

FEBRUARY RUNNER

*“Surely as cometh the Winter, I know
There are Spring Violets under the snow.”*

~ Robert Henry Newell, 19th-century humorist



Plant of the Month – Jasmine

Jasmine is a flowering plant that belongs to the olive family. This strong, sweet-smelling plant is revered the world over for its intoxicating scent. Jasmine thrives in tropical and warm temperate climates and is native to parts of Asia and Africa. Most jasmine plants are shrubs that grow 10 to 15 feet tall. There are also varieties in the form of flowering vines. Jasmine typically first blooms in spring. Each flower lasts only a few days, but the plant will remain covered in new batches of blossoms until late fall if it receives regular sunlight and water. Jasmine is a popular ingredient in



perfumes, lotions, soaps, shampoo, candles, and other products. The essence of jasmine is also used to flavor desserts, beverages, candy, and puddings. These gorgeous, white, bell-shaped blooms symbolize sensuality, love, purity, grace, and the divine. *Jasmine* is also a girl name that means “gift from God” in Persian.

Special Days

Groundhog Day

February 2

Super Bowl LIX

February 9

**Lantern Festival (end of
Chinese New Year)**

February 12

Galentine's Day

February 13

Valentine's Day

February 14

Presidents' Day

February 17

Flower – Violet



The violet is a popular plant with deep-purple petals. It is February's birth flower and also the state flower of Illinois, Wisconsin, New

Jersey, and Rhode Island. As frequently as it crops up in Greek mythology, it's a wonder the violet isn't the national flower of Greece. In the Victorian era, violets were significant. Purple violets meant “I'll always be true.” White and cream-colored blooms conveyed “Let's take a chance on love.” Even the heart-shaped leaves of the wild violet symbolize love.

Birthstone – Amethyst



Amethyst is a purple variety of quartz that ranges in color from pale to deep hues of purple. According to legend, amethyst received its enchanting purple hue from Dionysus, the Greek god of wine. Amethystos, a woman he was pursuing, refused his affections and prayed to the gods to remain chaste. The goddess Artemis thus transformed her into a white stone. Dionysus, who was humbled and inspired by Amethystos' purity, poured wine over the stone as an offering. As a result, the color of the crystals changed to purple.

The Animal in You: Birthday Critters

February 1–6: Dog

You are an extremely lovable, active person with a passion for life and a quick wit. You can be shy, but your curiosity and sense of humor know no bounds. You love to explore new things, but sometimes all you want is a little quiet time.

February 7–14: Dove

Your happy-go-lucky approach keeps you centered. Even when times get tough, you are upbeat and spread cheer wherever you go. You are a very good listener and are known to give good advice.

February 15–21: Turtle

A kindhearted individual, you make an effort to treat others with care and respect. You are a very generous person and expect nothing in return for your good deeds. You are also a superb host who loves making celebrations special.



February 22–28:

Panther

You are mysterious, calm, and easygoing, even when under pressure. You strive to do your best and always make lemonade out of lemons. Your friends know they can always rely on you to help them out.

Weather or Not

Legend has it that if the weather is fair and mild in January and at the beginning of February, there is more winter ahead than behind.

“If the cat lies in the sun in February, she will creep behind the stove in March.”

~ Weather folklore

February Zodiacs

Aquarius (The 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. With 28 days in common years and 29 days in leap years, it is the shortest month of the year. This month is also the only month with fewer than 30 days. February gets its name from the Latin word *februum*, which means “to purify.” The Romans purified themselves in February during *Februa*, a monthlong festival and ritual undertaken in preparation for the annual arrival of spring.

Honor Black History

February is Black History Month, a time to celebrate Black Americans and learn more about their accomplishments. From historical abolitionists Frederick Douglass, Sojourner Truth, and Harriet Tubman to modern greats Langston Hughes, Oprah Winfrey, and Jean-Michel Basquiat, take time to read a biography of some of the great Black Americans who have made our country great.

What's Lucky in February?

