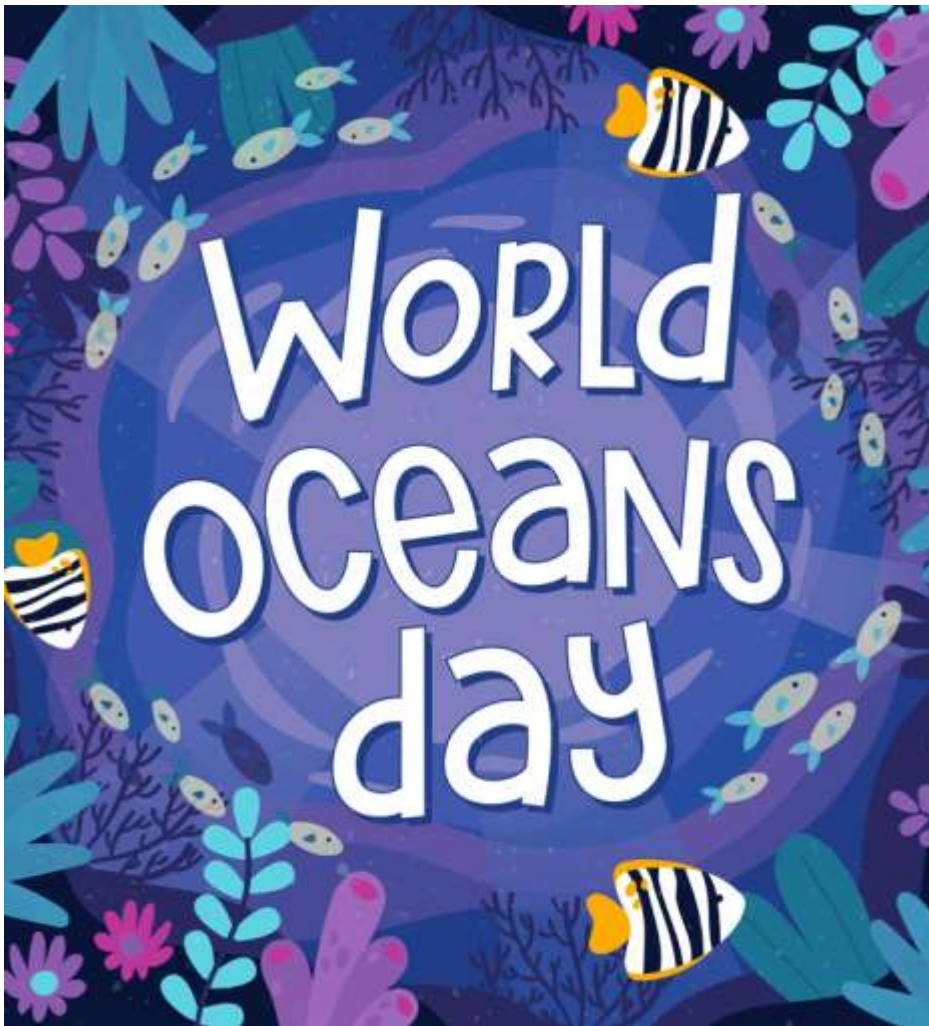


# NEWSLETTER

## June 2024

Harmony Hall



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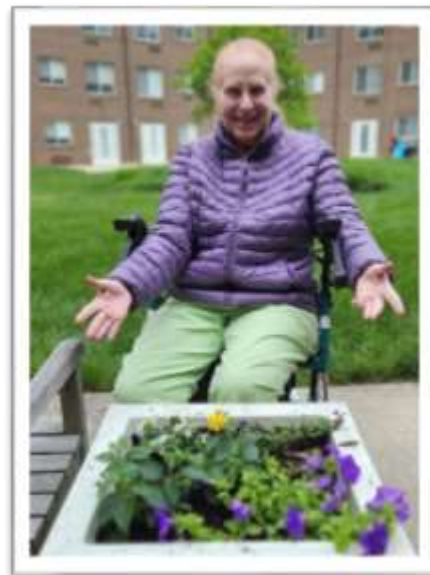
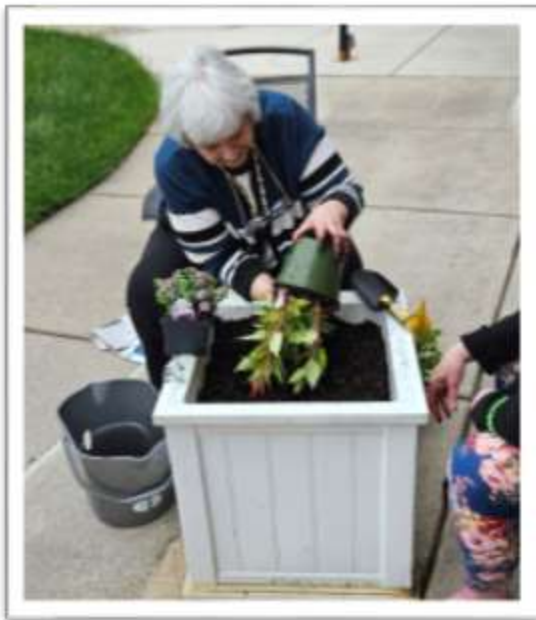
# Directory

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# May in Review

## Flower Planting

Just as it stopped raining, the residents went out to plant a rainbow of flowers in the courtyard planters. They eagerly picked their favorite blooms to jazz up the planters. They anticipate them blooming and flourishing by the beginning of summer.

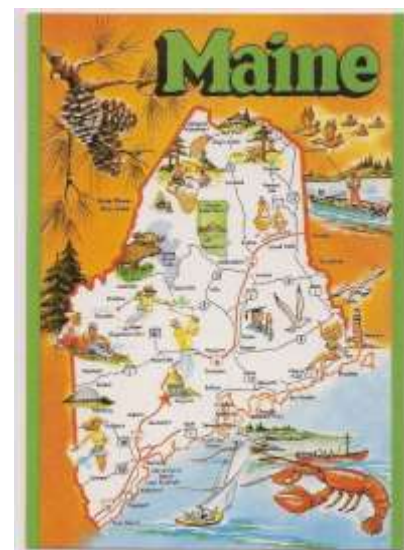


# Armchair Travel

Maine, known affectionately as the Pine Tree State, offers an unparalleled blend of natural beauty, serene landscapes, and vibrant culture, making it a must-visit destination for travelers seeking both tranquility and adventure. From the rugged cliffs of the coastline to the serene expanse of its vast forests, Maine provides an escape into nature that is both rejuvenating and inspiring.

One of the state's crown jewels is Acadia National Park, where visitors can explore over 47,000 acres of stunning wilderness. Here, the combination of mountain and sea views creates a picturesque backdrop for hiking, biking, and wildlife watching. The park's Cadillac Mountain offers breathtaking sunrises that are not to be missed, a truly magical experience where one can watch the first rays of sunlight touch the United States. Alongside the natural beauty, Maine's coastal towns like Portland and Bar Harbor charm visitors with their historic lighthouses, quaint shops, and seafood restaurants that serve up the freshest lobsters, clams, and oysters straight from the Atlantic.

For those looking to immerse themselves in culture and history, Maine does not disappoint. The state's rich maritime heritage can be explored through its numerous museums and historic sites, while its vibrant arts scene is showcased in galleries, theaters, and festivals throughout the year. Whether it's sailing on a historic schooner, indulging in the local culinary delights, or simply enjoying the peaceful pace of life, Maine offers a diverse range of experiences that cater to all interests. So, pack your bags and set off for Maine, where adventure and relaxation await amidst the backdrop of America's breathtaking northeast.



Here are some more interesting facts about Maine.

