

# NEWSLETTER

## April 2024

Harmony Hall



### IN THIS ISSUE

|                          |    |
|--------------------------|----|
| Directory .....          | 2  |
| Armchair Travel .....    | 4  |
| Month in Review .....    | 6  |
| Upcoming Events .....    | 8  |
| Regular Events .....     | 9  |
| April Birthdays .....    | 10 |
| A Poem to Share .....    | 11 |
| Noticeboard .....        | 12 |
| Laughing Matters .....   | 14 |
| Employee Spotlight ..... | 15 |
| Word Search .....        | 16 |

# Directory

| Concierge/Front Desk                                |                 | Ext. 4000 |                               |
|---|-----------------|-----------|-------------------------------|
|   |                 |           |                               |
| Business Office                                     | Sam Salenieks   | Ext. 4007 | ssalenieks@lorienhealth.com   |
| Director of Nursing                                 | Theresa Connor  | Ext. 4016 | Tconnor@lorienhealth.com      |
| 1 <sup>st</sup> & 2 <sup>nd</sup> Floor Coordinator | Claro Melendres | Ext. 4032 | melendres@lorienhealth.com    |
| 3 <sup>rd</sup> Floor Coordinator                   | Melissa Estel   | Ext. 4032 | mestel@lorienhealth.com       |
| Transportation Director                             | Wesley Antoine  | Ext. 4038 | watoine@lorienhealth.com      |
| Director of Activities                              | Danny Dye       | Ext. 4022 | ddye@lorienhealth.com         |
| Director of Sales                                   | Wanda Boucher   | Ext. 4003 | wboucher@lorienhealth.com     |
| Director of Sales                                   | Julia Schneider | Ext. 4053 | jschneider@lorienhealth.com   |
| Human Resources                                     | Tanika Hampton  | Ext. 4011 | thampton@lorienhealth.com     |
| Housekeeping/EVS Director                           | Jon Sweadner    | Ext. 4042 | jsweadner@lorienhealth.com    |
| Maintenance Director                                | Joe Keagle      | Ext. 4013 | jkeagle@lorienhealth.com      |
| Rehab Director                                      | Krista Cantafio | Ext. 4052 | krista.cantafio@powerback.com |

## April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**  
Birthstone: **Diamond**  
Flower: **Daisy & Sweet Pea**

## Quote of the Day

*The earth laughs in flowers.*

– Ralph Waldo Emerson



Smiling is infectious  
You can catch it like the flu  
When someone smiled at me today  
I started smiling too  
I walked around the corner  
And someone saw me grin  
when he smiled I realised  
I had passed it on to him  
I thought about the smile  
And then realized its worth  
A single smile like mine  
Could travel round the earth  
So if you feel a smile begin  
Don't leave it undetected  
Start an epidemic  
And get the world infected



# Armchair Travel

Rhode Island, the smallest state in the United States, may be tiny in size, but it is rich in history and charm. Known as the “Ocean State,” Rhode Island boasts beautiful coastal landscapes, sandy beaches, and picturesque lighthouses along its 400 miles of coastline. From the historic city of Newport with its famous Gilded Age mansions to the bustling capital city of Providence known for its creative culinary scene and artistic community, Rhode Island offers a diverse range of experiences for every traveler.

Explore the state's rich maritime heritage by visiting the Newport Mansions or taking a stroll along the Cliff Walk, which offers breathtaking views of the Atlantic Ocean. Indulge in fresh seafood at local eateries, shop for unique treasures at boutique stores, or immerse yourself in the local art and music scene at festivals and galleries throughout the state. Whether you're looking to relax on the beach, explore historic sites, or enjoy outdoor activities like hiking and sailing, Rhode Island has something for everyone.

Here are some more interesting facts about Rhode Island.

- **First to Declare Independence:** Rhode Island was the first of the thirteen colonies to declare independence from British rule on May 4, 1776, a full two months before the Declaration of Independence was signed.
- **The Birthplace of the American Industrial Revolution:** The American Industrial Revolution began in Rhode Island when Samuel Slater built his water-powered cotton mill in Pawtucket in 1790. This marked the beginning of the United States' transformation into an industrialized society.
- **Home of the Oldest Tavern:** The White Horse Tavern in Newport, established in 1673, is recognized as the oldest tavern in the United States. It offers a glimpse into 17th-century America and continues to operate as a restaurant today.
- **A Haven for Religious Freedom:** Founded by Roger Williams in 1636 as a haven for those seeking freedom of conscience, Rhode Island was the first colony to guarantee all its citizens freedom of worship. This principle was revolutionary at the time and laid the groundwork for the religious freedom clauses in the U.S. Constitution.
- **Culinary Innovations:** Rhode Island is known for some unique culinary creations, such as coffee milk (the state drink), clear clam chowder, and the infamous hot wiener. Additionally, the state is renowned for its seafood, particularly quahog clams, which are used in a variety of local dishes.
- **Home of the First U.S. Open Golf Tournament:** The first U.S. Open Championship in golf was held in Newport at the Newport Country Club in 1895. This event marked the beginning of what would become one of the four major championships in professional golf.