Lucky Color: Yellow
Lucky Animal: Cheetah
Lucky Letters: C and M
Lucky Day: Tuesday
Lucky Plant: Rose



February Birthdays

Clark Gable (actor) – February 1, 1901
Ayn Rand (writer) – February 2, 1905
Charles Lindbergh (pilot) – February 4, 1902
Mary Leakey (archaeologist) – February 6, 1913
Elizabeth Bishop (poet) – February 8, 1911
Thomas Edison (inventor) – February 11, 1847
Anna Pavlova (ballerina) – February 12, 1881
Jack Benny (comedian) – February 14, 1894
Michael Jordan (athlete) – February 17, 1963
Toni Morrison (author) – February 18, 1931
Amy Tan (author) – February 19, 1952
Helen Octavia Dickens (doctor) – February 21, 1909
Elston Howard (catcher) – February 23, 1929
Levi Strauss (inventor) – February 26, 1829



Happy February!

The past 4 weeks have been busy meeting with residents and staff to introduce myself and get acquainted. I hope in time to know everyone by name.

Many of you have shared concerns and provided feedback in the October 2024 Resident Satisfaction Survey regarding the Beauty Shop and the Wellness Clinic. In response to your input, we have decided to host re-launch events for each service, where the senior management teams of each company will present their offerings and hold a Q&A session with you. My team and I have been working behind the scenes with both PS Salon management and the Curana organization to enhance their services and improve your experience. These events mark the next step in addressing your concerns, introducing the services offered, and explaining what you can expect.

Sincerely,

A handwritten signature in black ink, appearing to read "Frank Beech", with a horizontal line extending to the right.

Frank Beech
Executive Director



PAUL'S RUN Dedication of Winter Snowflakes

With a grateful heart, we extend a special thank you to everyone who supported our Snowflake Campaign. Your gift to the Fellowship Fund for benevolent care brings warmth and comfort to residents needing help with their living expenses.

Snowflakes were dazzling Paul's Run:

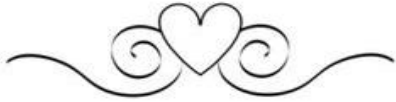
In celebration of **Rudolph Benkert**
In celebration of **Abraham Bonderow**
In honor of **Berta Bonderow**
In honor of **Frances DeBerardinis**
In celebration of **Norman Downey**
In honor of **Patricia Downs**
In memory of **Joseph Eden**
In celebration of **Anne Fitzpatrick**
In memory of **Bernice Fox**
In memory of **Mary Y. Johnson**
In celebration of **Eleanor Kuntz**
In celebration of **Ralph Larsen**
In celebration of **E. Margaret Larsen**
In celebration of **Samuel Levy**
In celebration of **Cecily Lucas**
In memory of **Isabella Neufeld**
In memory of **Paul Neufeld**
In celebration of **Shirley Nirenberg**
In celebration of **Ruth Oberg**
In honor of **Nina Orr**
In celebration of **Patricia M. Peteraf**
In honor of **Judy Pinnelli**
In honor of **Beverly Rubin**
In honor of **Margaret Sheedy**
Sisters of the Blessed
In honor of **Sacrament**
In celebration of **Robert Stiles**
In honor of **Margie Weinstein**

Dedicated by:

Mr. Anthony Benkert
Ms. Nina Bonderow
Ms. Nina Bonderow
Ms. Joann Pagett
Mr. & Mrs. Kevin W. Downey
Mr. Noah Barsky
Mrs. Susan Medoff
Ms. Megan McPoyle
Mr. & Mrs. Jeffrey Gordon
Mrs. Sally J. Gazzerro
Ms. Elizabeth M. Mancini
Mr. & Mrs. Robert Oberg
Mr. & Mrs. Robert Oberg
Mr. Bill Orchow
Mr. Gregory Smith
Ms. Leonora Gold
Ms. Leonora Gold
Ms. Cindi Zimmerman
Mr. & Mrs. Robert Oberg
Mr. & Mrs. Rickey Slocum
Ms. Rosemary Rau
Ms. Carolyn Pinnelli
Mr. & Mrs. Steven Sklar
Ms. Margaret Sheedy

Ms. Michelle Haitsch
Ms. Dorothy Stiles
Ms. Suzy McLurg





In Honor Of:

Norman Downey
By Mr. & Mrs. Kevin Downey

Carl & Ruth Marshall
By Gina Marshall

Paul's Run Staff
By Gina Marshall

In Memory Of:

Jeanette Frantz
By Ms. Robin Lazarow

Carl Marshall
By Gina Marshall

RESIDENTS' COUNCIL

Welcome to each of you. It is our hope that you will become more informed about Paul's Run Residents' Council. We are an elected group from the Paul's Run Residents' Association whose purpose is to communicate to management the interests and concerns of the community. We meet monthly so that topics of interest or concern for you may be addressed; i.e., forwarded to the appropriate staff member to take care of the matter.

