

# FEBRUARY RUNNER

*"The only thing we should scream  
into the world is love."*

~ Author Jill Telford



## Dog of the Month – Beagle

The beagle is a short-haired scent hound that was originally bred for fox hunting in England. This friendly, smart, sweet-faced dog has excellent tracking skills and is often used in airports to sniff out illegal plants and foods.

Beagles make good family pets. They are known to be adaptable, gentle, loving, sociable companions, and good with children. However, they are also prone to barking, digging, and stubbornness. They are small in size, between 20–24 pounds, and they come in a range of coat color combinations including white,



tan, chocolate, orange, lemon, and red.

Beagles' sense of smell is thousands of times better than that of humans. Their keen noses have a remarkable 220 million scent receptors, as opposed to our five million. Their long ears help them smell by keeping scent particles trapped in the air around their noses.

## Special Days

**Chinese New Year**  
(Year of the Tiger)  
February 1

**Black History  
Month Begins**  
February 1

**Groundhog Day**  
February 2

**Super Bowl Sunday**  
February 13

**Valentine's Day**  
February 14

**Presidents' Day**  
February 21

## Flower – Violet



The violet is the flower of February. This beautiful little plant has a sweet scent and blooms in colors ranging from deep blue to bright fuchsia and royal purple. The violet is the state flower of Illinois, Wisconsin, New Jersey, and Rhode Island, as well as the national flower of Greece. One reason violets are so adored is for their varied culinary uses. From savory meals to sweet desserts, violets can be used to add a unique floral flavor to your favorite dish. Some varieties even taste like vanilla.

## Birthstone – Amethyst



With its lovely purple hues, the amethyst, which is a type of quartz, has been a popular gemstone for thousands of years. The Greeks believed the stone would help prevent drunkenness. In fact, *amethyst* is Greek for "not intoxicated." European soldiers wore amethyst amulets during battle, believing the gems had a protective quality. They also believed that its presence would help them think more clearly while under pressure, which would bring victory. Today, amethysts are associated with peace and inner strength.

## Popular Love Songs

In honor of Valentine's Day, let's remember some of the best love songs ever recorded.

### "This Magic Moment"

The Drifters spent 11 weeks on the *Billboard* Hot 100 with this evocative R&B song.

### "I Can't Stop Loving You"

Ray Charles' romantic tune topped the charts for five weeks in 1962.

### "Baby Love"

The Supremes' 1964 hit song spent four weeks at No. 1—leading the Motown band to become a huge sensation.

### "She Loves You"

John Lennon and Paul McCartney of the Beatles wrote this upbeat 1963 tune while on a bus tour in England.

### "Love Will Keep Us Together"

Written by Neil Sedaka, this 1975 Captain and Tennille hit was No. 1 for four weeks.

### "What's Love Got to Do with It?"

Tina Turner's classic tune was at the top of the charts for three weeks in 1984.



## Little Month

Rather than being named for a Roman emperor, a deity, or its numerical order, February's name comes from the Latin word for purification, *februum*. February also has a cute nickname. In Welsh it's called *y mis bach*, meaning "little month."

### February Zodiacs

Aquarius (Water Bearer)  
February 1–18

Pisces (the Fish)  
February 19–28

**February** is the second month of the year in the Julian and Gregorian calendars and the only month with fewer than 30 days. In most years, February has 28 days. However, in leap years, which occur every four years, the month has 29 days, making the year 366 days rather than 365. In Finnish, February is known as *helmikuu*, or "month of the pearl"—describing the pearls of ice formed by droplets of snow melting and refreezing on tree branches.

## Love Potions

Since Biblical times (or earlier), people have concocted a variety of special potions for the purpose of enticing someone to fall in love with them. Today, we might serve our crush chocolate, oysters, champagne, or strawberries. In ancient Greece, ground orchids were added to their wine. Other popular love potions in history have included Spanish fly, earthworms, periwinkle, bat blood, and snake fat.

### What's Lucky in February?

Lucky Color: Orange

Lucky Animal: Bear

Lucky Letters: C and M

Lucky Day: Friday

Lucky Plant: Gardenia



## February Birthdays

Charles Dickens (writer) – February 7, 1812

Lana Turner (actress) – February 8, 1920/1921

Charles Darwin (naturalist) – February 12, 1809

Kim Novak (actress) – February 13, 1933

Thelma Ritter (actress) – February 14, 1902

Galileo Galilei (astronomer) – February 15, 1564

Susan B. Anthony (suffragette) – February 15, 1820

Jim Brown (NFL legend) – February 17, 1936

Mo Yan (novelist) – February 17, 1955

Nina Simone (singer) – February 21, 1933

Johnny Cash (musician) – February 26, 1932

John Steinbeck (author) – February 27, 1902

Elizabeth Taylor (actress) – February 27, 1932



Happy February!

