

April 2022

Northern Pines News

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Celebrating April

Jazz Appreciation Month

Poetry Month

Kite Month

April Fools' Day

April 1

International Pillow

Fight Day

April 2

Scrabble Day

April 13

Passover

April 15–23

Easter

April 17

Earth Day

April 22

Happy Birthday Mary Ellen

April 25th

Arbor Day

April 29th

Psalm 46:1 God is our refuge and strength, a very present help in trouble.

This morning the winds howled outside, snow and rain crashed against the windows, and I woke up thinking of a story told to me years ago. The story took place on a farm in early April. The farm animals were scattered through acres of fields when an end of season snowstorm came in fast. Skies darkened, snow fell. Four inches, 8 inches, and it kept coming. The kids and their parents had gone into the fields to bring in as many of the livestock to the barn as possible. By the time most were safely in, the snow was falling so hard that the barn and house couldn't be seen. Mom and two daughters were in the barn getting the animals settled. Two sons were still somewhere in the field, and the dad had gone looking for them. The boys later told of how they found a fence and followed it until they felt the familiar gate, which is where Dad found them. Dad had tied a rope around himself and each of the boys so they wouldn't get separated, and they slowly made their way in the direction of the barn. They were guided by occasional sounds from the barn that weren't blown away by the wind. When safely together, the family each held onto a rope with Mom in the lead and Dad at the back making sure no one got lost. Offering encouraging words and their presence, the parents eventually got the family safely back to the house where they waited for the storm to end. When going through hard times, or simply just going through life, none of us can do it alone. The good news is that we don't have to. We have God... who promises always to be present with us. Like the parents in the snowstorm, God stays with us in all situations. We are God's beloved sons and daughters, part of God's family. God promises to be our refuge, shelter, and encourager. We can thrive in life because God is WITH us and God is FOR us. As you go through each day this month, spend some time simply focusing on God's presence. And remember that "the One who goes ahead of you, opening up the way, is the same One who stays close and never lets go of your hand."

Chaplain Karen

We Need a Hero



April 28 is Superhero Day. Are you shocked that such a holiday exists? After all, American pop culture has been overrun by superheroes largely thanks to the competing Marvel and DC comic movie franchises. It seems we cannot go a few weeks without hearing about another movie starring characters like Iron Man, Captain America, Spider-Man, Superman, Batman, or Wonder Woman. However, America is not alone in its obsession with superheroes.

India's Bollywood cinema struck superhero gold when they introduced *Mr. India* to the masses. When a mild-mannered music teacher who cares for orphans in his home stumbles upon a magical watch, he finds that he can become invisible. With his newfound power, Mr. India saves the entire country from a ruthless general who wants to destroy the country and its people.

You might forgive Americans for thinking that Canada's Captain Canuck is just a knock-off of Captain America. But Canada's first national superhero, who made her debut in 1941, was Nelvana of the Northern Lights. Daughter of an Inuit woman and the god King of the Northern Lights, Nelvana is able to fly at the speed of light along the northern lights, as well as manifest the superpowers of her father. Marvel eventually created a superheroine of its own, Snowbird, who is the daughter of Canada's Nelvana.

If superheroes are supposed to be superhuman, Spain's Pafman breaks that convention. Pafman is a clumsy oaf. He and his cat, Pafcat, battle ridiculous foes such as a talking chair with wit, slapstick, and satire, although the world would probably be better off without their help.

Why do humans, regardless of country or culture, love superheroes? Some psychologists believe they provide humans with an appealing fantasy—these godlike beings carefully put a chaotic world back in order. In many ways, superheroes reflect our shared human natures, our notions of power and morality—notions shared across national, political, and cultural boundaries.

April Birthdays

In astrology, those born April 1–21 are Aries' Rams. As the first sign of the zodiac, Rams love to lead the charge of change and progress. These Rams burn bright and enjoy leadership roles and daring artistic pursuits. Those born April 22–30 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts.

Eddie Murphy (comedian) – April 3, 1961
Maya Angelou (poet) – April 4, 1928
Spencer Tracy (actor) – April 5, 1900
Dennis Quaid (actor) – April 9, 1954
Beverly Cleary (author) – April 12, 1916
Al Green (singer) – April 13, 1946
Kareem Abdul-Jabbar (athlete) – April 16, 1947
Eliot Ness (lawman) – April 19, 1903
Glen Campbell (singer) – April 22, 1936
Shirley Temple (actor) – April 23, 1928
Ella Fitzgerald (singer) – April 25, 1917
Duke Ellington (composer) – April 29, 1899

I consider it a privilege to work for our amazing residents and witness daily the warm and caring commitment of my staff. Each person brings a unique strength to the table and I can't help but toot my horn a bit for Northern Pines residents and staff!

Daily visits with residents is top on my personal list. I enjoy speaking with them and learning from them. We are bringing Resident Councils back where we can gather as a group to suggest new ideas or improve on old ones.

Recent Promotions! Trisha J., to Food Services Director, Andrea A., to Resident Care Director, Mandy H. to Activities Assistant, and Shannon B. to 3rd Shift Supervisor. Christina J. will continue to be our Life Enrichment Director. Yay! It is going to take us a little bit to define and learn our new roles, but again, I lean on the strength of my talented staff. We may have different perspectives but share the common goal of serving our residents together.

Thank you for choosing to make Northern Pines your home, or your loved-one's home. It is an honor to support our residents with different levels of assistance in their daily activities as they age. Blessings ~ Tish