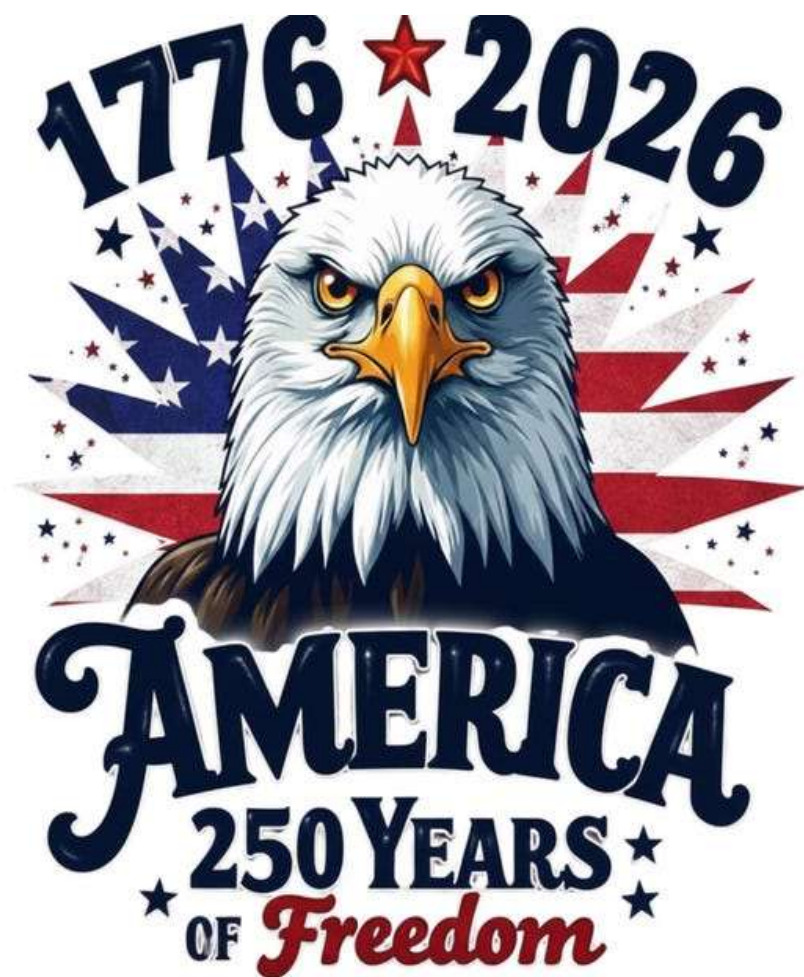


NEWSLETTER

July 2026



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Directory

Concierge/Front Desk		Ext. 4000	
Executive Director	Nell Beall	4006	nbeall@lorienhealth.com
Business Office	Sam Salenieks	4007	ssaleniaks@lorienhealth.com
1st & 2nd Floor Coordinator	Claro Melendres	4026	melendres@lorienhealth.com
Memory Care Director	Gloria Sani		gsani@lorienhealth.com
Staffing Director	Cedryc Lafontant	4054	clafontant@lorienhealth.com
Director of Activities	Danny Dye	4022	ddye@lorienhealth.com
Director of Sales	Julia Schneider	4053	jschneider@lorienhealth.com
Director of Sales and Marketing	Stephen Boyd	4042	sboyd@lorienhealth.com
Director of Sales	Jon Sweadner	4016	jsweadner@lorienhealth.com
HR Director	Melissa Brusini	4011	mbrusini@lorienhealth.com
Maintenance Director	Joe Keagle	4043	jkeagle@lorienhealth.com
Dining Director	Tyler Lakey	4013	mlakey@lorienhealth.c
Front of House Director	Darneal Johnson	4003	djohnson@lorienhealth.com
Rehab Director	Krista Cantafio	4052	krista.cantafio@powerbackrehab.com
Transportation	Tammy Dixon	4038	tdixon@lorienhealth.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.

June in Review

Real Senior Prom

Our residents dressed to impress and danced all night long at the The Real Senior Prom. Thanks to The Village in Howard for putting on a special night.



Painting with Carlotta

Each month, residents enjoy a special painting class led by Carlotta. With her encouraging guidance and inspiring message, "Paint to find your own voice," each participant creates a unique piece of artwork while expressing their creativity.



