

NEWSLETTER

December 2024



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Directory

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Director of Activities	Danny Dye	Ext. 4022	ddye@lorienhealth.com
Director of Sales	Julia Schneider	Ext. 4053	jschneider@lorienhealth.com
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Human Resources	Tanika Hampton	Ext. 4011	thampton@lorienhealth.com
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Maintenance Director	Joe Keagle	Ext. 4043	jkeagle@lorienhealth.com
Dining Director	Brian Kelley	Ext. 4013	bkelley@lorienhealth.com
Rehab Director	Krista Cantafio	Ext. 4052	krista.cantafio@powerback.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.



December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: Sagittarius & Capricorn

Birthstone: Turquoise

Flower: Holly

Quote of the Day

It is not how much we have, but how much we enjoy, that makes happiness.

-- Charles Spurgeon



Flower – Holly

December's flower is the hearty, vibrant holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, and particularly Christmas. Holly also symbolizes truth, protection, fertility, and eternal life. In fact, some holly trees live up to 400 years. Holly grows in temperate and subtropical climates. Its berries are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.



Birthstone – Turquoise

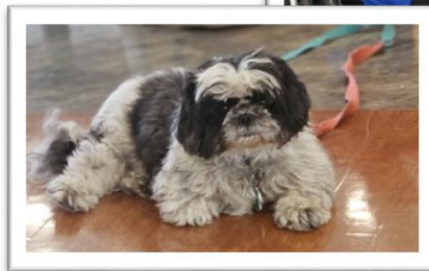
Turquoise has been valued for its tremendous beauty for thousands of years. Archaeologists have discovered turquoise jewelry on the mummified bodies of queens in Egyptian tombs and in ancient burial sites in Argentina, Peru, and Mexico. The Inca used the stone to craft beads and figurines, while the Aztecs used it to make pendants and ritual masks. The Chinese were carving it for decorative art over 3,000 years ago. Turquoise is also often used as a love charm.



November in Review

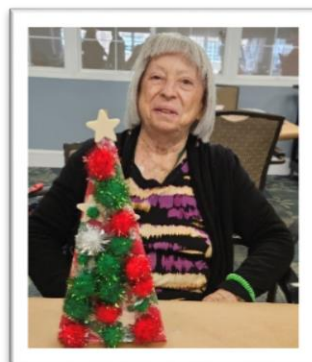
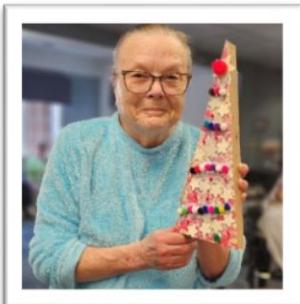
Music Therapy

Every Monday on the 3rd floor the residents enjoy Music Therapy. The combination of Tai's playful antics and Paul's musical talent created a heartwarming atmosphere that left everyone smiling.



Getting crafty

This month, residents engaged in a joyful crafting project, creating unique wooden Christmas trees that embody the holiday spirit. Through the use of colorful scrapbook paper and playful pom poms, they transformed simple wooden shapes into charming decorations.



Upcoming Events

Atholton Tri-M Music Performance

Wednesday, December 4 3:00pm, Lobby

Holiday Open House

Thursday, December 5 6:00pm, Lobby

Bells by the Bay Handbell Concert

Saturday, December 7 10:30am, Lobby

Harmonica Christmas Performance

Monday, December 9 3:00pm, Lobby

Reservoir HS Madrigals

Thursday, December 12 3:15pm, Lobby

Girl Scout Holiday Choir

Saturday, December 14 10:30am, Lobby

Marriotts Ridge HS Madrigals

Monday, December 16 11:00am, Lobby

Atholton Tri-M Music Performance

Thursday, December 19 3:00pm, Lobby

Holiday Caroling

Saturday, December 21 10:00am, Lobby

Classical Guitarist Christmas Program

Monday, December 23 6:00pm, Lobby

New Year's Eve Scavenger Hunt

Tuesday, December 31 11:00am, Lobby

New Year's Eve Party

Tuesday, December 31 7:00pm, Lobby

Celebrating December

Eat a Red Apple Day

December 1

Cookie Day

December 4

Pearl Harbor Remembrance Day

December 7

Weary Willie Day

December 9

Cocoa Day

December 13

Eggnog Day

December 24

Christmas Day

December 25

Hanukkah Begins

December 25

New Year's Eve

December 31

Regular Events

Women's Bible Study

Every Monday 10:30am Parlor

Bayada Talk

Every 2nd Monday 10:30am 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

Dr. Lazris

Every 3rd Wednesday, 10:00am 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!

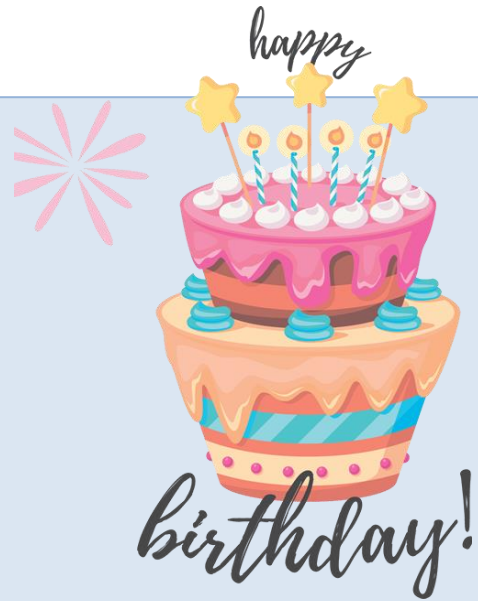
Every Monday, Wednesday, Saturday & Sunday 1:00pm 2nd Floor



December Birthdays

In December, we celebrate birthdays with:

- **Joan Bishop** 12/01
- **Gail Settle** 12/01
- **Sandra Kundrat** 12/01
- **Christian Sturm** 12/03
- **Nancy Myers** 12/06
- **Sandra Ward** 12/13
- **Stephen Mitchell** 12/13
- **Michael Bohan** 12/18
- **Jo Ann La Vay** 12/30
- **Paul Gao** 12/31



Birthday Spotlight:

Frank Sinatra (Born December 12, 1915)

Frank Sinatra, born on December 12, 1915, was one of the greatest entertainers of the 20th century. Known for classics like "My Way" and "New York, New York," Sinatra's smooth voice and charisma made him a music legend.

He also had a successful acting career, winning an Academy Award for From Here to Eternity. Sinatra's influence on music and film remains timeless.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, and disciplined and are good managers.

Poem to Share

A Time to Believe

B.J. Gallagher

To believe is to know that
Every day is a new beginning.
It is to trust that miracles happen,
And dreams really do come true.

To believe is to see angels
Dancing among the clouds,
To know the wonder of a stardust sky,
And the wisdom of the man in the moon.

To believe is to embrace the values
Of caring and sharing,
To know the gift of a loving heart,
It is to know we are never really alone.

To believe is to find the strength
And courage that lies within us
When it is time to pick up
The pieces and begin again.

To believe is to know
We are wonderful works in progress,
To trust that we have within us
The power to heal and grow.

To believe is to continue to pursue
Our hopes and dreams,
For as long as there is a dream,
There is hope,
And as long as there is hope,
There is joy in living.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Doris Ely
- Joann LaVay
- Elaine Mazzi
- Thomas Tekach
- Lindell Eagan
- Gail Bradshaw

We hope that you enjoy your time here!

IN MEMORIAM

We remember and celebrate the lives of those who have departed from our community. May they rest in peace.

