

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."

Rose Colors Decoded

Red roses are popular on Valentine's Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

Red: The color of romance, red roses have a simple yet heartfelt message: "I love you." Additional symbols of a red rose include respect, passion and beauty.

White: Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

Yellow: The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say "welcome back" or "remember me."

Pink: Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

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 passer by 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.



MEMORY CARE
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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	GROUNDHOG DAY 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Oceans of Education: Learning about the Sea, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	9:15 Zumba Fitness, TVMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:00 Greats of the Westerns: Stars and Stories, ARMC 2:30 Snack Time, ARMC	9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Afternoon Team Sports, ARMC	9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 3:00 Indoor Picnic, TVMC	9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC	9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Oceans of Education: Learning about the Sea, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	9:15 Zumba Fitness, TVMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:00 Greats of the Westerns: Stars and Stories, ARMC 2:30 Snack Time, ARMC	9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Afternoon Team Sports, ARMC 3:00 Happy Hour, ARMC	9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
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9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 3:00 Indoor Picnic, TVMC	PRESIDENTS DAY 9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC	9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Oceans of Education: Learning about the Sea, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	9:15 Zumba Fitness, TVMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:00 Greats of the Westerns: Stars and Stories, ARMC 2:30 Snack Time, ARMC	9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Afternoon Team Sports, ARMC	9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
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