

NEWSLETTER

March 2024

Harmony Hall



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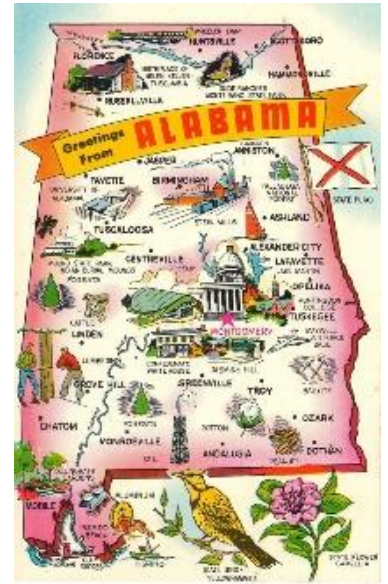
Directory

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Armchair Travel

Alabama, known as the Heart of Dixie, is a charming state in the southeastern United States that offers a unique blend of history, culture, and natural beauty. From the vibrant city of Birmingham with its rich Civil Rights history, to the picturesque Gulf Coast beaches in cities like Gulf Shores and Orange Beach, Alabama has something for every traveler.

Nature lovers will delight in exploring the stunning landscapes of places like Little River Canyon National Preserve and Bankhead National Forest, while history buffs can immerse themselves in the stories of the past at sites like the USS Alabama Battleship Memorial Park and the Civil Rights Institute in Birmingham. And let's not forget about the mouth-watering Southern cuisine that Alabama is famous for - be sure to try some delicious barbecue or fresh seafood while you're there!



Whether you're looking to relax on the beach, hike in the mountains, or learn about the rich history of the American South, Alabama is a destination that will captivate and inspire you. So pack your bags and get ready for an unforgettable adventure in the Heart of Dixie!

As you journey through the Heart of Dixie, you'll find yourself immersed in the rich tapestry of Alabama's landscapes, history, and flavors. The state's allure extends from the bustling cityscapes to the tranquil shores, offering a diverse range of experiences for every type of traveler.

In Birmingham, the echoes of the Civil Rights movement still resound, inviting visitors to reflect on the past and envision a more inclusive future. The Gulf Coast beckons with its sandy beaches and crystal-clear waters, perfect for unwinding and soaking in the sun.

For those seeking a deeper connection with nature, the rugged beauty of Little River Canyon National Preserve and the serene majesty of Bankhead National Forest provide a sanctuary for exploration and contemplation. Meanwhile, history enthusiasts can trace the footsteps of heroes at the USS Alabama Battleship Memorial Park and delve into the struggles and triumphs of the Civil Rights era at the institute in Birmingham.

And let's not forget the culinary delights that await you in Alabama! Indulge in the smoky goodness of authentic barbecue or savor the freshness of seafood straight from the Gulf. Each bite tells a story of tradition and passion, adding a flavorful dimension to your journey.

So whether you're drawn to the allure of the mountains, the allure of the sea, or the allure of the past, Alabama stands ready to captivate your heart and ignite your spirit. Embrace the adventure that awaits in the Heart of Dixie, where every moment is a celebration of the beauty and diversity that make this state truly special.

Here are some more interesting facts about Maine.

- Alabama is known as the "Heart of Dixie" and the "Yellowhammer State." The state's official nickname, the "Yellowhammer State," comes from the state bird, the yellowhammer, which is also known as the northern flicker woodpecker.
- Alabama was the first state to declare Christmas a legal holiday in 1836. The tradition of sending Christmas cards began in the state in 1848 when a civil war veteran named John C. Horsley designed the first Christmas card.
- The world's first Electric Trolley System was introduced in Montgomery, Alabama, in 1886. This system paved the way for modern public transportation systems that we see today in many cities around the world.
- Alabama is home to the only White House of the Confederacy, located in Montgomery. It served as the residence of President Jefferson Davis and his family during the Civil War.
- The Saturn V rocket that launched the Apollo 11 mission to the moon was designed and built in Huntsville, Alabama, at the Marshall Space Flight Center. This historic event marked a significant milestone in space exploration and the race to the moon.

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

Armchair Travel to Alabama

Tuesday, March 5th

10:00am Movie Theater

Inside NASA: The Saturn V Rocket Story

day, March

10:30am Movie Theater

Alabama Anagrams

Wednesday, March 13th

3:00pm 2nd Floor

Alabama Trivia

Wednesday, March 27th

10:00am 2nd Floor



Life in Our Community

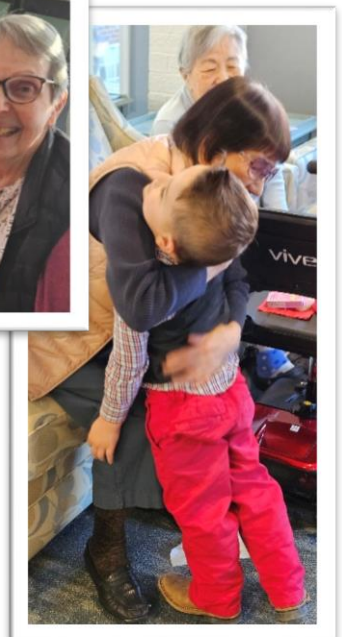
Mardi Gras

Indulging in King Cake, enjoying Hurricanes, and listening to the tunes of Danny & Maria, the residents truly struck gold with their Mardi Gras celebration this year!



Valentine's Day

Valentine's Day in the community was a success with children spreading joy through treats and gifts. The day included a champagne dinner, music by pianist Lynn Roxy, and photo opportunities under a balloon heart arch, creating cherished memories.