- Edith Parlette
- Elenora Dean
- Georgina Lutz

RESIDENT TRIPS

10:45am

- 1st Tuesday of the month – Walmart
- 2nd Tuesday of the month – Giant (30 minutes)
- 3rd Tuesday of the month – Target
- 4th Tuesday of the month – Resident's Choice

1:00 – 2:00pm

Friday – Giant

FAMILY NIGHTS

Gather your family and friends to enjoy some quality time together. Join your loved ones on Wednesdays for Game Night and on Thursdays for Bingo at 6:30pm on the 2nd Floor!



CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to the activities department.

Thank you!

Noticeboard



BEAUTY SALON

The hairdresser is available every Tuesday, Wednesday and Thursday from 10am to 2pm.



EVENING HAPPY HOUR

6:00PM LOBBY

Tuesday December 10th

Larry & Bill

Tuesday December 3rd & 17th

Empty Ecstasy

LIBRARY

Step into a world of imagination and knowledge on the 2nd floor library! Whether you're a fan of epic tales, intriguing mysteries, or factual accounts, our fiction and non-fiction collections have something for everyone. Plus, challenge your mind with our selection of puzzles.



CRAFTY CREATIONS

Monday, December 9

6:00pm 2nd Floor

DIY Christmas Ornaments

Join us for some festive fun and create your own Christmas ornament to hang on our community Christmas tree!



Laughing Matters



Nice Tie

A man walks into a nearly empty bar and orders a drink. He's sitting alone at the end of the bar, sipping away, and he hears a voice.

"Nice shirt."

He looks around and sees no one nearby. He forgets about it and continues drinking.

"Nice tie," the voice says again.

He looks around a second time. The bartender and all other customers are at the other side of the room. Confused, the man calls the bartender over and asks about the mysterious voice that admired his clothing.

"Oh, that's the peanuts," the bartender said.

"The peanuts?" asked the man.

"Yeah, they're complimentary."

