



Angel's Touch Assisted Living * 1350 Angel's Path, 394/400 Angel's Touch Court
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Celebrating February

Groundhog Day

February 2

Entertainer Brad

1:00 PM, 394 Building

February 2

Entertainer Tom

2:00 PM, 1350 Building

February 5

XXIII Winter Olympics

February 9–25

Entertainer Daniel

2:00 PM, 400 Building

February 12

Valentine's Day

February 14

XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games. These Winter Games are sure to offer both sport and spectacle.

Where Music Meets Medicine



You may have heard of the healing power of music, but have you heard of sound healing? This is the belief that sound, music, and chants can heal the sick. Skeptical? Try listening to the beats for yourself on February 14, the 16th annual World Sound Healing Day.

People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees, and singing crickets are easy to summon on bedside clocks and electronic devices. But true sound healing is an ancient form of medicine. Many different cultures have used the power of sound to restore health and relieve pain. Chanting, the deep vibrations of an Aboriginal didgeridoo, gongs, Tibetan singing bowls, tuning forks—all of these tools produce deep, resonant sounds typical of a sound healing, or sound therapy, session. But do they really work?

While music is a known de-stressor, there are no studies that demonstrate definite health benefits of sound therapy. But patients who feel a release from both physical pain and emotional stress beg to differ, as do sound healers. Some healers explain that sound vibrations are not just heard but felt in ways that lower heart rate, relax brain wave patterns, and reduce respiratory rates. Other healers claim that they can tune instruments such as gongs to the vibration of planet Earth and other celestial bodies. A good gong emits a healing energy wave that can stimulate all the cells and nerves in the body. If sickness is due to the body's frequencies being out of tune, healing vibrations restore these frequencies to balance. Still others explain that, like acupuncture, sound therapy unblocks and redirects the energy throughout the body.

When it comes to the power of sound healing, theories abound. Perhaps the best way to think about sound healing is that it is akin to the power of prayer. Jonathan Goldman, director of the Sound Healers Association, believes that vocalizing what you want a sound to accomplish can help you heal yourself and others.

February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Charles Lindbergh (pilot) – February 4, 1902
Hank Aaron (ballplayer) – February 5, 1934
Thomas Edison (inventor) – February 11, 1847
Susan B. Anthony (activist) – February 15, 1820
Michael Jordan (athlete) – February 17, 1963
George Handel (composer) – February 23, 1685
Levi Strauss (inventor) – February 26, 1829

Resident Birthdays

Frank – February 3
Joe – February 14
Bea – February 18
Helen – February 19

From the Activity Directors Desk

The New Year started off on a pretty cold note. Hopefully February will bring warmer temperatures. This month is quite busy with Groundhogs Day, Winter Olympics, Valentine's Day, Mardi Gras, and President's Day. Check the calendars by the door for special activities pertaining to these days. Only a few months until we can start doing outings again.

This month we are making Cherry Chocolate Shortbread for our cooking class and a Beaded Heart Suncatcher for our craft. Family members are more than welcome to attend, just let Kassie know so we can get enough supplies.

Any questions or suggestions feel free to contact Kassie at (920) 412-6224 or kassie@angelstouchcbrf.com.