Members of the Residents' Council are:

President: Sr. Pat Downs (A-230)

Vice President: Judy Summers-Gates (A-132)

Secretary: Sr. Anne Kelly (A-207)

Members at Large: Sr. Laura Cavanaugh (A-306) for A Building
Charlotte Fenzil (A-142) for A Building
Pat Schuyler (B-101) for B Building

Co-Chairs Food Committee: Sr. Carole Eden (A-109)
Camille Coccozza (A-148)

Chair Library Committee: Camille Coccozza (A-148)

Chair Garden Committee: Pat Suchyler (B101)

Chair Floor Ambassadors: Tamara Marcus (A-418)

THANK YOU!

We would like to thank our residents for their generous contributions made to the **Employee Appreciation Fund**. Employees were grateful for what they received and expressed gratitude to all of the residents for making this possible.

As a Council, we are always seeking residents to volunteer to work on the various committees sponsored here at Paul's Run. We are in the process of beginning a new committee called the **Environmental** Committee which will, among other things, deal with recycling – an important issue in helping to keep our planet green. If you are interested in joining this committee, please get in touch with any member of the Council.

Council members are always available to hear from you and want to hear from you. Please feel free to go to any member listed above to share your interests/concerns. Again, let us hear from you. Together we can help make Paul's Run a better community for everyone.

Submitted by: Sr. Anne Kelly – Secretary

DO YOU HAVE TROUBLE READING DUE TO CONDITIONS LIKE MACULAR DEGENERATION, RETINOPATHY, STROKE OR GLAUCOMA? GET BACK TO READING AGAIN!

There is a TOTALLY FREE program from the Library of Congress that can deliver unlimited audio and large print books right to your smart phone, tablet, computer or mailbox!

The program is run via regional libraries in all 50 states & U.S. territories. There are 2 regional libraries in Pennsylvania - the Library of Accessible Media for Pennsylvanians (LAMP) located in Philadelphia & Pittsburgh.

There is a short application form to submit where you indicate what types of books you would like to receive & how often and whether you want audio, large print or both. If you choose audio books, you will automatically receive an easy to use digital book player that is yours to keep on indefinite loan for as long as you remain a LAMP library patron. The Library of Congress has more than one million titles in its holdings and new titles are added daily including up to the minute releases! LAMP has a monthly bookclub that you can join via phone or Zoom at no charge. Paul's Run's bookclub selects titles available from LAMP so there aren't any barriers to participation for any resident.

Interested? Meghan McGillian has applications and she will sign you up and submit them to LAMP for you. Once you receive your first books & player, Judy Summers-Gates and Camille Coccozza are available to show you how to get started. The players have adjustable volume levels that can comfortably accommodate hearing loss & can operate on rechargeable battery power or with a built in power cord.

LAMP staff will be doing an on-site presentation at Paul's Run at a future date so stay tuned for more details.

Valentine Hearts

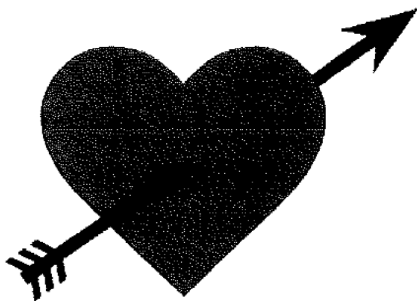
It's coming, before you know it, it will be here.
It is a day of affection, a day that lovers revere.
I remember this day, the day I proposed
She was not in a dream; she was my delicate rose.

I gave my love, and my heart to her, and she took it.
Our affection just grew and grew, it did not quit.
But this holiday is not mine, it belongs to all lovers.
It works best when each shares love with the other.

