

NEWSLETTER

August 2025



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Directory

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These extensions are exclusively available for in-house phones. If you're calling from a cell phone or from outside the building, please dial 410-531-6000 and request the desired extension.

August Fun Facts

Here are some fun facts about August that you can enjoy and share with others.

Historical Origins

- **Named After an Emperor:** August was named in honor of Augustus Caesar, the first Roman emperor. Previously, the month was known as Sextilis because it was the sixth month in the original ten-month Roman calendar.
- **Calendar Changes:** Augustus Caesar chose this month to bear his name because many of his greatest triumphs occurred during its time span, including the conquest of Egypt.

Cultural Tidbits

- **Birthstone and Flowers:** The birthstone for August is the peridot, a gem that symbolizes strength. The gladiolus and poppy are the birth flowers, representing remembrance and integrity.
- **Zodiac Signs:** Those born in August fall under the zodiac signs of Leo (July 23 to August 22) and Virgo (August 23 to September 22). Leos are known for their confidence and warmth, while Virgos are recognized for their practicality and attention to detail.

Fun and Quirky

- **Ice Cream Sandwich Day:** August 2 is dedicated to this beloved frozen treat, providing an excellent excuse to indulge in a sweet and creamy snack.
- **Left-Handers Day:** Celebrated on August 13, this day honors the uniqueness of left-handed individuals and raises awareness of the challenges they may face in a predominantly right-handed world.
- The First IBM Personal Computer was released on August 12, 1981, revolutionizing how we interact with technology
- The Panama Canal officially opened on August 15, 1914, drastically shortening maritime travel between the Atlantic and Pacific Oceans.

August is a month that offers a blend of history and seasonal change. Whether you're soaking up the last rays of summer sun or enjoying winter activities, August invites everyone to make the most of its diverse offerings.

August in History: **Penicillin's Mass Production Begins**

In August 1943, penicillin—the antibiotic that would go on to save millions of lives—began mass production for use in World War II. Though discovered earlier by Alexander Fleming, it wasn't until the early 1940s that scientists learned to produce it on a large scale. This life-saving antibiotic went on to change the course of healthcare and save countless lives.

Upcoming Events

Vocal Performance by Michael Brown

Monday, August 4 2:30pm Lobby

Ladies Tea Party

Thursday August 7 2:30pm 2nd Floor

Kangaroo Kids

Monday August 18 2:30pm Fountain Courtyard

Men's Club

Thursday, August 11 12:00pm 2nd Floor

Mary Kay Glow and Go!

Thursday, August 21 2:30pm 2nd Floor

Dr. Lazris Talk

Monday, August 25 10:00am 2nd Floor



Celebrating August

Homemade Pie Day

August 1

Ice Cream Sandwich Day

August 2

Coast Guard Day

August 4

Bowling Day

August 9

Left-Handers Day

August 13

Mail Order Catalog Day

August 18

Senior Citizens Day

August 21

Daffodil Day

August 22

More Herbs, Less Salt Day

August 29

Regular Events

Bible Study
Every Monday 10:30am Parlor

Bayada Talk
Every 2nd Tuesday 11:00am 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

Tai Chi/Yoga
Every Wednesday 10:30am, Lobby

Music Appreciation
Every Wednesday 1:00pm, Movie
Theater

Q & A
Every 4th Thursday 3:00pm 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

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



Activity Highlight

Family and Friends Bingo Night

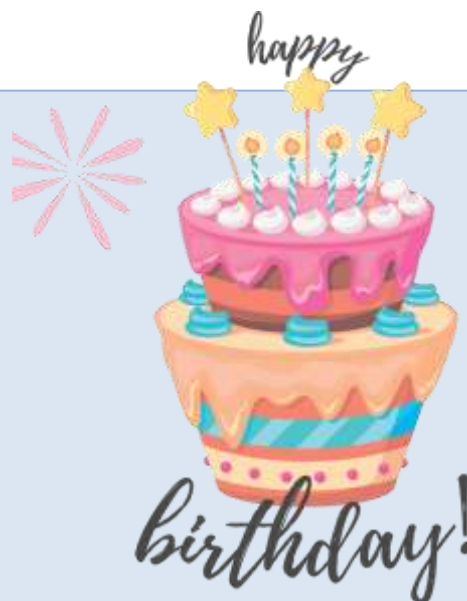
Join us for a fun-filled evening at Family and Friends Bingo Night, where you can create cherished memories with your loved ones! Gather your family and friends every Thursday at 6:30 PM on the 2nd Floor for an exciting game of Bingo that's different from the rest. This special event is open to all ages, allowing everyone to get involved in the action and compete for prizes. It's a fantastic opportunity to relax, have fun, and enjoy some friendly competition in a welcoming atmosphere. Don't miss out on the chance to win prizes and make unforgettable memories with those who matter most!



