

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

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February 2021

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February

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
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650 NW Fork Road
Stuart, Florida 34994
937-230-4711





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February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:30 Coffee & Chronicles 1 10:30 Core Training & Balance 11:00 Musical Ministry 1:30 Walking Meditation 1:30 Lets Take a Stroll 2:30 Word Wizard 3:00 Try Your Luck 4:00 Buzz Time Beers 6:30 Monday Night at the Movies</p>	<p>GROUND HOG DAY 2 9:30 On This Day!!! 10:30 Working Out w/Genesis 11:00 History of Ground Hog Day 1:30 One Step at a Time 2:00 Tuesday Travels 3:00 Card Sharks 4:00 Sip Snack & Relax 6:30 Blockbuster Tuesday</p>	<p>3 9:00 Morning Of Reflection 10:00 Chair Yoga & Meditation 11:00 Bible Study 1:30 Walking Wednesday 2:00 Dazzling Dominoes 3:00 Call it Loud 4:00 Wines of Wednesdays 6:30 Musical Film Night</p>	<p>4 9:30 Daily Chronical 10:30 Stress Melting Stretches 11:00 Walking Meditation 1:30 Brain Games w/Genesis 2:00 Intro to Men's Club 2:30 Dueling Dominos 4:00 Music and Drinks w/ Annie 6:30 Thursday Thrillers</p>	<p>WEAR YOUR TEAM'S JERSEY 5 9:30 Friday Funnies 10:30 Jazz It Up 11:00 Walking Meditation 2:00 Kings in the Corner 3:00 Let's Talk Football 4:00 Superbowl Chat with Chips 6:00 Friday night Flixs</p>	<p>6 9:30 Todays News 10:30 Saturday Stretching 11:00 Word Games 1:30 Strolling Saturday 2:00 1st on the Board 3:00 Music and the Message 4:00 Sips and Chips 6:30 Classic Film Night</p>	
<p>7 9:30 Sunday Morning News 10:00 Songs of Joy and Praise 11:00 Sunday Devotionals 1:30 Walk this Way 2:00 Check out the Puppy Bowl!!! 3:00 Courtyard Games 4:00 Enjoy the Drink of the Week 6:30 ITS SUPERBOWL TIME!!!</p>	<p>8 9:30 New Day Dawning 10:30 Balance Work 11:00 Amazing Grace Devotional 1:30 Walking Meditation 2:00 Bistro Flavors 2:30 Let's Celebrate Opera Day 3:00 Calling All Cards 4:00 Buzz Time Beers 6:00 Monday Night Cinema</p>	<p>9 9:30 This Day in History 10:30 Working Out w/Genesis 11:00 Feeding our Souls w/Music 1:30 One Step at a Time 2:00 Tuesday Travels 3:00 Courtyard Games 4:00 Toast To Tuesday 6:30 Netflix Presents</p>	<p>10 9:30 Dunkin Coffee & Donuts Food Committee 10:30 Pump it up Weights 11:00 Fountain Meditation 1:30 Walking Wednesday 2:30 Try Your Luck 3:30 Let's Play Jeopardy 4:00 Wines of Wednesdays 6:30 Movie Mania</p>	<p>11 9:30 Daily Chronical 10:30 Stress Melting Stretches 11:00 Walking Meditation 1:30 Brain Games w/Genesis 2:00 Playing all Cards 3:00 Polish Packi Making Day 4:00 Busy Buzz Time 6:30 Thursday Thrillers 11:30 Walking to the Beat</p>	<p>12 9:30 End of the Week News 10:30 Friday Ab's Workout 11:00 Spiritual Friday Devotional 12:00 Galentine Luncheon 1:30 Let's Take a Stroll 2:00 Painting to Piano Music in Cove 3:00 All Hearts that is Cards 4:00 Strawberry Bubbles</p>	<p>Mardi Paws PARADE 13 9:30 Todays News 10:30 Saturday Stretching 11:00 Word Games 1:00 Mardi Paws 2:30 Dog Show 4:00 Mardi Gras Cocktails 6:30 Classic Film Night</p>