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

### Armchair Travel to Rhode Island

Tuesday, April 2<sup>nd</sup>

11:00am Movie Theater

### America's Forgotten Heroine: Ida Lewis

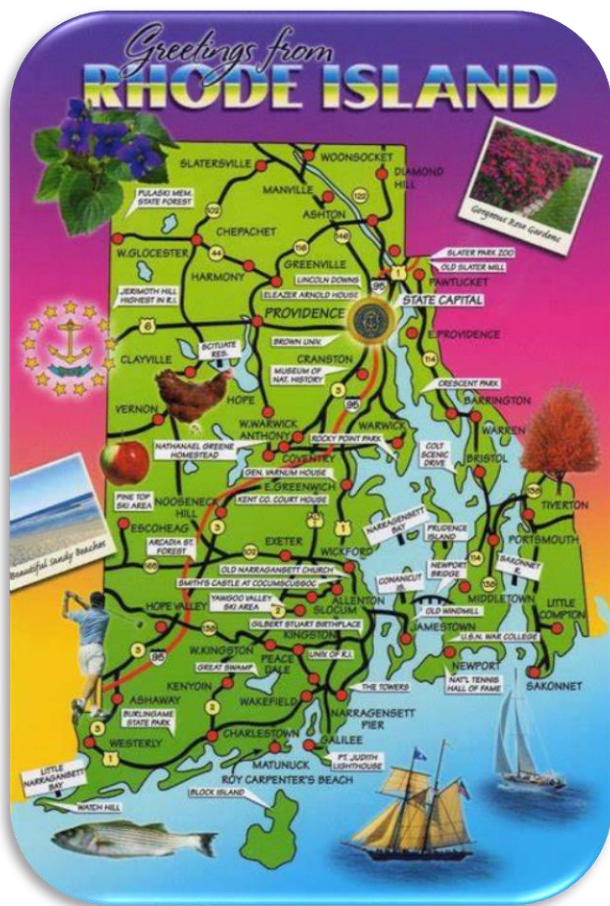
Wednesday, April 10<sup>th</sup>

10:30am Movie Theater

### Last Voyage of the U-853

Monday, April 22<sup>nd</sup>

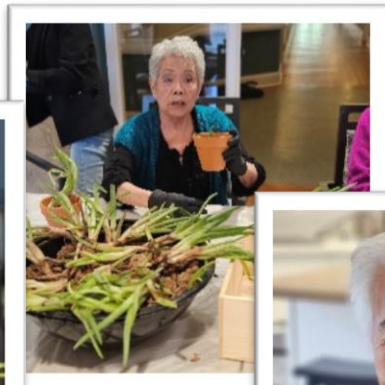
11:00am Movie Theater



# What We've Been Up to Lately

## Healing Garden

The residents had a great time planting their own aloe vera plant. Did you know that Golden Living has their very own garden where they cultivate various plants? They are excited about doing this activity again.



## Purim

During Purim, the Mitzvah women treated the residents to homemade hamantaschen. These Jewish women are known for their charitable acts. Additionally, they provided an explanation of the treat and the significance of celebrating Purim.



# Life in Our Community

## *Evening Happy Hours*



# Upcoming Events

## Howard County History Lecture

Wednesday, April 24<sup>th</sup> 10:30am Movie Theater

## Resident Trip to Bertucci's

Thursday April 25<sup>th</sup> 10:30am, Lobby



## Celebrating April

### April Fools Day

*April 1*

### Peanut Butter and Jelly Day

*April 2*

### World Rat Day

*April 4*

### Teflon Day

*April 6*

### National Gardening Day

*April 14*

### Take a Wild Guess Day

*April 15*

### Earth Day

*April 22*

### Talk Like Shakespeare Day

*April 23*

### International Jazz Day

*April 30*

# Regular Events

## **Women's Bible Study**

Every Monday 10:30am Parlor

## **Bayada Talk**

Every 2<sup>nd</sup> Monday 10:30am Movie Theater

## **Movement Exploration**

Every Tuesday & Thursday 10:00am Lobby

## **Ice Cream Social**

Every Tuesday 1:30pm 2<sup>nd</sup> 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

## **Q & A**

Every 4<sup>th</sup> Thursday 3:00pm 2<sup>nd</sup> Floor

## **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

## **Jewish Services**

Every Friday 10:45am Parlor

## **Korean Music**

Every 2<sup>nd</sup> Saturday 3:30pm Lobby

## **Bingo!**

Every Monday, Wednesday, Saturday & Sunday 1:00pm 2<sup>nd</sup> Floor



# April Birthdays

In April, we celebrate birthdays with:

- **James Noonan**
- **Barbara McMahon**
- **Anna Benz**
- **Michael Rizzo**



## Gardening Wives Tales

*How many of these have you heard before?*

- Plants grow better if you talk to them.
- Menthol rub repels insects on hummingbird feeders.
- Bury banana peels in your garden to bring your roses and ferns more potassium.
- Give your scarecrow a hat in the hot summer in order to secure a good harvest in the fall.
- Plant potatoes on Good Friday.