August Birthdays

In August, we celebrate birthdays with:

- **Rosetta Hayes** **08/01**
- **Herman Mays** **08/04**
- **Ruth Pietrowicz** **08/06**
- **Harry Hatfield jr.** **08/11**
- **Ingrid Ireland** **08/17**
- **Jean Kaylor** **08/17**
- **Josette Lamb** **08/19**
- **Sook Ja Lee** **08/20**
- **Julia Kommers** **08/22**
- **Richard Keller** **08/23**
- **Patricia Beckett** **08/24**



P. D. James (writer) – August 3, 1920
Mata Hari (spy) – August 7, 1876
Alfred Hitchcock (director) – August 13, 1899
Julia Child (chef) – August 15, 1912
Connie Chung (journalist) – August 20, 1946
Cal Ripken Jr. (ballplayer) – August 24, 1960
Mother Teresa (nun) – August 26, 1910
Ingrid Bergman (actress) – August 29, 191
Buddy Hackett (comedian) – August 31, 1924

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

A Poem to Share

A Psalm of Life (Excerpt)

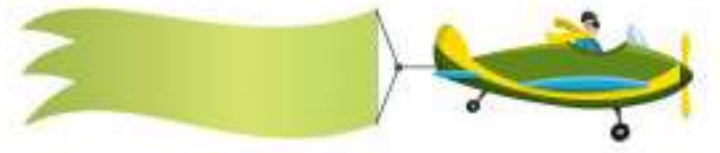
By Henry Wadsworth Longfellow

Tell me not, in mournful numbers,
"Life is but an empty dream!"
For the soul is dead that slumbers,
And things are not what they seem.

Life is real! Life is earnest!
And the grave is not its goal;
Dust thou art, to dust returnest,
Was not spoken of the soul.

Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait.
Through years that pass and memories stay,
In love's pure light, we find our way.
A dog's love is a timeless song,
A faithful heart, where we belong.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Elizabeth Johnson
- Alice Gunner
- Elizabeth Lignelli
- Dorothy Haydak
- Dr. Chun Lee
- Mitzy Zerbe

IN MEMORIAM

We honor and cherish the memories of those who have left our community.

- David Evans
- Ann Hoskins
- Joan Kendal
- Herman Mays
- Susan Thompson
- Lucia Limbach

FRIDAY HAPPY HOURS

2:00PM LOBBY

August 1st
Steve Flynn

August 8th
Bonnie Jazz

August 15th
Vintage Entertainment

August 22nd
Paul Jude

August 29th
Julie Hall

TUESDAY EVENING HAPPY HOURS

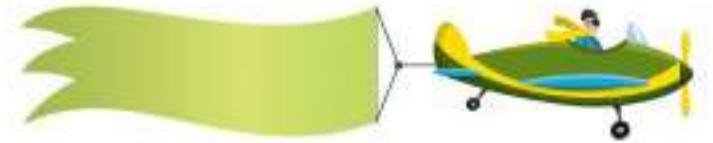
6:00PM LOBBY

August 5th & August 12th
Empty Ecstasy

August 19th
Larry & Bill

August 26th
Andrew Gordon

Noticeboard



BEAUTY SALON

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

To reach Brenda, dial ext 4049. If your calling from a cell phone or outside the building please call 410-531-6000 and

RESIDENT TRIPS

Tuesdays at 10:45 AM

- 1st Tuesday of the Month: Walmart
- 2nd Tuesday of the Month: Resident's Choice
- 3rd Tuesday of the Month: Target
- 4th Tuesday of the Month: Giant

Thursdays from 1:00 PM to 2:00 PM

- Every Thursday: Giant

LAUNDRY ROOM HOURS

Monday – Friday

2:00pm to 9:00pm

Saturday & Sunday

All Day

LIBRARY

Help us maintain an organized library. Please return books to the two designated book return bins. If you have donations of books or puzzles, reach out to Danny or Ann-Margaret in Activiites. Please refrain from dropping them off at the library. Thank you.

FAMILY BINGO NIGHT

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



Laughing Matters



Sherlock & Watson Go Camping

Sherlock Holmes and Dr. Watson went camping.

They pitched their tent under the stars and went to sleep.

Sometime in the middle of the night, Holmes woke Watson up and said: “Watson, look up at the stars, and tell me what you see.”

Watson replied: “I see millions and millions of stars.”

Holmes said: “And what do you deduce from that?”

Watson replied: “Astronomically, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Theologically, it tells me that God is great and we are small and insignificant. Horologically, it tells me that it’s about 3 AM. Meteorologically, it tells me that we will have a beautiful day tomorrow. What does it tell you, Holmes?”

Holmes said: “It tells me that somebody stole our tent.”

Team Spirit

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.”

Employee of the Month



Marie Angelina Rene

We are thrilled to announce that Marie Angelina Rene is our Employee of the Month for August! Marie was born and raised in Haiti and moved to the United States in June 2006, where she now resides in Bowie, MD. She is married and has one child. After obtaining her CNA, Marie earned her CMT in 2007 and worked in the lab at NIH. In 2018, she began working PRN at Harmony Hall. Marie ultimately decided to leave NIH and embrace a full-time position at Harmony Hall. She was attracted by the delightful atmosphere, the wonderful residents, and her supportive co-workers, making her feel truly at home here. Marie is dedicated to her career and plans to further her education by becoming an RN; she only needs to take her boards to achieve this goal. In her free time, Marie enjoys working out, biking, and bowling. Marie is a fantastic asset to Harmony Hall, cherished by both residents and her colleagues.

Word Search

FORGIVENESS



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

Forgiveness
Acceptance
Patience
Restraint
Honesty

Love
Let It Go
Tolerance
Regret
Integrity

Kindness
Compassion
Resilience
Friendship
Virtues

Forget
Sorry
Strength
Family
Morals