

September 2023

# Northern Pines News

Northern Pines Assisted Living | 130 Mary Ann St. Grayling, MI 49738 | (989) 344-2010



## Celebrating September

**Classical Music Month**

**Sewing Month**

**Nutrition Week**

*September 1-7*

**Victory Over Japan Day**

*September 2*

**Labor Day (U.S.)**

*September 4*

**Happy Birthday Mary!!!**

*September 4*

**International Day  
of Charity**

*September 5*

**Grandparents Day**

*September 10*

**Patriot Day (U.S.)**

*September 11*

**Rosh Hashanah**

*September 15-17*

**Yom Kippur**

*September 24-25*

**World Tourism Day**

*September 27*

## A Caregivers Toolbox

A Caregiver's Tool Box Caregiving is a series of attitudes and behaviors that are learned over time. The toolbox for a caregiver is filled with a variety of skills. Below are some of the items found in a caregiver's toolbox. Compassion: Jesus was filled with compassion when He ministered. Compassion is kindness in action. It is a way of relating to one another on a caring level. Kindness: Kindness is a characteristic of the Spirit. D.W. Williams and Willie Williams each lived to be 105 years old. They were married for 82 years. They said the secret to a long marriage was being nice to each other. That's pretty good advice. Prayer: Praying for someone is to place them in God's hands. We provide the care and God provides the cure. Not only do we tell people we will pray for them. We can actually follow through and pray for someone. Saying a Blessing: When we bless someone, we say good words about them and to them. We all desire to hear good words. Compliments can really make a person's day. Saying good words will have a ripple effect on those around you. A Cup of Cold Water: Jesus talks about the importance of doing little things to let people know you care. In Matthew 10:42 He mentions giving a cup of cold water to someone who is thirsty as an act of caregiving. Little acts of kindness help make to fill our days with a sense of being loved and belonging. Using these tools regularly is something we all can do to brighten our corner of the world.

-Chaplain Jeff Meyers

## An African Woman's Prayer

"Show us some work to do for you, O Lord, Show us where the torn garments need mending. You, O Lord, are the shining needle, we are the twisted thread. As the thread can do nothing of itself, no more can we except we be threaded in you. Grant that there may no tangles or knots in the thread, our lives to hinder your sewing. Even as the thread with perfect obedience follows the needle in and out of the fabric, may we follow your leading every day. And grant, O Father, that when the spool is empty and the thread of earthly life has come to an end, we may look on the finished robe and marvel at the perfect pattern you have perfected while using the thread of our imperfect lives. We ask in the name of Jesus who has given us his seamless robe to wear so that we may come into your presence unashamed. Amen

-Charlene

## The Space Race



On September 12, 1962, President John F. Kennedy was at Rice University in Houston, Texas, and his mission was clear: deliver a speech that would get the nation excited about sending a man to the moon. This speech stands as a seminal moment in the Space Race between the United States and the Soviet Union.

The Soviet Union struck first in the Space Race, launching the world's first satellite, Sputnik 1, in October 1957. Then, in April 1961, Russian cosmonaut Yuri Gagarin became the first person in space. By the time Kennedy became president, the United States' space efforts seemed woefully behind the Soviets. And after the Bay of Pigs disaster in April of 1961, America's reputation as a world power was severely tarnished.

Kennedy needed a win, an achievement that would demonstrate American superiority over the Soviets. Could the Americans beat the Russians in launching a space station? Orbiting a man around the moon? Landing a man on the moon? NASA administrator James E. Webb identified landing a man on the moon as the most feasible—but also the most expensive—option.

In May of 1961, Kennedy asked Congress for billions in funding for a space program called Apollo that would land a man on the moon. Not everyone was impressed. Polls showed that 58 percent of Americans were opposed to the idea. But Kennedy moved forward, spending billions to build a new Manned Spacecraft Center in Houston, Texas.

In September 1962, Kennedy toured the new facility. He met astronaut John Glenn and reviewed models of the Apollo spacecraft. Then, before a crowd of 40,000 at Rice University, he delivered his speech, famously saying: "We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard." The speech was a great success, and Kennedy finally had the public support he needed for his ambitious and history-making initiative.

## September Birthdays

In astrology, those born from September 1–22 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, and detail-oriented. Those born from September 23–30 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace.

Keanu Reeves (actor) – September 2, 1964  
 Beyonce (singer) – September 4, 1981  
 Idris Elba (actor) – September 6, 1972  
 Otis Redding (singer) – September 9, 1941  
 Tyler Perry (filmmaker) – September 13, 1969  
 Lauren Bacall (actress) – September 16, 1924  
 Frankie Avalon (singer) – September 18, 1940  
 Dorothy Vaughan (programmer) – September 20, 1910  
 Mark Hamill (actor) – September 25, 1951  
 Serena Williams (athlete) – September 26, 1981  
 Gene Autry (cowboy) – September 29, 1907

## Something Borrowed



Since 1987, September has been celebrated as Library Card Sign-Up Month. While this is a time to remind children about the value of libraries, people of any age are encouraged to get a library card and explore the wonderful world of borrowing books for free. America's first lending library was founded in Franklin, Massachusetts, in 1778. When Founding Father Ben Franklin was asked to donate a bell to the town, he instead donated a set of books, which became the library's first collection. The oldest known library in the world dates back to the seventh century BC. Located in Nineveh, in modern-day Iraq, it was a private library built for the Assyrian ruler Ashurbanipal. It did not house books but rather 30,000 cuneiform tablets, including the 4,000-year-old *Epic of Gilgamesh*. It wasn't until the 19th century that public lending libraries became popular and the first library membership "card" systems were devised.