

NEWSLETTER

March 2026

HAPPY
St. Patrick's day



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Nell's Corner

Dear Harmony Hall Community,

If we haven't met yet, I'm **Nell Beall**, your new Executive Director — and delighted newcomer to this wonderful community. Looking back over these last few months, a familiar tune pops in my head from *The King and I*:

“Getting to know you, getting to know all about you...”

especially that part of the song about feeling “bright and breezy because of all of the beautiful and new things I'm learning about you day by day.” And here's something you may not have known about me: *The King and I* was actually the first musical I ever performed in. I proudly played the oldest son — no solos, but plenty of enthusiasm!

As I settle into this new role, I'm discovering that Harmony Hall has a rhythm and culture all its own — one I'm enjoying learning day by day. And the best part of the whole experience? **You**. Each story, each laugh, each shared moment reminds me why this community is so special.

It turns out science agrees with me. Researchers in social neuroscience say that connecting with others isn't just good for the soul — it's good for the brain! A friendly chat can lower stress, spark happy hormones, strengthen your brain's pathways, and even brighten areas of the brain that have been quiet for a while. In short: **your brain loves company**.

So, here's our community challenge: **Elect to Connect!**

Sit with someone new at breakfast. Wave hello in the hallway. Make eye contact. Share a story. Give a high five if you're feeling brave. These tiny moments of connection add up to something powerful — for all of us. Connection isn't optional—it's essential. Just like food and water, we need it to thrive.

We really are better together. Thank you for taking the time to make a positive impact on each other's lives, one day at a time.

With warmth and a smile,
Nell Beall

Directory

Concierge/Front Desk		Ext. 4000	
Executive Director	Nell Beall	Ext. 4006	nbeall@lorienhealth.com
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Memory Care Director	Gloria Sani		gsani@lorienhealth.com
Staffing Director	Cedryc Lafontant	Ext. 4054	clafontant@lorienhealth.com
Director of Activities	Danny Dye	Ext. 4022	ddye@lorienhealth.com
Director of Sales	Julia Schneider	Ext. 4053	jschneider@lorienhealth.com
Director of Marketing and Sales	Chelsea McCartin	Ext. 4003	cmccartin@lorienhealth.com
HR Director	Melissa Brusini	Ext. 4011	mbrusini@lorienhealth.com
Director of Hospitality and Community Services	Jon Sweadner	Ext. 4016	jsweadner@lorienhealth.com
Maintenance Director	Joe Keagle	Ext. 4043	jkeagle@lorienhealth.com
Dining Director	Donte Parker	Ext.	dparker@lorienhealth.com
Rehab Director	Krista Cantafio	Ext. 4052	krista.cantafio@powerbackrehab.com

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.

March Highlights

Welcome to March, a month filled with anticipation of spring and the promise of new beginnings. As we bid farewell to winter, let's celebrate the vibrant events and intriguing facts that make March a special time of year.

Spring Equinox and Celebrations

March is best known for the Spring Equinox, which takes place on March 20, signalling the official arrival of spring in the Northern Hemisphere. This equinox represents a moment of balance, when day and night are nearly equal in duration. It's an ideal time to relish the lengthening daylight hours.

St. Patrick's Day on March 17th is another highlight of the month. Traditionally celebrated with parades, wearing green, and indulging in Irish dishes, it's a day to embrace the spirit of camaraderie and joy.

Fun Facts About March

Did you know that March is named after Mars, the Roman god of war? Historically, it was the first month of the Roman calendar, symbolizing the time when soldiers would resume military campaigns. It's a month that has always signified action and renewal.

March is also known for its unpredictable weather, giving rise to the saying, "In like a lion, out like a lamb." This phrase suggests the month often begins with fierce weather but ends on a calmer note, reflecting the transition from winter to spring.

March is a month of growth, renewal, and joy. Let's embrace the opportunities it brings and create cherished memories together. As we journey further into March, let's not forget the lesser-known but equally delightful occasions that sprinkle joy throughout the month.

- **International Women's Day**

On March 8th, we celebrate International Women's Day, a global day recognizing the social, economic, cultural, and political achievements of women. It's a day to honor the progress made towards gender equality and to reflect on the work that still needs to be done. Communities worldwide hold events, discussions, and rallies, fostering a spirit of empowerment and solidarity.

- **Pi Day**

Math enthusiasts look forward to March 14th, known as Pi Day, in honor of the mathematical constant π (pi). Celebrated with pie-eating contests and math challenges, it's a fun way to appreciate the wonders of mathematics and its role in

our daily lives. The date, 3/14, represents the first three digits of pi (3.14), making it the perfect excuse to indulge in your favorite pie.