### Aries (Mar 21 – Apr 20)

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

### Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

WOW!

### April 15, 1912: The Titanic Sinks

Dubbed an unsinkable ship, the *Titanic* sank on this day in 1912. The luxury passenger liner was en route to New York City from Southampton, Hampshire, England. It only took the giant ship 2 hours and 40 minutes to sink, killing more than 1,500 people.

# Poem to Share

## The Gardener

by Mary Oliver

Have I lived enough?

Have I loved enough?

Have I considered Right Action enough, have I come to any conclusions?

Have I experienced happiness with sufficient gratitude?

Have I endured loneliness with grace?

I say this, or perhaps I'm just thinking it.

Actually, I probably think too much.

Then I step out into the garden,  
where the gardener, who is said to be a simple man,  
is tending his children, the roses.

# Noticeboard



## NEW RESIDENTS

A very warm welcome to:

- Eleanor Timberlake
- Merle Sturm
- Christine Robertson
- Irene Williams
- Judy Hoffman
- Norberta Winborne
- Betty Ann Thoreson
- Karen Feagin
- Francis Snyder
- Dennis & Carol Stvan

We hope that you enjoy your time here!

## 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!



## RESIDENT TRIPS

### 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

## 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.

## EVENING HAPPY HOURS

Tuesdays - April 2, 16 & 30  
***Empty Ecstasy***

Wednesday – April 10 & 24  
***Larry & Bill***

## CRAFTS

Come and join in the fun with this month's crafts at 6:00pm on the 2<sup>nd</sup> Floor.

**Wednesday, April 3<sup>rd</sup>**  
Make Your Own Smores



**Wednesday, April 17<sup>th</sup>**  
Rag Wreath



# Laughing Matters



## Earth Day Jokes

How many of these can get you to laugh (or groan)?

Why don't ants get sick?

*Because they have little ant-bodies.*

Why did the cloud go to the doctor?

*Because it was feeling under the weather.*

What do clouds wear under their coats?

*Thunderwear!*

What did the recycling bin say to the trash can?

*"You're garbage...but I love you anyway!"*

Did you hear about the tornado that married a cloud?

*The wedding was a whirlwind!*

What do you call a snowman in the summer?

*A puddle.*

How do trees access the internet?

*They log on, of course.*

Why did the tree go to the dentist?

*To get a root canal.*

What do you call it when worms take over the world?

*Global worming!*

# Employee Spotlight



## Melissa Estel

Melissa hails from Washington DC, where she completed high school at Young American Works Public Charter School. Pursuing her passion for healthcare, she trained to become a Medical Assistant and gained four years of experience in a doctor's office. Joining Harmony Hall in 2018 as a front desk receptionist, she now serves as the 3rd-floor unit coordinator while pursuing an online degree in Health Information Management. Outside of work, Melissa enjoys attending live concerts, cooking, taking walks, and visiting wineries. Her favorite aspect of working at Harmony Hall is being an advocate for the residents and providing them with a sense of family when their own cannot be there every day. Melissa goes above and beyond to ensure the well-being and happiness of the residents she serves. If you haven't met Melissa yet, be sure to set aside some time for a conversation with her.

# Word Search

## FROM THE GARDEN



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | B | L | E | T | T | U | C | E | A | Z | S | T | B |
| I | B | L | E | M | O | N | S | N | B | S | P | O | R |
| L | L | I | M | E | S | B | A | S | I | L | Q | M | O |
| L | O | N | I | O | N | S | N | B | S | P | Z | A | C |
| B | L | U | E | B | E | R | R | I | E | S | E | T | C |
| O | P | T | P | A | R | S | L | E | Y | P | L | O | O |
| R | C | C | E | V | C | H | I | V | E | S | X | E | L |
| E | Y | F | D | G | P | U | M | P | K | I | N | S | I |
| G | A | R | L | I | C | E | G | G | P | L | A | N | T |
| A | F | C | Q | G | I | N | G | E | R | C | S | B | L |
| N | S | T | R | A | W | B | E | R | R | I | E | S | U |
| O | B | E | L | L | P | E | P | P | E | R | S | P | S |
| M | V | U | H | E | L | A | V | E | N | D | E | R | V |
| B | Z | U | C | C | H | I | N | I | N | B | S | P | P |

Bell Peppers  
Parsley  
Ginger  
Blueberries

Strawberries  
Lettuce  
Oregano  
Zucchini

Lavender  
Basil  
Lemons  
Eggplant

Dill  
Garlic  
Limes  
Onions

Chives  
Pumpkins  
Tomatoes  
Broccoli