

FEBRUARY 2018

# Prairie Winds

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## Celebrating February Birthdays

**Carl-** *February 9*

### February's Feathered Friends

February is Bird-Feeding Month. During the cold, harsh winter, it is especially difficult for wild birds to find food, so everyone is encouraged to provide food, water, and shelter

to help birds survive, and birds do need our help. One-third of the North American overwintering bird population has declined since 1966. And one-third of all North American bird species are at risk of extinction, with birds in arid, grassland, and coastal climates at greatest risk. A little bit of winter seed to augment their daily catch of insects could be enough to get them to springtime nesting season.

Not only can you help birds by feeding them this February but simple observations conducted during the Great Backyard Bird Count (GBBC) from February 16 to 19 can inform scientists about winter bird populations. During this four-day event, participants can spend as little as 15 minutes per day identifying birds in their own backyards and submitting that list to scientists via [birdcount.org](http://birdcount.org). Last year, 160,000 birders participated, from amateurs to experts, creating a global snapshot of world bird populations. Since birds are always on the move, such counts are important for scientists

to see where populations come and go, where certain species congregate, whether diseases are affecting birds in specific regions, how species are coping with habitat loss and pollution, and how weather changes are affecting populations.



### Upcoming Events

#### **XXIII Winter Olympics**

*February 9–25*

#### **Valentine's Day**

*February 14*

#### **Bingo @ GGC**

*February 21*

#### **Lunch @ Freddie's**

*February 22*

#### **Trip to Greece**

*February 25-March 3*

**Administrator** *Joyce Cantrel*

**Activity Director** *Carley Martin*

**Nurse** *Sandy Fowler*

**Kitchen Manager** *Anita Strait*



Their penguin decorations turned out great! These are just a few. To see more pictures check out our Facebook page.



Enjoying a visit from the preschoolers from Little Miracles



## Where Music Meets Medicine



You may have heard of the healing power of music, but have you heard of sound healing? This is the belief that sound, music, and chants can heal the sick. Skeptical? Try listening to the beats for yourself on February 14, the 16th annual World Sound Healing Day.

People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees, and singing crickets are easy to summon on bedside clocks and electronic devices.

But true sound healing is an ancient form of medicine. Many different cultures have used the power of sound to restore health and relieve pain. Chanting, the deep vibrations of an Aboriginal didgeridoo, gongs, Tibetan singing bowls, tuning forks—all of these tools produce deep, resonant sounds typical of a sound healing, or sound therapy, session. But do they really work?

While music is a known de-stressor, there are no studies that demonstrate definite health benefits of sound therapy. But patients who feel a release from both physical pain and emotional stress beg to differ, as do sound healers. Some healers explain that sound vibrations are not just heard but felt in ways that lower heart rate, relax brain wave patterns, and reduce respiratory rates. Other healers claim that they can tune instruments such as gongs to the vibration of planet Earth and other celestial bodies. A good gong emits a healing energy wave that can stimulate all the cells and nerves in the body. If sickness is due to the body's frequencies being out of tune, healing vibrations restore these frequencies to balance. Still others explain that, like acupuncture, sound therapy unblocks and redirects the energy throughout the body.

When it comes to the power of sound healing, theories abound. Perhaps the best way to think about sound healing is that it is akin to the power of prayer. Jonathan Goldman, director of the Sound Healers Association, believes that vocalizing what you want a sound to accomplish can help you heal yourself and others.



### *Entertainment*

**Zumba with Christine**  
*Tuesdays @ 10:00 am*

**Drums with Pastor Kelly**  
*February 14 @ 10:00 am*

**Kramer Sisters**  
*February 19*

**Music with Cindy**  
*February 27*



## Walk Amongst the Stars

On February 8, 1960, Hollywood, California, revealed an innovative new marketing technique designed to memorialize the glitz and glamour of Hollywood: the Walk of Fame. E.M. Stuart of Hollywood's Chamber of Commerce pitched the idea for a star-studded walk in 1953. By 1956, the coral-and-charcoal-colored star design was approved, and two years later, in 1958, committees representing motion pictures, television, music, and radio had chosen 1,558 names to honor. Construction began in earnest in 1958, but two lawsuits delayed the project for two years.

In truth, eight temporary stars were laid at the corner of Hollywood Boulevard and Highland Avenue throughout the legal battles as a way to market the venture and demonstrate to the public how the Walk of Fame would look. These eight names were picked at random from the group of 1,558 and included: Joanne Woodward, Olive Borden, Ronald Colman, Louise Fazenda, Preston Foster, Burt Lancaster, Edward Sedgwick, and Ernest Torrence. The first permanent star wasn't affixed until March of 1960 after the legal disputes had been settled. It honored director Stanley Kramer. The remaining 1,557 were laid soon after.

Hollywood Boulevard suffered decline throughout the '60s, and another star, this one for producer Richard Zanuck, wasn't laid until 1968. Stars have been added continuously since, and today there are more than 2,600. Getting a star isn't easy... or cheap. Extensive applications must be filed on behalf of nominees, and nominators must pay a \$40,000 construction and maintenance fee per star. Put that way, it costs a small fortune to maintain all of Gene Autry's five stars (one for each category, plus one for the additional category of theater and live performance, added in 1984). For some, a star is a dubious honor. Both Julia Roberts and Clint Eastwood have respectfully declined their nominations. But this doesn't stop 10 million fans a year from visiting

## February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Norman Rockwell (painter) – February 3, 1894  
Charles Lindbergh (pilot) – February 4, 1902  
Hank Aaron (ballplayer) – February 5, 1934  
Jack Lemmon (actor) – February 8, 1925  
Thomas Edison (inventor) – February 11, 1847  
Jack Benny (comedian) – February 14, 1894  
Susan B. Anthony (activist) – February 15, 1820  
Michael Jordan (athlete) – February 17, 1963  
Sidney Poitier (actor) – February 20, 1924  
George Handel (composer) – February 23, 1685  
Levi Strauss (inventor) – February 26, 1829  
John Steinbeck (author) – February 27, 1902