- **Cherry Blossom Festivals**

For those lucky enough to experience it, March is also the time when cherry blossoms begin to bloom in many parts of the world. These delicate flowers symbolize the fleeting beauty of life and are celebrated with festivals that include picnics under the blooming trees, traditional music, and cultural performances.

So, as March unfolds with its mix of tradition, celebration, and learning, let's make the most of this vibrant month by stepping outdoors, embracing new experiences, and cherishing the moments of connection with those around us.

March Trivia

- Saint Patrick was not actually Irish - he was born in Britain.
- There are no snakes in Ireland, making the famous “snake legend” a symbolic story rather than a literal one.
- Green was not always associated with St. Patrick - blue was once the traditional color!
- Leprechauns come from old Irish folklore and were originally known as shoemakers.
- The shamrock is a three-leaf clover; a four-leaf clover is rare and considered extra lucky.
- St. Patrick’s Day is celebrated in more countries than any other national cultural day.
- In March 1974, Erno Rubik invented the Rubik’s Cube, a simple-looking puzzle that went on to challenge and delight millions of minds around the world.

Zodiac signs: **Pisces & Aries**
Birthstone: **Aquamarine**
Flower: **Daffodil**

Life in Our Community

Valentine's Day

Residents enjoyed a beautiful Valentine's Day filled with a wonderful dinner, sweet treats, and special visits from a lovely family and their adorable dog. The children spread extra joy by handing out valentines and smile to everyone.



Upcoming Events

Purim Celebration

Tuesday March 3rd 2:30pm Lobby

Piano Concert with Andrew Gordon

Monday March 9th 6:00pm Lobby

Men's Club

Thursday March 12 12:00pm 2nd Floor

Forum with Councilmember Deb Jung

Friday March 13th 10:00am Movie Theater

Echoes of Nature

Monday March 16th 2:30pm 2nd Floor

St. Patrick's Day Entertainment with Danny & Maria

Tuesday March 17th 1:00pm Lobby

Teelin Irish Dancers

Tuesday March 17th 6:00pm Lobby

Duo Ameliora

Saturday March 21st 3:00pm Lobby

Fraud & Scam Prevention Seminar

Monday March 23rd 2:30pm Movie Theater

Celebrating March

**Irish American
Heritage Month**

Women's History Month

**Employee Appreciation
Day**
March 6

Iditarod Begins
March 7

**Daylight Saving Time
Begins**
March 8

The Ides of March
March 15

St. Patrick's Day
March 17

First Day of Spring
March 20

**International Hug a
Medievalist Day**
March 31

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, 2nd Floor

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 1st & 3rd Friday 10:45am, Parlor

Bingo!

Every Monday, Wednesday, Saturday and Sunday 1:00pm, 2nd Floor



March Birthdays

In March, we celebrate birthdays with:

- **Hee Sue Koo** **03/01**
- **Darryl Johnson** **03/09**
- **David Cunningham** **03/10**
- **Adele Weber** **03/12**
- **Trudy Buerger** **03/15**
- **Stephen Bershak** **03/16**
- **John Kovarik** **03/16**
- **Pat Frain** **03/17**
- **Chung Kim** **03/22**
- **Nancy Bradshaw** **03/23**
- **Edith Jones** **03/24**
- **Nancy Nicholson** **03/24**
- **Robert Berlett** **03/27**
- **Sun Dutcher** **03/28**



Lou Costello (comedian) – March 6, 1906
Liza Minnelli (entertainer) – March 12, 1946
Ozzie Nelson (TV dad) – March 20, 1906
Fred Rogers (TV host) – March 20, 1928
Marcel Marceau (mime) – March 22, 1923
Fannie Farmer (cook) – March 23, 1857
Walt Frazier (athlete) – March 29, 1945
Vincent van Gogh (painter) – March 30, 1853
Shirley Jones (actress) – March 31, 1934

Pisces (Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others

Aries (Mar 21 – Apr 20)

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

A Poem To Share

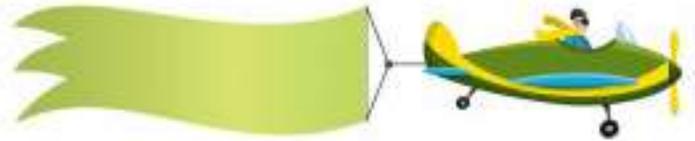
Blessing of the Day

May peace be gently spoken
In every word you say,
May kindness find you early
And stay with you all day.

