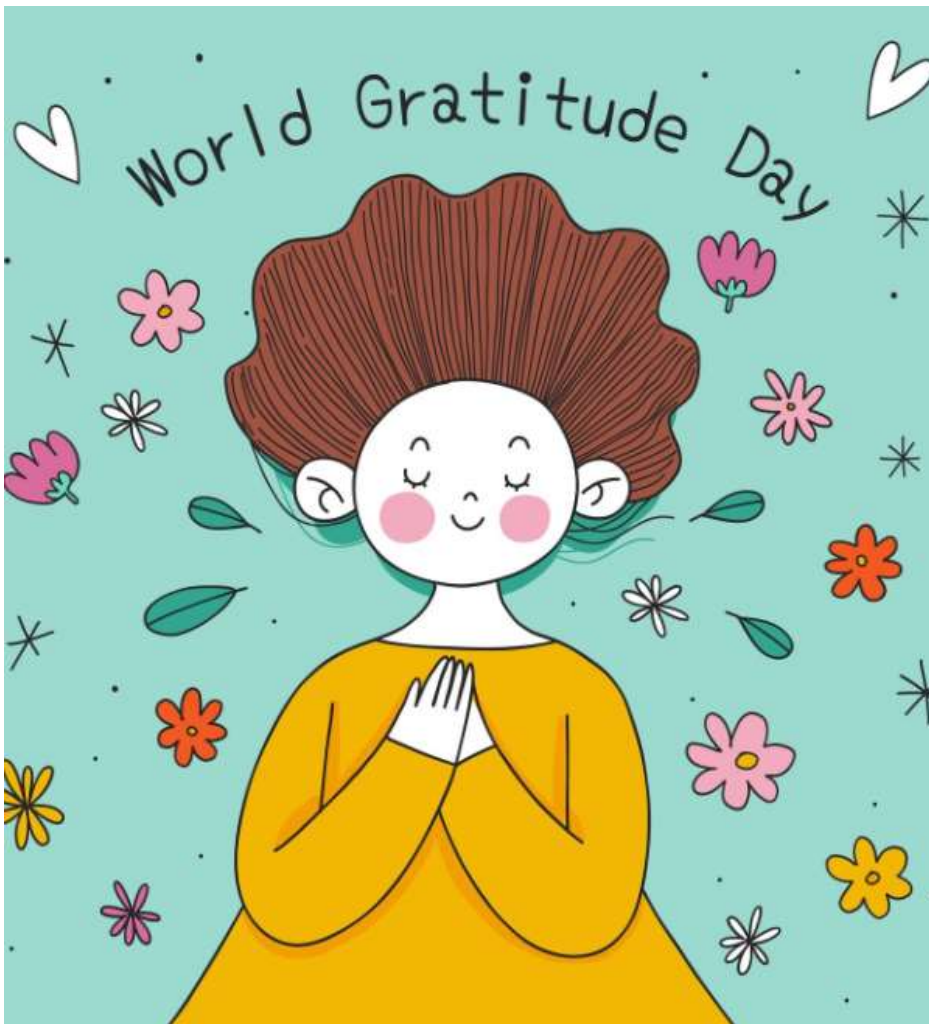


# NEWSLETTER

## September 2025



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# Directory

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| <b>Dining Director</b>                                       | Brian Kelley     | Ext. 4013 | bkelley@lorienhealth.com           |
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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.

# September Fun Facts

Welcome to the vibrant month of September! As we transition from summer to autumn, September offers a mix of history, culture, and natural phenomena worth celebrating. Here's a delightful collection of fun facts and trivia about this enchanting month:

- **September Birthstone:** The sapphire, symbolizing wisdom and purity, is the birthstone for September. Its deep blue hue is both captivating and timeless.
- **September Flowers:** The aster and morning glory are the flowers of September, symbolizing love and affection. These blooms add a splash of color to gardens as summer fades.
- **Harvest Moon:** The full moon closest to the Autumn Equinox is called the Harvest Moon. It provides extra light, traditionally helping farmers work late into the night during the harvest season.
- **Changing Leaves:** September is the month when leaves begin their stunning transformation, painting landscapes with vibrant hues of red, orange, and gold. It's a photographer's paradise!
- **Name Origin:** Despite being the ninth month, the name "September" comes from the Latin word "septem," meaning seven. This is because it was originally the seventh month in the Roman calendar.
- **Ice Cream Month:** Though July is officially National Ice Cream Month, September is a fantastic time to enjoy the last scoops of summer with seasonal flavors like apple cider and pumpkin spice.
- **National Honey Month:** September is dedicated to celebrating honey, one of nature's sweetest gifts. It's a great time to try different varieties and explore honey-based recipes.
- **Elephant Appreciation Day:** On September 22, take a moment to appreciate these magnificent creatures and learn about conservation efforts to protect them.
- **Trivia Tidbit:** September's birthstone, the sapphire, was once believed to protect against envy and harm. Wearing it was thought to bring wisdom and good fortune.
- **World Gratitude Day:** The first World Gratitude Day was celebrated on September 21, 1965. It began with a simple idea shared during a Thanksgiving dinner in Hawaii: to dedicate one day each year to expressing appreciation. The concept quickly gained support, and today, World Gratitude Day is recognized globally as a reminder to pause, reflect, and give thanks for life's blessings.

