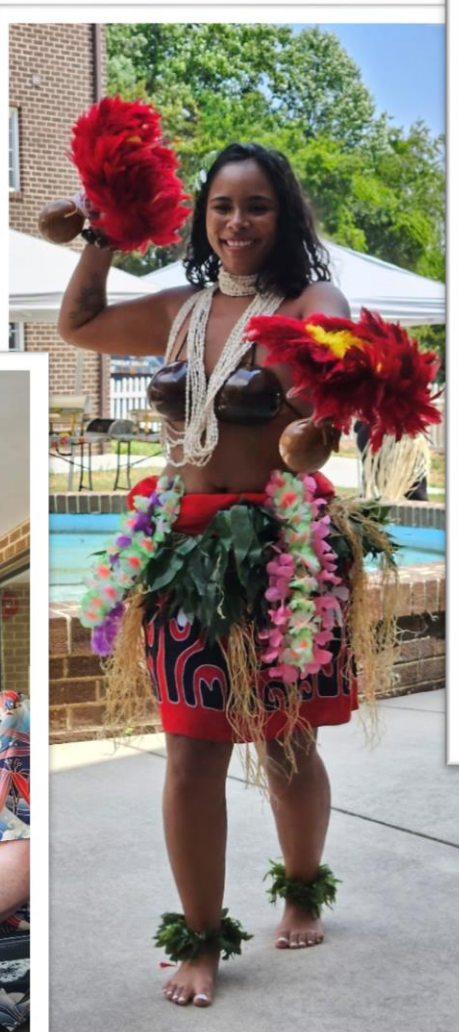
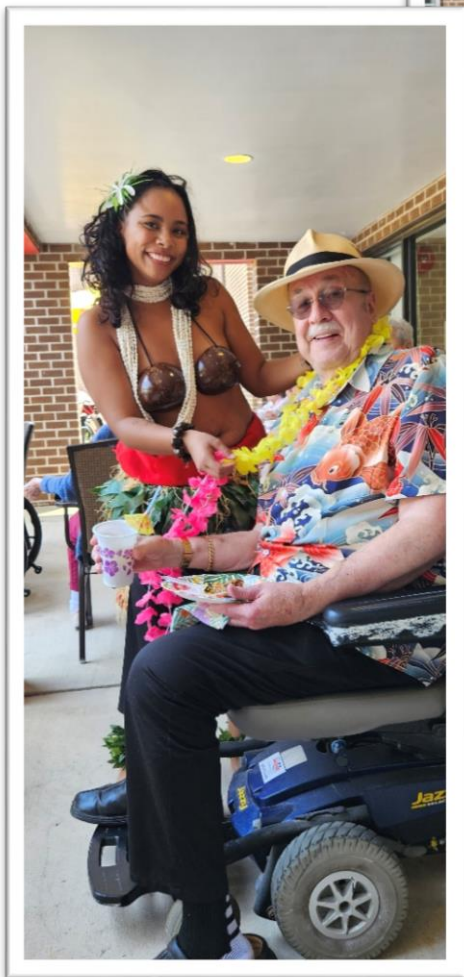
At first, the cassette player was called by many names. In the U.S., marketers wanted to call it the Sound-About. In the U.K., it was the Stowaway. Marketers decided that too many names in too many countries would be confusing, so Sony finally decided on the Walkman.

In June of 1979, Sony invited a group of journalists to Yoyogi Park in Tokyo, where they were each given a Walkman to wear. The journalists strolled the park while listening to various demonstrations on the device. Needless to say, it was an instant hit. Sony thought it would sell 5,000 Walkmans in the first month. It soon sold 50,000! The device's unique combination of excellent sound quality and privacy (thanks to its headphones) was unprecedented. The Walkman's popularity led to a boost in cassette sales and even exercise, now that people wanted to get outside and listen to music on the go.

# June in Review

## Annual Luau

Residents had an amazing time at the Luau! The food, hula dancing and decorations were incredible!



# Armchair Travel

Every year, over twenty million visitors embark onto the streets of Washington, DC: kids on class trips; parents showing their kids the Lincoln Memorial; curious travelers eager to wander through a museum.

When the federal government first moved to DC in 1800, the place was kind of a mess. Many buildings, including the President's House and the Capitol building, were still incomplete. Much of the city was still swamp land and muddy roads.

The few people who bothered to visit the city tended to be from Europe, curious about how democratic governance worked in the young nation. That changed gradually, the election of Andrew Jackson was touted as the start of "the era of the common man," and his 1829 inauguration drew thousands to DC. That started a tradition of travel to the capital to witness each new president being sworn in to office.

