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## Celebrating June

**Entertainer Tom**  
**2:00 PM, 394 Building**  
*June 5*

**Entertainer Fernando**  
**1:30 PM, 400 Building**  
*June 10*

**Flag Day**  
*June 14*

**Father's Day Social**  
**2:00 PM, All Buildings**  
*June 15*

**Father's Day**  
*June 16*

**Entertainer Jack**  
**2:00 PM, 1350 Building**  
*June 19*

**Summer Solstice**  
*June 21*

## The Magnificent Abyss

June is World Ocean Month, a time to celebrate everything in and under the sea. What would our world be without the ocean? The ocean produces over half of the air we breathe. Covering 70% of the planet's surface, the ocean's currents distribute heat all around the globe, regulating both the world's climate and weather patterns. And although 95% of the ocean remains unexplored, it is home to over two million different species, including the largest animal ever known to have existed on Earth.

The blue whale, capable of growing to almost 100 feet long and weighing in at 190 tons, is larger by far than any dinosaur that ever walked the earth. This massive creature relies on one of the ocean's smallest animals for its chief food source. The blue whale eats krill, those tiny two-inch-long, shrimp-like crustaceans that swarm by the tens of thousands. That the world's largest animal should rely on one of the smallest should not come as a surprise, for this is just another example of Earth's great symbiosis. Whether on land or in the sea, all organisms are interdependent on each other for their survival.

The vast diversity of life in our oceans is astounding. Large and charismatic animals such as whales, sharks, dolphins, rays, walruses, and seals get the lion's share of attention. Tourist hotspots such as reefs, beaches, and lagoons along the coasts draw visitors. But the mystery of the ocean lies in its vast depths. Humans are most familiar with the upper ocean, perhaps the top 500 feet. What is astounding is that the average depth of the ocean is over 13,000 feet deep. That's as high as the peaks of the Rocky Mountains! So what mysteries lie at those unplumbed depths? Scientists have discovered sea anemones and upside-down swimming fish under ice sheets, coral reefs off Greenland, and new species of shrimp and sponges near underwater sea vents. Who is to say that mermaids do not exist, given the fact that so many parts of the ocean have been unexplored?

## Something to Smile About



To humans, a smile is a universal sign of happiness and friendship. So don't be afraid to show your pearly whites this month, because June is Smile Month.

Throughout most of the animal world, the baring of teeth is often a sign of threat or aggression. Baboons, for example, are known to bare their teeth in shows of force. Some primates, though, bare their teeth as a show of submissiveness. Biologists believe that this behavior may be where the story of the human smile begins.

Humans are the only species that uses the smile, in various forms, to demonstrate happiness. Even visually impaired children who have never seen a smile show the same kinds of smiles that sighted people do. This tells us that smiling is something preprogrammed into humans. This behavior is not learned but instinctual.

Biologists speculate that amongst primates, because teeth are still used for biting, to bare them is naturally an aggressive warning of an impending bite. Humans, however, have evolved other means of aggression that have nothing to do with teeth. Teeth, instead, have become associated with laughing and eating, both of which are incredibly powerful forms of social bonding. In fact, anthropologist and evolutionary psychologist Robin Dunbar asserts that laughter has taken the place of grooming as one of our primary means of social bonding. By this measure, laughter and showing our teeth may be one of the most powerful social cues we humans have in our social arsenal.

We smile when we are happy, but can forcing ourselves to smile make us feel happy even when we are not? Neurologists have discovered that the physical act of smiling triggers chemical reactions in the brain that boost our moods, lower stress, and even strengthen our immune systems. So don't just smile during the month of June; do it all year round!

## June Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Marilyn Monroe (actress) – June 1, 1926  
Frank Lloyd Wright (architect) – June 8, 1867  
Harriet Beecher Stowe (author) – June 14, 1811  
Lionel Ritchie (singer) – June 20, 1950

### Resident Birthdays

Geraldine – June 6  
Elaine – June 7  
Dawn – June 7  
Richard – June 24  
Delores – June 25

## From the Activity Directors Desk

Finally summer is here! With the summer solstice being on June 21<sup>st</sup> we can look forward to warm sunny days. If you happen to stop by please check out our garden and flowers we just planted.

This year for Father's Day we will be hosting a root beer float social. The social will take place on June 15<sup>th</sup> at 2:00 pm in all three of our buildings. We ask that you limit the number of guests to 7 to fit everyone comfortably. Reservations will need to be in by June 3<sup>rd</sup> so we can order enough food for everyone. Please call or text Kassie at (920) 412-6224 or email at [kassie@angelstouchcbrf.com](mailto:kassie@angelstouchcbrf.com) to make a reservation!

Any questions or suggestions feel free to contact Kassie.