The winter cold weather has arrived in Philadelphia, but here inside Paul's Run, our residents are enjoying the warmth of friendship and re-connecting now that the Construction in the Dining Room and Front Lobby are complete.

Our Independent Living Dining Room passed all inspections and re-opened for dinner on Thursday, January 20, 2022 and Breakfast and Lunch on Friday, January 21, 2022.

It is great to have the residents back in the dining room and Liberty Grille and from the smiles on their faces, I think they were happy to be back in the dining room and to enjoy meals with their Paul's Run friends and neighbors.

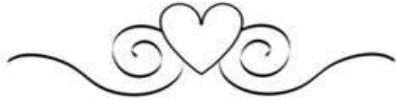


Sincerely,

A handwritten signature in black ink, appearing to read "Bill Hines".

Bill Hines, Executive Director

PAUL'S RUN GRATEFULLY ACKNOWLEDGES THE FOLLOWING TRIBUTE GIFTS



IN MEMORY OF:



Helen Barrett

By Ms. Eleanor Sands  
Ms. Karen Harris  
Ms. Mary Foedisch  
Mr. & Mrs. Allen Ruane  
Mr. Dan Rittler

Dorothy E. Coccozza  
By Ms. Camille Coccozza

Audrey A. Kelly  
By Mr. & Mrs. Steve Thompson

Miriam Zucker  
By Mr. & Mrs. Harve Strouse

Les Foster  
By Anonymous Donor

IN CELEBRATION OF:

Samuel Kelly  
By Mr. & Mrs. Steve Thompson

Rose Zoll  
By Mrs. Elaine Glassman

Bebe Fox  
By Mrs. Bernice Fox





I would like to take a moment to introduce myself as Paul's Run's newest music therapy intern!

My name is Paige Creelman and I am so excited to be joining your community. I am currently a senior at Temple University in Philadelphia. I was born and raised in South Jersey, just a short drive over the bridge, making Temple the perfect fit. I have spent every summer down the shore in Wildwood, New Jersey and every school year studying music.



I grew up doing musicals, taking singing lessons, and being in choirs, so I am very much looking forward to singing and hearing some singing at Paul's Run! I am always looking for new music to listen to and practice. I hope that you folks can help me out with that! As a music therapy student this internship is an opportunity to put into practice the studying and training I received during my first three and a half years of college. With that being said, I am so excited for that opportunity for myself to be here at Paul's Run and I look forward to meeting the community!

Warmly,  
Paige

February 2022

By Ed Scully

In the January RUNNER I presented my wonderful experience in visiting the Van Gogh exhibit in Upper Darby. I should also have let you know about the two posters that I received-- two copies of his paintings that I now have hanging on my main ballroom wall in my third floor abode. They may also be viewed from the center of the inner dining area.

You may be amazed at the beauty of his painting of a vase of sunflowers with one of them obviously withering away. His other rendition is that of an outdoor dining area, similar to what we have recently started in our fair city.

Rather than keeping these works of art to only myself, you are all gleefully invited to drop into my abode and view first-hand these treasures -- any time from 9:13 A.M. to 9:13 P.M. There will be no admission charge and each resident may spend up to 35 minutes in this miniature art museum.

You all may take photographs of them and copies will be officially certified by me at no cost until the first day of spring. Unfortunately, outside visitors will not be permitted entrance to the poster show. Please be sure to use the restroom before scheduling a visit.

An issue that we are now facing , on a national basis, is the lasting effect that the January 6 insurrection may have upon democracy -- that our honoree in the month of February, none other than Abraham Lincoln, described democracy rather eloquently as " a government of the people, for the people, and by the people". Another definition of this lasting way of life is one by Theodore Parker as follows: "Democracy means that I am as good as you are but you are as good as I am."

It sort of prevails that the fundamental basis of a democracy may be free thought and free speech. Every person has not only the right to an opinion, but also the right to express that opinion. As a result, free discussion of all sides of public issues and questions should be the aim of a democracy.

February 2022 by Ed Scully continued

Democracy also means "I am just as good as anyone else" but it therefore means that anyone is just as good as I am. A ground floor of democracy is one that includes tolerance and brotherly love that we speak of so often in a place we selected as our city in which to live.

