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## Celebrating January

### **Fruitcake Toss Day**

*January 3*

### **Entertainer Rodger 2:00 pm, 400 Building**

*January 7*

### **Make Your Dream Come True Day**

*January 13*

### **Entertainer Eddie 1:30 pm, 394 Building**

*January 16*

### **Martin Luther King Jr. Day**

*January 21*

### **Entertainer Tom 2:00 pm, 1350 Building**

*January 23*

### **Puzzle Day**

*January 29*

## New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing "Auld Lang Syne," and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year's traditions year after year?

Bubbly champagne is the drink of choice on New Year's. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland's national poet Robert Burns penned the words to "Auld Lang Syne" in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* roughly translates to "for old times' sake," and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year's celebration in New York's Roosevelt Hotel.

No New Year's party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year's masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year's has been a time of celebration, nostalgia, and hope.

## Nothing Trivial



It is a little-known fact that January 4 is Trivia Day. Ahh, trivia, which for many is considered useless or trivial knowledge. But the word *trivia* has nothing to do with the useless or unimportant.

Rather, it comes from the Latin word *trivium*, which means “crossroads” or “place where three roads meet.” From *trivium* came the word *trivialis*, meaning “found everywhere” or “commonplace.” In medieval times, the *Trivium* of academia referred to a threefold curriculum of grammar, logic, and rhetoric, as opposed to the *Quadrivium* of arithmetic, music, geometry, and astronomy. In fact, the *Trivium* was considered the essential foundation of a full liberal arts education as far back as in ancient Greece, as explained by Plato in his dialogues. As you can see, there is nothing at all trivial about the *Trivium* or about the meaning of the word *trivia*.

Researchers even argue that trivia games are good for the brain. People enjoy guessing answers to questions about little-known facts. Psychology professor John Kouinos explains that your brain experiences a dopamine rush when getting the answer right. It just makes the brain feel good. Kouinos compares collecting facts to a person who collects stamps. “The more, and the rarer, the better,” he says. Psychologist Deborah Stokes also points out that retaining information, no matter how useless that information may be, is like exercise for the frontal cortex of the brain as it ages. Moreover, trivia games often don’t happen in isolation. People enjoy playing trivia games in social settings, which is an added bonus to brain health.

To get you ready for your next trivia challenge, check out these weird bits of knowledge: Oscar the Grouch was originally orange and didn’t turn green until the second season of *Sesame Street*; Hydrox creme-filled chocolate sandwich cookies were invented four years before Oreos; and Wayne Allwine, the voice of Mickey Mouse, married Russi Taylor, the voice of Minnie Mouse.

## January Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Betsy Ross (folk hero) – January 1, 1752  
David Bowie (musician) – January 8, 1947  
Faye Dunaway (actress) – January 14, 1941  
A.A. Milne (writer) – January 18, 1882  
Edgar Allan Poe (writer) – January 19, 1809  
Tom Selleck (actor) – January 29, 1945

## Resident Birthdays

Joyce – January 9  
Pat K – January 30

## From the Activity Directors Desk

Can you believe another year has come and gone already? Hello 2019!

The activity department is now in charge of the decorating. Later in the month we will be taking down all the Christmas decorations and incorporating decorating for Valentines day into the activity calendar.

It’s time to make your New Years Resolutions for this year, whether big or small try to have a specific goal in mind with a reasonable approach on how to attain it. If you can’t think of anything please consider volunteering your time with us. Even if it’s just playing a game, painting nails or doing a puzzle our residents would appreciate it.

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