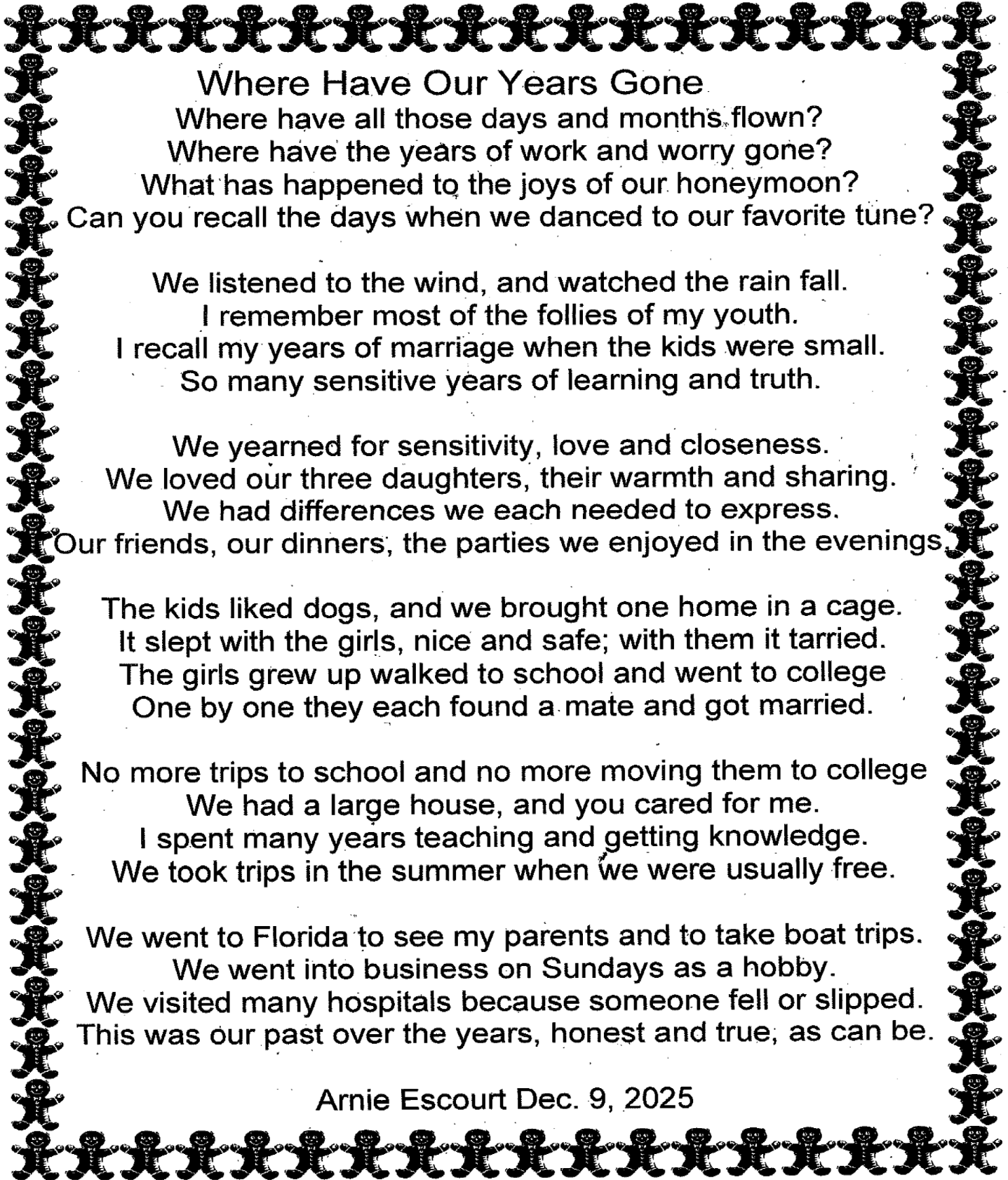
Cupid's aim is bad, anyone could get hit or missed.
Puppy love was an age when someone got kissed.
But misfortune is part of the maturation situation.
And when the love bug bites, that fixes the equation.

The process often continues with diamonds and rings.
At their wedding, there is someone who always sings.
Gowns and tuxedos are planned for that day.
Both have exciting thoughts of love and play.

With consideration and understanding how love goes on.
Then the kids arrive, they stay and poof they are gone.
In our senior years, love is even more needed.
If the pair is still together, true love has succeeded.



Arnie Escourt January 2025



Where Have Our Years Gone

Where have all those days and months flown?
Where have the years of work and worry gone?
What has happened to the joys of our honeymoon?
Can you recall the days when we danced to our favorite tune?