Embrace these delightful aspects of September as you enjoy the transition from summer to autumn!

# August in Review

## Michael Brown

Everyone enjoyed the incredible voice of jazz singer Michael Brown. He brought countless smiles and made toes tap with his performance. We can't wait to have him back.



## Mary Kay Glow and Go

The residents had a delightful afternoon exploring Mary Kay cosmetics. They had fun experimenting with various creams, lotions, and makeup products.



# Upcoming Events

## **Korean Youth Orchestra**

Saturday, September 13 3:00pm Lobby

## **Vocal Performance by Michael Brown**

Monday, September 15 2:30pm Lobby

## **Duo Ameliora**

Saturday, September 20 3:00pm Lobby

## **Dr. Lazris Talk**

Monday, September 29 10:00am 2<sup>nd</sup> Floor



## **Vaccine Clinics**

We have partnered with Giant to offer flu and COVID-19 vaccinations. The clinics will be held in the parlor on the following dates:

- Flu Clinic: Friday, September 26<sup>th</sup>
- COVID-19 Clinic: Wednesday, October 29<sup>th</sup>

## **Celebrating September**

### **World Alzheimer's Month**

**Labor Day**  
*September 1*

**Eat an Extra Dessert Day**  
*September 4*

**International Day of  
Charity**  
*September 5*

**Bald Is Beautiful Day**  
*September 13*

**Chocolate Milkshake Day**  
*September 12*

**Assisted Living Week**  
*September 14*

**Oktoberfest Begins**  
*September 20*

**Centenarian's Day**  
*September 22*

**Women's Health  
and Fitness Day**  
*September 23*

**Good Neighbor Day**  
*September 28*



# Regular Events

## Bible Study

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

## Bayada Talk

Every 2nd Tuesday 11:00am 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 4th Tuesday 11:00am 2<sup>nd</sup> Floor

## Tai Chi/Yoga

Every Wednesday 10:30am, Lobby

## Music Appreciation

Every Wednesday 1:00pm, Movie Theater

## Q & A

Every 4th Thursday 3:00pm 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!

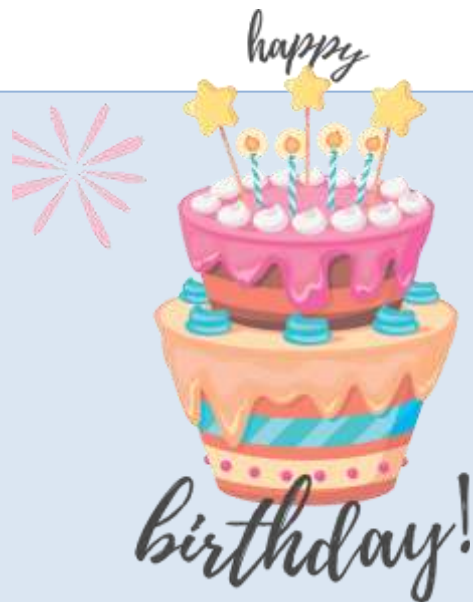
Every Monday, Wednesday, Saturday & Sunday 1:00pm 2<sup>nd</sup> Floor



# September Birthdays

In September, we celebrate birthdays with:

- **Barbara Neilon** 9/01
- **Merle Strum** 9/07
- **Grace White** 9/07
- **Joan Carter** 9/07
- **Marie Lee** 9/08
- **Peter Holzberg** 9/20
- **Judith Doyle** 9/20
- **William Kerchner** 9/23
- **Martha Bleidner** 9/27



## Gratitude Trivia

- People who regularly express gratitude report better sleep, lower stress, and improved health.
- Writing a thank-you letter (even if not sent) has been shown to increase happiness and life satisfaction.
- Psychologists began formally studying gratitude as a scientific concept in the 1990s, leading to the development of gratitude journals. Keeping a gratitude journal for just 5 minutes a day can boost long-term happiness by over 10%.

## Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

## Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

# Poem to Share

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## Gratitude

Be grateful for the kindly friends that walk along your way,  
Be grateful for the skies of blue that smile from day to day,  
Be grateful for the health you own, the work you find to do,  
For round about you there are men less fortunate than you.

