



HART HERITAGE HERALD

Hart Heritage Estates of Forest Hill

1915 Rock Spring Road, Forest Hill, MD 21050



October 2017
Doris Jankowski



Doris was born January 23, 1933 in Baltimore City. She is the youngest of three children. Doris's Dad passed at a young age and Doris helped her mother by working as a keypunch operator at Commercial Credit for many years. She met and married her husband Jim, and they were happily married until he passed away at the age of 60. Doris and Jim adopted their son, Tommy, when he was three years old. At that time Doris stopped working after 20 years to devote her time to Tommy. Sadly Tommy passed away at the age of 36.

Doris volunteered with children at the Maryland School for the blind. She was very active in her church, the Church of the Annunciation; She is still very spiritual and joins in all our Catholic services. Doris has always enjoyed time with friends, involvement in senior centers, going to dances and on bus trips. She also belonged to several clubs including the Funsters. The most important things to her other than her spiritual beliefs are her friends and family. Doris has two nieces, Darlene and Sharon and a nephew John as well as several great nieces and nephews. She also has a close relationship with her Goddaughters, Donna and Sharon D. Doris is very social here at Hart Heritage and appreciates the kindness from the residents, families, and staff to develop friendships with her new family at Hart Heritage.

HAPPY HALLOWEEN



Straddling the line between fall and winter, plenty and paucity, life and death, Halloween is a time of celebration and superstition. It is thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off roaming ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints and martyrs; the holiday, All Saints Day, incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve and later Halloween. Over time, Halloween evolved into a secular, community-based event characterized by child-friendly activities such as trick-or-treating. In a number of countries around the world, as the days grow shorter and the nights get colder, people continue to usher in the winter season with gatherings, costumes and sweet treats.



Which part of a road do Ghost's love to travel the most?



The Dead End



THE TALE OF

Stingy Jack

People have been making jack-o'-lanterns at [Halloween](#) for centuries. The practice originated from an Irish myth about a man nicknamed "Stingy Jack." According to the story, Stingy Jack invited the Devil to have a drink with him. True to his name, Stingy Jack didn't want to pay for his drink, so he convinced the Devil to turn himself into a coin that Jack could use to buy their drinks. Once the Devil did so, Jack decided to keep the money and put it into his pocket next to a silver cross, which prevented the Devil from changing back into his original form. Jack eventually freed the Devil, under the condition that he would not bother Jack for one year and that, should Jack die, he would not claim his soul. The next year, Jack again tricked the Devil into climbing into a tree to pick a piece of fruit. While he was up in the tree, Jack carved a sign of the cross into the tree's bark so that the Devil could not come down until the Devil promised Jack not to bother him for ten more years.



Soon after, Jack died. As the legend goes, God would not allow such an unsavory figure into heaven. The Devil, upset by the trick Jack had played on him and keeping his word not to claim his soul, would not allow Jack into hell. He sent Jack off into the dark night with only a burning coal to light his way. Jack put the coal into a carved-out turnip and has been roaming the Earth with ever since. The Irish began to refer to this ghostly figure as "Jack of the Lantern," and then, simply "Jack O'Lantern."

In Ireland and Scotland, people began to make their own versions of Jack's lanterns by carving scary faces into turnips or potatoes and placing them into windows or near doors to frighten away Stingy Jack and other wandering evil spirits. In England, large beets are used. Immigrants from these countries brought the jack o'lantern tradition with them when they came to the United States. They soon found that pumpkins, a fruit native to America, make perfect jack-o'-lanterns.



Why do Jack-o-lanterns have stupid smiles on their faces?
You'd have a stupid smile too, if you had just had all your brains scooped out!

Just Having Fun Singers

The Just Having Fun Singers joined us again this month. Everyone gathered to sing, and listen to the wonderful music and play trivia. Thanks to all that participated.



Breast Cancer Awareness Month

Every October there is an explosion of pink ribbons as the nation and the international community honor Breast Cancer Awareness. This global attempt to increase awareness of breast cancer and to remind women about the value of early detection, Breast Cancer Awareness Month is celebrating its 32st anniversary this year. Everyone has been touched by Breast Cancer in one way or another and at any age. We here at Hart Heritage are showing our support by the wearing our beautiful braided bracelets [made by Doug Woodburn] anything pink, and pink ribbons.





Activities



Food club

We made Caprese salad with tomatoes and basil from our court yard garden. It was very tasty and everyone loved it. Pat, Donna, and Jeannette: enjoying their salad.



Eleanor and Donna enjoying their cupcakes



We made couscous salad with our garden tomatoes. Most of us never had it before. It was very easy and very good.



We had a very nice tea. The ladies were very surprised and loved everything.



Here we have Reene, Pat, Jeanette, Vicki, Anna, Ann Marie and Virginia all enjoying tea and pastries. They also like just talking and relaxing with friends.



Craft Corner

Sherri, Lora, and Judy did some flower arrangements with the residents. We think everyone did a great job, especially Vicki.

Great job!

Virginia; and Reene; Showing off their finished projects.



Vicki: making her arrangement.



Jeannette, Hard at work.



Holidays in

- October 9th Columbus Day
- October 16th Boss's Day
- October 31st Halloween
- Adopt a Shelter Dog Month
- American Pharmacist Month
- Apple Jack Month
- Breast Cancer Awareness Month
- Appreciation Month
- Computer Learning Month
- Cookie Month
- Domestic Violence Awareness Month
- Eat Country Ham Month
- International Drum Month
- Lupus Awareness Month
- National Diabetes Month
- National Pizza Month
- National Vegetarian Month
- National Popcorn Popping Month
- Sarcastic Month
- Seafood Month

Welcome fall

We all colored fall pictures and framed them to put on our doors. They look really nice! Now the weather needs to get cooler so it feels like fall.



More Food Club Fun

We made smores! Everyone said they remembered having them when they were young. They are very messy, but tasted really good. Len ate two, so they must have been good. It was so much fun.

Here is everyone trying to get a spot to toast their marshmallows.



Anna was the first to eat hers. She said: it's very messy but good.



I said a Prayer for You Today
And know God must have heard
I felt the answer in my heart
Although he spoke no word!
I didn't ask for wealth or fame (I knew you
wouldn't mind)
I asked Him to send treasures
Of a far more lasting kind!
I asked that he'd be near you
At the start of each new day
To grant you health and blessings
and friends to share your way!
I asked for happiness for you
in all things great and small
But it was for His loving care
I prayed the most of all!

October

BIRTHDAYS

RUTH KRAWCZYK	10/07/1931
VICTORIA GMUREK	10/07/1924
VIRGINIA SPICER	10/16/1926
LEONARD KIRK	10/21/1919