



Angel's Touch Assisted Living \* 1350 Angel's Path, 394/400 Angel's Touch Court  
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### **Celebrating May**

**Fashion Show**  
**6:00 PM, 1350 Building**  
*May 1<sup>st</sup>*

**Entertainer Rodger**  
**1:00 PM, 1350 Building**  
*May 3<sup>rd</sup>*

**Pathfinders Group**  
**2:00 PM, 1350 Building**  
*May 6<sup>th</sup>*

**Entertainer Johnny Len**  
**2:00 PM, 394 Building**  
*May 8<sup>th</sup>*

**Muffin's and Mimosa's with Mom**  
**1:00, 1350 & 394 Buildings**  
**2:00, 400 Building**  
*May 13<sup>th</sup>*

**Mother's Day**  
*May 14<sup>th</sup>*

**Entertainer Jack**  
**2:00 PM, 400 Building**  
*May 24<sup>th</sup>*

## **Tokyo in Full Bloom**

Japan may be famous for its cherry blossoms, but springtime in Tokyo brings an abundance of other flowers and flower festivals. By the end of April, many of Japan's cherry blossoms have already flowered, but Tokyo's city dwellers still have plenty of blooming flowers to look forward to. The Nezu Shrine is a quiet place for 11 months out of the year, but by the first week in May, its 3,000 azalea plants burst into a palette of bright colors. The Bunkyo Azalea Festival, or Tsutsuji Matsuri, attracts thousands of visitors during Golden Week, its busiest viewing week. The 300-year-old azalea garden is home to rare varieties, such as the black karafune flower, and is complete with a Shinto shrine, bridges running over streams, traditional Toriii gates, and women dressed in their best kimonos.

Across town is yet another sacred spot draped in wondrous springtime color: the Kameido Tenjin Shrine. This shrine is home to its famous trellises boasting a sea of cascading purple wisteria vines. The wisteria was planted 300 years ago when the original temple was built. Visitors can stroll over the shrine's beautiful red bridge, spying darting koi and lounging turtles in the pond. The wisteria are so alluring that old Japanese shoguns made pilgrimages to visit the garden. Many of Japan's most celebrated artists have captured the garden's scenic serenity in color prints.

Perhaps the most celebrated of all flower festivals is the Kyu Furukawa Garden Rose Festival. The gardens, sprawled at the foot of a western-style mansion, have been designated a national place of scenic beauty. The roses hit their peak in May with a dazzling array of colors and an intoxicating bouquet of aromas. Over 90 rose varieties can be found, including Princess Michiko, a variety named for Japan's Empress, and Royal Princess, a variety offered as a gift from France and named for Princess Aiko, daughter of Japan's Crown Prince and Princess.

## Screened Out

In our modern world, more and more things are being digitized, and more and more people are spending time in front of screens: televisions, cell phones, computers, tablets, even cars and refrigerators are now being made with interactive screens. Some consider these computerized screens to be harmful enough to declare the first week in May Digital Detox Week, a week spent free of the influence of these screens in our lives.



Is “screen time” truly harmful? Some scientists have found screen time to have greater negative influences on kids. One study showed that kids separated from their screens for a week did a better job of reading emotions on other people’s faces than those who spent their days watching TV or playing computer games. This shows that too much screen time perhaps reduces childrens’ abilities to empathize with each other. Kids are not the only ones under the influence of screens. Adults who are on their computers or cell phones before they fall asleep have been shown to suffer through the night. The light from the screen disrupts the brain’s sleep-wake cycle, causing insomnia-like symptoms and sleep deprivation.

We must accept that computers and media such as television and games are a fact of modern living. But how do we strike a healthy balance with these digital devices? One researcher advises that if the sun is shining, then screen time should be limited. There is no digital substitute for a walk outdoors or a visit to the playground. Another suggestion is to strike a balance between the more passive, consumptive nature of sitting in front of screens with active creativity. For every minute spent in front of the TV or a computer game, balance that with cooking, knitting, building a fort, doing a puzzle, or creating an art project. In our digital world, where our every whim seems catered to, it is important to stay engaged and curious with the world beyond our electronic screens.

## May Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity, making them true romantics and lovers of the good life. Those born between May 21–31 are Gemini’s Twins. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

## Resident Birthdays

May – May 11<sup>th</sup>  
Phyllis – May 13<sup>th</sup>  
John – May 19<sup>th</sup>  
Roz – May 19<sup>th</sup>  
George – May 24<sup>th</sup>

## From the Activity Directors Desk

Please join us for a Muffin’s and Mimosa’s with Mom Social on May 13, to celebrate Mother’s Day. We will be starting at 1:00 to 2:00 in our 1350 and 394 buildings, 2:00 to 3:00 in our 400 building. Please contact Kassie with a number we can expect to attend from your family by May 3<sup>rd</sup> so we can have enough muffins for everyone. We do ask that you limit the amount of guests to no more than six per resident. Text or leave a message at 920-412-6224 or email at [kassie@angelstouchcbrf.com](mailto:kassie@angelstouchcbrf.com). (Be sure to leave your family members name when leaving a message).

We took some of our residents to the Gambler’s Game on April 2<sup>nd</sup>. Everyone had a great time and pictures can be found on the bulletin boards in the dining room. We are in the process of planning an outing for June.

Any questions or suggestions please feel free to contact Kassie.