

September 2020

# Northern Pines News

\* 130 Mary Ann St Grayling MI 49738 \* P: (989)344-2010 \*



## Celebrating September

**Happy Cat Month**

**Mushroom Month**

**Healthy Aging Month**

**Happy Birthday Kenneth**  
*September 3<sup>rd</sup>*

**Bowling League Day**  
*September 3<sup>rd</sup>*

**Labor Day: U.S.**  
*September 7<sup>th</sup>*

**Grandparents Day**  
*September 13<sup>th</sup>*

**International Country Music  
Day**  
*September 17<sup>th</sup>*

**Good Neighbor Day**  
*September 28<sup>th</sup>*

Pause. Breathe. Begin Again.

There is a phrase I have been drawn to when I am feeling overwhelmed and stressed that helps me slowly come back to myself...Pause. Breathe. Begin Again. I heard this phrase from a former professor of mine, and it was something I could not get out of my head. Even simply saying the phrase slowly to myself a few times was and is calming. I find myself coming back to this phrase as we continue through this pandemic, not only as a practice that is helpful to me personally, but also as a spiritual practice to be shared with our residents. So what does it mean to Pause. Breathe. Begin Again, and how is this practice helpful to us during this season we are all in? Pause. I heard a pastor friend of mine once say, "Distraction is the curse of our age. The desperate need today is not for a number of efficient people, or busy people, but for present people." We cannot be present with ourselves, God or our neighbor without pausing and taking time to notice and take inventory of our thoughts, feelings, worries, etc. The act of pausing is a defiance against busyness and distraction, allowing us to "...be still and know that I am God" (Psalm 46:10). When we pause, we can recognize our anxieties and worries and turn those into prayers to God, "...casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful..." (1 Peter 5:7-8). As we take time to pause and notice these things, our hearts are free and have more room to "...give thanks to God in all circumstances..." (1 Thess. 5:18), leaning in and pondering more on all the blessings we do have, which helps us breathe again. Breathe. In a book titled "Atomic Habits" by James Clear, the author talks all about the science of creating healthy habits and breaking bad habits. One of the ways to begin good habits, he says, is not the length of time you do a habit but how consistently you do it. He suggests that to start a good habit, do it no more than 2 minutes per day coupled with a healthy habit you already do. Once we begin practicing pausing, being still and taking inventory of our hearts and minds as well as our blessings, we can begin to couple it with our breathing for a short 2 minutes per day...breathing in slowly through our nose and slowly exhaling out of our mouths. We can even add scripture to our breathing as a practice that dates back centuries to the desert mothers and fathers, breathing in "The Lord is my Shepherd" and exhaling "I lack for nothing" (Psalm 23). Breath and spirit often mean the same thing in the Hebrew scriptures, and so we pause and then breathe, recognizing our spirit is alive, because of "...he who is in you..." (1 John 4:4). Begin Again. This phrase is simply grace. Grace for ourselves given to us by God and grace for others that we share. When we pause and breathe, we allow ourselves to become present with ourselves and with God, which then allows us to receive the grace we so desperately need in order to extend our grace and presence to others. My prayer for you and our residents is that you may pause; breathe; and begin again.

Chaplain Clint



We know seniors, or their loved one, may be struggling with the decision to move into assisted living. We are here to help!

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Here is what we are doing at  
Northern Pines Assisted Living  
In Grayling at this time.

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Residents on Hospice, or significant decline, are allowed to have the following visitors after screening:

- \* DPOA
- \* Guardian
- \* Conservator
- \* Designated Representative

Following screening of visitors, ALL residents may have:

- \* Outside visits
- \* Open window visits

Inquires can reach us at 989-344-2010 to learn more

Or schedule an appointment.

## September Birthdays

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Lily Tomlin (comedian) – September 1, 1939  
Richard Wright (author) – September 4, 1908  
Raquel Welch (actress) – September 5, 1940  
Jacob Lawrence (artist) – September 7, 1917  
Otis Redding (singer) – September 9, 1941  
Jesse Owens (athlete) – September 12, 1913  
Agatha Christie (author) – September 15, 1890  
B.B. King (musician) – September 16, 1925  
Frankie Avalon (singer) – September 18, 1940  
Jim Henson (puppeteer) – September 24, 1936  
Serena Williams (tennis pro) – September 26, 1981

### "The Catch"



On September 29, 1954, Willie Mays made one of baseball's biggest plays on baseball's biggest stage. It was Game 1 of the World Series between Mays' New York Giants and the Cleveland Indians. The score was tied 2–2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win the game and sweep the series for a World Series title, and Mays' catch, remembered forevermore as simply "The Catch," has gone down in history as one of the greatest plays ever made.