

## Reasons People Volunteer

People volunteer for a number of different reasons, ranging from a desire to learn new skills, have fun or make a difference.

Some people volunteer because they just love helping others. Their own joy of giving and making a difference makes them feel valued and valuable to the ones they are serving. They receive back a thousandfold by seeing the impacts created for the people they are helping.

Others volunteer because they feel a need to give back to a community that has been good to them and they want to express their gratitude by paying it forward into their community.

Still others volunteer because it gives them a sense of purpose and meaning to their lives. It's like their contribution to others is fulfilling a critical aspect for their own self-expression in the world.

Last but not least, great volunteers enjoy themselves while giving to others. Long-term studies have shown that volunteers live longer, are in better health, have lower rates of depression and less heart disease.

## Key to Martian Life May Not be Plentiful

Brines—mixtures of salt and water that resist evaporation and freezing more than regular water—may be the key to finding evidence of ancient or current life on Mars, and also serve as a supply of water for human colonists someday. However, brines may not be as prevalent on Mars as previously thought, according to the SciNews website.

Earlier studies of brines may have overestimated how long they could exist on the Martian surface with its cold, thin and arid atmosphere. That's because those studies looked at separate phases of brine—freezing, boiling and evaporation. Newer research focusing on those properties at the same time suggests that brines aren't as stable as scientists believed.

The most favorable conditions for Martian surface brines are likely to be in the mid- to high northern latitudes, in large impact craters in the southern hemisphere, and in the shallow subsurface near the Martian equator. In the best-case scenario, though, they'll probably only be present for about 12 hours a day.



**HarborChase**  
Assisted Living • Memory Care



*Celebrating Senior Living*

The HarborChase Wire: A Monthly Publication of HarborChase Dr. Phillips MC

February 2021

- American Heart Month
- American History Month
- Low Vision Awareness Month
- Black History Month
- Celebration of Chocolate Month
- International Embroidery Month
- ♥ National Cherry Month
- National Fiber Focus Month
- National Grapefruit Month
- Senior Independence Month
- National Snack Food Month

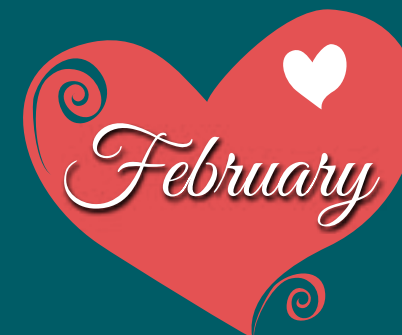
**BIRTHSTONE** – Amethyst

**FLOWER** – Violet

**ZODIAC** – Aquarius & Pisces

### 2021 Special Dates

Groundhog Day .....	2/2
National Wear Red Day .....	2/5
Super Bowl Sunday .....	2/7
Valentine's Day .....	2/14
Presidents' Day .....	2/15
Mardi Gras .....	2/16
Love Your Pet Day .....	2/20
Full Moon .....	2/27



## Celebrate Valentine's Day with These Famous Lovers

Valentine's Day celebrates love and happiness, and although real life offers plenty of true stories with happily-ever-after endings, many of us look to literature for inspiring tales of passion's power. Get in the mood for love by rereading the novels, plays and poetry about these famous lovers (not all of whom lived happily ever after):

- **Romeo and Juliet.** Shakespeare's tragic tale of young love: Teenagers from feuding families meet, fall in love, marry and ultimately end their lives rather than live without each other.
- **Tristan and Isolde.** A medieval tale of doomed love. Tristan falls in love with Isolde, who is betrothed to his uncle, Mark, king of Cornwall. Despite their enduring love, they are forced to marry others.
- **Odysseus and Penelope.** A happy ending for this one. Penelope remains faithful to her absent husband for 20 long years; Odysseus persists in his quest to return home after the Trojan War. Both overcome temptations and obstacles to be reunited at last.
- **Jane Eyre and Mr. Rochester.** Charlotte Brontë's classic 19th-century novel tells the tale of a young governess and a gruff, lonely landowner with a dark secret. But love triumphs in the end.
- **Ralph and Alice Kramden.** OK, not a book, play or poem, but a classic TV show. Despite bickering, working-class struggles and the occasional threat to send Alice "to the moon!" the couple stayed together with love and devotion—and lots of laughter—for years and years.