<p>14 9:30 Sunday Morning News 10:00 Songs of Joy and Praise 11:00 Sunday Devotionals 1:30 Walk this Way 3:00 Valentine's Bingo 4:00 Enjoy the Drink of the Week 6:30 Movie Time:The Lost Valentine</p>	<p>GLORIA'S BDAY 15 9:30 Coffee and Chronicals 10:30 Core Training & Balance 11:00 Keep the Faith 1:30 Walking Meditation 2:00 Call All Cards 3:00 Word Wizard Challenge 4:00 Buzz Time Beers 6:30 Monday Night Feature</p>	<p>CHINESE NEW YEAR 16 9:30 This Day in History 10:30 Working Out w/Genesis 11:00 Feeding our Souls w/Music 1:30 One Step at a Time 2:00 Chinese Crafts 3:00 Travels to China 4:00 Mooncakes & Tea 6:00 Lantern Release</p>	<p>Ash Wednesday 17 9:30 Morning of Reflection 10:30 Chair Yoga and Meditation 11:00 Reflective Sand Art 1:30 Walking Wednesday 2:00 Easter/Passover Trivia 3:00 Call it out Loud 4:00 Wines of Wednesdays 6:30 Musical Film Night</p>	<p>18 9:30 Daily Chronical 10:30 Stress Melting Stretches 11:00 Walking Meditation 1:30 Brain Games w/Genesis 2:00 Coloring to Country 3:00 Jigsaw Masterminds 4:00 Family Night Wine&Cheese Tasting 6:30 Thursday Thrillers</p>	<p>19 9:00 Friday Funnies 9:30 Care Givers Breakfast 10:30 Forever Fit Friday 11:00 Mindfulness Meditation 1:30 Bible Trivia 2:00 Working with Clay 3:00 Friday Fishing with Luke!!! 4:00 Toast to All 6:30 Friday Night Flixs</p>	<p>20 9:30 Muffin Morning & News 10:30 Saturday Stretching 11:00 Word Games 1:30 Strolling in the Parade 2:00 1st on the Board 3:00 Music and the Message 4:00 Sips and Chips 6:30 Classic Film Night</p>
<p>21 9:30 Sunday Morning News 10:00 Songs of Joy and Praise 11:00 Sunday Devotionals 1:30 Walk this Way 3:00 Courtyard Games 4:00 Enjoy the Drink of the Week 6:30 It's ShowTime</p>	<p>22 9:30 New Day Dawning 10:30 Working Those Legs 11:00 Amazing Grace Devotionals 1:30 Walking Meditation 2:00 Best Guess Hangman 3:00 Calling All Cards 4:00 Snacking at Fusion Margarita Day 6:30 Monday Night Madness</p>	<p>23 9:30 This Day in History 10:30 Working Out w/Genesis 11:00 Fountain Mediation 1:30 One Step at a Time 2:00 Tuesday Travels 3:00 Feeding our Souls w/Music 4:00 Toast to Tuesday 6:30 Netflix--Your Choice</p>	<p>24 9:00 Stock Market Report 10:30 Pump it up Weights 11:00 Fountain Meditation 1:30 Walking Wednesday 2:00 Try Your Luck 3:30 Let's Play Jeopardy 4:00 Wines of Wednesdays 6:30 Movie Mania</p>	<p>25 9:30 Daily Chronical 10:30 Stress Melting Stretches 11:00 Walking Meditation 11:30 Veterans Club 1:30 Brain Games w/Genesis 3:00 Food Crafting 4:00 Trivia Thursday Buzz Time 6:30 Thursday Night at the Movies</p>	<p>National Pistachio Day 26 9:30 End of the Week News 10:15 Friday Ab's Workout 11:00 Spiritual Friday Devotional 2:00 Fairy Tales Trivia 3:30 Come Learn Rummikub 4:00 Wine then Dine 6:30 Movie Night "YOU PICK"</p>	<p>27 9:30 Todays News 10:30 Saturday Stretching 11:00 Word Games 1:30 Strolling Saturdays 2:00 1st on the Board 3:00 Music and the Message 4:00 Sips and Chips 6:30 Classic Film Night</p>
<p>28 9:30 Sunday Morning News 10:00 Songs of Joy and Praise 11:00 Sunday Devotionals 1:30 Walk this Way 3:00 Courtyard Games 4:00 Enjoy the Drink of the Week 6:30 Its Show Time</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.