We listened to the wind, and watched the rain fall.
I remember most of the follies of my youth.
I recall my years of marriage when the kids were small.
So many sensitive years of learning and truth.

We yearned for sensitivity, love and closeness.
We loved our three daughters, their warmth and sharing.
We had differences we each needed to express.
Our friends, our dinners, the parties we enjoyed in the evenings

The kids liked dogs, and we brought one home in a cage.
It slept with the girls, nice and safe; with them it tarried.
The girls grew up walked to school and went to college
One by one they each found a mate and got married.

No more trips to school and no more moving them to college
We had a large house, and you cared for me.
I spent many years teaching and getting knowledge.
We took trips in the summer when we were usually free.

We went to Florida to see my parents and to take boat trips.
We went into business on Sundays as a hobby.
We visited many hospitals because someone fell or slipped.
This was our past over the years, honest and true, as can be.

Arnie Escourt Dec. 9, 2025

Waiting

One of life's annoyances is wasting time for no good reason. We always think there are things to do that are more pleasing. Some of us are at an age where we often need to see a doctor. We wait and wait whether the problem is major or minor.

This is usually true no matter which medical problem you have. They have magazines or the tv to watch so we sit and behave.

Waiting for the bus is no fun, will it come or go on time?

The situation is even worse if it is hot, rains, or snows, it is a crime.

Shopping can be fun but the lines, or no one to manage the sales.

Returning a guaranteed item is an annoyance that is not real.

Taking your car in for inspection or repairs can take hours.

Or go to a florist to pick out your desired colors of flowers.

For some ununderstood reason, so many of us are in a hurry.

How they drive to and from work causes me to worry.

We rush around quickly and then we must wait.

What is their anticipation, what do they intend to celebrate?

Pregnant women must wait about nine months to deliver.

The anticipation and waiting are not so easy for the father.

Sailing can vary by time and place for a voyage

Leaving the U.S.A. may involve reviewing or learning a language.

Lingering, expecting, or waiting are not easy for most of us to do.

We do not like to waste hours of our time, which is

When you reach an age to quit work and retire.

You begin to realize that having spare time can be a desire.



Arnie Escourt Jan, 2025

A Little Drop of Water

Picture a drop of water from an eye dropper
One could say it is insignificant.

But that drop of water contains a multitude of molecules
Each molecule contains two atoms of Hydrogen and one of Oxygen.

Picture three glasses of water
One with tea leaves, one with coffee grinds and the last with chocolate.
If the temperature is quite hot you will have three hot drinks.
When you stir them a bit you have three mixtures.

Now let us put that drop of water outside, nothing much.
Now put many drops and you have rain.
If the temperature is quite cold, we have snow or sleet.
If they get layer after layer, we will have lots of work, or a glacier.

After quite a lengthy period the glacier will grow and move.
Large chunks of it will fall into the freezing water and become ice bergs.
If you live in a cold area the lakes will freeze quite deep.
In yesteryears that ice was cut up into large blocks to be used in ice boxes.

The ice man came to our apartment and delivered the ice to the ice box.
But since the forties, we have invented the refrigerator to keep things cold.
The refrigerator will deliver chipped ice into a glass by touching a button.
And if you like Ice cream, you can store it in the freezer.

Thus, if you now review that drop of water, it is no longer insignificant.
It can become the basis of various drinks or grow into a deadly iceberg.

