

NEWSLETTER

September 2026



IN THIS ISSUE

Directory	2
Month in Review	3
Upcoming Events	4
Regular Events	5
Tech Corner.....	9
September Birthdays...	10
A Poem to Share.....	11
Noticeboard	12
Laughing Matters	15
Word Search	17

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	443-269-4181	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.com
Director of Facilities and Resident Services	Edil Morales	240-269-4181	emorales@lorienhealth.com
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.

August in Review



Crab House

Residents enjoyed a wonderful outing to Mike's Restaurant & Crab House in Riva, MD. Great food, beautiful waterfront views, and even better company made for a fun and memorable afternoon together



Upcoming Events

Korean Children's Performance & Pet Talk

Monday September 7 2:30pm, Lobby

Therapy Friends & Barnyard Petting Zoo

Thursday September 10 10:00am, Lobby

Fidos for Freedom

Sunday September 13 2:30pm, 2nd Floor

Painting with Carlotta

Thursday September 17 2:30pm, 2nd Floor

Echoes of Nature

Monday September 21 2:30pm, 2nd Floor

Crafty Creations

Wednesday September 23 2:30pm, 2nd Floor

Duo Ameliora (Piano/Viola Duet)

Saturday September 26 3:00pm Lobby

Celebrating September

Classical Music Month

Newspaper Carrier Day

September 4

World Beard Day

September 5

Labor Day

September 7

Rosh Hashanah

September 11

Chocolate Milkshake Day

September 12

Assisted Living Week

September 13-19

Yom Kippur

September 20

Fall Equinox

September 22

Coffee Day

September 29

Regular Events

Bible Study

Every Monday 10:30am Parlor

Korean Culture Connection

Every Monday 3:20pm Golden Living

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



Football Season Is Here!

BALTIMORE RAVENS

RAVENS FLOCK — LET'S GO BALTIMORE!

WK	DATE	MATCHUP	TIME
1	Sun., Sept. 13	at Indianapolis Colts	1:00 PM
2	Sun., Sept. 20	New Orleans Saints	1:00 PM
3	Sun., Sept. 27	at Dallas Cowboys – Rio de Janeiro, Brazil	4:25 PM
4	Sun., Oct. 4	Tennessee Titans	1:00 PM
5	Sun., Oct. 11	at Atlanta Falcons	8:20 PM
6	Sun., Oct. 18	at Cleveland Browns	1:00 PM
7	Sun., Oct. 25	Cincinnati Bengals	1:00 PM
8	Sun., Nov. 1	at Buffalo Bills	1:00 PM
9	Thurs., Nov. 5	Jacksonville Jaguars	8:15 PM
10	Mon., Nov. 16	Los Angeles Chargers	8:15 PM
11	Sun., Nov. 22	at Carolina Panthers	1:00 PM
12	Sun., Nov. 29	at Houston Texans	1:00 PM
13	Sun., Dec. 6	BYE WEEK	-
14	Sun., Dec. 13	Tampa Bay Buccaneers	1:00 PM
15	Sun., Dec. 20	at Pittsburgh Steelers	1:00 PM
16	Sun., Dec. 27	Cleveland Browns	1:00 PM
17	Thurs., Dec. 31	at Cincinnati Bengals	8:15 PM
18	Jan. 10/11	Pittsburgh Steelers	TBD

HOME GAMES are highlighted • All times Eastern • Schedule subject to change

Grab your snacks, wear your team colors & enjoy game day!

Football Season Is Here!

WASHINGTON COMMANDERS

HAIL TO THE COMMANDERS!

