

NEWSLETTER

January 2026



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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.

January: A Month of New Beginnings



January, the first month of the year in the Gregorian calendar, is often associated with fresh starts, resolutions, and the promise of new beginnings.

Historical Facts

- **Origins of January:** January is named after Janus, the Roman god of beginnings and transitions. Janus is often depicted with two faces, one looking to the past and the other to the future, symbolizing reflection and forward-thinking.
- **Adoption of the Gregorian Calendar:** The Gregorian calendar, which most of the world uses today, was introduced by Pope Gregory XIII in October 1582. January 1 was established as the start of the new year, replacing the Julian calendar, which had placed the new year in March.
- **Significant Historical Events:**
 - On January 1, 1863, the Emancipation Proclamation was issued by President Abraham Lincoln, declaring all slaves in Confederate territory to be free.
 - January 24, 1848, is noted for the discovery of gold at Sutter's Mill in California, which sparked the Gold Rush.
 - Ellis Island opened on January 1, 1892, welcoming millions of immigrants.
 - The world's first underground railway, the London Underground, opened in January 1863.
 - The first modern commercial airplane flight took place in January 1914 lasting just 23 minutes.

Fun Facts

- **National and International Observances:**
 - January is National Blood Donor Month in the United States, encouraging people to donate blood.
 - January 27 is International Holocaust Remembrance Day, a time to reflect on the atrocities of the Holocaust and promote human rights awareness.
- **Cultural Festivals and Celebrations:**
 - In Scotland, January 25 is celebrated as Burns Night, honoring the poet Robert Burns with traditional haggis suppers and recitations of his work.
 - Australia Day, the national day of Australia, is celebrated on January 26 with festivities and events across the country.
- **Interesting Facts:**
 - It is estimated there are approximately 1 million people that ring in the New Year in Times Square.
 - Eating black-eyed peas, ham and cabbage on New Year's Day brings good luck.

- More marriages end in divorce or separation in the January than any other month of the year, earning it the title “divorce month” among attorneys.

Weather and Nature

- **Winter Wonderland:** In the Northern Hemisphere, January is typically one of the coldest months, with many regions experiencing snow and ice. This makes it a popular time for winter sports such as skiing and snowboarding.
- **Southern Hemisphere Summer:** In contrast, the Southern Hemisphere enjoys summer in January, with countries like Australia and New Zealand having warm, sunny weather ideal for outdoor activities and beach outings.

New Year's Resolutions

- **A Time for Change:** January is famously known as the month for resolutions. People around the world set goals for self-improvement, whether it's adopting healthier lifestyles, learning new skills, or pursuing personal ambitions.

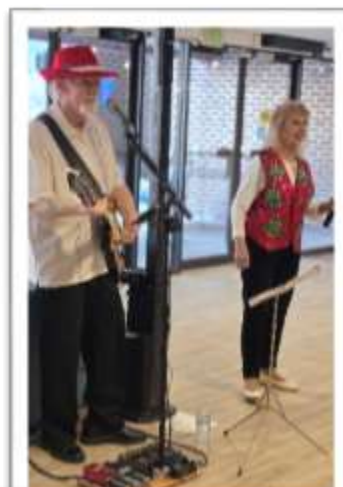
Zodiac signs: **Capricorn & Aquarius**
Birthstone: **Garnet**
Flower: **Carnations**



Life at Our Community

December Fun!

December was filled with joy, laughter, and meaningful moments shared together. From festive celebrations and creative activities to special performances, our community came alive with the spirit of the season.



Upcoming Events

Winter Wonderland Tea Party

Monday January 5th 3:00pm, 2nd Floor

Echoes of Nature

Monday January 19th 2:30pm, 2nd Floor

Duo Amerlora

Saturday January 31st 3:00pm, Lobby

Arts & Crafts

Thursday Jan, 15th

Tile Coasters



Thursday, Jan. 29th

Jackson Pollack Marble Art



Celebrating January

New Year's Day

January 1

Elvis Presley's Birthday

January 8

International Flower Day

January 19

MLK Day

January 19

Disc Jockey Day

January 20

Belly Laugh Day

January 24

Curmudgeons Day

January 29

Regular Events

Bible Study

Every Monday 10:30am 2nd Floor

Dr. Lazris Talk

Last Monday 10:00am 2nd 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 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 and Sunday 1:00pm, 2nd Floor

New Happenings

We are thrilled to announce an exciting new activity coming this January: Echoes of Nature! This captivating program is designed to bring the wonders of wildlife right to our doorstep, offering an engaging and educational experience for all ages. Participants will have the opportunity to discover a diverse array of incredible animals, ranging from mammals and birds to reptiles, amphibians, and invertebrates. Through these awe-inspiring creatures, Echoes of Nature aims to inspire a deeper understanding and appreciation for the natural world. Join us as we connect with wildlife and explore the remarkable beauty of nature together!

