

LOVE Makes the World Go 'Round

Dear Friends:

With this being February, which is both Healthy Heart Month and the home of St. Valentine's Day, it got me thinking about one of the great romantic comedies in the history of the movies: "When Harry Met Sally."

That's because the underlying message of that incomparable film seems so relevant to those celebrations. Indeed, amid all the laughter – the "I'll have what she's having" scene in New York's legendary Katz's Delicatessen may be one of the most brilliant and hysterical of all-time – "When Harry Met Sally" was about **LOVE**.

It has long been said that "LOVE is what makes the world go round," to which the illustrious English poet Elizabeth Barrett Browning added, "LOVE is what makes the ride worthwhile."



Knowing that our actions make a positive impact on the world can lead to a heightened sense of fulfillment and direction. This sense of purpose has been linked to increased life satisfaction and even longevity.

I couldn't agree more with both sentiments, but I would add that "LOVE is what makes LIFE tick. It's at the very heart of who we are, and what we do!"

Consider that it is our collective **LOVE**, which we beautifully express through our amazing charitable support, that fills the hearts of countless thousands of individuals – the voiceless and most vulnerable of our society, here in Palm Beach and beyond. Indeed, our kindness saves the lives of Veterans suffering from PTSD and the other invisible but permanent wounds of war by providing them with Certified Service Dogs through the Pups4Patriots initiative, one of the myriad programs on which LIFE and American Humane Society partners. That's the absolute personification of the phrase "unconditional love."



The beloved movie "When Harry Met Sally" strikes a chord with all of us because it is all about **LOVE**, just like LIFE's Lady in Red Gala.

And our LOVE, our largesse, benefits children across the tri county region whose vision impairments make it impossible for them to read and learn properly, by giving them free vision screenings and prescription glasses through Lois' Vision4Kids, our program at Bascom Palmer Eye Institute. To paraphrase the hit Johnny Nash tune "I Can See Clearly Now"....that the letters on the iconic eye chart must be spelling out L-O-V-E.

Finally, our LOVE, our generosity, results in countless dogs, cats and other pets from low-income families, as well as animals who have been victimized by extreme weather catastrophes and severe abuse situations, all being able to receive free health and medical care – from check-ups to spaying, neutering, radiological exams and even surgeries – thanks to the Lois Pope Pet Clinic at Tri County Animal Rescue. When we hear a bark or a meow coming from the clinic's walls, it is the dogs and cats saying, "Thank you; we love you, too!"

Since it is Healthy Heart Month you should also know that our LOVE, our munificence, also benefits us physically and emotionally. Indeed, giving to LIFE and charity in general is good for our heart, not to mention our brain and the rest of our body.

In fact, numerous studies have found that charity makes a person feel good by triggering the brain's reward system, releasing "feel-good" chemicals like dopamine and endorphins, reducing stress hormones, boosting self-esteem, and providing a sense of purpose and happiness, which is often called the "helper's high." Research also shows giving to others can be more rewarding than spending: it provides a sense of purpose in one's life. Knowing that our actions make a positive impact on the world can lead to a heightened sense of fulfillment and direction. This sense of purpose has been linked to increased life satisfaction and even longevity.

In the end, the act of giving truly is a gift both to the beneficiaries and to ourselves – it's the gift of LOVE!

With Thanks – and Love Always,





LIFE's 32nd Annual Lady in Red Gala is sold out, but you can still share the LOVE.

LIFE's 32nd Annual Lady in Red Gala is completely sold out, and we are deeply grateful for the overwhelming support. Yet the heart of LIFE's work extends far beyond one unforgettable evening. The love celebrated at the Gala lives on every day—through service dogs placed with veterans, healthy meals provided to food-insecure children, vision care for students in need, and lifesaving medical care for vulnerable animals.

If you are unable to attend the Gala, you can still make a meaningful impact. A tax-deductible donation ensures that LIFE's programs continue to reach those who depend on them most. Your generosity helps transform compassion into action—today and throughout the year.

Let your love lead the way to LIFE.

Your gift today helps ensure that compassion, care, and hope reach those who need it most.

Donate now by visiting: www.life-edu.org/donate



COME TO LIFE'S
MASQUERADE BALL

AT THE 32ND ANNUAL

LADY IN RED GALA

**SATURDAY,
FEBRUARY 7, 2026**

**6PM
THE BREAKERS PALM BEACH**

SOLD OUT!

EXTRAORDINAIRE
ARTA RUDNER

Guests will also enjoy the Palm Beach Symphony performing Broadway hits during cocktails, a gourmet dinner, a towering ice cream sundae dessert, and dancing to music by the Legends Band.

Reserve your tables and sponsorships early for what is always THE social philanthropic event of the entire Palm Beach season!

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