

May 2020

Harmony Hall



Celebrating May

**Global Health and
Fitness Month**

Gardening for Wildlife Month

Kentucky Derby
May 2

Nurses Week
May 6–12

American Indian Day
May 9

Mother's Day: U.S.
May 10

O. Henry Pun-Off Day
May 15

National Polka Festival
May 22–24

Memorial Day: U.S.
May 25

Picture Perfect

May is Photography Month, a time to not only enjoy snapping photos and capturing memories, but a time to look at the world differently, through the eyes of a photographer. And with pocket-sized cell phones equipped with powerful cameras that rival the top traditional cameras, it seems as if everyone these days is capable of high-quality photography.

Photography has always seemed a bit magical. After all, photography gives us the ability to freeze a moment in time and cherish it forever. Photographers may record important moments in history, capture the energy and emotion of a single memory, or stage scenes to send political messages or make social or cultural critiques. In the end, however, what makes a photograph special is its subject matter and composition. What is the play between light and shadow? Is color saturated or muted? Are faces joyful and energetic or melancholy and lonely? A simple photograph communicates so much—both a message to the viewer and the self-expression of the photographer. And now that cell phones put cameras in the hands of most everyone, photography has become a part of many peoples' daily lives. In this way, photography has never been more democratic than it is today.

Just as a cell phone is a device used for communicating via voice or text, the cell phone camera is also a mode of communication, but via picture. The first camera phone was unveiled in 1995 to little fanfare. At first, it seemed strange to pair a phone with a camera. Today, cell phones without a camera are both unthinkable and unmarketable. The most powerful cell phone cameras are filled with sensors and meters that allow users to simply point and click to make mini masterpieces. Apps like Instagram, Tumblr, Snapchat, and Pinterest share photos with millions of people instantaneously. We share images of our children, vacations, artwork, and even our food. In Egypt and China, cell phone cameras captured images that broadcast revolutions to the world. In these ways, photography is more than art—it is a means to make your voice heard.



Music Appreciation

May 6: Music Appreciation Class with Mike:
Antonin Dvorak's Symphony No. 9 "From the New
World."

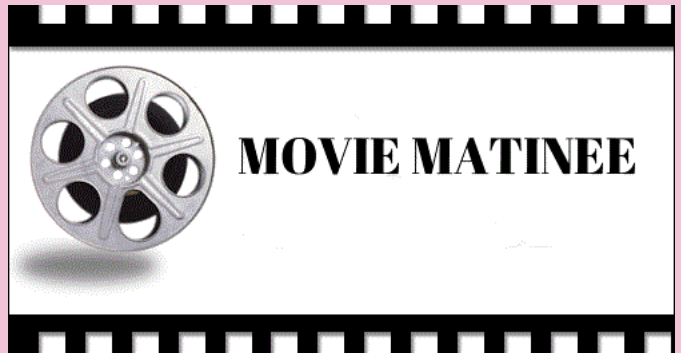
May 13: Music Appreciation Class with Mike: "P.I.
Tchaikovsky; Reluctant Symphonist: The
Symphonies of Tchaikovsky."

May 20: Music Appreciation Class with Mike:
Bedrich Smetana "Ma Vlast (My Country)."

May 27: Music Appreciation Class with Mike:
Antonin Dvorak's "Slavonic Dances."

The word "BINGO" is written in large, colorful, 3D-style letters. Each letter is inside a circular frame with a shadow effect. The colors are: B (red), I (green), N (blue), G (yellow), O (grey).

Bingo will be held on
Monday, Wednesday and
Friday at
10:30am and 1:30pm.



Monday, Tuesday,
Thursday, Friday, Saturday
& Sunday
at 1:00pm

Covid 19 Advice



Wash your hands often.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Wear a mask in communal areas.



Avoid close contact.

- Remember to practice social distancing and stay 6 feet apart when possible.

Meet Your Neighbor



Jo Dickinson was born in Fremont, Ohio and moved to Florida as an infant. At the age of 4 she returned to live in Ohio for the rest of her life until moving to Maryland.. After high school she attended Ohio State University where she received a degree in Physical Education with a minor in dance. She was a career teacher, and taught in higher education facilities. She taught both men and women and helped equip them to meet their individual career goals. She taught creative dance, in which she used therapeutic aspects in her dance technique. Jo received her master's degree in adult education. She did a lot of volunteer work in creative education. She had 2 children, 1 son and 1 daughter. She has always been very interested in working with a group of people to explore themselves through creativity in different forms. If you have not met her please do. She has lead a few crafts, etc. here at Harmony Hall. Please get to know Jo, she has a lot of knowledge to share and is a joy to talk to.

Funny Stuff

Q: What do you call a penguin in the desert?

A: Lost

Q: What lies on the bottom of the ocean and quivers?

A: A nervous wreck

Q: What is a good parting gift?

A: A comb

Race to the Top



On May 1, 1931, American President Herbert Hoover officially dedicated the opening of New York's Empire State Building, then the tallest building ever constructed in the world, by pressing a button in the White House that turned on the lights of the New York skyscraper. Hoover may have pushed the button in Washington, D.C., but someone else in New York was responsible for synchronizing the flip of the switch at the Empire State Building. Hoover's press of the button was largely symbolic, and so was the construction of the Empire State Building.

The dazzling commemoration of the Empire State Building was just what New York and the country needed during the depths of the Great Depression. Such a majestic feat of engineering gave New York City a deep sense of pride. Sure, the construction of the building had employed 3,400 workers each day, many of whom were paid excellent wages. But the building took just a little over a year to build, and it was constructed ahead of schedule and under budget. One year after the Empire State Building opened, only 25% of its offices had been rented. The economic turmoil of the Great Depression still held New York City in its clutches.

Who would want to build such a thing during such a desperate economic period? The idea of the Empire State Building was the result of a competition between two wealthy men. Walter Chrysler, executive of the Chrysler Corporation, and John Jakob Raskob of General Motors wanted to see who could build the taller building. Chrysler had already completed his Art-Deco masterpiece in midtown Manhattan 11 months earlier. And for those 11 months, at 1,046-feet tall, the Chrysler Building was the world's tallest. But Raskob would not be beaten. His design, it is said, was based on the look of a pencil. And it was builder-friendly. Each story was exactly the same, so extra stories could easily be added if it needed to grow taller to overtake Chrysler's building, and so grow it did. At 1,250 feet tall, Raskob's Empire State Building had bested Chrysler's.

May Birthdays

May 5th – Rebecca Randolph
May 12th – Leatrice Hayes
May 12th – Barbara Breslin
May 14th – Doris Lancaster
May 16th – Edith Ruth
May 20th – Bill Ramsay
May 21st – Charles Penney
May 21st – Barbara Beene
May 23rd – Barbara Barber
May 24th – Jean Kahle
May 30th – Jerald Lipsch

In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied. Those born from May 21–31 are the Twins of Gemini. Gemini's dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent