

May 2024

Northern Pines News

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



Celebrating May

Arthritis Awareness Month

Older Americans Month

Walking Month

Be Kind to Animals Week

May 5–11

Backyard Games Week

May 20–26

International Midwives' Day

May 5

National Third Shift

Workers Day

May 8

Miniature Golf Day

May 11

Mother's Day

May 12

International Museum Day

May 18

International Tea Day

May 21

Amnesty International Day

May 28

Senior Health and Fitness Day

May 29

Above all,.....Love

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity.

Colossians 3:12-14

John and Lori, my brother and sister-in-law, were exhausted from a long road trip from the east coast out to Arizona. They experienced long hours, heavy traffic, and lots of irritated drivers. Then they saw a trailer with the words, "Love, Above..." . Who would have thought they'd see something like that!

The truck belongs to Nussbaum Transportation. Like Baruch Senior Ministries, they are a company committed to sharing the love of God.

A few years ago, they felt led to the theme "Love, above all." An employee named Saige wondered, "what if we put (that) on a chalkboard and invite employees to be vulnerable with their struggles? And not only be vulnerable but commit to putting love above that struggle?" The result was a semi-trailer with the picture of the board. The words on the truck all were written by Nussbaum employees.

We all have barriers that affect how we receive and give love. God loves us fully, having removed all barriers between God and us. But what barriers may we have that prevent us from loving others fully? If you were invited to put a word on that board, what would your word be? Ask God to remove that barrier. And as "God's chosen people, holy and dearly loved," let us put on Love above all.

-Chaplain Karen

Swinging Through Time



What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the

world will spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dance styles.

On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

The Lindy Hop made the jump from Harlem's fabulous ballrooms to the mainstream thanks largely to Hollywood. Actor Dean Collins danced the Lindy Hop across the silver screen. Then, when World War II broke out, American servicemen took the Lindy Hop across the globe. In 1943, *Life* magazine called the Lindy Hop America's national folk dance.

May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

James Brown (musician) – May 3, 1933
 Gary Cooper (actor) – May 7, 1901
 Don Rickles (comedian) – May 8, 1926
 Joe Louis (boxer) – May 13, 1914
 Tori Spelling (actress) – May 16, 1973
 Cher (singer) – May 20, 1946
 Mary Cassatt (artist) – May 22, 1844
 Ian Fleming (writer) – May 28, 1908
 Mel Blanc (voice actor) – May 30, 1908
 Brooke Shields (model) – May 31, 1965

The Irresistible Iris



What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and

Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word *iris* comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.