*When you love someone, you love the whole person, just as he or she is and not as you would like them to be.*

*-Leo Tolstoy*



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:30 Morning Fitness  <b>10:00 Vaccine Day 2</b>                      10:30 Lion King Live!  <b>1:30 Seated Soccer Stars</b>                      2:30 Hydration Station  <b>3:30 Book Club: "It All Comes Back to You"</b>                      5:30 Monday Musical Melodies</p>	<p>9:30 Morning Fitness  <b>10:00 Vaccine Day 2</b>                      10:30 Lion King Live!  <b>1:30 Seated Soccer Stars</b>                      2:30 Hydration Station  <b>3:30 Book Club: "It All Comes Back to You"</b>                      5:30 Monday Musical Melodies</p>	<p>9:30 Muscle Madness  <b>10:00 Name 50 Challenge</b>  <b>10:30 Groundhogs Day</b>                      1:30 Sally's Sunshine Hour  <b>2:30 Wine and Bruschetta</b>  <b>3:30 Community Tour Group</b>                      5:30 Dessert and Discussion</p>	<p>9:30 Wellness Workout  <b>10:00 Scategories</b>  <b>10:30 Virtual Concert: Holly, Valens, &amp; The Big Bopper</b>  <b>1:30 Heart Wreath Decorating</b>                      2:30 Take a Break!  <b>3:30 Afternoon Tai-Chi</b>                      5:30 Wednesday Western: "True Grit"</p>	<p>9:30 Chair Aerobics  <b>10:00 Black History Month Trivia</b>                      10:30 Planet Earth Expedition  <b>1:30 Prize Bingo</b>                      2:30 Caramel Apple Nachos  <b>3:30 Knock em' Down</b>                      5:30 Thursday Night Television</p>	<p>9:30 Full Body Workout  <b>10:00 M&amp;M Connections</b>                      10:30 Ted Talk Inspirations  <b>1:30 L-O-V-E Painting</b>  <b>3:00 Get Fit with Jasmin</b>  <b>3:30 Friday Happy Hour: Martinis</b>                      5:30 Movie and Popcorn</p>	<p>9:30 Group Fitness  <b>10:00 Noodle Balloon Ball</b>                      10:30 Cove Karaoke  <b>1:30 Weekend Art-Catch Up</b>                      2:30 Infused Water Station  <b>3:30 Ladies Pamper Club</b>                      5:30 Saturday Night Live</p>
<p>9:30 Sunday Stretches  <b>10:00 Virtual Church Service</b>  <b>10:30 Cove Coffee Chatters</b>                      11:00 Who Will Win?  <b>1:30 Friendly Football Game</b>                      2:30 Tailgating Treats  <b>3:30 Super Bowl Bingo!</b>  <b>6:30 Super Bowl LV</b></p>	<p>9:30 Workout with Lorena  <b>10:00 Book Club: "It All Comes Back to You"</b>                      10:30 Crosswalk the Musical  <b>1:30 Heart Pillow Project</b>                      3:00 Cornhole Challenge                      5:30 Evening Jazz Collections</p>	<p>9:30 Feel Good Fitness  <b>10:00 Whiteboard Games</b>  <b>10:30 Arm Chair Travelers</b>  <b>1:30 Gazebo Garden Golfing</b>  <b>2:30 Have a Slice: Pizza Day</b>                      3:30 Solitary Matching Game                      5:30 Meal Time Conversations</p>	<p>9:30 Chair Yoga  <b>10:00 Meal Planning Committee</b>  <b>10:30 Virtual Concert: Judy Garland</b>  <b>1:30 Mardi Gras Mosaic</b>                      2:30 Mini King Cakes  <b>3:30 Ron's Walking Club</b>                      5:30 Wednesday Western: "Goin South"</p>	<p>9:30 Sit &amp; Be Fit  <b>10:00 Jeopardy with Jenna</b>                      10:30 World's Cutest Animals  <b>1:30 Jackpot Bingo</b>                      2:30 Pinwheel Pick-Me-Up  <b>3:30 Balloon Badminton Bounce</b>                      5:30 M.A.S.H Collection</p>	<p>9:30 Morning Fitness  <b>10:00 Giving Back Discussions</b>                      10:30 Ted Talk Inspirations  <b>1:30 Love Letter Workshop</b>  <b>3:00 Body Pump with Jasmin</b>  <b>3:30 Friday Happy Hour: Piña Coladas</b>                      5:30 Evening Film: "Driving Miss Daisy"</p>	<p>9:30 Saturday Stretches  <b>10:00 Get-Up Games</b>                      10:30 The Carol Burnett Show  <b>1:30 Weekend Art-Catch Up</b>                      2:30 Saturday Snack Hour  <b>3:30 Colorful Nail Art</b>                      5:30 Saturday Night Live</p>