Around the same time, growing civic engagement drew some Americans to the capital. Visitors would come expressly to watch historic debates between eloquent speakers like Daniel Webster, Henry Clay, and John Calhoun.

While there weren't many sights to see in Washington in those years, many visitors were impressed with the Capitol building, particularly since its "towering dome" stood out elegantly from the small wood and brick buildings around it.

In the 1850s and '60s, guidebooks began offering tourists suggestions on places to visit in the city beyond the Capitol. The President's House was a particular draw.

When Charles Dickens visited President John Tyler in 1842, he noted numerous strangers wandering the public sections of the building, most with "no particular business there."

In the last decades of the nineteenth century, tourism grew into a real industry for the city. With better transportation systems and more leisure time, Americans were traveling more in general. And, as the federal government grew after the Civil War, the city acquired paved streets, luxury hotels, and horse-drawn public streetcars. Illustrated journals and newspapers presented appealing images of the capital to people around



the country. At the same time, the United States was becoming a world power, sparking patriotic feelings. In 1874, journalist and author Mary Clemmer Ames reflected on the sense of national pride that drew even the “lowly and poor” to the capital.

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

### **Armchair Travel to Washington DC**

Thursday, July 13<sup>th</sup>

10:00am Movie Theater

### **Documentary – The Beat Don’t Stop**

Monday, July 17<sup>th</sup>

10:00am Movie Theater

### **Washington DC Trivia**

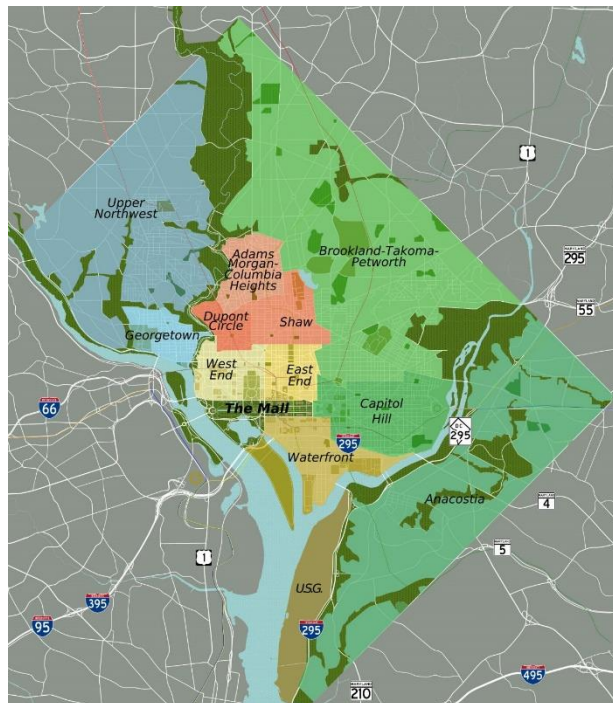
Wednesday, July 26<sup>th</sup>

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

### **Documentary – Secrets from Underneath Washington DC**

Thursday, July 31<sup>st</sup>

10:00am Movie Theater



# Upcoming Events

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## **Jazz Concert by Bonniejazz**

Thursday, July 6<sup>th</sup>

10:00am Lobby

## **Men's Club**

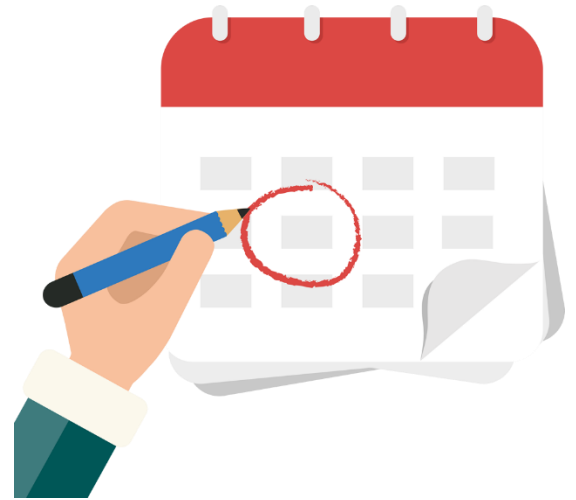
Thursday, July 13<sup>th</sup>

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

## **Resident Trip to BJ's Restaurant & Brewhouse**

Thursday, July 27<sup>th</sup>

10:30am Lobby



### **Special Days**

#### **Independence Day (U.S.)**

*July 4*

#### **World Chocolate Day**

*July 7<sup>th</sup>*

#### **Swimming Pool Day**

*July 11*

#### **Bastille Day (France)**

*July 14*

#### **Muharram (Islamic New Year)**

*Begins at sundown  
on July 18*

#### **Hammock Day**

*July 22*

#### **World Nature Conservation Day**

*July 28*

# Regular Events

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## **Movement Exploration**

Every Tuesday 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

## **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



WOW!