An extension of democracy is one that most often becomes a cultivation of becoming friendly and even more friendly with our acquaintances and getting to know each other here in a certain community, such as wonderful Paul's Run.

When people get to know each other better, they generally find common ground for friendship and understanding. I had no idea that this little bit about democracy would end with getting to know each other as it has been advocated in this and previous RUNNERS. This therefore merits a verse of the popular "Getting to Know You"

Getting to know you  
Getting to know all about you  
Getting to like you  
Getting to hope you like me

Getting to know you  
Putting it my way  
But nicely  
You are precisely  
My cup of tea

Getting to know you  
Getting to feel free and easy  
When I'm with you  
Getting to know what to say

Haven't you noticed  
Suddenly I'm bright and breezy?  
Because of all the beautiful and new  
Things I'm learning about you  
Day by day

February 2022 by Ed Scully continued

Certainly our sixteenth president, Abraham Lincoln, deserves more than just the mention above in this month of February in which he was born-- on the 12th. However, instead of presenting the stuff that everyone usually hears about him, here are some unusual occurrences he dealt with :

Lincoln successfully overcame several professional setbacks and personal tragedies, including his mother's death when he was a youngster. Also, his two sons died very young and his wife was very close to insanity. He wasn't always happy because he often suffered from bouts of depression.

Lincoln , who was considered rawboned and towering 6'4 inches, weighed an athletic 180 pounds. In his early life, he split rails and at age 50 he was powerful enough to lift a long-handled axe with one hand and hold it straight out at shoulder height

He was clean-shaven until shortly after he was elected president when an 11 year-old girl suggested that a beard would "look a great deal better for a face that is so thin."

A week before his assassination , Lincoln told his Cabinet of a dream in which he awoke in the White House and followed the sound of sobbing in the East Room where he found a coffin and he asked "Who is dead ?" and a military guard replied, "The President."

His election as president was very unpopular in the South who were still committed to the defense of slavery. So agitated were their passions by the time of inauguration eve that Lincoln had to steal into the capitol under the cover of night. To pursue the subsequent war effort, he sponsored major changes to national economic policy, such as the issuance of paper money, the adoption of a graduated income tax, and the formation of a unified national banking system. Congress also established a nationwide draft in 1861. Readers, note that he was really the one who initiated some of the things we still have today--about 160 years later.



February 2022 by Ed Scully continued

Another individual who merits some attention in February is none other than George Washington. In case you were absent from school on the day that your classmates were informed that he is our first president, it is my pleasure to let you know that indeed he is. You are also informed that he was a high ranking officer in the British army during the French and Indian War in its battle with France over control of the North American continent. No matter how highly you think of him, he probably was considered to be a traitor to Great Britain, It's amazing how people think so differently about people.

George is the only president who was elected unanimously. He was greatly praised and regarded because of his proven leadership as commander in chief of the Revolutionary Army. This recognition along with his enormous prestige and political skill helped keep 13 quarreling states together during our nation's critical years. Here is a little bit about him personally:

He was 6 '3 inches tall and definitely was an imposing figure. He needed to have gloves specially made and probably his size 13 boots also were so made.

Now today, much time and attention is devoted to a college education but George is the only one of the first six presidents who never attended college.

Just like other Virginia's founding fathers, he owned hundreds of slaves, but he hated slavery. In his will, he provided that all of his slaves were freed.

Washington was a romantic who loved to dance and to be in the company of attractive young ladies. Although married to Martha Curtis, he had a lifelong love with Sally Fairfax, the wife of a very good friend. Martha was still on terms with him because on her death, he was the richest widower around.

By age 57. Washington had lost nearly all his teeth and he then began a long and frustrating search for dentures. They didn't look so great!

At the end of his second term (still unanimous) Washington retired to Mount Vernon and two years later, when 65 years old he died of pneumonia.

February 2022 by Ed Scully continued

Recognition of Lincoln and Washington and an always constant declaration of both being born in the month of February are heralded, Now pay attention, because there are also two other presidents who were born in February:

William Henry Harrison, born on February 9, our 9th president, held office for only one month because he fell ill on his inauguration day and died 31 days later. His early life is rather memorable because when he was 23, he eloped with the daughter of a prominent frontier judge. She bore him 10 children. He later produced 48 grandchildren and even more great grandchildren: 106. One of his grandchildren, Benjamin Harrison became the 23<sup>rd</sup> president.

Ronald Reagan, born on February 6, was our 40th president who served two terms and left office with the highest approval of any president since World War II. Many of his supporters credit him with a leading role in ending the Cold War. Do you recall his speech in Berlin when he declared rather convincingly "Tear down that wall" which was eventually done.