Annual Luau



Residents enjoyed a fun-filled afternoon at our annual Luau with Hawaiian music, festive attire, a delicious lunch, and hula dancers. Aloha!



Upcoming Events

Sons of the Severn Barbershop Chorus

Saturday July 4 2:00pm, Lobby

Men's Club

Thursday July 9 12:00pm, 2nd Floor

Painting with Carlotta

Thursday July 9 2:30pm, 2nd Floor

Fidos for Freedom

Sunday July 12 2:30pm, 2nd Floor

Echoes of Nature

Monday July 20 2:30pm, 2nd Floor

Christmas in July

Thursday July 23 11:30am Lobby



Celebrating July

World UFO Day

July 2

National Country Music Day

July 4

Independence Day

July 4

World Chocolate Day

July 7

Blueberry Day

July 8

Ice Cream Day

July 19

Tell an Old Joke Day

July 24

Regular Events

Bible Study

Every Monday 10:30am 2nd Floor

Korean Culture Connection

Every Monday 3:20pm Parlor

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

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

Mahjong Basics

Every Monday and Wednesday 10:30am, 2nd Floor

Crafty Saturdays with Sage

Every Saturday 6:00pm, 2nd Floor

Game Night with Sage

Every Sunday 6:00pm, 2nd Floor

Tech Corner

Meet Your Voice Assistant!

Did you know you can talk to your smart speaker just like you would a friend?

Try saying:

- "Alexa, what's the weather today?"
- "Alexa, play Frank Sinatra."
- "Hey Google, tell me a joke."
- "Hey Google, what's in the news today?"

Voice assistants can play your favorite music, answer questions, tell jokes, set reminders, and much more—all without touching a button!

Use Your Phone's Flashlight!

Most smartphones have a built-in flashlight that's perfect for finding something in a dim room or lighting your way at night. If you're not sure how to turn it on, ask a family member or a staff member—they'll be happy to help!

What year was the first iPhone introduced?

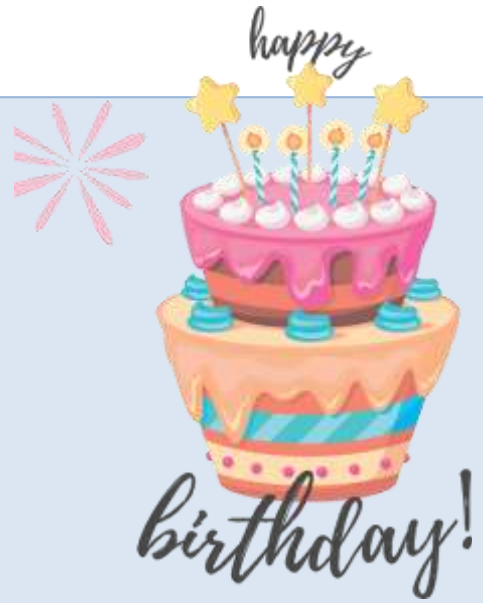
Answer: 2007!



July Birthdays

In July, we celebrate birthdays with:

- **Mary Scholl** 07/10
- **Elaine Mazzi** 07/12
- **Jo Ann Dickinson** 07/13
- **June Choe** 07/16
- **Jackie Woo** 07/17
- **Natalie Yopconka** 07/21
- **Steven Tilley** 07/22
- **Laura Bartkowiak** 07/22
- **John Morse** 07/25
- **Chung Sim Kim** 07/25
- **Ruth Gieser** 07/30



In astrology, those born between July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23–31 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

Cancer (June 21 – July 22)

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

Leo (July 23 – August 22)

Leos are natural born leaders. They are able to achieve anything they commit to.

Poem to Share

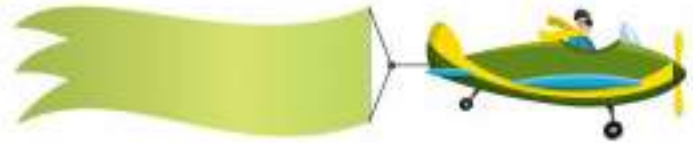
A Time to Talk

By Robert Frost

When a friend calls to me from the road
And slows his horse to a meaning walk,
I don't stand still and look around
On all the hills I haven't hoed,
And shout from where I am, "What is it?"
No, not as there is a time to talk.