**Bikini Swimsuit Makes a Bold Debut** - On July 5, 1946, the revolutionary bikini swimsuit made its bold debut, challenging societal norms and forever transforming the landscape of beach fashion. This daring two-piece garment sparked both shock and admiration, leaving an indelible mark on popular culture and becoming an iconic symbol of liberation and self-expression.

# July Birthdays

In July, we celebrate birthdays with:

- **Elaine Kurlander** 07/06
- **Mary Scholl** 07/10
- **Betty Knight** 07/12
- **Jo Ann Dickinson** 07/13
- **Mary Balchun** 07/18
- **Natalie Yopconka** 07/21
- **John Morse** 07/25
- **Chung Kim** 07/25
- **Geraldine Musser** 07/27
- **George Wicks** 07/29



Tom Cruise (actor) – July 3, 1962  
Bill Withers (musician) – July 4, 1938  
Mavis Staples (singer) – July 10, 1939  
Harrison Ford (actor) – July 13, 1942  
Ginger Rogers (dancer) – July 16, 1911  
Nelson Mandela (politician) – July 18, 1918  
Carlos Santana (musician) – July 20, 1947  
George Clinton (musician) – July 22, 1941  
Jennifer Lopez (singer) – July 24, 1969  
Curt Gowdy (sportscaster) – July 31, 1919

## **Cancer (June 21 – July 22)**

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

## **Leo (July 23 – August 22)**

Leos are natural born leaders. They are able to achieve anything they commit to.



# Poem to Share

## Hope is the Thing with Feathers

Emily Dickinson

Hope is the thing with feathers  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all,

And sweetest in the gale is heard;  
And sore must be the storm  
That could abash the little bird  
That kept so many warm.

I've heard it in the chilliest land,  
And on the strangest sea;  
Yet, never, in extremity,  
It asked a crumb of me.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Edward Jones
- Robert Perkins
- Myron Taube
- Jeanne & John McPartland
- Diana Jordan
- Mary Scholl
- John Morse
- Pamela & Dennis Burd
- Patricia Antiltz

## ARTS & CRAFTS

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

**Thursday, July 20<sup>th</sup>**  
Sunflower Bandana Wreath



## RESIDENT TRIPS

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### **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

*Trips are subject to changes or cancellations at the discretion of the transportation team*

## CAN YOU CONTRIBUTE?

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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

# Laughing Matters



## Makeover Gone Wrong

In surgery for a heart attack, a middle-aged woman has a vision of God by her bedside.

“Will I die?” she asks.

God says, “No. You have 30 more years to live.”

With 30 years to look forward to, she decides to make the best of it. Since she’s in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great!

The day she’s discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed.

Up in heaven, she sees God. “You said I had 30 more years to live,” she complains.

“That’s true,” says God.

“So what happened?” she asks.

God shrugs. “I didn’t recognize you.”

## Short Jokes

Teacher: “Really, Tommy, your handwriting is terrible. You must learn to write better.”

Tommy: “Well, teacher, if I did, you would find fault with my spelling!”

Silence is golden until you have children, then silence is very suspicious.

# Laughing Matters



**"The last thing I remember is being thrown into the dryer."**



# Employee Spotlight



## Akan Mbeye

Akan was born and raised in Nigeria. After graduating high school, she attended a two year college prep school in Nigeria. She later moved to the US in 1982. She attended The Massy Business School in Texas, where she received a degree in Accounting. While in Texas, she meet her husband and got married. She and her husband moved to Maryland in 1994, she went on to have two girls and one boy. She is also the proud grandmother of three grandsons. While in Maryland she went to nursing school and became an LPN. Akan came to work at Harmony Hall in 2012. She loves the family atmosphere of working at Harmony Hall, she also loves and has a passion for our residents. She enjoys watching movies and loves to be out in nature taking long walks. Akan is a ray of sunshine, if you do not already know her please take the time to get to know her.

# Poems of Friendship

## Friendship

*Anon*

The best of friends can change a frown,  
Into a smile, when you feel down.

The best of friends, will understand,  
Your little trials, and lend a hand.

The best of friends, will always share,  
Your secret dreams, because they care.

The best of friends, worth more than gold,  
Give all the love, a heart can hold.

## On Friendship

*Anon*

Could we but draw back the curtain,  
That surrounds each other's lives,

See the naked heart and spirit;  
Know what spur the action gives;

Often we would find it better,  
Purer than we think we would.

We would love each other better,  
If we only understood.