Sixty-nine days into his presidency, he was shot and seriously wounded in Washington D.C. in an assassination attempt. His wit and good spirits during his recuperation caused his popularity to be praised by all of America. When he was elected he was then the oldest, at 69, president (before President Biden came on the scene).

Ronald Reagan made conservatism respectable in late twentieth century America and also slowed the growth of domestic spending, shifted priorities to the brink of victory in the Cold War. Both critics and supporters feel that his greatest accomplishment was the restoring of the presidential office to a position of power and prestige.

February 2022 by Ed Scully continued

It so happens that this last article is about someone whose name begins with a letter near the end of the alphabet : V. Also a mention about Cupid, the god of love, attention, and affection is hereby presented. He always looks a little cherubic and fits in very nicely with the 14th of February and the celebration of Saint Valentine's Day. The honoree was a clergyman and a physician and is now also the patron saint of lovers and beekeepers. Additionally he is dearly loved by flower and jewelry shop owners. A question that is raised is what in the world do Paul's Run residents have in keeping with this day of lovers?

We certainly know that our sisters have a great love of God and certainly the love is reciprocated. When Social Security was established in the early 1930's the expected lifetime of our citizenry was only in the late 60's but now many, including some of our residents, reach their 90's and even the 100's . The answer is countless.

This phase of anticipated living quite a bit longer causes some concern on my part that much too often many of our residents live many years without a girl friend or a boy friend -- quite unnecessarily!!

In the Li'l Abner comic strip several years ago there was a day shown as Sadie Hawkins Day during which everyone was given the freedom to seek out and select someone who was very -well thought of : to possibly be his or her partner. How about something like that taking place here during the Valentine weekend of Saturday and Sunday leading up to Monday, Valentine's Day on February 14.?

A suggested setting for meeting each other could be the Green Room sort of romanticized by the cable TV playing of Channel 20 Choice Love Songs and Channel 40 Choice Romance Songs-- with additional romantic entertainment provided by our Paul's Run Choir Group. Also, take note that we have Pastor Julie and visiting priests and rabbis readily available as needed; and possibly libations and even cheese and crackers may be provided by an approving Paul's Run entity. My grandmother thinks that this undertaking could result in a veritable transformation of many of our residents Is she right?

Used to Accumulate

By Jack Birnbaum

Used to accumulate scholarship and experience needed to reach another stage  
Where learning, tempered by thought and imagination reaches for new insights  
Giving birth to perceptions, becoming wise and elevating us to ultimate heights  
Now wisdom, is not solely the property or practice of those of an advanced age  
Our history is dotted by wisdom espoused by youth being both, wise and sage  
All religions were graced with wisdom projected by prophets young, yet wise  
Formulating a moral framework, providing ethical guidance unto all our lives  
Other men felt the calling, rallied such wisdom to their nations as being true,  
Founts of liberty, serving to promote the rights of all men, not the chosen few  
History has also taught that distortion of wisdom leads to abuse beyond belief  
Holocaust, Crusade, massacre, or Jihad, wisdom is to be applied in its relief  
Wisdom calls for men and women to treat each other with kindness and civility  
Which should include all nations as community, foisting international  
tranquility

We as seniors should commit to wisdom and an application of things that are  
wise

As for example recognizing what we can do, that go far beyond taking of  
exercise

We must also continue to learn that wisdom's product, cherished and not  
spurned

And as in a bank account if principal is not accrued, there is lesser interest  
earned

But most important it's incumbent the milk of human kindness, is to be  
extended

From one to another, at least once each day so our problems now become  
lessened

When shared by all, then we'll know, day by day, how much in life we are  
blessed

## About Inspiration By Jack Birnbaum

We live our lives tasting of the prosaic but as well, the experiencing of insight  
These events can occur during the day or occasionally take place in the night  
They are triggered by the activities engaged, some audio, and/some by sight  
The prosaic promotes a feeling of order while the insights convey delight  
These insights inspire some to loosen imagination and to reach new heights  
Of course, if not named Mozart or Shakespeare, we should adjust our sights  
Some inspired by empathy and vowing to them being a better personality  
Others inspired to study harder enabling them to maximize their potency  
Inspiration may strike in a flash or stem from a book, a movie, or a class  
Or it may flow from conversation or in contemplation, it might come to pass  
In whatever modality insight is used, mankind is the recipient of the gain  
These phenomena are peaks of progress humans have managed to attain

