

March 2023

Northern Pines

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Celebrating March

Women's History Month

International Mirth Month

Dr. Seuss Day

March 2

Purim Begins

March 6

International Women's Day

March 8

95th Academy Awards

March 12

St. Patrick's Day

March 17

Happy Birthday, Betty!

March 18

Welderly Week

March 20-24

Nowruz Begins

March 21

Ramadan Begins

March 22

American Crossword

Puzzles Week

March 31-April 2

Grief

Good Grief The phrase, "Good Grief", reminds me of the comic strip Charlie Brown. It also reminds me that all of us experience grief. With understanding and kindness, we can learn to grieve in a way that is good for us. It can be good grief. We are in the Lenten season of the church year. Lent is a time to focus on various time-tested disciplines of the Christian faith. Some of these disciplines are silence, fasting, frugality, study, worship, celebration, prayer, fellowship, confession, and service. These learned habits can help us to grieve as we deal with losses. Consider the life of Job in the Old Testament. He practiced Godly habits that guided him in his time of major losses. Study: In Job 1:21 he quotes a truth he learned many years ago. "Naked I came from my mother's womb, and naked I shall return there." Worship: Job worships God in the same verse. "The LORD gave, and the LORD has taken away. Blessed be the name of the LORD". Fellowship: Job's friends hear of the losses in his life and come to fellowship with him. The friends came to "sympathize and comfort him." Silence: Job's friends "sat down on the ground with him for seven days and seven nights with no one speaking a word." Job 2:13. We can learn a lot when we take time to listen. They saw that Job's "pain was very great". Confession: In most of the book, Job and his friends talk with one another trying to make sense of Job's grief. Confession teaches us the value of talking about our faith with God and others. Celebration: Job's grief guides him to affirm a truth that he wants to share with everyone. In Job 19:23-25 he proclaims: "Oh that my words were written! Oh, that they were inscribed in a book!" What are the words he is excited about? "I know that my Redeemer lives, and at the last He will take His stand on the earth." We all will face many griefs in our journey here on earth. Our faith offers us the skills to experience good grief. This Lenten season take some time to practice some of the classic disciplines of the Christian faith. These practices are very handy as we deal with the losses associated with aging.

A Riveting History

During World War II, six million women joined the American workforce to support the war effort and fill the roles of men who had shipped off to fight. In honor of these women, March 21 has been designated Rosie the Riveter Day, in homage to the denim-clad everywoman who graced the posters and propaganda of the era.

The story of Rosie the Riveter is multi-faceted. It begins with a song entitled “Rose the Riveter” written by Red Evans and John Jacob Loeb in 1942. In the tune, Rosie is an assembly-line worker. While the character of Rosie is likely based on a real person, the true identity of Rosie is in dispute. There are several candidates: Rosina Bonavita, who worked on Convair aircrafts; Rosalind Walter, who built F4U Corsair fighter planes; Adeline Rose O’Malley, who was a riveter for Boeing; and Rose Will Monroe, who built B-24 bombers. Monroe later gained fame for her role as Rosie the Riveter in a short film promoting the war effort.

The most popular image of Rosie the Riveter during wartime came from Normal Rockwell. On his cover of the *Saturday Evening Post* from May 29, 1943, a buff woman wears blue overalls and goggles with a riveter in her lap. She eats a sandwich and steps on a copy of Hitler’s *Mein Kampf*. The name *Rosie* is inscribed on her lunch pail, linking her with the popular song.



The most famous depiction of Rosie the Riveter was never called Rosie. J. Howard Miller’s illustration of a jumpsuit-clad, polka-dot bandana-wearing, bicep-flexing woman exclaiming “We Can Do It!” was used to improve worker morale at Westinghouse Electric. The poster likely hung on factory walls for a couple of weeks in February of 1943 before being lost to history. It was only rediscovered in 1982. Miller’s illustration has since come to embody Rosie the Riveter as an American cultural icon. Today, Rosie is not a figure of war propaganda but has new life as a symbol of feminine strength.

The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and “circadian misalignment,” the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.

March Birthdays

Betty - March 18th!

Lupita Nyong’o (actress) – March 1, 1983
Dr. Seuss (author) – March 2, 1904
Rob Reiner (actor) – March 6, 1947
Lester Holt (journalist) – March 8, 1959
Simone Biles (gymnast) – March 14, 1997
Nat King Cole (musician) – March 17, 1919
Vanessa Williams (singer) – March 18, 1963
Spike Lee (director) – March 20, 1957
Chaka Khan (singer) – March 23, 1953
Aretha Franklin (singer) – March 25, 1942
Mariah Carey (singer) – March 27, 1970
Eric Clapton (musician) – March 30, 1945