- **The Birthplace of Donut Holes:** Maine claims the invention of the donut hole, thanks to a sailor named Captain Hanson Gregory. He reportedly punched a hole in the center of the dough to ensure even cooking, creating the first donut hole in the 1840s.
- **Lobster Capital of the United States:** Maine is famous for its lobster, producing the majority of the country's supply. The state is so synonymous with this crustacean that the Maine Lobster Festival, held annually in Rockland, celebrates all things lobster.
- **Home to the First National Park East of the Mississippi:** Acadia National Park, located on Mount Desert Island, was established as the first national park east of the Mississippi River. It offers stunning vistas, hiking trails, and a glimpse of the Atlantic coastline's rugged beauty.
- **L.L.Bean's Flagship Store Never Closes:** In Freeport, Maine, the L.L.Bean flagship store is open 24 hours a day, 365 days a year. It has only closed five times since it opened in 1912, and those closures were mostly due to national events or losses in the company's history.
- **A Haven for Lighthouses:** With its extensive coastline, Maine is home to about 65 historical lighthouses. Portland Head Light, commissioned by George Washington himself and first lit in 1791, is among the most photographed in the United States.
- **Maine Produces 99% of the Country's Blueberries:** This state is the largest producer of wild blueberries in the U.S., a fact that has earned it the title of "America's Blueberry Capital." Blueberries are so beloved in Maine that the town of Machias hosts an annual Wild Blueberry Festival.
- **The Only State with a One-Syllable Name:** Maine is the only state in the United States that has just one syllable in its name, making it unique in more ways than one.
- **It Has the Easternmost City in the U.S.:** Eastport, Maine, holds the title of the easternmost city in the United States. Additionally, West Quoddy Head in Lubec is the easternmost point and is famous for its picturesque lighthouse.
- **Stephen King's Inspiration:** The iconic horror and fiction author Stephen King was born in Maine, and many of his stories are set in this state. The fictional town of Derry, often featured in King's works, is based on Bangor, where King has a home.

- **Maine's State Animal is the Moose:** Maine has the largest population of moose in the contiguous United States, an estimated 50,000 to 70,000. This makes moose sightings a common occurrence, particularly in rural parts of the state.

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

### **Armchair Travel to Maine**

Tuesday, June 11th

11:00am Movie Theater

### **Growing Wild – The Untold Stories of Maine’s Wild Blueberries**

*(Come enjoy some Maine wild blueberry jam)*

Wednesday, June 19th

6:00pm 2<sup>nd</sup> Floor



# Upcoming Events

## **Luau**

Tuesday June 4<sup>th</sup>, Courtyard

## **Piano Performance**

Wednesday June 5<sup>th</sup> 6:00pm, Lobby

## **Rocktopia**

Monday June 10<sup>th</sup> 6:00pm, Movie Theater

## **Korean Youth Orchestra**

Monday June 17<sup>th</sup> 3:00pm, Lobby

## **Sing a Long with Lynn**

Wednesday June 5<sup>th</sup>, 12<sup>th</sup> & 26<sup>th</sup> 3:30pm, Lobby

## **A Day at the Races**

Thursday June 20<sup>th</sup> 2:00pm, 2<sup>nd</sup> Floor

## **Resident Trip to The Walrus Oyster & Ale House**

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

**Watermelon  
Seed Spitting Week**  
*June 27–30*

**Go Barefoot Day**  
*June 1*

**Tailors Day**  
*June 5*

**National Doughnut Day**  
*June 7*

**Nature Photography Day**  
*June 15*

**International Day of  
Yoga**  
*June 21*

**Day of the Seafarer**  
*June 25*

**National Bingo Day**  
*June 27*

# 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

## **Bingo!**

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

# June Birthdays

In June, we celebrate birthdays with:

- **Karl Schoch**                      **06/14**
- **Lillian Moniodis**                **06/17**
- **Haeng Ja Finley**                 **06/19**
- **Eleanor Alland**                  **06/21**
- **Shirley Bogage**                 **06/25**
- **Joe Cacioppo**                    **06/30**



## Fascinating Facts About the Ocean

- The ocean covers over 70% of the Earth's surface.
- It contains around 97% of the Earth's water.
- The deepest part is the Mariana Trench, reaching a depth of about 36,000 feet (11,000 meters).
- Despite its immense size, more than 80% of the ocean remains unexplored and unmapped.
- Home to 230,000 known species.
- The ocean produces over half of the world's oxygen.