Special talents have been inspired to the creation of masterpieces in their field  
As Mozart and Bach, musical greats, Shakespeare and Dickens, authors ideal  
Along with others, brought a bounty of beauty to mankind inspired by their art  
Performed in different venues with story dance often about affairs of the heart  
And statesmen such as our founding fathers fueled by the dream, of self- rule  
Inspired with new concepts of those being governed participating, a new tool  
While men of vision inspired to seek new paths towards economic opportunity  
Conceived an organized body of men working in tandem and sharing the  
bounty

So, Inspiration teamed with talent, organization and the using of-co-ordination  
Has played a major historic role in developing civilization to its current station



## About Memory Flashes By Jack Birnbaum

Memories come in multiple form, a flash, a scene, a story, but always a subject filled with emotion

It can concern loved ones as a family, friend, work related or a casual event triggering a notion

So, for a while I and you can share a scene, a part of history causing a smile, a laugh or a sigh

Not all memories, some may earn a snarl, a derisive snort, curses as the ones unpleasant, go by

As memories are stored in a vault of mind, they need a trigger to spring into minds eye  
A similar event or when one is relaxed and drifts into reverie it may induce a memory  
Of the many that I love let me advance a few to demonstrate why they mean so much to me

The look in my wife Rhoda's eyes after a visit on arrival by the director of Paul's Run, in welcome

Her eyes, after her stroke, wore anxiety and fear for life, now becalmed, upon arrival at home

But you promised, wailed my son at three from a window, as I, a student, left for work, to pay bills

A memory retained more than 60 years, a need for money broke my word, it me yet, chills

The depression years my mom and Dad, six days, ten hours a day labored to escape poverty

Only now can I see their sacrifices to shield me, my sister and I, to open the road of opportunity

Their intent was to attain dignity for themselves and for us, to attain both success and equality

The purchase of an automobile in 1941 was the epitome of dignity, a dream beyond expectance

About Memory Flashes by Jack Birnbaum continued

Then came friends Angelo and Tony like family, taught loyalty and respect for others, a must

And Walter who opened my mind to learn, its wonders, in a life-long quest for dignity and just

Rudy, Hyman, Jay, David and others, who awakened my zest for life and discovery of self  
My first wife Claire we struggled into adulthood grew apart, and sired 2 children, a lifelong wealth

My second wife Rhoda, love of my life, a mate, gave me another son, as I continued growth as a man

My younger sister Leonora, lifelong friend and confidant a great mom who had a career in hand

Then a journey to a career to make a better world through music, teaching, and finally social work

I assembled knowledge and experience in the journey, all being useful in social work, as a plus perk

Of the mountain of accrued memories of these years I will cite a few that yet cause me; them to remember

In a program for the elderly blind a 90 old bitter man sat in a group I, each day read the news to regularly

He complained events might cut benefits, affect his future and not till I reached 90, did I grasp his anxiety

He extended his cane denying pleas it to lower till one day as I read it came sliding down, to a shy smile of piety

With teenage schizophrenics, getting their attention difficult I noted their reaction as I strummed a guitar

A next day I brought a record of Strauss Waltzes as it played, they swayed making me a star

Directing a camp for the handicapped each meal I'd greet and joke with campers on dining entry

This day I broke an ankle, on crutches, a teenage camper said "That is too much empathy"

Serving as a negotiator in a NYC Prison riot a task not desired but one that was a necessity

About Memory Flashes by Jack Birnbaum continued

These precious memories serve to be a part of my persona and a historical pattern that gave form to my life

It, as well, is an opportunity to thank those who have me so enriched and to share it with residents in my life

## Love and Duty

By Jack Birnbaum

One would think there would be a schism twixt the actions of man when he is called forward, for both love and duty

There is however a synthesis called time, that calls each activity allowing a merger, to a third factor, call it beauty

Love, called the milk of kindness, comes in several forms, one is paternal, a filial love, one that bonds a family to love

Then there is passion, a strong exclusive love that rules a body, at times an ideal, to conform to be, as a worn glove

And now we reach for fraternal love a weave of a friend of man single, or in a group, inclusive, and to being often, widely strewn

Each form of love brings with it at least one and quite often a load of duties viewed as a symphony or too many, many, a tune

They may be designed to serve the one or a few, some cases small groups or multiple audiences they can be a full crew

So, today's modern men with many roles and relationships they grew to love, and as can expect there is a lot to do

