



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

Entertainer Carrie
2:00 PM, 1350 Building
October 2

Columbus Day
October 9

Entertainer Tom E.
1:00 PM, 400 Building
October 10

OTIS Youth Group
1:00 PM, 1350 Building
October 21

Entertainer Daniel
2:00 PM, 394 Building
October 23

Halloween
October 31

Go Nuts for Squirrels in October

Squirrels will be busy throughout October burying nuts in the ground in preparation for the long, cold winter. No wonder October is both Squirrel Awareness Month and Nut Month. Nuts such as acorns, hickory, pecans, and black walnuts are the most important part of a squirrel's diet, for they give the squirrel the protein and fatty acids they need to survive. But the truth is that squirrels, like humans, require a balanced diet to stay healthy. They may love nuts, but they also need to eat berries, seeds, young plants, and even insects to get the nutrition they need. Like humans, squirrels also sometimes don't realize that too much of a good thing could make them sick. Many squirrels adore peanuts, but peanuts can harbor a fungus in their shells that is poisonous to squirrels.

These furry critters, often seen scurrying up and down trees in the backyard, are easy to take for granted. Yet the squirrel is a highly adaptable animal; there are 285 different species located all over the world. Tree squirrels, such as North America's eastern gray squirrel, play an important role in forest regeneration. The gray squirrel often eats damaged seeds and nuts first and stores the best seeds to eat later. Burying these seeds gives hardwood trees a greater chance to thrive. With a 17-inch body and a 20-inch tail, the Indian giant flying squirrel is impressive for its size and has the ability to soar up to 300 feet. These squirrels do not really fly but glide on thin membranes of skin that are attached to their front and hind legs like a parachute. Ground squirrels, including marmots, woodchucks, and prairie dogs, have evolved to live outside of forests, instead digging vast underground burrows in mountains and grasslands. These species, unlike their tree-dwelling cousins, are also highly social and communicative. The next time you watch the silly acrobatics of these backyard visitors, take some time to appreciate how squirrels have been able to find success in habitats all over the world.

Light and Prosperity



Diwali, India's most important holiday of the year, begins on October 19. The Diwali story differs depending on where in India you live. In the north of India, it celebrates the return of the warrior prince Lord Rama to the ancient city of Ayodhya after he defeated Ravana, the king of the demons, by lighting rows of clay lamps. Southern India celebrates it as the day Lord Krishna, the god of love and compassion, defeated the demon Narakasura. In Western India, Diwali marks the day that Lord Vishnu, one of Hinduism's main gods, the Preserver of all earth from destruction, sent the evil King Bali, who had conquered the heavens, to rule over the underworld. Each of these three stories highlights the most important lesson of Diwali: the victory of good over evil and of light over darkness. This is why Diwali is known as the Festival of Light.

There is another key piece of Diwali. It originally coincided with the last harvest of the year before the onset of winter and darkness. On this day, farms and businesses begged for blessings from Lakshmi, goddess of wealth, for the new financial year. This is why the day after the last day of Diwali is still considered the beginning of the new fiscal year for all businesses in India.

Diwali lasts for five days. Families typically spend the first day cleaning the house and honoring Lakshmi, the goddess of wealth, by buying gold, silver, and other luxury items. That night, the ritual lamps are first lit. On the second day, families decorate the floor of their homes with colorful patterns made of sand and powder called *rangoli*. The designs reflect local traditions and beliefs. The third day is the main holiday, Diwali night, and falls on the darkest night of the new moon. Lamps are lit and doors are opened to encourage Lakshmi to enter. Friendships are celebrated, sweets are shared, and fireworks are set off. The fourth day is a celebration of marriage, and the fifth day is a celebration of brothers and sisters, a way of strengthening family ties. At the end of Diwali, the lights may go out, but the darkness is conquered.

October Birthdays

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts.

Resident Birthdays

Nancy J. – October 4
Bill H. – October 17
Nancy B. – October 20
Norm J. – October 22
Mary H. – October 29
Agnes W. – October 31

From the Activity Directors Desk

This month we have a new youth group called OTIS that will be coming in and doing Halloween crafts with us on October 21 at 1:00 PM in the 1350 Building. We will also be handing out candy to the children on Halloween.

With the holidays coming up we are starting to plan our holiday events. Dates and times will be posted on the doors in each building. Please keep a look out as reservations will be required.

Due to managements travel plans the Christmas decorations will be up in November this year. We apologize for this but unfortunately this year it is unavoidable.

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