### **Gemini (May 21 – Jun 20)**

Geminis love to learn and they never stop wondering about the unexplained.

### **Cancer (June 21 – July 22)**

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

# Poem to Share

## The Peace of Wild Things

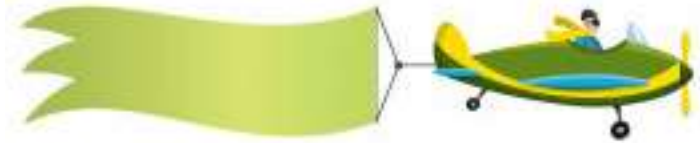
Wendell Berry

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

### **I Have a Dream: Martin Luther King Jr.'s Historic Speech**

In June 1963, Martin Luther King Jr. delivered his famous "I Have a Dream" speech during the March on Washington, a defining moment in the Civil Rights Movement.

# Noticeboard



## NEW RESIDENTS

A very warm welcome to:

- Dr. & Mrs. Grace Lee
- Patricia Beckett
- Nancy Burkard
- Louis Jones
- Dr. Rakesh Vinayek
- Dr. Michal Sherman
- Mary Johannessen

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?

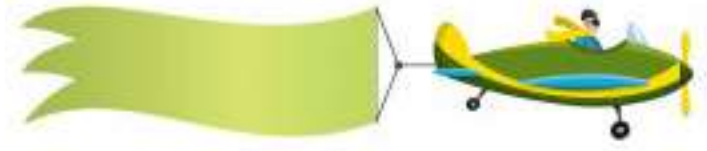
Contributions to our newsletter are encouraged and appreciated!

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 6:00PM LOBBY

Tuesday, June 4<sup>th</sup> & 18<sup>th</sup>  
***Empty Ecstasy***

Tuesdays, June 11<sup>th</sup> & 25<sup>th</sup>  
***Larry & Bille***

## ARTS & CRAFTS

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

**Wednesday, June 12<sup>th</sup>**  
Water Color Resist Art



**Wednesday, June 26<sup>th</sup>**  
Paper Pinwheels



# Laughing Matters



## The Passenger

A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches before hitting a shop window.

For a second everything went quiet in the taxi, then the driver said, "Look mate, don't ever do that again. You scared the daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver - I've been driving a funeral van for the past 25 years".

## The Coach

At one point during a soccer game, the coach says to one of his young players, "Do you understand what cooperation is? What a team is?" The little boy nods yes.

"Do you understand that what matters is whether we win together as a team?" The little boy nods yes.

"So," the coach continued, "when a strike is called, or you are out, you don't argue or curse or attack the umpire. Do you understand all that?" Again, the boy nods.

"Good," said the coach. "Now go and explain it to your mother."

## Eye Problems

A man calls his boss and says "I can't come to work today".

The boss asks why and the man says "It's my eyes."

"What's wrong with your eyes?" asks his boss.

"I just can't see myself coming to work today."

# Employee Spotlight



## Jane Gitau

Jane, originally from Nairobi, Kenya, completed a secretarial course in supplies and management after finishing high school. In 1987, she got married and now has two daughters, a son, and a daughter-in-law. She relocated to the United States in 2006 and obtained a nursing degree in 2009. After residing in California, she moved to Maryland in 2022. Jane joined Harmony Hall in December 2023 and appreciates the teamwork, her colleagues, and finds joy in assisting the residents. Cooking, traveling, and tending to her plants are some of her hobbies. With an infectious personality, Jane brightens the environment and is a delight to be around.

# Word Search

## OCEAN CONSERVATION



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

Ocean  
Protect  
Plastics  
Awareness  
Seagrass

Corrosive  
Ecosystem  
Safeguard  
Reduce  
Overfish

Sustainable  
Seabed  
Conserve  
Habitat  
Depletion

Biodiversity  
Marine  
Coral  
Pollution  
Damage