WK	DATE	MATCHUP	TIME
1	Sun., Sept. 13	at Philadelphia Eagles	4:25 PM
2	Sun., Sept. 20	at Dallas Cowboys	4:25 PM
3	Sun., Sept. 27	Seattle Seahawks	1:00 PM
4	Sun., Oct. 4	INDIANAPOLIS COLTS - London	9:30 AM
5	Sun., Oct. 11	New York Giants	1:00 PM
6	Mon., Oct. 19	at San Francisco 49ers	8:15 PM
7	Oct. 25	BYE WEEK	-
8	Sun., Nov. 1	Philadelphia Eagles	8:20 PM
9	Sun., Nov. 8	Los Angeles Rams	1:00 PM
10	Thurs., Nov. 12	at New York Giants	8:15 PM
11	Mon., Nov. 23	Cincinnati Bengals	8:15 PM
12	Sun., Nov. 29	at Arizona Cardinals	4:25 PM
13	Sun., Dec. 6	at Tennessee Titans	1:00 PM
14	Sun., Dec. 13	Houston Texans	1:00 PM
15	Sun., Dec. 20	Atlanta Falcons	1:00 PM
16	Dec. 26 or 27	at Minnesota Vikings	TBD
17	Jan. 2 or 3	at Jacksonville Jaguars	TBD
18	TBD	Dallas Cowboys	TBD

HOME GAMES are highlighted • All times Eastern • Schedule subject to change

Grab your snacks, wear your team colors & enjoy game day!

September Spotlight

September is a month of transition as we say goodbye to summer and welcome the first signs of fall. The days gradually become cooler, leaves begin to change, and familiar autumn traditions return. It is also a month filled with interesting history, special observances, and plenty of reasons to celebrate.

Did You Know?

- **What's in a Name?** The name *September* comes from the Latin word *septem*, meaning “seven.” September was originally the seventh month of the ancient Roman calendar.
- **September Birthstone:** The deep blue sapphire is the gorgeous birthstone for September. Sapphires come in many colors, but the finest sapphire color is a rich, velvety blue. The gem symbolizes truth, protection, wisdom, nobility, and sincerity
- **September Flowers:** The aster usually blooms in late summer and fall and comes in many vibrant colors, including blue, purple, pink, yellow, and red, all with yellow or black centers. Aster flowers are associated with the goddess Venus and symbolize love, intelligence, and patience
- **International Literacy Day:** Celebrated on September 8, this worldwide observance recognizes the importance of reading, writing, and education.
- **Welcome, Fall!** The autumnal equinox occurs on September 22 this year, marking the official beginning of fall in the Northern Hemisphere.

This Month in History

September 2, 1945 – Japan formally surrendered aboard the USS *Missouri*, marking the official end of World War II.

September 9, 1850 – California became the 31st state.

September 11, 2001 – Americans remember and honor those who lost their lives in the terrorist attacks of September 11.

September 22, 1862 – President Abraham Lincoln issued the preliminary Emancipation Proclamation.

September 27, 1822 – Jean-François Champollion announced his breakthrough in deciphering Egyptian hieroglyphics using the Rosetta Stone.

Month Spotlight: The Magic of Recorded Music

In 1877, Thomas Edison demonstrated the phonograph, changing the way the world enjoyed music. From records and cassettes to CDs and digital music, listening has come a long way. Music's magic remains timeless. A familiar melody can bring back treasured memories and transport us to another time in just a few notes.

Tech Corner

As summer comes to an end, September is a great time to get organized. Your smartphone, tablet, or smart speaker can help you keep track of appointments, stay in touch with family, and make everyday life a little easier.

Quick Tech Tips

- **Keep your phone charged** each night so it's ready when you need it.
- **Save important phone numbers** like your doctor's office, pharmacy, and family members in your contacts.
- **Use your phone's calendar** to remind you of appointments, birthdays, and special events at Harmony Hall.
- **Check the daily weather** before heading outside so you're prepared for cooler mornings and warmer afternoons.

Did You Know?

Many smartphones have a built-in **magnifying glass**. On an iPhone or Android phone, you can use the camera to zoom in on restaurant menus, medicine labels, or small print without taking a picture.

