

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 Southlake MC

February 2021

Administrative List

Chris Sykes

Executive Director

Jerrylyn Booze

Director of Resident Care

Karen West

Business Office Manager

Sara Almon

Director of Sales

Brian Perry

Director of Hospitality

Tammy Walker

Director of Life Enrichment

Cyndi Washington

Director of Memory Care

Bryan Sturm

Director of Maintenance

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.

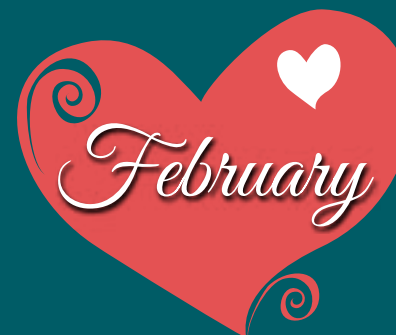
When you love someone, you love the whole person, just as he or she is and not as you would like them to be.

-Leo Tolstoy



HarborChase
Assisted Living • Memory Care



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HarborChase of Southlake - Memory Care Calendar

February 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Chair Chi 1 10:30 Circle of Friends Prayer 11:00 What's in the Box? 2:30 Paint By Numbers 3:30 February Trivia 4:00 Music Memories 6:00 Good News	9:30 Sit and Be Fit 2 10:00 On This Date 11:00 Finish The Phrase 1:30 Tone Up Tuesday 2:00 Mimosa Nail Spa 3:00 Open Mic Night 6:00 Cinema Classics	9:30 Dancing to The Beat 3 10:30 Everybody Has a Story 1:30 Easy Does it Trivia 2:00 Monthly Book Club 3:00 Cove Choir Song Fest 3:00 Walking with Purpose 4:00 Comedian Central 6:00 The Golden Girls	Thank A Mailman Day 4 9:30 Young Hearted Yoga 10:30 Thank A Mailman Cards 11:30 Veteran's Luncheon 2:00 Cove's Ice Cream Scoop 3:00 What Am I? 4:00 Spiritual Journey 6:00 The Golden Girls	9:30 Young Hearted Yoga 5 10:30 Name 10 11:00 Spreading the Good News 2:00 Entertainment with Cyndi 3:00 Abstract Art Design 4:00 Guess The Proverbs 6:00 What's New in The News?	9:30 Witness the Fitness 6 10:30 News Chatter 11:00 Name That Tune 2:00 How Much Did It Cost? 3:00 Festival of Flowers 4:00 Let's Get Quizzical
9:30 Reach and Stretch 7 10:00 Our Daily Bread 10:30 Catholic Church Service 11:00 White's Chapel Online 1:30 Front Page 2:30 Super Bowl Party! 3:00 Walk This Way 4:00 Unwind to Music	9:30 Step to the Beat 8 10:00 News Flash 10:30 Circle of Friends Prayer 11:00 Finish the Phrase 1:30 Fresh Off The Press 2:30 College Creations 3:30 Name That Sound 6:00 Current Events	9:30 Chair Yoga 9 10:00 Google Earth 10:30 Puzzles and Pondering 1:30 Meaningful Memories 2:00 Mimosa Nail Spa 3:00 Who Wants to Be A Millionaire? 6:00 Sassy Serenades	9:30 50's Workout Magic 10 10:30 Play on Words 11:00 Don't Drop the Ball 3:00 Cove Choir Song Fest 4:00 Afternoon Hymns 6:00 Best of Big Bands	9:30 Fit 4 Life 11 10:30 Bowling for Chocolate 1:30 Moving Art 2:00 Cove's Ice Cream Scoop 3:00 New Hat Designs 6:00 The Power of Classical Music	9:30 Morning Pilates 12 10:30 Morning Mindfulness 11:00 Singing With Susie 1:30 Conversation Starters 2:30 Popcorn Matinee 3:00 Sudoku Showdown 6:00 Cool Down Jazz	9:30 Rise and Shine Exercise 13 10:30 Acceptable Words 1:30 Dancing to The Oldies 2:00 Tasty Treat/Strawberry Shortcakes 3:00 Name Your Game 4:00 Animal Planet 6:00 Read All About It