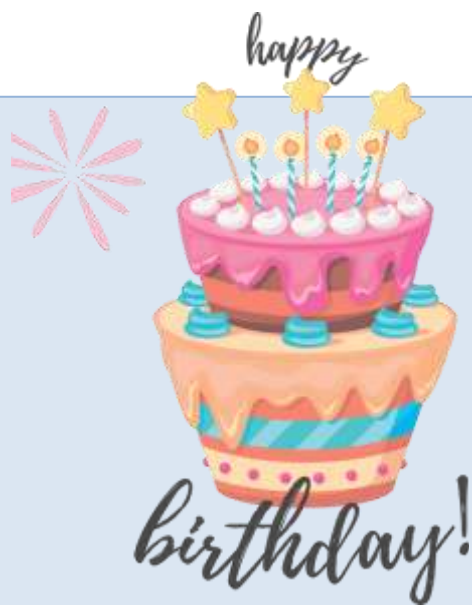
They will be visiting both the 3rd and 2nd floors on Monday, January 19th. The schedule is as follows: 1:30 PM on the 3rd floor and 2:30 PM on the 2nd floor. Come and enjoy!



January Birthdays

In January, we celebrate birthdays with:

- **Dot Haydak** 01/02
- **Victor Orsini** 01/03
- **Elizabeth Rudd** 01/07
- **Ellen Dobratz** 01/11
- **Christine Robertson** 01/13
- **Vesta Griffin** 01/18
- **Joseph Hands** 01/19
- **Patricia Rush** 01/21
- **Wilford Griffin** 01/22
- **Dorothy Sanborn** 01/23
- **Bobbie Mishler** 01/24
- **Charles Kropp** 01/28



Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

A Poem to Share

Live . . . Laugh . . . And Love

by John McLeod

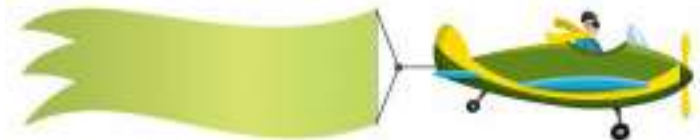
Live well dear friends
 In all you do,
Tho' paths be old
 Or paths be new,
But to yourself
 Be ever true,
Live well!

Laugh often friends
 Tho' passing years
Bring, sometimes, smiles
 And, sometimes, tears,
For mirth forever
 Warms and cheers
Laugh often!

Love much dear friends
 For love will bring
The healing joy
 And hope of Spring,
Where pain and fear may never dwell
 Nor anguish touch . . .

And so Live well,
 Laugh often too,
And more, dear friends,
 Love much!

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mary Ann Orsini**
- **Robinette Gordon**
- **Henry Choi**
- **Harry Neun**
- **Charles Kropp**
- **Victor Orsini**
- **William Wilson**
- **Mary Lazarou**
- **Joseph Bouie**

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Beverly Fossum**
- **Wilford Griffin**

TUESDAY EVENING HAPPY HOURS

6:00PM LOBBY

January 6th & 20th
Larry & Bill

January 13th & 27th
Empty Ecstasy

FRIDAY HAPPY HOURS

2:00PM LOBBY

January 2nd
Vintage Entertainment

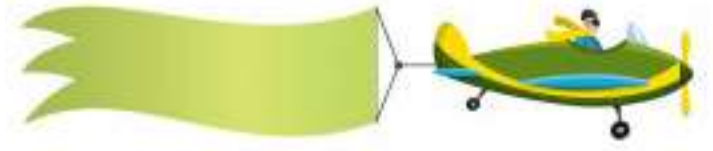
January 9th
Michael Brown

January 16th
Steve Flynn

January 23rd
Paul Jude

January 30th
Julie Hall

Noticeboard



BEAUTY SALON

The hairdresser is available for appointments every Monday and Wednesday from 10am to 4pm.

To book an appointment, please visit or call the concierge at extension 4000. If you are calling from a cell phone or outside the building, please dial 410-531-6000. They maintain a binder with available dates and time slots.

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



The Nun

A man suffers a serious heart attack and has bypass surgery. He awakes to find himself in the care of nuns at a Catholic hospital. A nun is seated next to his bed holding a clipboard with several forms and a pen.

NUN - Good morning! How are you going to pay for your hospital treatment - do you have health insurance?

PATIENT - No health insurance,

NUN - Do you have money in the bank?

PATIENT - No money in the bank.

NUN - Do you have a relative who could help you with the payments?

PATIENT - I only have a spinster sister and she is a nun.

NUN - (annoyed) Nuns are not spinsters! Nuns are married to God.

PATIENT - Then send the bill to my brother-in-law.

Sick Day

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."

Always find a reason to laugh –
it may not add years to your life but will surely add life to your years.

Employee of the Month



Kettelie Noel

Kettelie Noel has been recognized as January's Employee of the Month. Born and raised in Haiti, she pursued her nursing studies at a local university before relocating to Maryland in May 2023. Kettelie joined the Harmony Hall team in August 2023.

In her role, she is part of our dining staff and also works as a CNA on a PRN basis. Kettelie is currently studying to become a med tech and has aspirations to further her education in nursing. Her dedication and enthusiasm are evident in everything she does, making her a cherished member of our community. Harmony Hall has become a second home for Kettelie, as she appreciates both the residents and her colleagues. She takes great pleasure in caring for the residents.

Outside of work, Kettelie enjoys cooking Haitian cuisine, watching television, and having fun with her friends.

We look forward to seeing her continue to grow and achieve her dreams in the field of healthcare. Congratulations once again to Kettelie Noel, a true asset to Harmony Hall!

Word Search

ELVIS PRESLEY



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

Tupelo
Military
Lisa Marie
Graceland
Spinout

Church
Priscilla
Icon
Concerts
Charro

Guitar
King
Speedway
Nixon
Rockabilly

Gyrations
Elvis
MGM
Rocknroll
Grammy