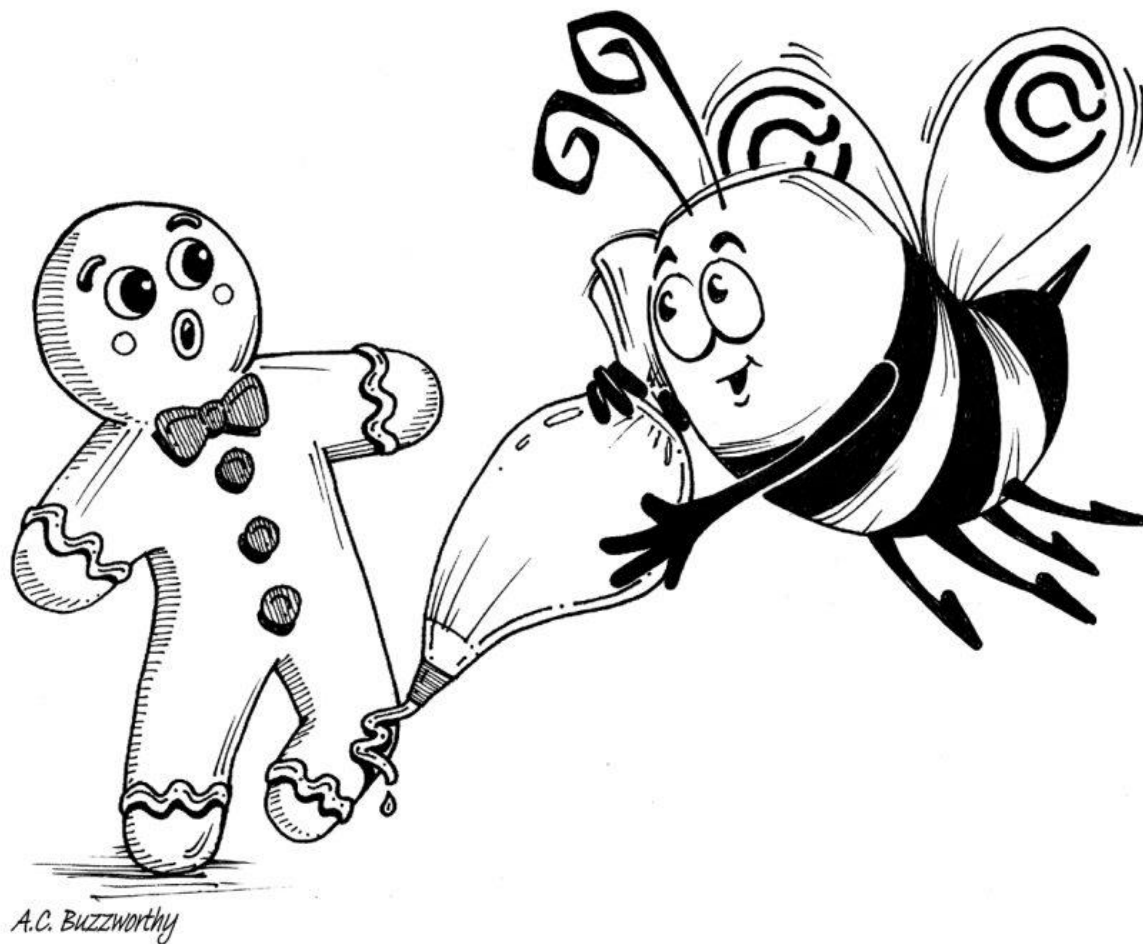
The Grocery Store

I went down the street to the 24-hour grocery. When I got there, the guy was locking the front door.

I said, 'Hey, the sign says you're open 24 hours.'

He said, 'Yes, but not in a row.'

Laughing Matters



Let's ice that broken knee.

Employee of the Month



Meet Rufo Erfe

Rufo has been named Employee of the Month for December. Born and raised in the Philippines, he initially worked as a clerk of the court before joining the government's Department of Energy. Rufo and his wife Christina have been happily married for 34 years and have one son together. He relocated to the U.S. in 2011 and began his journey at Harmony Hall in 2013. What he cherishes most about his job is his deep affection for both the residents and his team. Rufo attributes his success to his coworkers, as their collaboration energizes him. In his free time, he enjoys reading and watching YouTube videos. Rufo is diligent, reliable, and a pleasure to work with; we encourage you to take the time to get to know him.

Word Search

HOLIDAY MOVIE CHARACTERS



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

Find the underlined words

<u>Rudolph</u>	<i>Rudolph the Red-Nosed Reindeer (1964)</i>
<u>Grinch</u>	<i>How the Grinch Stole Christmas (2000)</i>
<u>Frosty</u>	<i>Frosty the Snowman (1969)</i>
<u>Buddy the Elf</u>	<i>Elf (2003)</i>
<u>Virginia</u>	<i>Yes, Virginia, There is a Santa Claus (1991)</i>
<u>Betty and Judy</u>	<i>White Christmas (1954)</i>
<u>Bob Cratchit</u>	<i>A Christmas Carol (1984)</i>
<u>Kevin</u>	<i>Home Alone (1990)</i>
<u>George Bailey</u>	<i>It's a Wonderful Life (1946)</i>
<u>Griswold</u>	<i>National Lampoon's Christmas Vacation (1989)</i>
<u>Ralphie</u>	<i>A Christmas Story (1983)</i>
<u>Kris Kringle</u>	<i>Miracle on 34th Street (1947)</i>
<u>Jim Hardy</u>	<i>Holiday Inn (1942)</i>
<u>Charlie Brown</u>	<i>A Charlie Brown Christmas (1965)</i>
<u>Clarence</u>	<i>It's a Wonderful Life (1946)</i>
Yukon <u>Cornelius</u>	<i>Rudolph the Red-Nosed Reindeer (1964)</i>
<u>Elizabeth</u> Lane	<i>Christmas in Connecticut (1945)</i>
Edward <u>Scissorhands</u>	<i>Edward Scissorhands (1990)</i>
<u>Neal</u> Page	<i>Planes, Trains, and Automobiles (1987)</i>
<u>Mary</u> Quite Contrary	<i>Babes in Toyland (1986)</i>