

Delicious Duos

As friends and couples share the love on Valentine's Day, take a moment to celebrate these dynamic duos that inspire many ways to finish the phrase, "We go together like ..."

Peanut butter and jelly — The classic lunchtime sandwich first appeared in a cooking magazine in 1901 and was included in military rations during World War II. It's estimated that the average American will eat nearly 3,000 PB&J sandwiches in their lifetime.

Milk and cookies — There's a reason this childhood snack is popular with all ages: science! Milk's mild taste helps tone down a cookie's sweetness without altering the flavor, and the compounds that make milk so creamy interact with the cookie's ingredients to make every scrumptious bite go down extra smooth.

Macaroni and cheese — It's the comfort food that's so beloved, there's a Crayola color named after it! The dish was most likely invented in medieval Europe, and Thomas Jefferson is credited with bringing it to the U.S. The largest-ever serving of mac and cheese was cooked in a giant cast iron kettle and weighed 2,469 pounds.

Peas and carrots — This produce pairing most likely came about because both veggies grow best in cool temperatures, so they're often harvested together in early summer. The colorful combo provides whopping amounts of protein, fiber and vitamins A, B, C and K.

A Legend of Luxury

For 185 years, Tiffany & Co.'s legendary blue boxes have brought anticipation and joy to those who receive them. Recipients know that whatever is inside the box will represent a tradition of elegance and exquisite craftsmanship.

Since 1837, Tiffany has been producing things of beauty, including silver, china and crystal, although they are best known for their jewelry.

Founded in New York City by Charles Lewis Tiffany, the business was later headed by his son, Louis Comfort Tiffany, a leading American designer famous for his stained glass work. Over the years, additional stores have been opened throughout the U.S. and around the world.

Besides bejeweling the rich and famous for decades, Tiffany has designed china for the White House and trophies for celebrated sporting events, and is often name-checked in pop culture. Perhaps the most famous reference is the 1958 movie "Breakfast at Tiffany's" starring Audrey Hepburn. Hepburn's character, Holly Golightly, says the store is "the best place in the world, where nothing bad can take place."

Predicting the Weather

Groundhogs aren't the only forecasters recognized in February. Celebrate your favorite meteorologist on Weatherperson's Day, Feb. 5. The date marks the birthday of John Jeffries, one of America's first weather watchers, who began daily weather observations in Boston in 1774.

Many weather forecasters you see on TV have degrees in meteorology, atmospheric sciences, or a combination of physics, chemistry and mathematics. According to the American Meteorological Society, this background grants them the title of meteorologist, or one who studies the atmosphere. The AMS also gives seals of certification to forecasters without specialized degrees who have gained experience through fieldwork and broadcasting.

Meteorologist or not, a weatherperson is highly skilled in communicating complex weather data to the public, helping them prepare for sunny or cloudy skies and to give guidance during storms and other emergencies.

THE Harbison Shores Lifestyle



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FEBRUARY 2022

Hello From the Executive Director!

I hope each of you had a Happy New Year. Let's hope that 2022 will be a new beginning and better than 2021 with family and friends get together.



When I was contemplating about what to write for February several things came to mind: Love, family, chocolate, wine and the human spirit's need for companionship and kindness.

Kindness — One of the greatest gifts you can bestow upon another. If someone is in need, lend them a helping hand, do not wait for a thank you. True kindness lies within the act of giving without expectation of something in return. We all witness kindness every day. We witness kindness every day at Harbison Shores from our staff and families. So, when you consider performing an act of kindness, think about its potential three-way positive effect. There's the positive effect on the recipient, and the positive effect on you, but perhaps the biggest effect of all will be on a passerby who just happens to witness the act. (From Article by Steve Taylor PhD)

Let's make kindness our goal for 2022. And I wish each of you a Happy Valentine's Day with kindness which will be the greatest gift for the human spirit.

Elaine M. Till, NHA CRCA
Executive Director

Employee of the Month

Congratulations to our Employee of the Month, Renaire Dudney!

Renaire is our Employee of the Month because of his fantastic work ethic, dedication to our residents, and ability to get along with everyone. You can tell he enjoys working with senior citizens as well. He has been one of our Med Techs since March 2021.



Renaire is originally from Jamacia. While in Jamacia, he served as a medical assistant for the RA Jamaican Difference Coor. In his spare time, he enjoys exercising, cooking, and reading. He also loves dogs. He had four of them back home.



FEBRUARY 2022
Locations

 Activity Room, Memory Care, ARMC
 Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

Birthdays

 Joyce Wilkerson, 3rd
 Ha Hoang Ton, 5th

"As long as there is chocolate, there will be happiness."

—Wayne Gerard Trotman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR 2:30 Snack Time, VDR	1 GROUNDHOG DAY 2 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Meditation, VUGP 2:30 Snack Time, VDR	3 9:30 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 2:30 Snack Time, VDR	4 9:30 Some Good News: Self-Directed, VUGP 9:30 Morning Exercise, VDR 10:30 Individual Snack Social	5 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Snack Time, VDR 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
6 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Snack Time, VDR	7 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Snack Time, VDR	8 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR 2:30 Snack Time, VDR	9 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Meditation, VUGP 2:30 Snack Time, VDR	10 9:30 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 2:30 Snack Time, VDR	11 9:30 Some Good News: Self-Directed, VUGP 9:30 Morning Exercise, VDR 10:30 Individual Snack Social	12 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Snack Time, VDR 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
13 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Snack Time, VDR	14 VALENTINE'S DAY 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Valentine's Day Celebration, ARMC 3:00 Valentine's Day Celebration, VDR	15 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR 2:30 Snack Time, VDR	16 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Meditation, VUGP 2:30 Snack Time, VDR	17 9:30 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 2:30 Snack Time, VDR 5:00 That's Amore Italian Dinner/Red Dress Dance, VDR	18 9:30 Some Good News: Self-Directed, VUGP 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 3:00 Happy Hour, VDR	19 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Snack Time, VDR 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
20 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Snack Time, VDR	21 PRESIDENTS DAY 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Snack Time, VDR	22 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR 2:30 Snack Time, VDR	23 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Meditation, VUGP 2:30 Snack Time, VDR	24 9:30 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 2:30 Snack Time, VDR	25 9:30 Some Good News: Self-Directed, VUGP 9:30 Morning Exercise, VDR 10:30 Individual Snack Social	26 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Snack Time, VDR 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
27 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Snack Time, VDR	28 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Snack Time, VDR					