Valentine's Day 14 9:30 Soothing Stretches 10:00 Our Daily Bread 10:30 Catholic Church Service 11:00 White's Chapel Online 1:30 Back In the Day 2:00 Valentine's Day Party 3:00 Puzzles of The Mind 4:00 Swinging Melodies	9:30 Work up A Sweat 15 10:00 Headlines of the 1940's 10:30 Circle of Friends Prayer 11:00 Cove Spelling Bee 2:30 Monthly Gazette 3:00 Hole in One 4:00 Book Nook Readers 6:00 Music to My Ears	9:30 Jazzercise Jams 16 10:30 Horseshoe Heroes 11:00 Reader's Choice 1:30 Mardi Gras Trivia 2:00 Fat Tuesday 3:00 Ante Up 6:00 Soul Music	9:30 Conductorcise 17 10:30 Wheel of Fortune 11:00 Today in History 2:00 Colorful Creations 3:00 Cove Choir Song Fest 4:00 Musical Moments 6:00 Travel Channel	9:30 March and Move 18 1:30 Brain Quest 2:00 Cove's Ice Cream Scoop 3:00 Lucky Numbers 4:00 News Chatter 6:00 News Flash	9:30 Fitness Circuits 19 10:00 Who's Who? 11:00 Hooked on Facts 1:30 Come On Down 2:00 A Day at the Races 3:00 Game On Lotto 6:00 Andy Griffith Show	9:30 Macarena Moves 20 10:30 Healthy Facts 11:00 Word of The Day 1:30 Inspirational Readings 2:30 Casual Corners of The Mind 3:00 The Ultimate Bowling Challenge 6:00 News and Views 6:00 I Hear Memories
9:30 Forever Fit 21 10:00 Our Daily Bread 10:30 Catholic Church Service 10:30 Penny for Your Thoughts 11:00 White's Chapel Online 1:30 Ask Abby 2:30 Walking Tall 3:30 Laughter and Music 6:00 Rat Pack Renditions	9:30 Synchronized Steps 22 10:30 Circle of Friends Prayer 1:30 Arm Chair Travel 2:30 Creative Card Making 3:30 Game On! 4:00 Balloon Volleyball 6:00 Classical Piano Tunes	9:30 Witness the Fitness 23 10:00 Brain Teasers 11:00 Recollect 50's Inventions 2:00 Mimosa Nail Spa 3:30 Picasso Painters 6:00 Sinatra Classics	9:30 Stretch and Tone 24 10:30 Brain Games 11:00 Would You Rather 1:30 Let's Have a Tea Party 2:30 Indoor Golfing 3:00 Cove Choir Song Fest 6:00 Evening News	9:30 Let's Get Physical 25 11:00 Hollywood's First Family 2:00 Cove's Ice Cream Scoop 3:00 Current News Chat 4:00 Scenic Walk 6:00 Inspired Poetry	9:30 Balance Training 26 10:30 What's in a Word? 11:00 Fascinating Places 2:30 Kickball Kraze 3:30 Splash of Color 6:00 Best Show Tunes	9:30 Step-By-Step Exercise 27 10:00 Millionaire Trivia 11:00 On The Green Again 2:00 Name That Glenn Miller Tune 3:00 Love of Scrapbooking 3:00 Calling All Card Players 6:00 Music to Our Ears
9:30 Shake it Up Fitness 28 10:00 Our Daily Bread 10:30 Catholic Church Service 11:00 White's Chapel Online 11:30 Sunday Brunch 1:30 Creative Word Making 2:30 Dazzling Dominoes 4:00 Silent Prayers						

Hello, FEBRUARY

G N A A S U S A N B A N T H O N Y O H M
 Y D G O D D E S S F O R T U B A I V V I T
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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

Celebrating Senior Living!

Life at HarborChase-Southlake



January Birthdays



2021 New Year's Eve Party



Always Ready for a Game of Badminton



Who's Up For a Challenge?



Let's Get This Party Started!



1940's Game Prize Winners



Game On!



Donna's Amazing Party!



"Name That Price"

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.