



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

Entertainer Daniel
Building 3 2:00 PM
February 1st

Groundhog Day
February 2nd

Valentine's Day
February 14th

Entertainer Carrie
Building 2 1:00 PM
February 17th

President's Day
February 20th

Entertainer Eddie
Building 1 2:00 PM
February 23rd

Chinese New Year
February 28th

A Season of Fasting and Forgiveness

February is an important month in the religious calendar. February 12 brings Septuagesima Sunday, the start of the pre-Lenten season. The word *Septuagesima* derives from the Latin word meaning "seventieth," which marks the 70 days before Easter. In many countries around the world, this day heralds the start of modern-day Carnival. Yet before the wild and costumed revelry of Carnival became commonplace, this long period leading up to Lent and Easter was called Shrovetide.

The term *Shrovetide* comes from the term *shrive*, which means "to hear confessions." During the days of Lent leading up to Easter, people are supposed to go to confession, where the priests shrive—or listen to—the confessors, forgive them their sins, and offer penance. In many ways, it makes sense that Carnival grew from the Shrovetide traditions. After all, Carnival is a time of wild and reckless merrymaking, with many revelers accumulating sins. Revelers could then confess their accumulated sins and be forgiven in time for Lent.

The Lenten season not only focuses on confession but it is also a period of fasting. The term *Carnival* derives from the words *carne levare*, meaning "to remove meat," signaling this traditional Lenten dietary prohibition. Most people are familiar with the term *Mardi Gras*, meaning "Fat Tuesday," which falls the day before Ash Wednesday, the first day of Lent. Few are familiar with the other name of this day, Shrove Tuesday, or with the other name of this day, Pancake Tuesday. As the last day before the fasting season of Lent, Shrove Tuesday is the traditional day to gorge oneself on the rich and fatty foods forbidden during Lent, such as pancakes. Spain calls this day the *día de la tortilla*, or omelet day, and many celebrate by eating omelets made with sausage and pork fat. Of course, all indulgences come to an end on Ash Wednesday, when Lent, fasting, and penance begin in earnest.

Short and Sweet

Why is February Haiku Writing Month? The answer is length. The shortest month has been dedicated to the shortest form of poetry. Haiku's alternating pattern of 5-7-5 syllables, over three lines, has made this form of Japanese poetry both easily recognizable and often practiced. Each day during the month of February, you are encouraged to compose a haiku.



The Japanese poet Basho, born in the 1600s, the son of a samurai, is credited with establishing and popularizing the haiku form. Basho learned that the best way to capture life through poetry was with humble and unpretentious images of everyday life. He honed his observations and techniques by living a largely solitary life filled with spiritual suffering and restless wandering. Simple and poignant imagery became the hallmark of Basho's style and is today central to writing haiku.

Most know haiku for its three lines and syllable pattern. Basho himself did not always follow this structure. It is important not to put too much emphasis on syllables and miss the true essence of haiku. Here is perhaps Basho's most famous haiku. Notice how it does not conform to the 5-7-5 syllable pattern:

*An ancient pond,
the frog leaps:
the silver plop and gurgle of water.*

The poem is void of simile and metaphor. It has no fancy adjectives or adverbs. It describes a simple act of nature in a straightforward way that engages the senses. We see and hear the frog in the water of a pond. If you would like to write haiku, perhaps the best way to begin is to find a quiet spot to sit and notice the world around you. What does it look, sound, feel, smell, or taste like? Record these observations with simple language in three lines. Even try following the 5-7-5 syllable pattern. The world may come into focus as more simple and beautiful than before.

February Birthdays

Sherman Hemsley (actor) – February 1, 1938
Jules Verne (author) – February 8, 1828
L.L. Bean (outdoorsman) – February 13, 1873
Sonny Bono (singer) – February 16, 1935
Michael Jordan (NBA star) – February 17, 1963
Vanna White (hostess) – February 18, 1957
Elizabeth Taylor (actress) – February 27, 1932

Resident Birthdays

Leola A – February 9
Ed W – February 10
Bea H – February 18
Helen M – February 19
Karen S – February 19

From the Activity Directors Desk

The new year started on a very cold note, hopefully February will bring us warmer temperatures. We are planning a bowling outing for this month so hopefully the weather is in our favor.

Just a reminder, we do place shadow boxes by each resident's room. They already have each residents name on them, but feel free to decorate them how you want. In the past people, have placed family photos, pet photos, or some have changed them out with each season. If you would like us to put it together, please supply the materials and hand it to one of the activity staff. We would be happy to help!

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