Upcoming Events

Happy Hour with Empty Ecstasy

Friday March 4th 6:00pm, Lobby

Korean Games (Sudoku)

Wednesday, March 13th 10:30am, Movie Theater

Happy Hour with Empty Ecstasy

Friday March 18th 6:00pm, Lobby

Men's Club

Thursday, March 21st, 2nd Floor

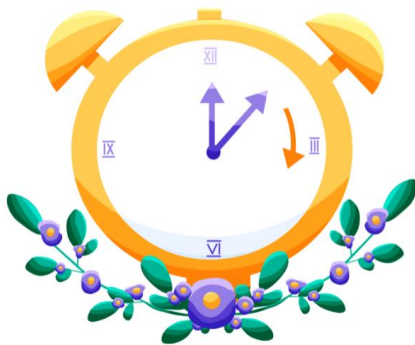
Healing Garden

Thursday, March 21st 2:00pm, Golden Living

Handbell Presentation by Lin Wallberg

Thursday March 28th 2:00pm, Lobby

Daylight Savings March 10, 2024



Spring Forward

Celebrating March

Iditarod Race

March 2

Caregiver Appreciation

March 3

International Women's Day

March 8

The Ides of March

March 15

St. Patrick's Day

March 17

First Day of Spring

March 19

Palm Sunday

March 24

Pencil Day

March 30

Easter

March 31

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

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

Korean Music

Every 2nd Saturday 4:00pm Lobby

Bingo!

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



March Birthdays

In March, we celebrate birthdays with:

- **Chong Kim**
- **Adele Weber**
- **Gertrud Buerger**
- **John Kovarik**
- **Patricia Frain**
- **Cecilia Choi**
- **Nancy Nicholson**
- **Robert Addison**
- **Elsie Lyons**
- **Regina Moyer**



There are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm

Pisces (Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

Journaling Prompts

Grab your journal and jot down your answers to these questions. Or, if you'd prefer, use this list as a fun way to start conversations with family members or neighbors. Remember, there's no right or wrong answers here and you can choose to share what you are comfortable with. Have fun!

- Who is the luckiest person you know? Why are they so lucky, do you think?
- Is there such a thing as luck, or is it all hard work and determination?
- Write about a time you felt like everything was going your way and you were quite lucky.
- How would you tell someone to get through a period of their life when they felt they were having bad luck and nothing was going the way they wanted?
- What are some superstitions you've heard about luck? Can you think of any for being lucky in love, or about luck for a marriage?
- When is the last time you felt lucky or blessed? Can you write down five things you're thankful for today?
- Did you every do anything fun or silly for St. Patrick's Day when you were a kid? What about when you were an adult? Write about your favorite St. Patrick's Day traditions.
- Write a poem or story about a leprechaun who has lost directions to his rainbow.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Jill Hildenbrand**
- **Ruth Pietrowicz**
- **Maureen McCarthy**
- **Elsie Lyons**
- **Elizabeth Rudd**
- **Anna Riggins**
- **Peter Holzberg**

We hope that you enjoy your time here!

HERE'S TO THE WOMEN!

Did you know that that majority of staff at our community are women? We are so thankful for all of the women who serve our residents so well, in all of their roles. This month, as we celebrate International Women's Day, be sure to thank all the women in your life who have made you who you are today!

If you have time, think about a few women who changed your life for the better. Write about them or share their stories!

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

CAN YOU CONTRIBUTE

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.

Thank you!

Noticeboard



BEAUTY SALON

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

FAMILY NIGHTS

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



WOW!

Historical Events in March: The Lindbergh Baby Kidnapping

On March 1, 1932, Charles Lindbergh Jr. was kidnapped from the family mansion in Hopewell, New Jersey. He was 20 months old and the son of aviation hero Charles Lindbergh, who flew the first solo flight across the Atlantic Ocean. The baby was never returned, even after the family paid \$50,000 in ransom.

Laughing Matters



Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?

Light blue.

Why did the man fall down the well? Because he didn't see that well.

Employee Spotlight



Sasivara Sophato

Sasi, originally from Bangkok, Thailand, completed her high school education before pursuing an accounting degree at the University of Thailand. In 2001, she relocated to Maryland. Joining the Harmony Hall team in 2019 as a Caregiver, she continues in this role. Sasi expresses her deep affection for the Lorien Family, cherishing her colleagues and the residents she cares for. During her free time, she enjoys reading, dining, and spending peaceful moments with her three dogs. Sasi's presence is a source of joy, always radiating positivity and warmth. If you haven't met Sasi yet, take a moment to connect with her; she is truly a beacon of light.



St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____



St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	SHAMROCK
ODLG	What Leprechauns keep in their pot	GOLD
REGEN	Colour of envy	GREEN
ELAPUNCHER	Mischievous elf	LEPRECHAUN
IDLERAN	St. Patrick is from here	IRELAND
ELBRYAN	This stone wants a kiss	BLARNEY
RHAP	National emblem of Ireland	HARP
SEBFLAT	Capital of Northern Island	BELFAST
KANESS	Slender Reptiles	SNAKES
Charm	Third month of the year	MARCH
TRACKPI	Patron saint of Ireland	PATRICK
SKIWHEY	A popular liquor in Ireland	WHISKEY
RICEMILK	Humorous verse	LIMERICK
OT TSU	Type of dark beer	STOUT
BUND IL	Capital of the Irish Republic	DUBLIN
GLENN DA	St. Patrick was a missionary here	ENGLAND
SINGESNU	A type of bitter stout	GUINNESS
RSHII	From Ireland	IRISH
TAPE	Fuel from boggy land	PEAT
BAWINOR	Colourful arc in the sky	RAINBOW