Alexa / Google Tip of the Month

Try these simple voice commands:

- "Alexa, what happened on this day in history?"
- 'Hey Google, what are the first signs of fall?'
- 'Alexa, tell me a September fun fact.'
- 'Hey Google, what's today's word of the day?'

Scam Alert

Be cautious of unexpected phone calls or text messages asking for money, gift cards, passwords, or personal information. If something doesn't seem right, hang up and talk with a trusted family member or a Harmony Hall team member before responding.

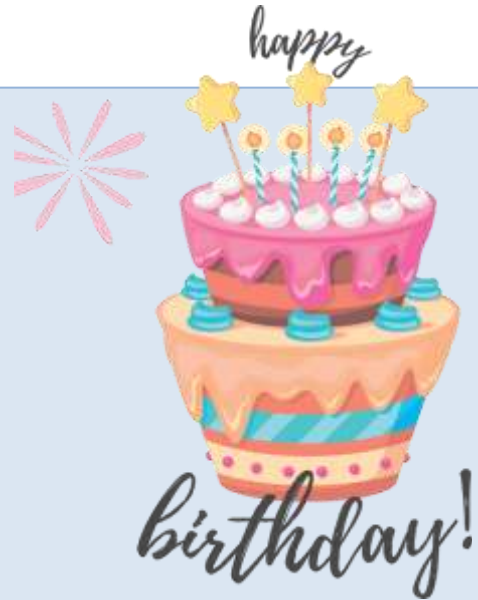
Tech Challenge

This month, try using **one new reminder** on your phone or smart speaker. It could remind you about an activity, taking medication, drinking water, or calling a loved one. You may be surprised how helpful a simple reminder can be!

September Birthdays

In September, we celebrate birthdays with:

- **Barbara Neilon** 09/01
- **Grace Hundley** 09/04
- **Merle Sturm** 09/07
- **Grace White** 09/07
- **Marie Lee** 09/08
- **Marlene Lehman** 09/11
- **Sook Cha Kim** 09/13
- **Peter Holzberg** 09/20
- **Monica Baumgartner** 09/22
- **Martha Bleidner** 09/27



Boxcar Willie (singer) – September 1, 1931

Bob Newhart (actor) – September 5, 1929

Jane Curtin (actress) – September 6, 1947

Otis Redding (singer) – September 9, 1941

Agatha Christie (writer) – September 15, 1890

Sophia Loren (actress) – September 20, 1934

Jim Henson (puppeteer) – September 24, 1936

Jack LaLanne (health guru) – September 26, 1914

Gene Autry (singer) – September 29, 1907

Buddy Rich (drummer) – September 30, 1917

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

Leisure

By W. H. Davies

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

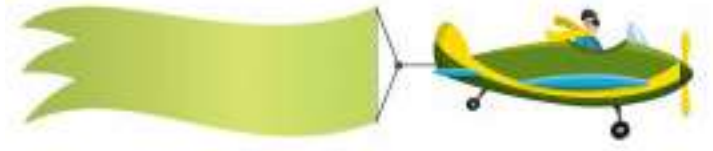
No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Monica Baumgartner**
- **Johanna Jeffrey**
- **Joseph Kunlo**

We're so glad you're here and hope you

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.

- **Midge Singer**
- **Frederick Everly**

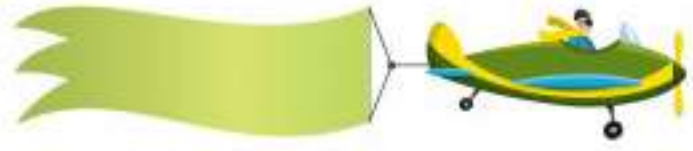
NEED A GREETING CARD?

Did you know the Activities Department keeps a selection of **birthday, thank you, sympathy, get well, and thinking of you cards** available for residents?

If you would like to send a card to a family member or friend, simply let someone in the **Activities Department** know. We'll be happy to help you choose a card and, if needed, assist you with writing your message and addressing the envelope.