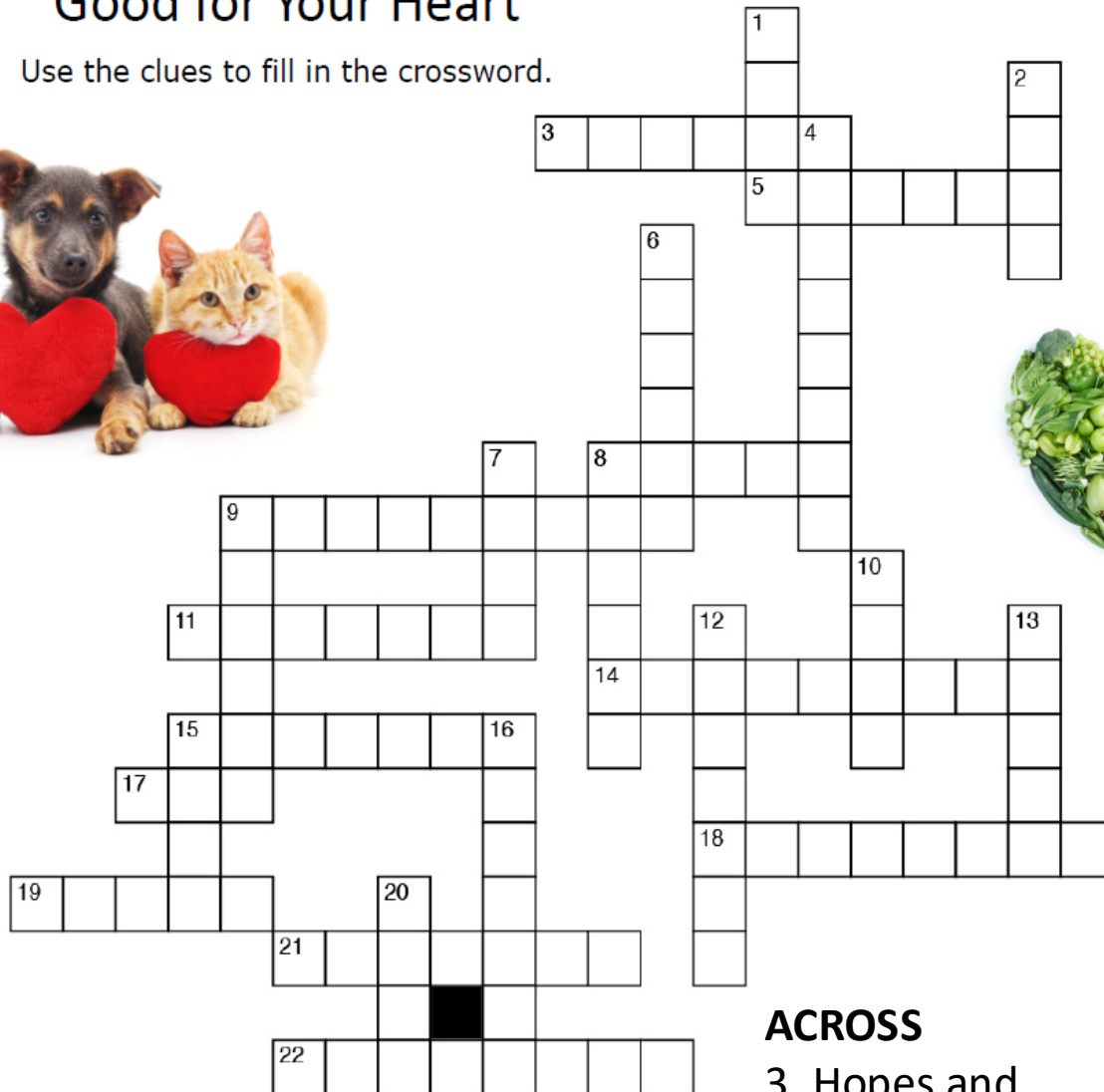
Water is a major nutriment to our plants, bushes, and trees.
And best of all, water is a needed substance used by all humanity.

Arnie Escourt Feb. 7, 2025



Good for Your Heart

Use the clues to fill in the crossword.