Shared by Joy Lomas

From AARP Bulletin January/February 2022

## HOW GOOD IS YOUR MASK?

The Environmental Protection Agency and others have published research on masks and the percentage of COVID-size airborne particles they filter out. Two things matter most: the type of material and how well it fits your face. Surprisingly, medical procedure masks aren't especially protective unless they're modified to fit snugly across your face by twisting the loops around your ears or affixing them with clips or other devices. Here are the findings:

**80 to 95%**



N95 and KN95 masks

**74%**



Woven nylon mask with aluminum nose bridge and filter

**72%**



Surgical mask with ties

**60%**



Medical procedure mask, loops twisted around ears, corners tucked

**56%**



Woven nylon mask with aluminum nose bridge, no filter

**49%**



Cotton bandanna, bandit style

**45%**



Woven nylon mask, no bridge

**39%**



Medical procedure mask with ear loops

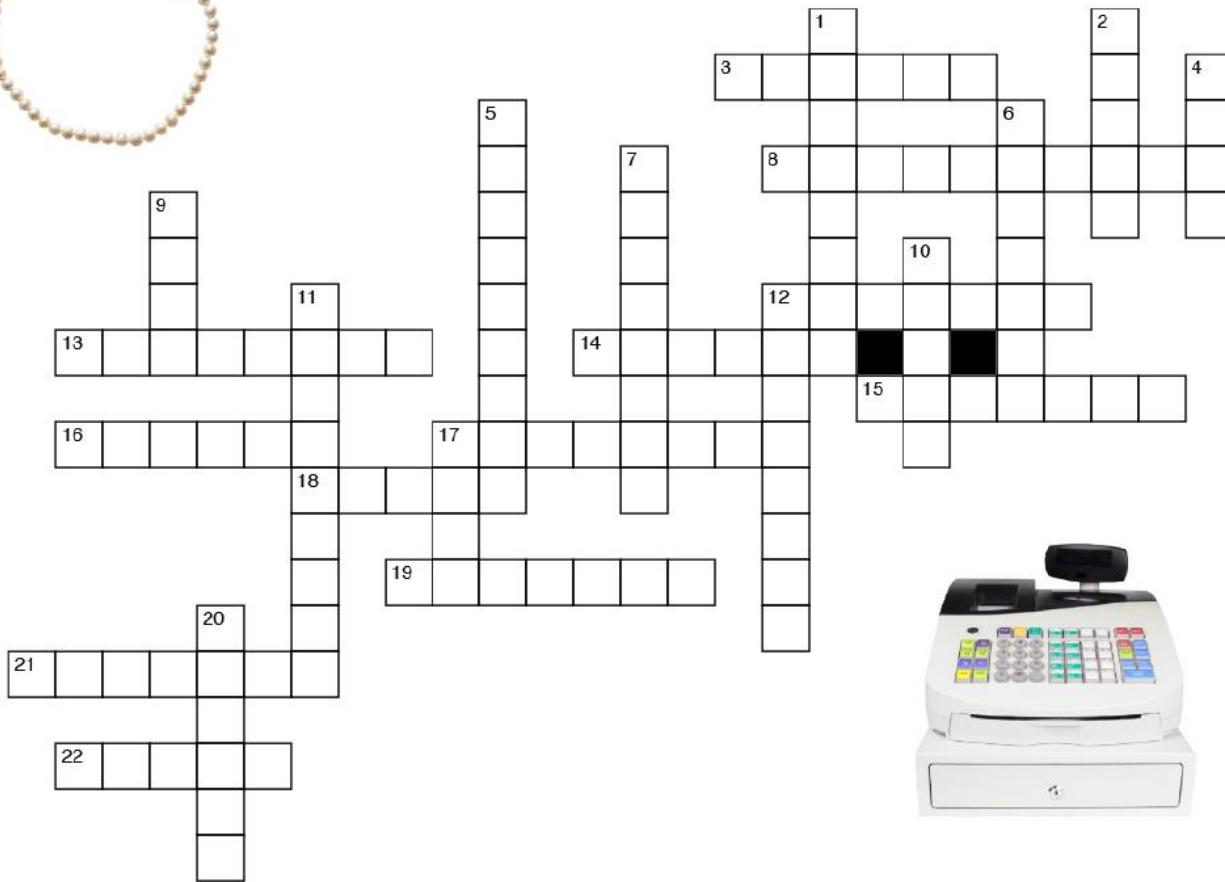
**38%**



Single-layer polyester gaiter

## Woolworths

Use the clues to fill in the crossword.