<p>9:30 Legs with Lorena  <b>10:00 Sunday Scripture Readings</b>                      10:30 Loveliest Lyrics  <b>11:00 Learn your Love Language</b>  <b>2:30 Valentine's Day Tea Party</b>  <b>3:30 Conversation Heart Bingo</b>                      5:30 Romantic Movie Night</p>	<p>9:30 Full Body Workout  <b>10:00 Book Club: "It All Comes Back to You"</b>                      10:30 America's Funniest Home Videos  <b>1:30 Mardi Gras Mask Making</b>                      3:00 Afternoon Exercise                      5:30 Orchestral Music Hour</p>	<p>9:30 Wellness Workout                      10:00 Cognitive Crunch  <b>10:30 Discover New Orleans</b>                      1:30 Pre-Party Prep  <b>2:00 Mardi Gras Party</b>                      3:30 Bead Toss Challenge  <b>5:30 Virtual Mardi Gras Parade</b></p>	<p>9:30 Flexibility Fitness  <b>10:00 Ash Wednesday</b>  <b>10:30 Virtual Concert: The Beatles</b>                      1:30 Adult Coloring Hour  <b>2:30 Pastry Decorating w/ Chef Jesse</b>                      3:30 Living Room Bowling                      5:30 Wednesday Western: "My Name is Nobody"</p>	<p>9:30 Moovin' and Groovin'  <b>10:00 Name that Logo</b>                      10:30 Virtual Pet Therapy  <b>1:30 Winner Takes All Bingo</b>                      2:30 Afternoon Energy Bites  <b>3:30 Golf Cart Rides</b>                      5:30 Johnny Carson Show</p>	<p>9:30 Feel Good Fitness  <b>10:00 Candy Bar Connections</b>                      10:30 Ted Talk Inspirations  <b>1:30 Butterfly Paper Mache</b>  <b>3:00 Workout with Jasmin</b>  <b>3:30 Friday Happy Hour: Red or White</b>                      5:30 Evening Film: "Saving Mr. Banks"</p>	<p>9:30 Legs with Lorena  <b>10:00 Seated Soccer Challenge</b>                      10:30 I Love Lucy!  <b>1:30 Weekend Art-Catch Up</b>                      2:30 Hydration and Relaxation  <b>3:30 Nails &amp; Spa</b>                      5:30 Saturday Night Live</p>
<p>9:30 Chair Tai-Chi  <b>10:00 Gift of the Gospel</b>                      10:30 Coffee and Conversation  <b>11:00 Big Word, Little Word</b>                      1:30 Living Room Ring Toss  <b>3:00 Weekend Bingo</b>                      5:30 Black &amp; White Classics</p>	<p>9:30 Monday Meditation  <b>10:00 Book Club: "It All Comes Back to You"</b>                      10:30 The Ed Sullivan Show  <b>1:30 Pour Painting Fun</b>                      3:00 Golfing in the Garden                      5:30 America's Got Talent</p>	<p>9:30 Chair Aerobics  <b>10:00 Word Scramble</b>                      10:30 The Kindness Diaries  <b>1:30 Garden Flower Planting</b>                      2:30 Healthy Happy Hour  <b>3:30 Pattern Puzzle Making</b>                      5:30 Sunset Stroll</p>	<p>9:30 Morning Fitness  <b>10:00 Name 50 Challenge</b>  <b>10:30 Virtual Concert: Hank Williams</b>  <b>1:30 Weekday Woodshop Class</b>  <b>3:00 Men's Military Mixer</b>                      5:30 Wednesday Western: "True Grit"</p>	<p>9:30 Upper Body Strengthening  <b>10:00 Jeopardy with Jenna</b>                      10:30 Candid Camera Laughs  <b>1:30 Cover All Bingo</b>                      2:30 Pigs in a Blanket  <b>3:30 Friendly Kick Ball</b>                      5:30 Classic Comedy Showcase</p>	<p>9:30 Stretching and Flexing  <b>10:00 Category Catch &amp; Chat</b>                      10:30 Ted Talk Inspirations  <b>1:30 Alphabetical Cork Coaster</b>  <b>3:00 Stretching with Jasmin</b>  <b>3:30 Friday Happy Hour: Cold Beer</b>                      5:30 Evening Film: "The Last Laugh"</p>	<p>9:30 Sit &amp; Get Fit  <b>10:00 Balloon Baseball Challenge</b>                      10:30 TV Land Classics  <b>1:30 Weekend Art-Catch Up</b>  <b>3:00 Aromatherapy Hand Massages</b>                      4:00 Table Top Games                      5:30 Saturday Night Live</p>
<p>9:30 Flexibility Fitness  <b>10:00 Virtual Mass</b>  <b>10:30 Coffee and Current Events</b>                      11:00 Common Room Charades                      1:30 Weekend Walking Club  <b>3:00 Bingo with Lorena</b>                      5:30 Sunday Night Cinema</p>						