DOWN

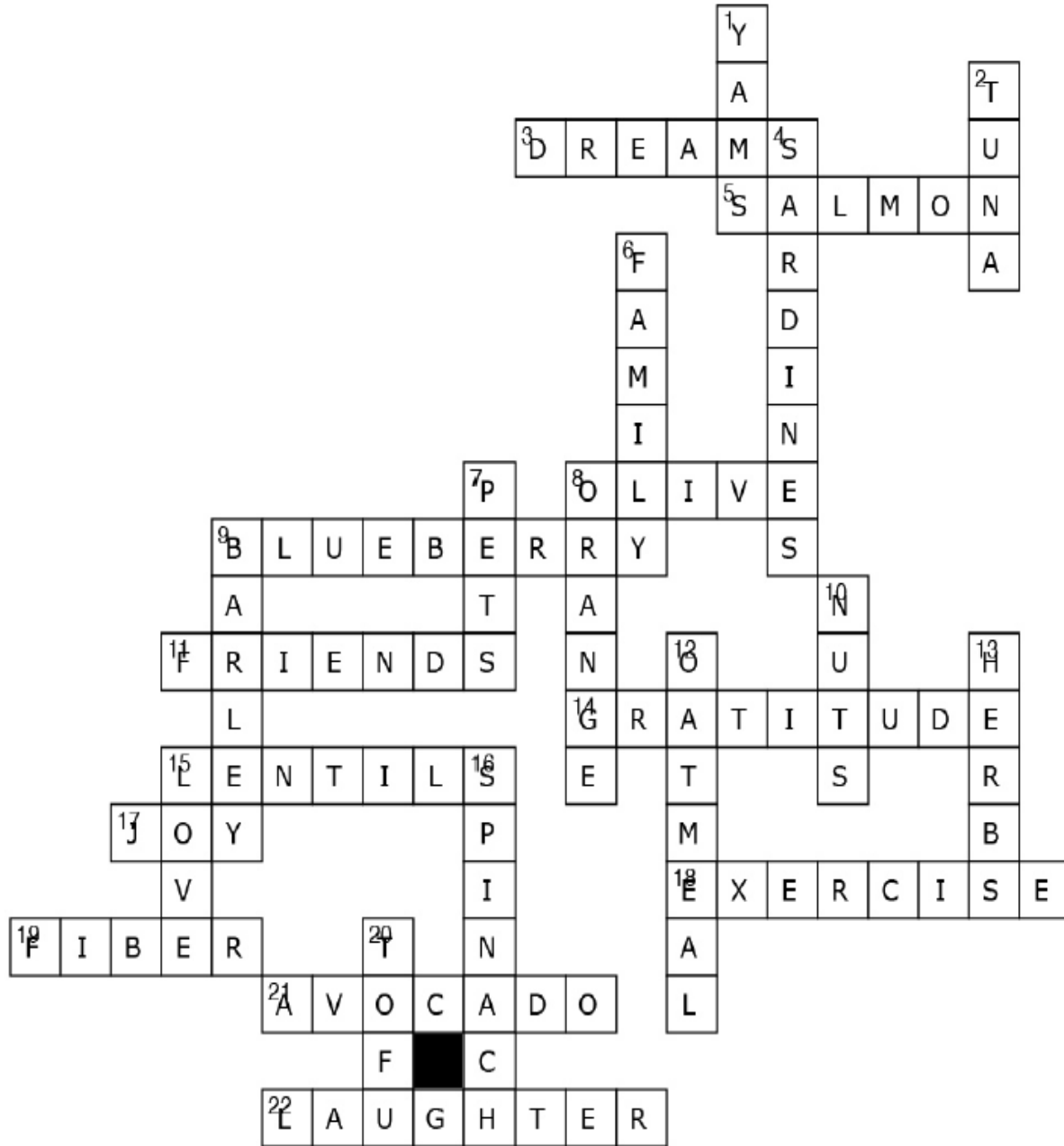
1. Sweet potatoes
2. Sandwich fish
3. Tightly packed canned fish
4. Reunion group
5. Four-footed friends
6. Citrus fruit
7. Grain in some soups
8. Almonds and pecans
9. Porridge
10. Rosemary and thyme
11. Affection
12. Green leafy veggie
13. Soy product

ACROSS

3. Hopes and _____
5. Sockeye, for one
8. Extra-virgin oil
9. Muffin fruit
11. Group to hang out with
14. Thankfulness
15. Soup legumes
17. Great happiness
18. Hit the gym
19. Bran benefit
21. Green fruit with large pit
22. It's known as the best medicine

Good for Your Heart

(solution)



CLASSIFIEDS

February 2025

MAIL ISSUES

RESIDENTS ARE ASKED TO RETURN TO THE RECEPTIONISTS ANY MISDIRECTED DELIVERY FROM THE UNITED STATES POST OFFICE.



THE RECEPTIONISTS WILL ASSURE IT IS RETURNED TO THE POSTAL WORKER FOR DELIVERY TO THE CORRECT RECIPIENT



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**THE GENERAL STORE
HOURS OF OPERATION**

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

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



**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.**



A Request from
Maintenance:

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about

**FRIENDLY
REMINDER**

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

Thank You