I thrust my hoe in the mellow ground,
Blade-end up and five feet tall,
And plod: I go up to the stone wall
For a friendly visit.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Susan Grace**
- **Pamela Hensley**
- **Kathleen Scott**
- **Myong Swann**
- **Raymond Urbanowicz**
- **Michael Wilson**

We hope that you enjoy your time here!

CONTINUOUS IMPROVEMENT

Your voice matters at Harmony Hall! We are excited to introduce our Community Feedback Box, located in Carmella's.

The feedback box is a clear fishbowl with paper and pens nearby. Whether you have a suggestion, praise, or a concern we welcome your input.

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.

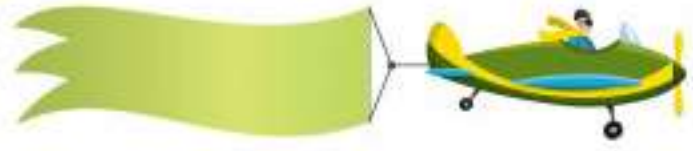
- **Arline Coles**
- **Delores Voytko**

CRAFTY SATURDAYS

Join us every Saturday evening at 6pm on the 2nd floor for a fun and relaxing craft session with Sage. Explore a variety of creative projects in a friendly, welcoming atmosphere. No experience needed, just bring your enthusiasm. Come craft, create, and have fun with us!



Noticeboard



BEAUTY SALON

The hairdresser is available for appointments every Monday and Wednesday from 10am to 3pm.

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.

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

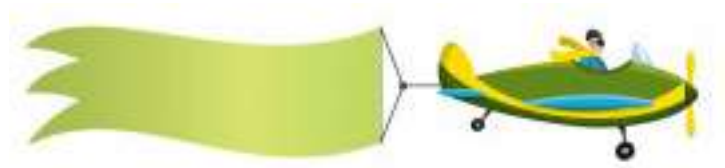
Tuesdays at 10:45 AM

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

Thursdays - Giant

- **1:00 PM weekly**
- **4th Thursday: 2:00pm**

Noticeboard



TUESDAY EVENING HAPPY HOURS 6:00PM LOBBY

July 2nd, 16th & 30th
Larry & Bill

July 9th & 23rd
Empty Ecstasy

FRIDAY HAPPY HOURS 2:00PM LOBBY

July 3
Vintage Entertainment

July 10
Michael Brown

July 17
Steve Flynn

July 24
Paul Jude

July 30
Julie Hall

MAHJONG

Curious about Mahjong or looking to sharpen your skills? Join us every Monday and Wednesday starting April 6 for a fun, relaxed learning session! Whether you're brand new or just need a refresher, this is a great opportunity to learn the basics, build confidence, and enjoy friendly conversation along the way.

When: Mondays & Wednesdays at 10:30am
Where: 2nd Floor

Come give it a try – no experience needed, just bring your curiosity and we'll take care of the rest!



Laughing Matters



Trust Him

On the Sunday before Christmas the Rev Billy Graham was walking down Highland Street in North Carolina on his way to see a parishioner.

He wanted to post a parcel urgently, so he asked a young boy where he could find the Post Office. After the boy had directed him, Rev. Graham thanked him and said "If you come up to the Church this evening you can hear me telling everyone how to get to heaven."

The boy replied - "I think I'll give your sermon a miss. If you don't even know your way to the Post Office, how will you lead me to heaven?"

The Poacher

A Game Warden is walking along a beach one morning when he spots a man with a bucket of lobsters.

The Warden walks up to the man, flashes his badge and says, "You're in big trouble, buddy. Poaching lobsters is a serious offence."

The man answers, "You've got it all wrong, these lobsters are my pets! Every morning I take them out for some exercise. I let them swim around in the ocean for a few minutes and then whistle them back in."

The Warden looks at the man skeptically and says, "Okay then, prove it."

The man proceeds to throw the lobsters into the ocean and both he and the Warden stand there waiting. After a couple of minutes the Warden looks at the man and says, "That's long enough, now whistle your lobsters back in."

The man turns to the Warden and says "Lobsters? What lobsters?"

Short Jokes

What did the cat say when the mouse got away? *You've got to be kitten me!*

Who did the ghost invite to the party? *Any old friend he could dig up!*

Word Search

CHOCOLATE



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

Fudge
Chocolate
Ganache
Mocha
Sweet

Fondue
Cocoa
Sauce
Powder
Frosting

Icing
Dark
Truffle
Mousse
Brownies

Cake
Fondant
Milk
Sugar
White