May laughter light your footsteps,
May love be close at hand,
May comfort warm your evenings
Like footprints in the sand.

And when the day is ending
And stars begin to start,
May gratitude be resting
Softly in your heart.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Judy Batcheler**
- **Patsy Nichols**
- **Arline Coles**
- **Joyce Paige**
- **Steven Tilley**
- **George Reinhardt**

We hope that you enjoy your time here!

TUESDAY EVENING HAPPY HOURS

6:00PM LOBBY

March 3rd & 31st
Larry & Bill

March 10th & 24th
Empty Ecstasy

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.

- **Ingrid Ireland**
- **Tara Waters**
- **Edward McCord**
- **John Garrah**

FRIDAY HAPPY HOURS

2:00PM LOBBY

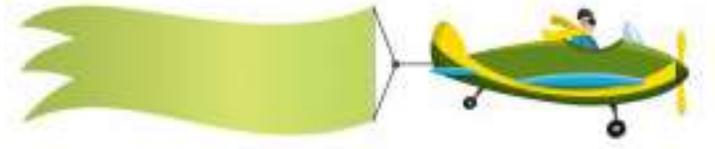
March 6th
Vintage Entertainment

March 13th
Paul Jude

March 20th
Steve Flynn

March 27th
Paul Jude

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!



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 Activities. Please refrain from dropping them off at the library. Thank you.

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

Laughing Matters



The Camping Trip

This is an old one, and not mine; I think it's won a few awards.

Sherlock Holmes and Dr. John Watson went on a camping trip. After sharing a good meal and a bottle of Petrie wine, they retire to their tent for the night.

At about 3 AM, Holmes nudges Watson and asks, "Watson, look up into the sky and tell me what you see?"

Watson said, "I see millions of stars."

Holmes asks, "And, what does that tell you?"

Watson replies, "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 retorts, "Someone stole our tent."

The Bar

An Englishman, an Irishman and a Scotsman are in a bar together, each drinking a pint of Guinness. Suddenly a fly lands in the Englishman's beer, and he pushes it away in disgust and asks the bartender for another. Another fly lands in the Scot's beer, and he nonchalantly fishes it out and continues drinking. A third fly lands in the Irishman's beer, and he angrily picks up the fly by its wings, holds it over his beer, and yells "SPIT IT OUT! SPIT IT OUT YA BASTARD!"

The Grasshopper

A grasshopper walks into a bar and the bartender says "Hey! We have a drink named after you!" The grasshopper looks up, somewhat bewildered, and says "You have a drink named Steve?"

Employee of the Month

Claudia Perez Alvarez



Claudia's journey began in El Salvador, where she was born and raised before relocating to Maryland twelve years ago. She is happily married and is the proud mother of two daughters. Before joining Harmony Hall as a Certified Nursing Assistant in June 2025, Claudia held various positions that shaped her career path. Her aspirations are set high, as she is working towards becoming a nurse, with the ultimate goal of becoming a pediatrician. Claudia deeply cherishes the relationships she has formed with both the residents and her coworkers at Harmony Hall, considering them her extended family. In her free time, she enjoys baking, listening to music, and spending quality time with her family. Additionally, Claudia is currently learning Korean and dreams of visiting South Korea one day.



St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____

St. Patrick's Day Anagram

Answers

Word	Clue	Answer
KARCHSOM	Clover-like plant	Shamrock
ODLG	What Leprechauns keep in their pot	Gold
REGEN	Colour of envy	Green
ELAPUNCHER	Mischievous elf	Leprechaun
IDLERAN	St. Patrick is from here	Ireland
ELBRYAN	This stone wants a kiss	Blarney
RHAP	National emblem of Ireland	Harp
SEBFLAT	Capital of Northern Island	Belfast
KANESS	Slender Reptiles	Snakes
Charm	Third month of the year	March
TRACKPI	Patron saint of Ireland	Patrick
SKIWHEY	A popular liquor in Ireland	Whiskey
RICEMILK	Humorous verse	Limerick
OT TSU	Type of dark beer	Stout
BUND IL	Capital of the Irish Republic	Dublin
GLENN DA	St. Patrick was a missionary here	England
SINGESNU	A type of bitter stout	Guinness
RSHII	From Ireland	Irish
TAPE	Fuel from boggy land	Peat
BAWINOR	Colourful arc in the sky	Rainbow