### ACROSS

3. Tees and button-down
8. Writing paper
12. Checkout employee
13. Section with sponges and bleach
14. Mascara, lipstick, etc.
15. State where Woolworth's began
16. Parking area
17. Price cup
18. Series of stores
19. Register output
21. Necklaces and such
22. Counter for an afternoon meal

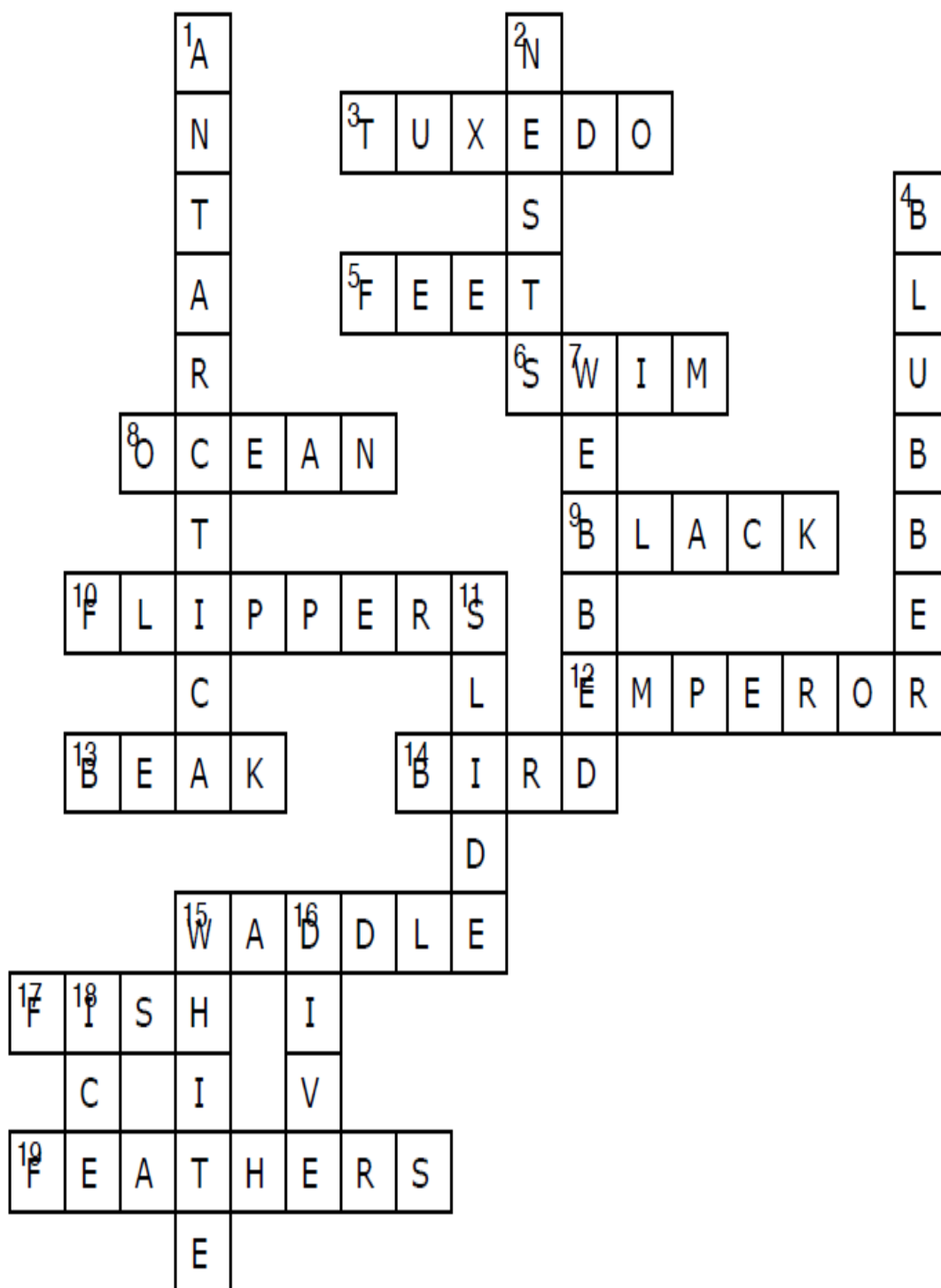
### DOWN

1. Present covering
2. Transactions
4. Kids' favorite section
5. Window display item
6. Stockings and socks
7. Stairs alternative
9. Department with household goods
10. Footwear
11. Lobby list
12. Shopper
17. Five-and-\_\_\_\_\_
20. Leisure pants