# Hello, FEBRUARY

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AMERICAN HEART MONTH

AMETHYST

AQUARIUS

ASH TREE

BLACK HISTORY MONTH

GODDESS FORTUNA

GROUNDHOG DAY

LEAP DAY

PISCES

PRESIDENTS DAY

PRIMROSE

PURIFY

ROWAN TREE

SUPER BOWL

SUSAN B ANTHONY DAY

VALENTINES DAY

VIOLET

WINTER

# Happy Valentine's Day

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## Fighting for Civil Rights

When the NAACP was created in February of 1909, no one could foresee the impact it would have on civil rights in America. The nonprofit organization is the largest, oldest civil rights group in the nation, with racial equality remaining at the forefront of its mission. The NAACP's historical impact has been immeasurable:

- At the group's inception, a primary focus was to stop the practice of lynching, the number of which decreased substantially by the 1930s thanks to the NAACP's efforts.
- One of the most prominent legal victories in civil rights history was the NAACP's 1954 win in *Brown vs. Board of Education*, where segregation in schools became outlawed.

- The first African-American Supreme Court justice, Thurgood Marshall, was the head of the NAACP's legal team in the *Brown vs. Board of Education* case.
  - The Civil Rights Act of 1964 and the Voting Rights Act of 1965 were integral victories in the uphill legal battles faced by the NAACP, addressing issues such as workplace discrimination and minority voting.
  - Many famous historical figures have belonged to the NAACP, including Eleanor Roosevelt, Albert Einstein, Lena Horne, Sammy Davis, Jr., and Jackie Robinson.
- Now, the NAACP is 300,000 members strong and continues to change the course of civil rights in this nation.



## Valentine's Day Doesn't Have to Break the Bank

Looking for something to do with your sweetheart on Valentine's Day that's not too expensive? Try these ideas:

- Read a story together. Buy two copies of your favorite book or story (or borrow them from your library) and spend the evening discussing it. You may both learn things you didn't know about the story (and each other).
- Team up on a new recipe. Instead of going out to a restaurant, delve into your cookbooks and find a meal to collaborate on. Choose something different and challenging and enjoy the results.
- Visit a museum. Your town probably has a museum (or two) that you've never been to. Or a landmark you haven't seen yet. Select someplace new and check it out together.
- Go ice skating. If you live in a cold climate, find an ice rink nearby and go out for an hour or two of gliding—or falling—around together. Most rinks will rent skates for a minimal fee.



Mardi Gras' roots lie in the Christian calendar as a last day of indulgence before Lent begins on Ash Wednesday. What is less known about Mardi Gras is its relation to the Christmas season and Carnival.

Carnival comes from the Latin words *carne vale*, meaning "farewell to the flesh." Like many Catholic holidays and seasonal celebrations, it likely has its roots in pre-Christian traditions based on the seasons. As early as the middle of the second century, the Romans observed a Fast of 40 Days, which was preceded by a brief season of feasting, costumes and parties.

The Carnival season kicks off with the Epiphany, also known as Twelfth Night, which falls on January 6, twelve

days after Christmas. Epiphany celebrates the visit of the Wise Men bearing gifts for the infant Jesus. In cultures that celebrate Carnival, Epiphany kicks off a series of parties leading up to Mardi Gras.

Mardi Gras came to the New World in 1699, when a French explorer arrived at the Mississippi River, about 60 miles south of present day New Orleans. He named the spot Point du Mardi Gras because he knew the holiday was being celebrated in his native country that day. Mardi Gras literally means "Fat Tuesday" in French. The name comes from the tradition of slaughtering and feasting upon a fattened calf on the last day of Carnival.



## A Groundhog by Any Other Name

How many nicknames can one animal have? Apparently quite a few, especially if you're able to predict the weather. Known as the "Sage of Sages" and "Seer of Seers" among many others, groundhog Punxsutawney Phil's famed status began taking shape in 1887 following his debut at Gobbler's Knob in Pennsylvania.

The use of such an animal to predict weather patterns was a longstanding European tradition, which made its way to Pennsylvania with the Germans in the 1700s. Dubbed "Candlemas Day," Feb. 2 marked the pivotal halfway point between winter and spring. An animal casting his shadow on Feb. 2 meant the sun was shining and six additional weeks of winter would ensue. The Germans relied on badgers as their weather guide for the longest, but eventually the switch was made to the groundhog.

Incidentally, accuracy has nothing to do with Punxsutawney Phil's notoriety. His weather predictions have proven reliable only 39 percent of the time.