Be grateful for the growing trees, the roses soon to bloom,  
The tenderness of kindly hearts that shared your days of gloom,  
Be grateful for the morning dew, the grass beneath your feet,  
The soft caresses of your babes and all their laughter sweet.

Acquire the grateful habit, learn to see how blest you are,  
How much there is to gladden life, how little life to mar!  
And what if rain shall fall today and you with grief are sad;  
Be grateful that you can recall the joys that once you had.

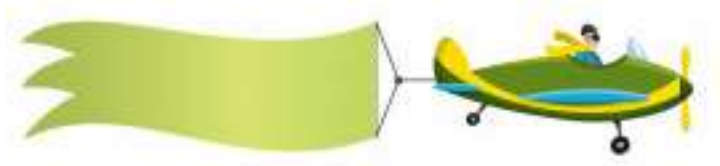
- Edgar Albert Guest

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# Noticeboard



## NEW RESIDENTS

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A very warm welcoe to:

- **Jay & Jackie Woo**
- **Angela Walterhoefer**
- **Ku Lewis**

We hope that you enjoy your time here!

## FRIDAY HAPPY HOURS

**2:00PM LOBBY**

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September 5<sup>th</sup>  
***Steve Flynn***

September 12<sup>th</sup>  
***Paul Jude***

September 19<sup>th</sup>  
***Vintage Entertainment***

September 26<sup>th</sup>  
***Julie Hall***

## IN MEMORIAM

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

- **Jill Hildenbrand**
- **Chun Lee**
- **Jin Shin**
- **Darlene Sweeney**

## TUESDAY EVENING HAPPY HOURS

**6:00PM LOBBY**

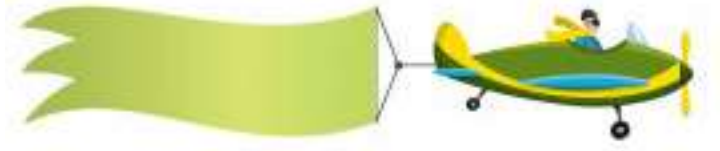
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September 9<sup>th</sup>  
***Andrew Gordon***

September 16<sup>th</sup> & September 30<sup>th</sup>  
***Empty Ecstasy***

September 23<sup>rd</sup>  
***Larry & Bill***

# 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 request ext. 4049.

## LAUNDRY ROOM HOURS

**Monday – Friday**  
2:00pm to 9:00pm

**Saturday & Sunday**  
All Day

## 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!



## 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

## 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.

# Laughing Matters



## Let Your Face Laugh

If your face wants to laugh, well let it  
If a smile you can get, well get it  
Never look down, don't wear a frown  
Or everyone will hear all about it.

If you have got quite a lot of trouble  
Don't forget someone else has double  
So just laugh and grow fat and forget it  
If your face wants to laugh, well let it.

## Wife's Warning

A state policeman pulls over a speeding car.  
"I was only going 40!" the driver protests.  
"Not according to my radar." says the policeman.  
"Yes I was!" the man shouts back.  
"No you weren't." the policeman says.  
With that the man's wife leans towards the window and says:  
"Officer, I should warn you not to argue with my husband when he's been drinking".

## Say That Again

A husband is reading a newspaper article to his wife.  
"Women use about 30,000 words to a man 's 15,000 " he reads.  
"That's because we have to repeat everything we say to men," she replies.  
Her husband puts down the paper and says "WHAT?"

## Snake Bite

One snake says to his friend, "I forget — are we poisonous?"  
"Why do you want to know?" he friend replies.  
"Because I just bit my tongue!"

# Employee of the Month



## Jay Woo

Jay Woo has been recognized as the Employee of the Month for September. Originally from South Korea, he moved to Maryland in 1982. Jay is married and has one child and one grandchild. For 35 years, he operated his own cafeteria located in an office park.

He joined Harmony Hall a year ago as a prep cook in the dining services department. Jay is an invaluable team member, known for his favorite saying during work: "What's next?" He is always busy and eager to find tasks to tackle. His dedication and commitment make him a joy to work alongside, and Harmony Hall is fortunate to have him as part of the team.

When he's not on the job, Jay enjoys walking to keep fit and studies diligently to maintain his mental sharpness. In addition to his native Korean, he is fluent in English, Spanish, Japanese, and Chinese, and he takes an interest in the grammar of each language.

# Word Search



## GRATITUDE WORD SEARCH

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

Grateful  
Hug  
Encourage  
Compliment  
Patience

Thankful  
Note  
Care  
Listen  
Forgive

Support  
Kindness  
Acknowledge  
Help  
Thank You

Smile  
Praise  
Respect  
Appreciate  
Blessings