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**Celebrating September**

**World Alzheimer's Month**

**Healthy Aging Month**

**Labor Day (U.S.)**

*September 5*

**Patriot Day and National Day  
of Service and Remembrance**

*September 11*

**Entertainer Johnny Len**

**2:00 PM 400 Building**

*September 7*

**National Grandparents Day**

*September 11*

**Eddies Country Guitar**

**1:00 PM 394 Building**

*September 21*

**First Day of Autumn**

*September 22*

**Johnny Cash Tribute**

**1:00 PM 1350 Building**

*September 28*

## Tough Luck

If you find the number 13 unlucky, then September 13, Defy Superstition Day, may be just what the doctor ordered. Superstitions are beliefs that contradict rational thought. If they are so irrational, why are so many people superstitious?

Psychologist B.F. Skinner

hypothesizes that superstitious behaviors stem from the concept of reinforcement; that is, a person makes an action expecting a reward. What makes superstitions unique is that superstitious people repeat an action over and over, even if the reward is not realized. For example, someone may always throw salt over their shoulder to ward off bad luck even though there is no immediate benefit or consequence.



Why do we throw salt to ward off bad luck? The salt superstition stems from Christianity, specifically, Leonardo da Vinci's painting of the Last Supper. In the painting, Judas—the apostle who betrayed Jesus—is depicted knocking over the salt. The act of spilling salt has since been associated with treachery and lies. The act of throwing it over your left shoulder is to blind the devil lurking there.

Do you walk under ladders? It's a common superstition that it is bad luck to do so. This superstition began in ancient Egypt. A ladder leaning against a wall forms a triangle, which was considered a sacred shape, similar to the shape of the pyramids. Passing under the ladder was considered an insult to the gods. This superstition carries on to this day.

Perhaps the most prevalent superstition is to knock on wood to prevent disappointment and promote good fortune. Many ancient pagan cultures worshipped trees because they were believed to be inhabited by spirits. It was common to lay hands on trees and ask for favors or give thanks. Of course, on September 13, defy all these superstitions by spilling salt, walking under ladders, and not knocking on wood. While you're at it, open an umbrella indoors and break a mirror for good measure.

## The Good, the Bad, the Cholesterol

Is cholesterol bad for you or good for you? Take the time this September, Cholesterol Education Month, to familiarize yourself with cholesterol's impact on your health.

Cholesterol comes both from foods we eat and from our livers. Not all cholesterol is bad. In fact, this waxy, fat-like substance is essential to the good health of our body's cells. But these fats do not dissolve in blood, so proteins in our blood carry cholesterol around our bodies. These carrier proteins are called *lipoproteins*.



Most often, when people think of cholesterol, they think of low-density lipoprotein, or LDL “bad” cholesterol. This type of cholesterol is considered bad because it creates a plaque, a hard, thick deposit that can clog arteries and make them less flexible. As LDL collects in the walls of our blood vessels, it can cause blockages and may lead to a heart attack and heart disease.

High-density lipoprotein, or HDL “good” cholesterol, is considered good because it helps remove the LDL “bad” cholesterol from our arteries. HDL acts like a scavenger, roaming the body, carrying LDL away from the arteries back to the liver, where LDL is broken down and removed from the body.

Foods high in saturated and trans fats lead to increases of LDL and can damage blood vessels. Monounsaturated and polyunsaturated fats— those found in olive oil, salmon, oats, avocados, nuts, berries, eggs, and even chocolate—help increase our HDL. Eating healthy is not the only way to improve cholesterol. As little as 30 minutes of exercise per day has been shown to improve HDL cholesterol. Quitting smoking is also an effective means of increasing HDL and lowering blood pressure. Now that you know so much about cholesterol, have a heart and pass your newfound knowledge along.

## September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos require a sharply organized mind and will analyze points in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and good will.

Boxcar Willie (singer) – September 1, 1931  
Bob Newhart (actor) – September 5, 1929  
Otis Redding (singer) – September 9, 1941  
Agatha Christie (writer) – September 15, 1890  
Sophia Loren (actress) – September 20, 1934  
Jack LaLanne (health guru) – September 26, 1914  
Gene Autry (singer) – September 29, 1907

### Residents

Wanda C. – September 14  
Shirley B. – September 15  
Marcia L. – September 16  
Bob H. – September 20  
Donna L. – September 24  
Gladys P. – September 25  
Andy A. – September 26  
Calvin K. – September 28  
Audrey B. – September 29

## From the Activity Directors Desk

September brings us back to school, Labor Day, and the start of Autumn on the 22<sup>nd</sup>. It is also our busiest month for birthdays.

We celebrate each of our residents birthday on their special day and you are welcome to join us for your loved ones celebration. We ask that you call Lena prior to attending with a number of guests so we have enough cake. Some families prefer to bring in a favorite cake or one that is specially decorated which is fine, otherwise we will bake one here. Please check our calendars for the time as we try to accommodate your loved ones routines.

If you would like to volunteer with us or have any Activity Department ideas or suggestions please contact Lena at 920-680-2420 or [arlena\\_leurquin@yahoo.com](mailto:arlena_leurquin@yahoo.com)