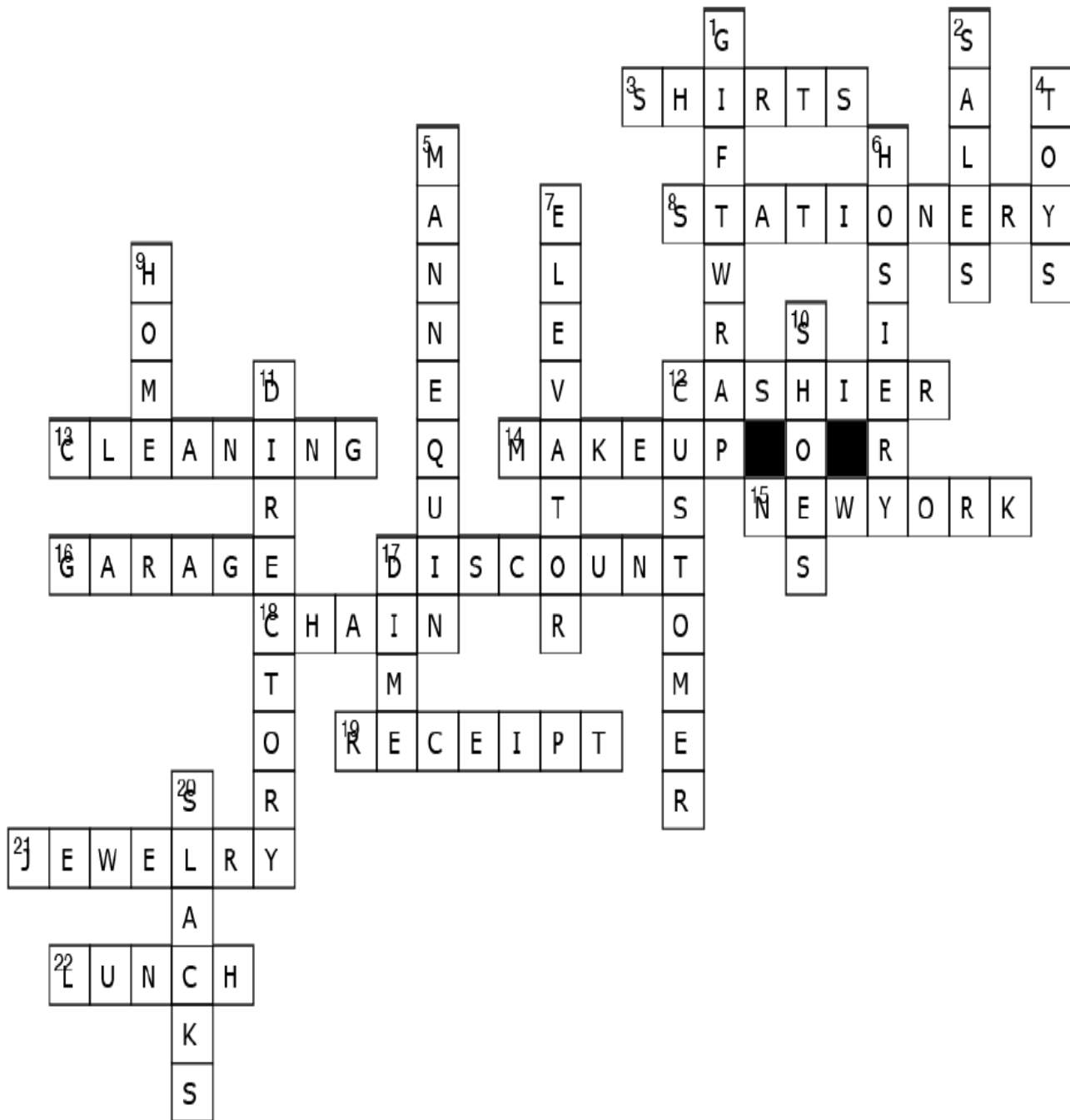
## Playful Penguins

(solution)



## Woolworths

(solution)





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## **THE GENERAL STORE HOURS OF OPERATION**

**MONDAY - FRIDAY  
10:30AM-3:30PM**

**SATURDAY -SUNDAY  
11AM-3:30PM**

## **FRIENDLY REMINDER**

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

**Thank You.**



**THE HOUSEKEEPING  
DEPARTMENT IS ASKING FOR  
YOUR COOPERATION IN  
MAINTAINING A SANITARY  
ENVIRONMENT FOR ALL OF  
OUR RESIDENTS.**

**REMEMBER TO WASH YOUR  
HANDS FREQUENTLY WITH  
SOAP AND WATER OR WITH  
HAND SANITIZER WHEN  
AWAY FROM SOAP AND  
WATER.**