



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

New Beginnings Month

New Year's Day

January 1

Someday We'll Laugh About This Week

January 2–8

Bobblehead Day

January 7

Entertainer Jacks Piano

1:00, 400 Building

January 12

Martin Luther King Jr. Day

January 18

Entertainer Bob's Keyboard

1:00, 394 Building

January 20

Entertainer Eddies Country Guitar

10:30, 1350 Building

January 27

A New Day in History

The first recorded celebration of the new year was in Mesopotamia in mid-March 2000 BC—the beginning of spring during the vernal equinox. The early Romans, whose calendar had just 10 months (March through December), also picked March as the start of the new year. However, ancient cultures such as the Egyptians, Phoenicians, and Persians commemorated the new year with the autumnal equinox in mid-September. And the Greeks chose the winter solstice, in mid-December, for their New Year's celebration.

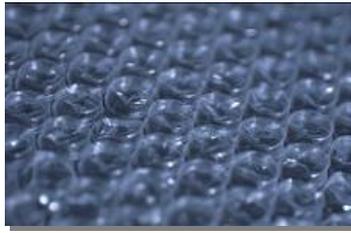
Around 700 BC, the second king of Rome, Numa Pompilius, added the months of January and February to the Roman lunar calendar. But it wasn't until about 153 BC that January 1 was celebrated as the first day of the new year. Historians say this was because January 1 was the day that newly elected Roman consuls began their one-year term in office. However, many people throughout the Roman Empire continued to mark March as the start of the new year.

Finally, in 1582, Pope Gregory XIII reworked the calendar again, and January 1 officially became New Year's Day. Most Catholic countries adopted the Gregorian calendar right away, but not everyone was quick to jump on the change. Protestant countries such as Great Britain, for example, did not adopt the reformed calendar until 1752. Until then, the British Empire—and its American colonies—still celebrated the new year in March.

For many people these days, the new year begins when the lighted metal ball on the roof of New York City's One Times Square "drops" down a flagpole. The ball drop countdown begins at 11:59 p.m. and ends at exactly 12 a.m. on January 1. Nearly a million people gather around Times Square to watch it happen, and as many as a billion more watch it on television. America isn't alone in its New Year's celebrations. People worldwide gather the evening of December 31 and continue celebrating through the night into New Year's Day.

Deflating News

All those who love the sensation of popping bubble wrap can hardly wait for January 25 to arrive, Bubble Wrap Appreciation Day. Why on earth do so many of us insist on popping those tiny little bubbles? Professor of Psychology Kathleen M. Dillon believes that the answer stems from the power of touch.



In ancient Greece, it was common for people to carry a smooth stone called a “fingering piece” or “worry bead” in their pockets. Touching or petting the stone created a calming effect. These stones, Dillon observes, are similar to Catholic rosary beads or needlework projects like embroidery or knitting in their ability to calm the mind. Dillon even went so far as to conduct experiments on her students using sheets of bubble wrap. As it turns out, students who popped the bubbles were more relaxed and more focused than those who did not pop. She concluded that releasing muscle tension in the hands reduces stress from the rest of the body.

Alas, the *Wall Street Journal* reports that Sealed Air Corp., the maker of bubble wrap since 1957, is changing its bubble wrap design. This means its bubbles will no longer pop when squeezed. The new wrap comes in smaller flat-rolled sheets—uninflated and more efficient for storing, which retailers inflate as a sheet when ready to ship. Once inflated, the new wrap also requires less space, meaning shipped boxes can be smaller and cost less to ship.

But this won't be the end of bubble wrap as we've known it. “Breathe! It's going to be okay,” Sealed Air tweeted in October. “We still make the kind that pops, too. #WeWontStopthePop” And that's good news for people like April Holliday, member of an online group called “Popping Bubble Wrap.” She loves the material so much she has wrapped herself in a blanket of it for parties. And if a recent YouTube video is any indication, even raccoons would be sad to see the pop go out of bubble wrap.

January Birthdays

In astrology, if you were born between January 1st and 19th, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multi-taskers and politicians. Those born between January 20th and 31st are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Some of note:

Soupy Sales (comedian) – Jan. 8, 1926
Robert Stack (actor) – Jan. 13, 1919
Ethel Merman (singer) – Jan. 16, 1908
Oliver Hardy (comedian) – Jan. 18, 1892
Dolly Parton (singer) – Jan. 19, 1946
Neil Diamond (singer) – Jan. 24, 1941
Oprah Winfrey (host) – Jan. 29, 1954
Jackie Robinson (ballplayer) – Jan. 31, 1919

Resident Birthdays

Joyce J. – Jan. 9
Mina D. – Jan. 22
Sylvia B. – Jan. 29

From the Activity Directors Desk

Happy New Year! If you are looking for a new year resolution let me suggest volunteering. Here is a list of opportunities we have available.

Wednesday night manicures
Bingo or Craft group helper
Pet Visits with your pet
(shot record required)
Lead a monthly Bible Study group
Create shadow boxes filled with memories for individual residents

This is just a few ideas and we are open to any other suggestions you may have. If you are interested in volunteering with us please call Lena at 920-680-2420.