We're always happy to help you stay connected with the people who matter most!

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

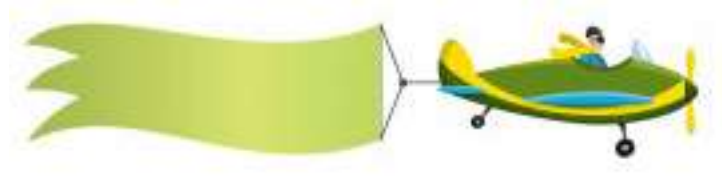
Tuesdays at 10:45 AM

- 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

September 8 & 22
Larry & Bill

September 15 & 29
Empty Ecstasy

FRIDAY HAPPY HOURS 2:00PM LOBBY

September 4
Vintage Entertainment

September 11
Michael Brown

September 18
Steve Flynn

September 25
Paul Jude

CRAFTY CREATIONS

Fall Door Hanger

Wednesday, September 23 at 2:30pm on the 2nd Floor.

Get ready for fall with a fun afternoon of crafting! Join us as we create a festive Fall Door Hanger featuring pumpkins, sunflowers, fall colors and seasonal touches.

Choose your favorite design and add your own creative flair to create a beautiful decoration for your apartment door.



Laughing Matters



A mother visits her son for dinner at his apartment, where he shares space with a young woman. During the meal, she can't help but notice how pretty his roommate is. She has long been suspicious of a relationship between the two and this has only made her more curious.

During the meal, she can't help but notice how attractive and comfortable the two seem together. Reading his mother's thoughts, her son volunteers, "I know what you must be thinking, but I assure you, we are just roommates."

A few days after the visit, the roommate says to the son, "Ever since your mom came over, I can't find the silver plate. Do you think she might have taken it?"

"I doubt it," he replies, "but I'll ask her - just in case."

He writes:

Dear Mom,

I'm not saying you did take the silver plate, and I'm not saying you didn't, but the fact is, it's been missing ever since you visited for dinner.

Love,

Your Son

A few days later, he gets her reply:

Dear Son,

I'm not saying you are sleeping with your roommate, and I'm not saying you aren't, but the fact is - if she'd been sleeping in her own bed, she would've found the silver plate under her pillow.

Love,

Mom

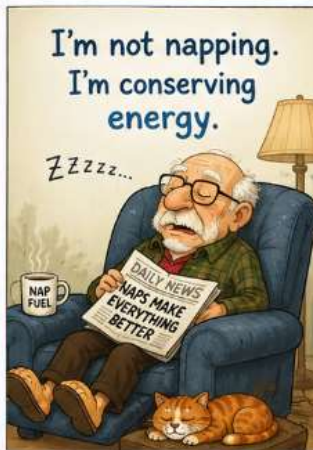
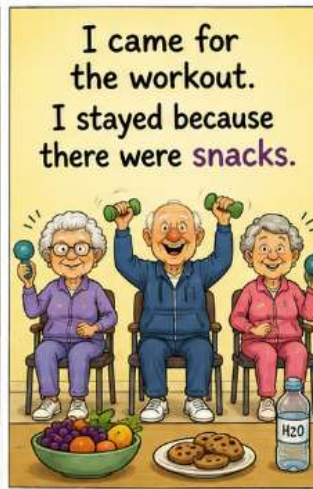
One-Liners

What's the most expensive fish called? *A goldfish.*

What's an alligator in a vest called? *An investi-gator.*

When a lemon is sick, what do you do? *Give it lemon-aid.*

Laughing Matters



My doctor told me to get more exercise...
so I switched the TV remote to the other hand!



Word Search

CLASSICAL MUSIC



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

Violin
Flute
Adagio
Quartet
French Horn

Timpani
Clarinet
Fanfare
Beethoven
Concerto

Piano
Tempo
Ensemble
Vivaldi
Melody

Cello
Forte
Largo
Harp
Mozart